

NAVAN NUGGET

Electronic version available on the website navan.on.ca

Wow what a party! The Navan Lions Club, Community Association and the Cumberland Township Agricultural Society would like to thank the entire community for their support in either volunteering or coming to the 2008 StreetDance on June 6th under the Domes. Great effort and teamwork by the three organizations along with their volunteers, they staged an event, which resulted in raising over \$5000 for each of them. Now they are busy looking at ways to use the money to benefit the community – more to come on this topic.

Let's turn up the heat on hunger



Wyatt Mc Williams Roast

Wyatt McWilliams was hailed as a "hero", "special" and an "inspiration", by his roaster Steve Madely of CFRA, Hank Bakker President of the CTAS and long time friend, Bob Plamondon, author of Hay West and Cumberland Ward Coun. Rob Jellett on June 19th, but if you ask him he's just an ordinary farmer with a penchant for crazy ideas at a fundraising for Food Aid.

Wyatt, among other things and along with his father Willard put the town of Navan on the map by organizing the World Record 50-Horse Hitch in 1995 and helped launch the Hay West effort in the summer of 2002 which collected and shipped thousands of bales of hay from Ontario, Quebec and the Maritimes to drought stricken farmers in Alberta and Saskatchewan.

McWilliams latest project is Food Aid, which has raised over \$400,000 over the past three years. The money is used to buy local beef and convert it into hamburger, which is then donated to local food banks. It is the only program of its kind in North America and provides valuable protein to families, who can't afford the luxury of fresh meat. Cumberland Ward Coun. Rob Jellett really summed Wyatt up accurately by

saying "He's like a dog with a bone. When he gets an idea in his head he never gives up. No matter how hard it is, he always finds a way to get it done. And it's never about him; it's always for someone else. No matter where you turn, he's always trying to do something for someone else," The Roast generated around \$7000, which will be used to purchase over 1000 lbs of hamburger for local food banks.



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First steps for the **Navan Memorial Centre Arena renovations** are currently under way by updating the septic system. Next will be the construction work to add a referee's dressing room and modify the entrance to the Arena.

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NAVAN NUGGET

NOTABLES (complements of the Navan Women's Institute)

Sean Power is the Coach of the Navan Caterpillars' Soccer Team. This hard running team is made up of 3 to 4 year old children from Navan. What an evening of entertainment! Sean puts them through warm up exercises before they start the game. He has them jumping, kicking, and running after the ball. The little ones are quick to learn as Sean yells out the commands in both English and French. It is a fun event to watch every Monday night at 6PM at the Fairgrounds. Come on out to support this team and their Coach.

Thanks Sean for taking the initiative to start this new league!!



In the picture there is Sean with two of his top players, Eve and Liam. Even Pepper is trying to get into the game!!!
Sheila Minogue-Calver

Navan Women's Institute

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Are you ready? – we are only about a month away from the 63rd production of Navan Fair? Boy oh Boy have the 27 directors been working hard to make another special year. Our theme “A Family Affair” has inspired many new attractions that will delight the entire family. A few examples include a bed race, which will be held on Sunday on the main street and Eleanor Hodge has organized a fantastic line up for a Parade you will not want to miss. Don't forget that we encouraged all business or groups to put a float in the parade and children are encourage to dress up their bikes, wagons etc and join in on the fun. In addition to bracelet day on Friday from 11am to 11pm we are adding a second on Sunday from noon to 5pm for \$15. We will be having Strongman demonstrations, wood creations made on the grounds, more craft vendors and the meals are returning via Waterfall Bar B-Q. and Catering. Dan Bissonnette has a wonderful line up for entertainment. Thursday night is “Uncensored” a local band; Friday night has the “Headpins” as the opening act for “Prism” the headliner. Saturday will have “The Ryde” opening for “Kenny Shields & Streethart”. On Sunday starting at 3:15pm will be “Fred Ducharms & Ninth Line” followed by “doubleBack” a local band with “Michelle Wright” as the headliner.

Advance Ride sheets of tickets – 40 for \$40- will be available by July 7th. Memberships (\$25), 4-Day pass Adults (\$15) Youth 13-17 (\$15), Children 4-12 (\$10) and Exhibitor passes (\$10) are available at the Fair office now. Office is open Tuesday & Thursday 9am to 4pm and Wednesday night from 7-9pm.



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The **Navan Fair** was recently awarded a grant by the Department of Canadian Heritage through its *Building Communities Through Arts and Heritage Program (BCAH)* thanks to Adele Picknell. The BCAH Program aims to increase opportunities for local artists and artisans to be involved in their community, through festivals or other events and activities.

Money received from the BCAH Program will be used, in part, to fund the Navan Fair Talent Showcase, where local vocalists are invited to entertain the crowd from the Navan Fair's main stage under the Domes. Participants will be accompanied by a live band, led by local musician, Marc-André Drouin, and the event will be hosted by local television personality, Eric Leclerc (from Rogers Television's "Eric on Elgin").

The Navan Fair Talent Showcase will be held at the Navan Fair on Sunday, August 10th, from 1:00pm until 3:00pm, at the Domes area of the Navan Fair grounds. Anyone interested in participating is asked to contact Adèle Acheson at (613) 323-3907.

La **Foire de Navan** a été accordé une subvention du Ministère de Patrimoine Canada, dans le cadre du programme *Développement des communautés par le biais des arts et du patrimoine (DCAP)*. Le programme DCAP a été créé afin d'offrir plus d'occasions aux artistes et artisans locaux de s'impliquer dans la communauté par le biais de festivals ou d'autres événements et activités.

L'argent reçu de programme DCAP permettra, entre autre, à la Foire d'organiser un Spectacle de Talent, où les artistes locaux seront invités à démontrer leurs talents de chant devant la foule à l'estrade principale sous les Dômes. Les participants seront accompagnés d'un groupe de music en direct, mené par un musicien local, Marc-André Drouin. L'événement sera animé par Eric Leclerc, une personnalité de la télévision local (de l'émission « Eric on Elgin » à la Télévision Rogers).

Le Spectacle de Talent aura lieu lors de la Foire de Navan, le dimanche, 10 août, de 13h00 à 15h00, sous les Dômes. Toute personne intéressée à participer est priée de communiquer avec Adèle Acheson au (613) 323-3907.



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The new **Hydro Grid** on the grounds is up and running. It had a test run at the 2008 StreetDance and performed perfectly. Thanks to Trillium Foundation for the \$65,000 grant, which helped finance some of the project and to Simpson Electric's team for all their hard work in getting the job done in short order.



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The Beer Garden committee and some dedicated volunteers are in the process of converting the Dome washrooms into a second serving area. This will reduce the expenditures for tents and a reefer truck rental.



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Last but not least we are always looking for students who need volunteer hours or adult volunteers who would like to become part of our team. Believe it or not there are over 200 volunteers who help us put on the Navan Fair every year. We are so thankful for each and every one of them. We have had reports that they have had tons of fun participating.

President: Hank Bakker
Admin. Coord: Marg MacNeill
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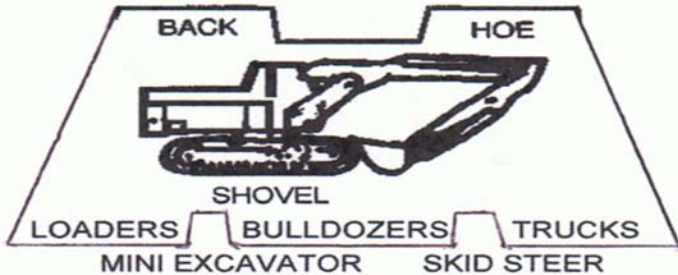


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RBC Navan Branch – New Hours

Monday	9:30 am – 4:00 pm
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Wednesday	9:30 am – 4:00 pm
Thursday	9:30 am – 8:00 pm NEW
Friday	9:30 am – 5:00 pm

In efforts to make it easier for you to do business with us we will be making the above changes to our baking hours effective **Thursday, August 28, 2008**
Thanks for you business

HOME TIP OF THE MONTH

Cooking tips

- Scrumptious roasts! – no roasting pan? Set the meat on a few ribs of celery or carrots.
- No waste! Measure dry ingredients, such as flour, over wax paper. If any spills, fold up paper and pour it back into the container.
- Better baking! Before making meringue, wipe the bowl and beaters with a cloth dipped in vinegar – it will remove any fat, so the whites beat up as high and fast as possible.
- Love ranch? For extra flavor on fried chicken, dip the pieces in ranch dressing instead of milk before coating with breadcrumbs!
- Make 'em last! Store scallions in the fridge in a glass with just enough water to cover the roots. Change water every other day, and they'll stay fresh twice as long.
- Whipped cream the easy way! putting a dollop of homemade whipped cream on dessert? Skip the mixer and shake it in a clean jar?

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NAVAN LIONS CLUB

The Navan Lions will now be on the prowl for the summer. On June 9th the Lions held their yearly wrap up along with their partners at O'Meara's where a wonderful beef and chicken buffet was served. The Navan Lions Club encourages students to continue their formal education after graduation from secondary school by awarding a bursary. The club's first bursary was presented in 1964 to Norma Johnston who went on to be a teacher. Since then more that 40 students have been a recipient of the Club's bursary. The Bursary underwent a name change a few years ago when it became know as the Navan Lions Herb Deavy Bursary in honour of Life Lion Herb Deavy who was a Charter member of this Club. The Navan Lions Club was chartered in May, 1952.



Rebecca

Maxime

Charles

This year, we were happy and proud to be able to present bursaries to three deserving students. They are Maxime Leroux, Charles Paterson and Rebecca St. Cyr all of whom live right here in Navan. Both Maxime and Charles were unable to attend, but we were honoured to have their parents (Pierre/Claire Leroux and Cheryl/ Lion Dave Paterson) accept on their behalf. Rebecca is the daughter of Vickey and Larry St. Cyr.

The Lions first Friday night dinner was held on June 20th with 80 people sitting down to enjoy a Roast Pork dinner. All had a great time. If you missed this one don't miss the next two as they have been slated as specific fundraisers.




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NAVAN LIONS SPAGHETTI & MEATBALL DINNER AUGUST 22, 2008 – The project “No child Without” will be the Benefactor.

The Canadian Lions Clubs and Canadian Medic Alert have formed a 5-year partnership to ensure that all those elementary school children (aged 4 to 13) in Canada who require a Medic Alert Bracelet will have one.

Our next Lions Friday night dinner will be devoted to this new initiative, which will supply, free of charge, Medic Alert Bracelets to those elementary school children. Annual fees and updating costs are also covered until the Child reaches its 14th birthday. Parents will be invited to apply for bracelets for their children with medical conditions through participating schools. The costs will be borne by sponsoring Lions Clubs, governments, and any other club or organization wishing to take part. The proceeds from the August dinner will also be used to fund the **Ottawa Children's Treatment Centre (OCTC) School**. Any excess will be used to fund other local schools wishing to participate in the program. We encourage everyone, including current and past clients of the OCTC and their families to join with us in supporting this cause. Tickets are available from any Navan Lions Club member or J.T. Bradley's Country Convenience Store. **Cost is \$15.00 per person, which will be held at the NAVAN CURLING**

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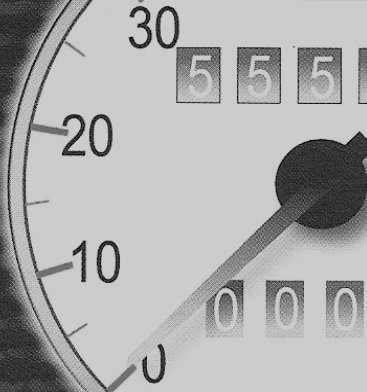


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Lions Raise More Than US\$200 Million to Save Sight
Bangkok, Thailand, June 26, 2008—Lions Clubs International Foundation (LCIF) and Lions around the world have exceeded their campaign challenge goal of US\$200 million for their flagship, global blindness-prevention program, SightFirst. Funds raised during Campaign SightFirst II (CSFII), a three-year worldwide campaign operated by the international charitable foundation, will save or restore the vision of more than 37 million people around the world. Led by 7,000 CSFII Lion volunteers, Lions surpassed their initial US\$150 million goal in February, four months in advance of CSFII's conclusion. During the final month of the campaign alone, Lions raised more than US\$20 million to surpass the US\$200 million challenge goal.

"The efforts of Lions worldwide over the last three years makes me incredibly proud to be a Lion," says Dr. Tae-Sup Lee, Lions past international president and CSFII chairperson. "Through CSFII, our role as 'Knights of the Blind' will continue for years to come because of the dedication of our volunteers and all of our donors. Most importantly, LCIF and Lions will be able to continue to deliver the excellent services of the SightFirst program and thereby ensure that millions of individuals around the world are able to live with the gift of sight."

At least US\$100 million of CSFII funds will be granted through LCIF's SightFirst program to contain and eliminate the leading causes of avoidable blindness, including cataract, the leading cause of preventable blindness worldwide.

Another US\$50 million will be used to combat new and emerging threats to sight, including diabetic retinopathy, macular degeneration and low vision. The funds raised beyond the US\$150 million initial goal will make it possible for Lions to fund research and rehabilitation initiatives in developed countries. Lions' goal is to provide "Vision for All." SightFirst was launched by Lions in 1989 to battle preventable and reversible blindness. Lions estimate US\$6 is the average cost to save or restore a person's sight through SightFirst. Lions have already restored sight to more than 27 million people by funding cataract surgeries, vision screenings and treatment, and improved eye-care services for hundreds of millions of people in underserved areas in 91 countries around the world. Lions have also built eye hospitals in developing countries and trained eye health care workers where there were previously none.

CSFII officially concluded during the 91st Annual Lions Clubs International Convention in Bangkok, Thailand on Thursday, June 26 when the final dollar amount raised was announced. More than 18,000 Lions clubs members, including international media, from around the world were present for this historic announcement for LCIF.

The Navan Lions are proud to say that they contributed over \$3100 towards this project thanks to your support of many of our community projects. So applaud yourself as well. Lion Marg MacNeill President

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Secretary: Lion Mark O'Donoughue
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Once again Navan Nursery School staff, parents and children would like to thank the Cumberland Township Agricultural Society (Navan Fair) for their continued support and commitment to the youngest members of this wonderful community.



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Watermelon

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 What has seeds?
 Sweet and juicy treat
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 fun to eat, fun to eat

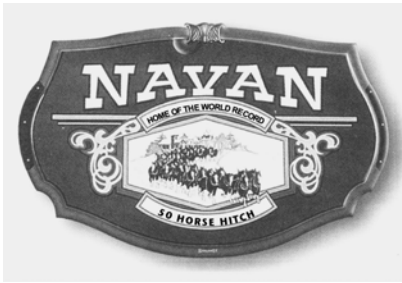


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NAVAN COMMUNITY ASSOCIATION

At our meeting on June 16th we had a representative from the Friends of the Mer Bleue who provided an update on the Navan WSI dump. Agreement with WSI has been reached that the lowest level profile will be used for the expanded elevation, which could extend the usage of the dump by 15 years. Mr. Castonguay of WSI has been very supportive in making all attempts to reduce odors. A new odor reduction system is being used for the gases instead of it being trucked away and WSI is no longer making compost on the site. If anyone feels that the odor is offensive then they are encourage to contact the Province. On the negative side, Gloucester has given temporary approval to another company to open a recycling business just east of the WSI site, which could generate new odor issues and make the cause of the smell difficult to identify its source. The Friends of the Mer Bleue will be monitoring the situation.



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Green Partnership Program (City of Ottawa) Congratulation to our new Chair Anne Marie Potvin who has been successful in obtaining a grant for \$1200 that will be used to start putting perennials along with annuals in our flower beds at the two entrances corners. As always anyone who sees a weed growing is invited to stop and remove it. Thanks to the Women Institute for planting the flowers and plants this year.

Community Cleanup Results - Congratulations! We have won a prize in for our community efforts on our cleanup in our community during April and May from the City of Ottawa's Cleanup initiative. The Community/Neighbourhood Association Category prize was a \$500 Graffiti Response

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Youth making a difference - Cairine Wilson Secondary School joins the fight against cancer by hosting Relay for Life event for their School Community. The 12-hour Relay for Life was held at the Navan Fairgrounds in Navan, on Friday, May 30. The Opening Ceremony began at 7pm and ended on Saturday, May 31st at 7am. The Opening Ceremony began with Ken Armstrong piping in the Survivors to the stage. The Opening Ceremony continued with inspirational speeches and wonderful songs and special presentations. The Survivors were then piped around the track for the first lap and the students, staff, parents and family members joined in. Watching the Survivors go around the track was a truly inspiring part of the night. Later on, there was the Luminary Ceremony, where the hundreds of luminary bags with handwritten messages to loved ones were lit as well as the HOPE sign made of luminary bags. It was a truly touching and memorable night and students and staff and parents persevered, despite the rain. There were over 300 students, volunteers, staff, parents and families, who rallied around the track for 12 hours to raise money for

7/3/2008

cancer. The goal this year was to raise \$35,000. This year's total will reach \$40,000, which is awesome. In the past four years, Cairine Wilson Secondary School has raised the amounts as follows: 2004-\$19,480.90, 2005-\$25,274.94, 2006-\$28,790.66, and 2007-\$30,732.75

Many thanks to the Student Committee members, many other staff, parents, parent council members, families and friends who attended and helped out with making the night a success including John Shea our trustee.



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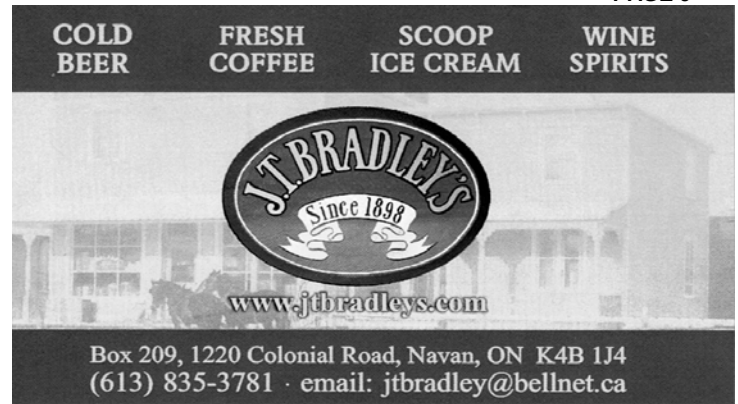
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COMMUNITY ANNOUNCEMENT

Doggy Walkathon – Sept 6th

Join Navan Animal Rescue Corporation (NARC) and Eastway Kennels on our 2km doggy walkathon through fields and bushes to help raise funds for NARC's animals. September 6th from 9am to 3pm; registration at 9am, walk is at 10am. Get your pledge form today! Tons of activities such as a police dog demo, dog training Q&A, nail clipping, food & drinks, etc... Also many great PRIZES to be won! Rain or shine, our rescues will be there to have a great walk! Don't have a dog? No problem, walk one of our rescues! www.narc-charity.ca 613-834-7005 events@narc-charity.ca



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J.T. BRADLEY'S 110 Anniversary Celebration

Mark Saturday, September 13th on your calendar. J.T. Bradley's will be celebrating 110 Years of the Store being in Navan with an Anniversary Celebration at the Navan Curling Club.



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PHOTO EDITING

Do your pix need more pizazz? We can do that.

- ~ Cosmetic Retouching
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- ~ Add a Professional Touch to common snapshots

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

Cumberland Farmers' Market will be open every Saturday, rain or shine, from 8am to 1:30pm, starting June 21st. In response to public demand, this year's market will be open right up until Thanksgiving weekend (October 11th). www.cumberlandfarmersmarket.ca or call 613-833-2635

For more information you can visit



HARMONIE
ESTHETICS

Monique Bourgeois
Esthéticienne

3753, chemin Trim Road
Navan, ON
613.835.3443

moniqueb@sympatico.ca

The **Parent Council at Heritage Public School** would like to take this opportunity to thank the many businesses, people and service organizations that helped make our First Annual Family Fun Day a huge success. Oakwood, Gail MacDonald (Remax), Dust Evans Lawyers/Avocats, Colonial Veterinary Hospital and Navan Automotive all made significant contributions, which helped us, rent bouncers activities and purchase prizes for the kids that day. Zellers also donated a six-piece wicker conversation set which Jan & Kelly Oka won. Robert Plante donated 10 beautiful hanging baskets for our auction. Of course Navan is a generous community and the following businesses also helped out. Centaur Riding School, Domaine Perrault, J.T. Bradley's, Cafe Resonance, Jay's Embroidery, Epicuria, The Works, Roost, Chilly Chile's, The Game and Harmonie Esthetics. Our BBQ was a great success because of the Cumberland Lions and the generosity of Sobey's. The next time you are shopping at Sobey's be sure to take a moment and thank Allen and Joanne Foget.

We also want to give a very big thanks to the Navan Firefighters. They stayed all day and made sure all the kids had some fun with the Waterball. Finally a special thanks to the following people; Cathie Whyte, Tracey Black, Rob Jellett, Virginia Lowe, Laurie St. Julien, Shannon Sambray, and all of our wonderful youth volunteers.

One can pay back the debt of gold, but one dies forever in debt to those who are kind. - Malayan Proverb

Our 2nd Annual Fun Day is set for June 20, 2009. See you next year!



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JULY 11-13 FLYBALL INSANITY – DOG SHOW At the Navan Curling Club – everyone is welcome to come and watch the excitement of different breeds of dogs racing an obstacle course. - Free



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ATTENTION KIDS – EVERYONE WELCOME - Ottawa Kids Triathlon - Kids of Steel Durathlon (Run-Bike-Run) is on Sunday, July 20 at the **Navan** Fairgrounds and surrounding area in Navan. Visit our web site www.ottawakidstri.ca for more information and on line entry for children and youth from age 3 to 16. Volunteers also needed to help direct the children and traffic keep on correct side of barriers. Please contact Cheryl@ottawakidstri.ca for more information.



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CHILDREN'S VILLAGE AT NAVAN CHILDCARE CENTRE (room for 50 School Age and Kindergarten children)

Spaces available, licensed childcare program, 4-10 yr. olds attending Heritage Public School, Emergent/Theme Based Curriculum, Subsidized spaces available

Also seeking Supple Staff - Must be 18yrs. old or older, Have a current criminal reference check, 1st Aid training, Experience working with 4-10 yr. olds

To register directly with the Children's Village at Navan, Please go to [Register for day care](#). To register with the Central Waiting list, please go to www.afchildcare.on.ca Want to know more? [Contact us](#) - 613-835-1583 or e-mail navan@childrensvillage.on.ca

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. *Announcement for any non-profit will be accepted – template available on the website at navan.on.ca.*

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!

FOR YOUR SUMMER FUN USE YOUR LIONS GATEWAY CARD AT ANY OF THSES STORES

FOR THE SPORTS MINDED	
Elite Karate Fitness & Martial Arts Centre	1280 Trim Rd., Orleans, ON 613-834-08022 5% off walk-in fitness classes
Houle Sports	2026 Lanthier Rd., 613-830-6663 & 1991 St. Joseph Blvd., 613-837-7894, Orleans, ON 15% off clothing & footwear, 10% off on all sports equipment
Lacroix Sports	2062 St. Joseph Blvd., Orleans, ON, 613-824-5196 10% off all regular priced merchandise
The Martial Artist	St. Joseph Blvd., Orleans, ON 613-841-7862 Pay no GST or PST on regularly priced items (Martial Arts Supplies)
Petrie Island Bait & Tackle	009 Trim Rd., Orleans, ON 613-841-0778 Dozen European worms with every dozen regular worms purchased
Preston Soccer	155 Preston St., Ottawa, ON 613-321-7545 10% off
Robertson Fitness Equipment	4380 Innes Rd., Orleans, ON, 613-834-1077 10% off marked selling price
Unlimited Fitness	1977 St. Joseph Blvd., Orleans, ON, 613-834-1334 \$35/month membership for 1 year - regular price is \$42/month (with \$99 down)
FOR THE ADVENTUROUS	
Adventures in Diving	5370 Canotek Rd., Ottawa, ON 613-745-7211 sign up for 1 scuba course, get the second for 1/2 price (Some restrictions apply)
Algonquin Travel	1968 Portobello Blvd., Orleans, ON 613-824-2432 5% discount on any vacation package or cruise (not valid on "flights only")
Econo Lodge	475 Rideau St., Ottawa, ON 613-789-3781 5% off package rate from May 1/07 to Oct. 15/07, 10% off after this
Proulx Sugarbush & Berry Farm	1865 O'Toole, Cumberland, ON 613-833-2417 10% off total purchase (excluding group or special rates)
Sky Express Travel	1189 Bank St., Ottawa, ON 613-521-8810 5% off any package (all incl.) or cruise
Tag Zone	89B Montreal Rd., Ottawa, ON 613-746-6000 2 for 1 on a regular game or 1 free organizer with 5 other players at regular or member price
Voyages Rideau Travel	418-B Rideau St., Ottawa, ON 613-789-4816 5% off all regular priced "all-inclusive" packages with Sunquest & Air Transat Holidays



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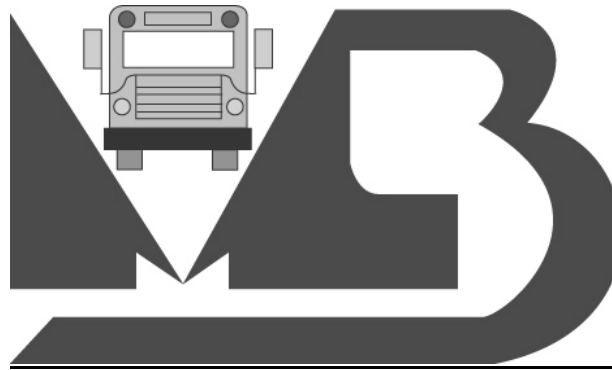
Dear Patient,

A graduate from Laval University, I am a native of Ottawa and I now live right here in Gloucester with my husband and 2 beautiful daughters. My passion for dentistry shines through my work and continues to grow through educating dental hygiene students at a local college. I love to work with children and am fluently bilingual in French and English. Whether it is cosmetic, preventive, maintenance or emergency dentistry, I am here to fill all of yours and your families' dental needs. Come and visit our new state of the art dental clinic.

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Wednesday: 11:00am - 7:30pm
Friday: 9:00am - 4:00pm

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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>