

FEBRUARY 2008

NAVAN NUGGET

Electronic version available on the website navan.on.ca

Grand Opening Feb. 2, 2008



*Formerly the Navan Feedmill

Featuring authentic apple-smoked
Baby Back ribs made on premises and served
with our signature BBQ sauce

Also

- Beer battered fish and chips made with
Draft Horse Brewery Belgian Cream Ale •
- Alberta AAA steaks grilled to order •
- Burgers, Fresh Cut Fries, Wings and more •

Open Mon. to Thurs. 4 p.m. to 1 a.m.; Fri. 3 p.m. to 2 a.m.; Sat. 11 a.m. to 2 a.m.; Sun. 11 a.m. 11 p.m.

O'MEARA'S 1ST ANNUAL SUPER BOWL PARTY SUNDAY, FEB. 3

Come watch the game on
our state-of-the-art 105"HD
projection screen

***Complimentary chili and hot dogs
during halftime intermission***

The month of January has already gone – were does the time go? The new year has started and there are exciting things ahead. O'Meara's is coming to town. Don't miss the grand opening on February 2nd at the former Navan Feedmill Restaurant. See you there.

The Simpson family wishes to thank everyone for their acts of kindness and sympathy expressed during their time of loss. Words cannot express their appreciation for the great outpouring of support from the community, which Keith was so proud to call home.

Helena, Shawn & Alisa

NOTABLES (complements of the Navan Women's Institute)
Arnold Dashney - Navan's own, "Mr. Hockey"

Arnold was the President and previous to that the Manager of the Cumberland Grads for 33 years. He and a Board of Directors bought the team from Jean Marc Lalonde way back in the 1974. The name Grads, came

from the result of a suggestion put forward by Lorne Bradley who suggested the name "Graduates" and initially the team was known as the Cumberland-Navan Graduates. Prior to the 78/79 season the name was changed to the Navan Grads and in the mid 80's, due to the expanding area and the City of Cumberland being in the horizon the name was officially changed to the Cumberland Grads. The Grads have always played out of the Navan Arena. The team in 1990 was granted a franchise in the Central Junior "A" Hockey League which is a member league of the Canadian Junior "A" Hockey League, a level of hockey which asks for a greater amount of commitment from the players while being on the ice an average of 5 times per week, either playing games or practising which improves their skill and strength level which makes for a fast gregarious and entertaining hockey. Arnold was a "Hands on" leader being greatly involved with the daily operations of the team, which was a year round commitment of life in the Grads office in the Arena. A partial list of operational requirements was looking after the renting of the ice, transportation, hockey school

NAVAN NUGGET

organizing, numerous fundraising projects, arranging for the billets for out-of-town players in family oriented homes within the area and during the season making sure that the team laundry was always done (4 loads after each practise and 9 loads after each game) and the packing of all equipment for away games and the prep of the dressing room for home games.

He is proud to count as some of the "Grads" from his team, Claude Giroux who just played in the World Junior tournament. Matt Bradley is now playing for Washington and Stephane Yelle is in Calgary. It gives him great satisfaction to see how his young men have excelled in their post Grad's hockey time. He loves it when they come back and visit with him and most proud of the invites received to the 2 Stanley Cup celebration parties held by the Yelle family in Bourget.

If it hadn't been for his sports minded wife, Leona, he couldn't have done this for so long as it was a hobby for him, which took up a lot of time and energy. His daughter, Brenda, has always supported him as well as his son Chris. Brenda is now married to Eric Hind and living in Greely. His son, Chris, is married to Debbie and has 2 children. He is the Associate Coach of Oklahoma City in the Central Hockey League. Leona passed away several years ago. Arnold is also very grateful to all the 12 to 14 required volunteers that helped out at every home game and the numerous individuals who helped at various fund raising events throughout the year. Without their help it would have been impossible to have the team here in Navan.

He was voted in as Director of the Ottawa District Hockey Association for 3 years and was Chairman of the Board of Governors for 5 years of the Central Junior Hockey League. Arnold was a familiar face at Navan Fair time, doing volunteer work around the fair and at the Crown and Anchor table operated by the Grads, which was a major fundraiser for the Club. Two years ago Arnold sold the team to Steve Barban, who makes his home here in Navan. After so many years involved in hockey he misses the camaraderie among the players and the Club's staff. When he retired from the hockey scene he became involved with helping his neighbours, fixing up his beautiful home, and travelling.

Looking back on his career in hockey, he is very proud of all the boys he helped and also very proud of the fact that all of his time spent with the Grads was strictly as a volunteer never drawing a cent of salary from the team coffers. . The Navan Lions Club recognized his influence and dedication when they presented him with an Achievement Award, which he very proudly showed me. He also received a beautiful sapphire ring from the Central Junior Hockey League. Then last year he received from Hockey Canada an Appreciation Award

PAGE 2

for work done in Junior "A" Hockey. Well-deserved recognition for a lifetime of giving to his community. Arnold has lived and breathed hockey since he was a young man refereeing here in the minor hockey games every Saturday morning in the late 50's and early 60's for the Lions Club who at the time were running the Navan Minor Hockey League. His devotion and commitment to hockey and to the Grads has been remarkable and was a wonderful gift to the young men involved in the sport. Hats off to you Arnold.

RIVINGTON
CARTAGE
CONSTRUCTION



SAND • FILL • TOP SOIL • CRUSHED STONE • DUMP TRUCK
BULLDOZER • BACKHOE • EXCAVATION & BACKFILLING
SEPTIC SYSTEMS • INSTALLED & REPAIRED

1708 Colonial Rd., Navan, Ont. (613) 835-3369

VIOLET EKDAHL a Veteran of WWII

November 5th, 1917 - December 31st, 2007

After a long and productive life, long time resident, Vi Ekdahl passed away on December 31st, 2007 at the Perley & Rideau Health Care Centre.

Vi was born Violet Isabel McDermid in Apple Hill, Glengarry County. After high school, Vi entered the Civic Hospital Nurses Training Programme and completed her nursing courses in 1941.

She volunteered for military service in the Canadian Armed Forces as a Nursing Sister. After receiving her Commission, Lieutenant Nursing Sister Violet McDermid served overseas in England in various hospitals. While posted at the Canadian Army Hospital in Bramshott at the time of the Normandy Invasion she cared for both Canadian troops and German prisoners-of-war alike. It was at Bramshott that Vi met her future husband, Larry Ekdahl, who was a patient at the hospital suffering from shrapnel wounds. Once back in Canada, Vi and Larry were married on January 1st, 1946. They had four children, Ardith, Valerie, David and Kenneth.

After working twenty-five years at the Rideau Veterans Hospital, Vi retired and turned her attention to helping out in the local community. She was active with the Cumberland Township Home Support and Navan-Vars U.C.W.

Vi will be missed by her family and all who were enriched by having known her.

1/28/2008

OakWood
BUILDERS

- Additions
- Kitchens
- Renovations
- Basements
- Attics
- Bathrooms
- In-Law Suites
- Windows & Doors
- Estate Homes

oak.ca **613.835.9300**

1728118 Ont Inc.
Serving Navan for 15yrs!

Ken Harrison

Vehicle Locating
"All Makes and Models"
Financing
cell 613 295-8087
fax 613 835-2908
kenh12425@hotmail.com

CLARK OF OTTAWA

Truck, Trailer & Coach Repairs

- Fleet Maintenance
- Safety Inspection Station
- General Repairs
- Truck & Trailer Service
- General R.V. Repairs

Tel: (613) 244-3707 Fax: (613) 244-7393

2740 Sheffield Road, Ottawa, K1B 3V9



The 62nd year of the Cumberland Township Agricultural Centre was celebrated at their Annual General Meeting on January 17th with many of the membership and

distinguished guest in attendance. The first item on the agenda was to honour and recognize the dedicated members who help to make the Navan Fair a great success. They presented certificates of appreciation to retiring directors and presented awards to the following strong contributors: The Sam and Janet Award was presented to Eileen and John Corry, the Ontario Association of Agricultural Society Diploma was presented to Sam Dagg, Volunteer of the Year was Helen Burns and Youths of Distinction were Kimberly and Stephan Locas. It is amazing all the dedicated work and contribution these worthy recipients donate to the Navan Fair. MP Pierre Lemieux and Councilor Rob Jellett helped in thanking the award winners.

Hank Bakker, President of the CTAS could not find the words to thank the Board of Directors, committee members and the membership for their support in making his first year such a great success. His "Blue Team" was there to support in the coercing people to buy tickets on the Raffle, creating programs that attracted people to the Navan Fair, and to attend along with spending money at the Barn Dance Auction. All of this generated a very health profit for the CTAS of \$90,000 for 2007.

This was immediately followed up with two presentations that outline the CTAS plans on spending this money along with the Trillium grant to fix up our hydro grid and start our plan to upgrade our buildings and structures on the grounds.

The dates for the 2008 Navan Fair are from Thursday, August 7th to Sunday August 10th so book time off now to come to the fair. The theme for this year will be "A Family Affair" so put your thinking caps on to see what ideas you can come up with for a float in the parade and the entries that are in the prize listing related to the theme. Here is the new Executive and Board of Directors for the 63rd Navan Fair. We do have some openings, so if you are interested or know someone who wants to join any of our committees we would love to have you. Just call the office and Marg MacNeill will answer any questions may have.



"Opening the door to make-believe"

CHILDREN'S DRAMA CLUB

(Ages 8 – 16 years old)

Debbie MacDonald
General Manager
613-835-3592

Nathalie Champagne
Artistic Director

Contact us at www.navanyoungperformers.ca
or by Email at navanyoungperformers@hotmail.com

2008 Executive & Board of Directors

Executive

President **Hank Bakker**

First Vice President & Tractor Pull **Mario St. Denis**

Second Vice- President & Heavy Horse **Mark Hamilton**

Past President/Storage **Raymond Lanthier**

Secretary/Treasurer & Light Horse **Linda Wyman**

Commercial Features Field Crop, Fruits & Vegetables

Wendy Chretien

Board Members

Advertising & Promotions **Julie Acheson***new

Alpaca Show **Lucie Savage**

Ambassador Competition **Roxanne Bakker**

Antique Tractor **James Minogue**

Beef Cattle **Andrew Hodges**

Beverage Gardens **Glyslain Lalonde & Eric**

Fleming*new

Concessions **Shawn Robinson** *new

Conservation **Glyn Chancey**

Culinary Arts **Jo-Anne Girard**

Dairy Cattle **Andrew Williams**

Demolition Derby **Andrew Davies**

Education **Nikki Waldner** *new

Entertainment **Dan Bissonnette**

Floriculture - vacant

Homecraft **Anne Marie Potvin**

Horse Pull **Barrie Johnston**

Parade **Eleanor Hodges***new

Public Safety - vacant

Sheep **Luc Bergeron**

Special Attractions **Adèle Acheson**

Western Horse **Mitch Desjardins**

Admin. Coord: Marg MacNeill

1279 Colonial Rd, Navan, ON K4B 1N1

Tel: 613-835-2766 Fax: 613-835-4008

navanfair@cyberus.ca



Joanne Griffin

- Harp - Piano -

♫ **Special Occasion Music**

♫ **Private Home Performances:**

a unique Christmas/birthday gift

Ph: 613.835.2299 joanne.griffin@rogers.com

QUOTE OF THE MONTH

"A single conversation across the table with a wise man is worth a month's study of books." Chinese Proverb





Healing Hands
registered massage therapy

Tel: 613-845-0633
Fax: 613-834-3633
www.healinghandsrmt.com

2020 Lanthier Rd. Unit 5, Orleans, Ont. K4A 3V4

HOME TIP OF THE MONTH

Boost your metabolism

1. Lift Weights – A pound of muscle burns 35 calories a day compared to a pound of fat, which only burns two!
2. Take Time to Relax – Stress slows your metabolism and causes you to store more fat in your abdomen.
3. Eat Breakfast – Taking in 200 to 400 calories in the morning (ideally high-fiber cereal, low-fat milk and fresh fruit) will rev a still-sleeping 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 8 (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 – increase your fat-burning powers

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

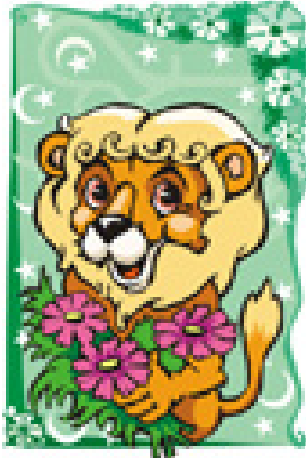
Age – it slows about 5% per decade after age 40

Gender – men generally burn more calories at rest than women.

GALARNEAU & ASSOCIATES
et ASSOCIÉS
 Professional Corporation / Société Professionnelle
 Barristers and Solicitors / Avocats et Notaires
 Mediation / Médiation

SUSAN E. GALARNEAU

2831 St. Joseph Blvd. Telephone: (613) 830-7111
 Orleans, Ontario Fax: (613) 830-7108
 K1C 1G6 Email: seg@galarneauassoc.com



Happy Valentines Day

NAVAN LIONS CLUB

The Navan Lions are planning for their 7th Annual Curling Bonspiel on Friday Feb 29th and Saturday March 1st. They also have a silent auction that is open to everyone so come on Saturday, view the items and put in a bid.

www.chillychiles.com

HOT SAUCES DRIED CHILES
 SALSAS BOOKS

Chilly Chiles

1226 COLONIAL RD NAVAN 835-9173

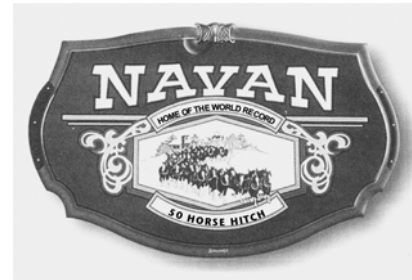
LIONS MEETINGS

The Lions meet at the Navan Curling Club in the Lions Den downstairs on the 2nd and 4th Monday of every month with a dinner meeting at the 4th Monday. If you are interested in joining us please feel free to contact a Lions member or Lion Marg.

President: Lion Marg MacNeill 613-835-2533
Secretary: Lion Mark O'Donoughue
Treasurer: Lion David Grattan

"for all your electrical needs"
SIMPSON ELECTRIC LTD

1241 Colonial Road
 NAVAN, ON
 613-835-2808
 simpsonelectric@rogers.com

NAVAN COMMUNITY ASSOCIATION

The NCA meets the 3rd Monday of every month at 7:30 pm, at the Navan Memorial Centre upstairs, to review project, activities or issues that affect our community.

Everyone is welcome to come.

At our last meeting the following items were discussed: Taking steps to maintain the Character of Navan – at our next meeting Feb 18th we will have a guest speaker from the City to give us some information around how we can start doing this.

Getting a school traffic sign installed on the south side of Colonial going east to indicate a school zone as motorists cannot see the school. We have also asked for additional policing for before and after school to slow the traffic down while children are walking to and from school.

Popularity of our Teen dances has grown to maximum capacity so it is important that parents ensure that their child gets into the dance before they leave. See notice under Community Announcements for more info.

Also the NCA is planning several events over the next few months and are looking for volunteers for such events as Ambush under the Domes dance, help with the Blue Building Garage Sale etc. Come and meet your neighbours and have some fun doing what you do best.

Kimmies Kids Daycare
 A Fun and Educational place to Grow
 Kimberly Cotton
 835-2095



Colonial Veterinary Hospital
formerly Navan Veterinary Hospital
"Only our name has changed"

Dr. Paul Brown Dr. Denene Clifford
 Dr. Jackie Pelot Dr. Kathleen Hering

Tel. 835-2883 Fax: 835-2728
 1364 Colonial Rd. P.O. Box 190 Navan, Ontario K4B 1J4
www.colonialvet.ca



OUTDOOR RINK – Glenn Scott is working on our outdoor rink, which he hopes to have operational soon. Keep an eye on the sign on the Fair grounds – we will post when it is ready.



Dr. David Covey, D.C.
 2016 Tenth Line Road
 Orleans, ON K4A 4X4
www.findfreedom.ca

New Freedom Chiropractic

SPECIAL OFFER: \$35 EXAM! CALL 613-837-9777

The BOARD is always looking for committee members for its different divisions. Here are some of them Public Relations – Relations publiques (includes the Nugget and the Website), Membership – Inscriptions, Community Events- Événements communautaires, Liaison and Coordination – Liaison et coordination (including Village design), Youths – Jeunesse, Environment – Environnement (including walking trails), Seniors – Âge d'or and others. Call anyone of the directors below for more information as we will be forming a new board in April.

VINA REALTY INC. 
 Independent Member Broker



Garry Lowe
 Dir: 613.835.3389
 Bus: 613.614.8726
 Fax: 613.907.1808
 E-mail: gylowe@sympatico.ca

Fairness • Honesty • Professionalism
Sales Representative



BASEBALL NEWS

Wishing **Erik Bedard** all the success in the world this year with the Majors Baseball League. Navan is very proud of your accomplishments.

NAVAN MINOR FASTBALL ASSOCIATION REGISTRATION

***** it's extremely important you register early so we can determine the number of older teams we can enter with Orleans (Peewee and up)**

It's hard to believe but we are in the planning process for 2008. Please take note of the important changes. Unfortunately we don't anticipate enough participation in the older levels to have a league so we'll be joining Orleans Fastball Assoc. Registration is open to all area residents ages 5 - 23.

1. T-ball, Atom, Mites, Squirts will play as usual with Vars, Carlsbad and Sarsfield.
 - a) cost - T-ball - \$35.00
 - b) cost - Atom, Mites and Squirts - \$60.00
 - c) same rules as previous year
2. Peewee, Bantam, Midget and Junior will enter as a Navan team in the Orleans league. Should we not be able to field our own team, we'll try to join up with one of the other towns to form a team. In the event we can't form a team, you can still register with Orleans.
 - a) Important change: longer season (Orleans only)- early May - August 9/10 for Peewee and August 16/17 for Bantam, Midget and Junior
 - b) home games will be played in Navan
 - c) away games will be in Orleans, Vars or Carlsbad
 - d) increase in fees - \$100.00 - includes approx 18 games plus playoff games * only if Navan has a team. \$135.00 if you register with Orleans.
 - e) age groups:
 - i) Peewee - 1995/1994
 - ii) Bantam - 1993/1992
 - iii) Midget - 1991/1990/1989
 - iv) Junior - 1988/1987/1986/1985
 - f) They have minor changes to their rules - visit Orleans website: www.oafa.org

3. Registration dates -

Tuesday, February 19th - 6:00 pm - 8:00 Navan Arena

Saturday, March 1st - 10:30 am - 12:30 pm Navan Arena

Contact: Nancy Toonders - 613-835-2925 or

Carolyn Tanner - 613-835-9228



Painting
Pressure Washing
Residential-Commercial

AquaSurTech
Coatings

Marc Myre
613-292-1676



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



CREATIVE ACOUSTICS
CUSTOM GUITARS
& WOODEN ACCESSORIES

CREATIVEACOUSTICS@ROGERS.COM
WWW.CREATIVEACOUSTICS.CA

WEB DESIGNER – the NCA is looking for a student or a volunteer who can help us beef up the info and look of our navan.on.ca website. Call Marg MacNeill if you are interested. We will give student volunteer hour credits.



The team at
Advantage Insurance & Investments
is pleased to sponsor this edition of
the *Navan Nugget*.

815 Taylor Creek, Suite 205
Ottawa, ON K1C 1T1
Tel: (613) 834-5544
Fax: (613) 834-2685
Email: brent@advantage4u.ca
www.advantage4u.ca




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.



DUST EVANS
Lawyers / Avocats

Real Estate, Wills, Powers of Attorney, Estates, Estate Planning, Business Law, Franchise Law

Gerry Dust 613-835-4056 Phil Grandmaitre 613-835-2984

Proud residents of Navan!

Immeubles, testaments, procurations, successions, planification successorale, droit d'affaire, droit de la franchise, droit de l'emploi

2589 boul St. Joseph Blvd, Orléans, Ontario K1C 1G4, Tel: (613) 837-1010 Facsimile: (613) 837-9670
www.dustevans.com

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



Paul Boyer Insurance Inc.

Paul Boyer
*Financial Security Advisor
by Referral*

1210 Henn Drive Tel: 613-835-2439
P.O. Box 295 613-835-4261
Navan, ON Fax: 613-835-2441
K4B 1J5 Toll Free: 1-866-404-2439
paulboyerfinancial@rogers.com

NAVAN VETERINARY SERVICES

3425 Trim Road, Box 100
Navan, Ontario, K4B 1J3
Tel 613-835-2646
Fax 613-835-2537

Dr. David Douglas
Dr. Jean Cyr
Dr. Adrian Domen
Dr. Richard Smith
Dr. Nicole Warmington



Advanced Structural Therapy Center

Miranda Dayvis
Offering 19 years of integrated healing

Have You been Rolled?
Rolling heals and transforms

(613)-835 9188



Doreen Hardiman
visual artist

Address: 932 Meteor Ave., Navan, ON, K4B 1N9
Phone: (613) 835-3209
Email: hardiart@rogers.com
Website: <http://www.magma.ca/~fotoguy/hardiart>

NAVAN CO-OPERATIVE NURSERY SCHOOL



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

Kids Korner

Valentines Craft

Take a cut out of a large heart from red construction paper. Have small container of white, pink and red paint. Use a dropper to put small amount of paint on the heart, Fold in half, Unfold. Voila! beautiful preschool Valentine Art. This is a great activity for fine motor development.

Valentine Song

H-E-A-R-T (tune of Bingo was his name)
There is a shape and it means love
and heart is its nameo
H-E-A-R-T, H-E-A-R-T, H-E-A-R-T
and heart is it's nameo
(Continue leaving out one letter each
time and replace it with a clap)

Mark your calendar.....Navan Nursery School will be holding a registration and open house on Wednesday March 26 from 9:30-11:00 and 5:30-8:00. The school

will be accepting registrations for September 2008. Come in and see the school and pick up a registration package...Space is limited The school runs a Junior preschool on Tuesday and Thursday mornings from 9:00-11:30 and a senior preschool program on Monday, Wednesday and Friday mornings from 9:00-11:30. For more information please call 613-835-9243. The school is located at 1279 Colonial Road in the Navan Fair building, or visit our website at

www.navancooperativenurseryschool.ca

Happy Valentines Day

For registration information: 613-835-9243 or visit our website www.navancooperativenurseryschool.ca

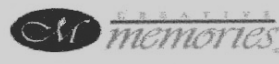


J & S Disco

Music for All Occasions

Best of Top 40, 50's, 60's & Country

613-835-4057
Steve Barkley, Vars, Ontario

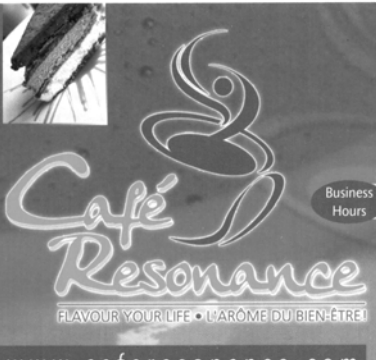


Catherine Hyde
Consultant

Get-Togethers & Workshops * Photo-safe Albums & Supplies
Group Presentations * Business Opportunities

StoryBook ID #0078759516
www.mycmsite.com/catherinehyde1

(613) 835-3331 fchyde@magma.ca



Café Resonance
FLAVOUR YOUR LIFE • L'ARÔME DU BIEN-ÊTRE

T. 613.835.2874
F. 613.835.2225
info@caferesonance.com

3417 Trim Road
Navan, ON K4B 1M8

Business Hours
Monday to Saturday 7:00AM to 9:00PM
Sunday 8:00AM to 8:00PM

www.caferesonance.com



PAT CAN!



Pat Hennessey
Principal

**Residential Repairs,
Maintenance &
Renovations**

**Over 15 years of Friendly
& Professional Service**

613-835-3548

COMMUNITY ANNOUNCEMENT

YOUTH DANCES

***** Parents NOTE: only 300 youth are allowed into the dance this is the maximum capacity of the hall. DO NOT leave your children at the dance until you make sure they will get in. We can not be responsible for any youth outside of the community hall.*****

Up coming dates:

Feb. 8th, 2008
March 14th, 2008
April 11th, 2008
May 9th, 2008
June 13th, 2008

The Navan Community Association youth dances are for 10-14 year olds. They are held between 7-10:30 pm the 2nd Friday of each month (except for July and August) with a \$4.00 admission at the Navan Arena.

A door prize ticket is given to each entrant with winning numbers posted at the canteen during the evening, at 9:30 pm a grand prize ticket will be drawn.

RULES

-At the dance there are No in/out privileges (escorts to the phone will be provided on a limited basis). If the youth exit the hall they will not be allowed to re-enter.

-Inappropriate language or dancing (i.e. grinding/dirty dancing) hands grabbing in the wrong places, sitting on laps WILL NOT BE TOLERATED.

-Any physical confrontations will result in immediate expulsion (by contacting parents) and a ban from future NCA dances.

-No parents are allowed on the dance floor unless escorted by a NCA volunteer – no exceptions.

SUPERVISION

The Dance supervision is all done by volunteers. We always have at a **minimum** 1 adult plus 4 high school volunteers. The Ottawa Police are asked on occasion to

make a walk through at the dances just to show a presence. We are looking for more high school students who need to earn their volunteer hours and a few parent volunteers as well to add to our list. Please email to admin@navan.on.ca with your name, phone number and age/grade level (for students) and you will be contacted by the youth coordinator.

COLD BEER FRESH COFFEE SCOOP ICE CREAM WINE SPIRITS



www.jtbradleys.com

Box 209, 1220 Colonial Road, Navan, ON K4B 1J4
 (613) 835-3781 · email: jtbradley@bellnet.ca

Did you Know that J.T. Bradley's is Celebrating 110 years of the Store being in Navan in 2008?

Check out everything you would ever want to know about J. T. Bradley's at www.jtbradleys.com

Michel Veillette

Airfast

2-645, rue Belfast Road
Ottawa, Ontario K1G 0Z4
michel@airfast.ca

☎ 1-613-244-0030 FAX 1-613-244-6768
☎ Toll Free 1-800-267-7707




The Navan Curling Club's Annual Vacation Draw.

5 Draws worth approx 2000\$ each beginning March 6, 2008

Only 200 Tickets Sold

Tickets are 100\$ each.

Tickets available from John Bradley.

They will sell out so don't delay.

This is the Club's most important Fundraiser of the year.



RAYMOND E. ROBINSON
Représentant des Ventes
Sales Representative



Action Power Team Ltd.
Brokerage*

The Local Experts™

15-1420 Youville Dr., Ottawa, ON K1C 7B3
Cell.: (613) 853-2192
Res.: (613) 835-2192
Off.: (613) 837-3800 (24 Hr.)
Fax: (613) 837-1007
raymond.robinson@c21apt.com
www.c21apt.com

*Sales Office is Independently Owned And Operated. ®/™ Registered Trademarks of Century 21 Real Estate LLC. Used Under License. ©1994. Trademarks of All Mill/21 International Trading S.R.L. Used Under License by Century Management Group Canada Inc. and Century 21 Canada Limited Partnership.



Office
1994-05

Friday Nite Social at the Curling Club on Feb 22nd.

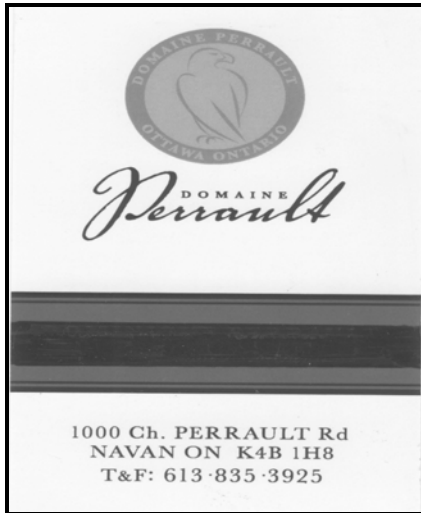
Any time after 9 pm.

NAVAN NUGGET

Come visit the Club, have some snacks and dance the night away.

Admission is free.

Buy a Vacation draw ticket and John may even buy you a beer.

**ANGILCAN CHURCH NEWS**

Ash Wednesday, Feb 6th, St Andrews Vars 7pm

Palm Sunday, Mar 16th, Trinity Bearbrook 9am

St Mary's Navan 10:30am

Good Friday, Trinity Bearbrook 11am

Easter services are:

Mar 23rd, Sunrise service St. Mary's Navan 6am

Trinity Bearbrook, 8:30am

St. Mary's Navan 10am

St. Andrew's Vars, 11:30am

UNITED CHURCH NEWS

Sunday Worship Services at 10:00am.

GOOD FRIDAY service will be held on Friday, March 21st, 2008 at 10:00am. Following the service, a delicious Pancake Brunch will be served. All welcome.

COMMUNICANT CLASSES: Anyone wishing to join the church through Confirmation or Profession of Faith is welcome to attend classes beginning in March. For further information contact Rev. Burke at 749-3083 or Jean Muggleton at 835-4030.

**COMMUNITY WATCH**

Community Policing number at 613-230-6211 if you see anything happening or if you have any information regarding the above incidents.

**ATTENTION ALL RESIDENTS**

A resident on Heidi spotted a fisher attacking a rabbit behind his shed. The animal was very aggressive and when chased by the resident he started lunging and hissing at him. Shortly after, the fisher ran across the street and flushed out a large rabbit on someone's front lawn. Residents with small animals (cats/dogs) or small children should take note. The location was the corner of Heidi and Loeper and the time was 11:00 a.m. There have also been reports on Colonial near the Arena.

**Monday, February 4th - 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 such as recruiting, screening,

NAVAN NUGGET

recognition and retention at City Hall, 110 Laurier Ave, Richmond Room, 2nd floor 6:30 pm to 8:30pm 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

INNES (MER BLEUR) SNOW DISPOSAL FACILITY

Community Information and Comment Session has been scheduled for Monday February 11, 2008 for 7:00 p.m. at the Community Centre in Notre Dame des Champs.

CITY OF OTTAWA 55+ SHORT STORY CONTEST NOW UNDERWAY

Short Story Contest invites submissions of original, unpublished short stories or memoirs, 2000 words or less, by Ottawa residents 55 years or older. Eight finalists will be named to the 2008 Winners Circle, sharing recognition and prize money of \$400. Contest winners will be recognized at An Afternoon of Reading featuring the eight winners of the City of Ottawa 55+ Short Story Contest, to be held Wednesday April 23, 2008 from 1-4 p.m. at the Heron Seniors' Centre, 1480 Heron Road. One of the winning stories will be selected for publication in the spring issue of Forever Young. Though contestants may submit multiple entries, they will be eligible to win only one prize. An entry fee of \$5 per story is applicable. Deadline for submissions is March 15, 2008. For full contest details, pick up a brochure at any City of Ottawa Client Service Centre, or call the Heron Seniors' Centre at 613-247-4802. ext.1.

www.HeBlinked.com PHOTO EDITING

Do your pix
need more
pizazz?

We can do that.



- ~ Cosmetic Retouching
- ~ Remove or Add People or Objects
- ~ Merge Pictures
- ~ Extend Backgrounds
- ~ Restore Documents & Family Heirlooms
- ~ Create Corporate Logos / Graphic Media Work
- ~ Add a Professional Touch to common snapshots

...because 'picture perfect' sometimes ISN'T.

Community Information Bulletin - www.cominfo-ottawa.org

Check weekly for presentations, activities, job opportunities, training programs and workshops on a variety of topics and listing of local support group contacts. Here are a few:

News

- [The Good Companions](#) is offering a presentation on Kelly Funeral Homes and Chapels Lecture Series ... (23/01/08)
- AMICA at Bearbrook invites you to a [Telephone and Mail Fraud Presentation](#) on January 29th ... (23/01/08)

Employment Opportunities

- Youth Employment Resource Centre, [January Calendar](#) ... (23/01/08)
- St. Lawrence College invites you to a [Career Fair](#) on February 6th ... (23/01/08)
- [Canada Summer Jobs 2008](#), Bulletin ... (23/01/08)

Professional Development

- [International Association of Infant Massage Canada](#) invite you to an Infant Massage Instructor Training Program ... (23/01/08)

Workshops for Clients

- Sandy Hill Community Health Centre is offering a workshop on [Successfully Parenting Children with ADHD](#) ... (23/01/08)

- The Ottawa Rape Crisis Centre is presenting a [Free Information Session on Sexual Violence](#) ... (23/01/08)

Support Groups

- The One Parent Families Association would like to invite all single parent families to come and join others for support ... (23/01/08)
- [MOMS Support Group](#): a support group for women experiencing postpartum depression and anxiety ... (23/01/08)
- [MOMS Playgroup](#) is offered at the Parent Resource Centre for mothers experiencing postpartum depression and their child ... (23/01/08)


SURE PRINT & GRAPHICS
 DESIGN | PRINT | SIGNS

**2507 St. Joseph Blvd. Orléans
T. 613.830.8678**

ORLEANS-CUMBERLAND COMMUNITY RESOURCE CENTRE – PROGRAMS

Diabetes Program (registration 613-233-6655)

4,11,25 Feb. 6:00pm-8:30pm (EN)
 4,12,19 Feb. 1:30pm-4:00pm (EN)
 7,14,21 Feb. 1:30pm-4:00pm (FR)

Computer Program (The Millenium Learning Centre)

Free access to computers and the Internet. You need assistance to learn how to use the computer? Come and meet volunteers who can teach you.

Information/registration: Claude Crustin 613-830-4357 ext 234

Volunteer Program

Come join our team and support the Centre. Volunteer opportunities are available in a variety of areas such as the Early Years Centre, the Emergency Food Program, computer skills coaching and fundraising activities.

Emergency Food Program

Mondays: from 12:30 pm to 7:30 pm (closed 4:30pm to 5:30pm)

Wednesday and Fridays: from 8:30 am to 4:30pm (closed 12:00pm to 1:00pm)

Address 860 Taylor Creek Blvd., Unit 4

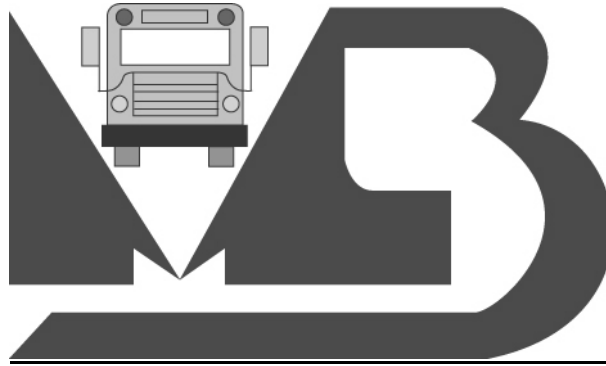
All issues of the Navan Nugget can be found on our website for those who do not live within the village
www.navan.on.ca.

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.



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.orelansonline.ca/MLBradley>.