

MAY 2008

NAVAN NUGGET

Electronic version available on the website navan.on.ca

Sightings in Navan. Whooping Crane At about midday on March 30th an unusual birdcall was heard - a moderately high-pitched warble repeated in pairs. Through binoculars there was a large white bird circling about 300 feet up and had long narrow wings with black wing tips. The only match that could be found in the Stokes guide was a Whooping Crane. This is amazing because this area is not on the migratory path and furthermore the Stokes guide reports that in 1995 a total of only 200 birds remained in North America. Perhaps there were others in Navan who also were lucky enough to see it. If enough report sightings are reported it will be documented. After contacting the Ottawa Field Naturalists' Society, it was discovered that a Whooping Crane showed up last year in the Ottawa area (April 14 near Fenaghvale at the southern edge of the Alfred Bog, and then on the 16th at Timm Rd. in Bells Corners). The bird had a "radio tag" and was identified as #309 - a female raised and released from the Operation Migration Whooping Crane Reintroduction Program in Wisconsin, 5 years ago. Evidently this particular bird has a history of "wandering" and not returning home! She spent the rest of the season in New York State. We don't know if the Navan bird was the same one. But it is likely a bird from the Wisconsin program Coy



Coyote

There have been several sightings of a coyote on Rockdale and at the beginning of April at Colonial and Henn. The long winter and now the high water is driving them out of the normal habitat - so be aware.



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The Navan Lions Club, Community Association and the Cumberland Township Society are partnering on bringing you Ambush at the Domes on June 6. This is a fundraiser for all three groups. They are all looking for volunteers to help make this a great success. Volunteer will be scheduled for shifts involving many areas such as parking, ticket takers, food, smart servers and always setup and clean up. Call Marg MacNeill if you are interested in helping.

Otherwise gather your friends and come and enjoy the evening. The tickets are \$10 in advance or \$15 at the gate.

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NOTABLES (complements of the Navan Women's Institute)

Katie Zeizig

Every Thursday morning at the Navan Arena Hall, 25 or more women gather to welcome this inspiring exercise guru. Katie puts us through our paces for an hour or so. As we bend and stretch she offers remedies for the common cold, for aching muscles, for our wonderful intestines, for our changing bodies. She is full of energy and wisdom as she encourages us all to strive for the best that is in us, whether it be for our physical or our emotional side. She insists, everything is connected. A healthy body makes for good all round health. We laugh a lot too as we walk, turn, and exert ourselves to become more flexible, just like Katie. It is a marvellous time spent together. Just wonderful to be alive!!

Katie was born in Danzig, near the Baltic Sea. She was a young woman during the war. After WW2, she and 1500 others were sent to Siberia, in the Ural Mountains, to work in a factory for 3 years. Her greatest concern then, was whether she would ever return home again. But 3 years later, in 1948, the Red Cross enabled her and 600 of her surviving fellow countrymen to return to Germany where she settled in Bonn. After several years there, living with her brothers, she set sail for Canada to become the cook at the Belgian Embassy in Ottawa. On her way here she met a young gentleman, Kurt Zeizig, who was on his way to Almonte to work on a Canadian farm. After a wonderful courtship that involved many trips from Almonte they got married and settled for a few years in Sandy Hill. In 1956 they bought some land in Cumberland Township on Devine Road. There they raised their 4 children and enjoyed their hobby farm.

But Katie wanted more, so, in 1969, she went off to Oakland University in Chicago, to study under Bonnie Pruden, a fitness expert at that time. Ever since her return from her studies, Katie has been showing women in our township the way to good health, in body and spirit. At first she taught only at nights in the local schools but then in the 1980's she began teaching seniors in the daytime. She enjoys doing Yoga as she comes back from her sessions refreshed. "It is like medicine for the body, brain, and soul", she emphasizes. Her advice to all of us is "Keep your body moving – shake your body" and you will lead a much healthier life". Katie is living proof of this!

I spoke with some of the women who attend her classes. Here are their statements:

"She makes the world more special just by being in it". "She is my mentor, my second Mom". "She has weathered the storms and is loving and generous". "Katie is a remarkable, inspirational lady". "She is beautiful, inside and out". "I love her optimistic outlook". "She is spiritual". "Katie is one sophisticated lady". "She loves people and appreciates all". Thank you Katie for sharing yourself, your memories, your philosophy, and for showing us the way to good health and

happiness. I loved sitting in your cosy kitchen nook, having coffee with you.



MAKING A DIFFERENCE

Glen and Bob from Laura's Corner are making a difference in more ways than one. They took their mid winter break to Cuba and brought some good old Canadian caring with them. They have befriended a family in Varadero who have two boys. As a surprise this year they took the two boys bicycles that their family could never have afforded. Below is a picture of the happy faces of two boys who were so excited that they could not sleep.

Quoting Bob and Glen "We are all so lucky to have so many "things" in our life and we have such good lives in Navan. It is so rewarding to help children who are so appreciative" Bob and Glen thank you for your thoughtfulness.



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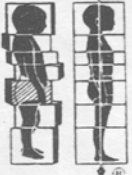
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GENERAL MEMBERSHIP ON SALE

General Membership, 4-day pass and Dome access are **on sale now at the Fair Office for \$20 until May 31st**. June 1st they will be \$25 until July 31st. The General Membership also gives you voting privileges at our Annual General meeting in January. 10% senior discount is available. **The office is open on Monday from 9am-4pm and Wednesday night from 7-9pm** or special arrangements can be made by calling the Fair Office at 613-835-2766. Exhibitor - \$10, 4-day Youth membership (13-17) - \$15 and Children (4-13)- \$10 passes are also on sale. Children under 3 are free.

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CTAS – Fun Curling Bonspiel on April 5th

On Saturday, April 5, 2008 Navan Fair hosted their 4th annual curling fun spiel. Local teams from the Navan area participated, consisting of local businesses and friends. This fun spiel gives local residence that may have never curled before, an opportunity to participate and spend a day sharing some laughs.



A special thanks goes to the sponsors of the event: Jerry Calver, Frank McNeely, Yvon Laniel, Navan Curling Club, Cafe' Resonance, JT Bradley's, Chilly Chilies, Jay's Embroidery, Dust Evans, Yves Potvin, Navan Automotive, Shawn Robinson Refrigeration. A special thank-you to all that helped out in the kitchen. Hope to see you next year!

Executive

President **Hank Bakker**

Admin. Coord: Marg MacNeill

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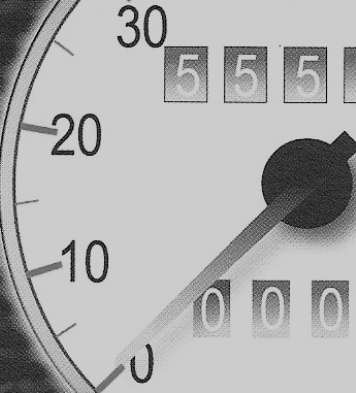


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QUOTE OF THE MONTH

"Progress always involves risk; you can't steal second base and keep your foot on first" Frederick Wilcox

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NAVAN LIONS CLUB

The Lions of A4 Convention in Ottawa, which includes 77 clubs from Eastern Ontario and Western Quebec, was well attended with over 500 Lions. This year's event was coordinated very successful with 5 local Lions groups. Lion Hal of our Club was on the steering committee and one of his functions was to design the trading pin. As our theme was to encourage more youth involvement, our Leo clubs were invited and special programs designed for them – his design was outstanding – what do you think?



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.



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The **Lions Friday Night Suppers** are starting again so reserve the following dates: June 20 Roast Pork, August 22 Spaghetti and meatballs and September 19th will be Turkey. They will be served at the Curling club and the cost will be \$15 per person. Tickets are available from your favorite Lion or at JT Bradley's – get them soon.

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



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Song for Spring (tune Frere Jacques)

Planting flowers,
Planting flowers,
In the ground,
In the ground,
Water them and they'll grow
Water them and they'll grow
All around,
All around.

Navan Nursery School will continue to accept registration for September 2008 until all spaces are full. Please contact the school directorate 613-835-9243 for info. Please visit our website for school/registration info and school pictures at www.ottawakids.ca/ncns

Family Fun Day – come one come all
Mark your calendar Navan Nursery School in conjunction with the Navan Community Association

4/27/2008

will be hosting a Family Fun Day on Saturday June 14 from 10 am - 2 pm on the CTAS building grounds at 1279 Colonial Rd. Come out and enjoy food, fun, games and entertainment. The cost: Smiles, Laughter and Fun.

See you there

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

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NAVAN COMMUNITY ASSOCIATION

At our Annual General Meeting on April 21st, we had a great turn out of residents for our guest speakers Sergeant Mark Gatien, Officer Luc Mongeon, Tom Carmody Traffic Specialist with the City and Constable Leslie Maley, our Cumberland Community Liaison Officer who talked about Traffic Policing in relation to the Public School concerns. They outlined the actions that have been taken since January related to our request to monitor the traffic in front of the school due to parent's

complaints of speed, truck traffic and lack of road crossings. The speed board has been used on several occasions a digital sign, which indicates to drivers how fast they are going resulting in speed reductions (The average speed traveled was 54 km in the 50 km zone). Mr. Carmody indicated that majority of the drivers drive a little over the limit but judging the speed of traffic takes training and large trucks, because of size, appear to be going faster than they actually are. Officer Mongeon reported that since January until now, there have been 261 tickets and warnings given out for traffic violations in the stretch from Frank Kenny to Trim. There have not been any complaints from the school. Results from traffic studies conducted suggest that there is not sufficient pedestrian traffic crossing Colonial to the sidewalk to warrant any type of special crossings. Mr. Carmody and the Police urge the parents and the school to continue to educate their children on how and where to cross the street safely. Both groups observed that most young children are accompanied by parents or caregivers to and from school, which is very good. Both groups are proceeding with traffic patrols and the use of the speed board to continue to monitor traffic.

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TENNIS ANYONE??

With the arrival of the Spring-like weather it is time to start thinking Tennis. Navan boasts two secluded lit tennis courts just beyond the ball diamond in the park. We are a small club who are always looking for new members, ideas and volunteers to help out with organizing club events. If you are interested in helping out please call Susan at 835-3845.

The courts will be ready for play beginning **May 10th**. Registration for returning and new members will take place in person on Saturday, May 10th at the courts from noon to 2 p.m. You can also register by calling Susan Lovsin at 613 – 835 -3845 from May 5th on. Former members will either receive their registration form by email or it will be delivered to your door. Registration forms can also be picked up at J.T. Bradley's. Hope to see you on the courts!

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NAVAN'S SPRING CLEANING is registered for Saturday May 10th. Anyone wishing to join a group effort on the Fairgrounds and Centennial Park should call Marg MacNeill at 613-835-2533. Student hour sheets will be signed if presented. There will be some painting, cleaning etc. Complementary supplies of garbage bags and yard waste bags have been provided by the City, which can be picked up at the Fair office on Saturday morning as long as supplies last.

If you just want to look after your street that is great too. Just call Marg on May 12th to report the number of bags of garbage or yard waste collected and the number of children, youth and adults who helped. Marg has to prepare a report back to the City. If you want to bring the collected bags to the red container on the Fair grounds Marg has arranged for a special pickup via the City.



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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.**



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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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visual artist

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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:

May 9th, 2008

June 13th, 2008



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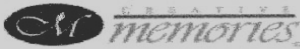


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PICTURE IDENTIFIED

Just to let you know the picture in last months issue was identified as John and Jane (Hodgson) Melvin along with their three children. They are Mildred Walsh's (from Vars) grandparents.



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FOR SALE

Natalie & D'Arcy Bush would like to take this opportunity to inform you that they are putting Café Resonance up for sale. It's springtime, a time for rebirth so it is good timing for us to see if there is anyone interested in pursuing what we have passionately developed and established in this great community. We are hoping to find someone who will continue to make the place resonate! We sincerely thank all of you for your trust and support since the opening of the Café in September 2006. Feel free to pass the word around and send anyone interested our way.



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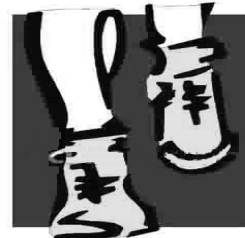
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Business Hours: Monday to Saturday 7:00AM to 9:00PM
Sunday 8:00AM to 8:00PM

The ANNUAL COMMUNITY GARAGE SALE will take place on May 24th. Community organizations and volunteers are needed to help out with this fundraiser. Please contact Anne-Marie Potvin at 835-2757 if you have a few hours to help with sorting or items that you want to give away.

We invite individuals who want to rent a space outside the blue building for a small fee at this event to contact Anne-Marie.

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The Navan Boy Scout Troop of 1938 - 1939 with Scout Leader Reverend Davies.

Since 1938, our community has been privileged to have an active scouting presence. Unfortunately, 1st Vars-Navan Scouting has made a difficult decision to close the group unless enough new adult volunteers are found by the end of May. This means there will be no more Beavers, Cubs, Scouts or Venturers. This has not been an easy decision but without greater community support we cannot continue.

If you are concerned about this decision and are willing to help us out, please feel free to contact John Ladds at 835-3670 or Fred Hyde at 835-3331.

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 submitted by 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 in which we have chosen to live!

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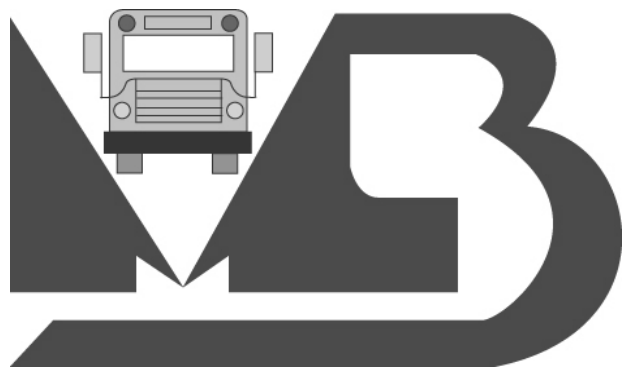
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Navan Curling Club – 1305 Fairgreen Ave

Doors Open – 6:00 • Early Bird Table – 7:00 Bidding Starts – 7:30

Admission \$3

**Here is a sample of the items we will be auctioning next Friday out of the approximately 160.
 Hopefully this will wet potential buyers' appetites!**

Tickets to the Canadian Museum of Civilization, the Canadian War Museum and the IMAX Theatre
Passports to the Gatineau Hot Air Balloon Festival
Tickets to the Casino du Lac-Leamy Sound of Light .
The Ultimate Adventure (Cave and Aerial Park) at Aventure Laflèche
Access for two to the Nordic baths at Le Nordik Spa - Chelsea
Access for two to the Scandinavian baths at Le Scandinave Spa – Mont-Tremblant
Autocross ride at a day long autocross event in Ottawa
Transportation to the Ottawa International Airport
Jewellery
Pottery made in Trenchtown, Jamaica
One-night Escape for Two at the Wakefield Mill Inn & Spa
Guest passes to Ottawa Yuk Yuk's
Scenic Rail tour on the Hull-Chelsea-Wakefield Steam Train
Gift baskets
Gift-certificates for restaurants, massages, oil changes, etc.
Paintings, wood carving, pottery, quilts, afghan, cross-stitch
Home-baking, home preserves, Dozen Delicious Desserts
Deskjet printer
Pool Table
Senators tickets – 100 level seats
2 bedroom condo in Orlando, Florida for a week
Tickets to the Putnam County Spelling Bee at the NAC
Weekend stay at the Royal York Hotel
VIA Train tickets (Ottawa-Toronto)



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.oleanonline.ca/MLBradley>.

COMMUNITY CALENDAR SUMMARY

- Mark your calendar!

DATE	EVENT	INFORMATION/ CONTACT
Friday, May 2 nd	St Mary's Anglican Church Live & Silent Auction at the Navan Curling Club – 6pm doors open.	Call the Church for donation of items or more info. 613-835-2200
Saturday, May 3 rd	UNITED CHURCH WOMEN'S Annual YARD AND BAKE SALE will be held on from 8:00am to 1:00pm.	
Tuesday, May 8 th	Agriculture and Rural Affairs Meeting 7PM Current information available at www.ottawa.ca/rural	Margaret MacNeill 613-835-2533 or margaret.macneill@sympatico.ca
Saturday, May 10 th	Clean up day in Navan – come join a group or do your street.	NCA coordinating Email margaret.macneill@sympatico.ca or call 835-2533
Saturday, May 24 th	Community Garage Sale – 8am – 2 pm Can be held in your own laneway or come and visit the Blue Building on the Fairgrounds for lots of treasures. NCA looking for volunteers to work in the Blue Building the week before and on the 24 th . Student hours will be recognized.	Anne Marie Potvin 613-835-2757 anmariegp@msn.com
May 31 & June 1 st	Cumberland Heritage Museum Power Show – model trains, rides, exhibits, machines powered by gas or steam, horse pull, western games, antique cars, music, artisans market and children's games etc.	2940 Old Montreal Road – 833-3059 or Ottawa.ca/museums
Friday, June 6 th	StreetDance 2008 NCA, Navan Lions & CTAS presents Ambush under the Domes as a fundraisers for all three groups – gates open at 7pm \$10 advance tickets \$15 at the Door	Tickets available at JT Bradley, Fair Office or members of the 3 organizations
Saturday, June 14 th	Garden Walking Tour Looking for more gardeners who would like to open their garden for this special day.	Women's Institute - Anne Marie Potvin 613-835-2757 anmariegp@msn.com
	Nursery School Appreciation Day & NCA Community BBQ – everyone welcome – meet old friends, games for the children and a BBQ.	Nursery School call 835- NCA call Marg 835-2533
Friday, June 20 th	Lions Friday Night Supper – Roast Pork - \$15 per person at the Curling Club – limited to 100 people.	Tickets available from the Lions or JT Bradley's



“Opening the door to make-believe”

Join the **Navan Young Performers** on Saturday, May 3rd, 2008 in the upstairs hall of the Navan Arena where you can see our young thespians at work. Showing off their talents, they will be performing 6 short plays to audiences of all ages. You'll laugh, you'll cry, we'll even include the popcorn!!!

Come and enjoy a few fun-filled hours of light entertainment, all the while supporting the kids within the community. The show starts at 7:30 p.m. Admission is \$5.00 (children under 10 are FREE).

For more information, visit our website at www.navanyoungperformers.ca, email us at navanyoungperformers@hotmail.com or call Debbie MacDonald, General Manager at 613-835-3592