

SEPTEMBER 2008

NAVAN NUGGET

Electronic version available on the website navan.on.ca

Where has the summer gone? Now that August is over it's back to school and bringing in the produce to prepare for winter.

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During August the McWilliams farm hosted the Ottawa Carleton Plowing match with over 30 plowman using horses, antique and modern tractor. This was also a final wrap up for the 2001 IPM. The 2001 IPM committee has been working over the last 7 years to pay all the debts and to generate some funds for the Ottawa Hospital. High praise to everyone as they did an outstanding job. All debts paid, they facilitated two sponsorships through Ontario Hydro and Grenville Mutual for \$100,000, which has been continued in all IPMs' regardless of location in Ontario. In addition, over the last 6 years the committee has conducted numerous fundraising efforts which was matched by the provincial government, that resulted in the Ottawa Hospital receiving \$225,000.



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Navan Notables

A Family Affair – The Boths



The Charity Golf Classic at Greyhawk Golf Course was a tournament put on by Bradley, Katie, and Andrew Both for the last 8 years. They had a strong behind the scenes team – Gord and Kathleen Both, their parents.

Andrew said he started helping out when he was just 9 years old. What a feat this family has done for the community and their chosen charities!

In the beginning stages, this was an idea to allow the Both teenagers to get their 40 hours of school volunteer time. But, as they got more involved, it was about doing something great for others. It was a tremendous endeavour! Andrew states that the most difficult part was getting started planning the event, then getting enough sponsors and participants. The best part was when the horn went off and hundreds of golfers walked onto the course. Also, when they announced the amount raised and the realization that they were going to help so many people.

Over the 8 years these enterprising young teenagers raised **\$115,000.00**. Some of the lucky recipients were Camp Banting, Make-a-Wish Foundation, The Candlelighters, and The Dolphin Fund.

Andrew remarked that they couldn't have done these tournaments without Mom!! This past summer they took their tournament to Le Maître at Mont Tremblant to finish off these eight years of tournaments with a grand flair. It was a great day for all players and volunteers alike!

What's next I asked? Well Bradley is off to work, Katie is in 3rd year university, and Andrew is going into Grade 12. No Golf Tournaments are on the horizon for a couple of years. What a wonderful achievement these three students did while going to High School. Hats off to all three and thank you for making a better world out there!!!

Sheila Minogue-Calver

Navan Women's Institute

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RBC Navan Branch – New Hours

Monday	9:30 am – 4:00 pm
Tuesday	9:30 am – 4:00 pm
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

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Navan Fair this year experienced challenges with attendance due to the strange weather this summer but the Board did live up to their theme of 'A Family Affair'.



Thursday started off with a lively opening and the crowning of Elizabeth Muggleton as the 2008 Navan Fair Ambassador but Katie Hodges gave her a great run for the crown. Elizabeth will go on to compete at the CNE next year.



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Families flocked on Friday for the exciting Demo Derby, which was a prelude to the Celebrity Milking contest.



Mayor Larry O'Brien was pronounced the winner (with help of a carton of milk). Christine Dufresne, our RBC Bank Manager, did us proud with her first milking experience and came in second. Maybe she will take fond memories of Navan with her when she goes to Calgary to work in September – all the best Christine.

Friday's Alpaca show had over 70 exhibitors from as far away as New Brunswick and Alberta. It is the only fleece and halter show in Ontario. On Friday night I hope you did not miss the heavy horse musical chair's contest, which had a high number of contestants this year.

Saturday dawned the best day of the fair, which was a perfect setting for a superb fair parade down main street.



This was followed up with the Strongman demonstration under the Domes. It is amazing what these three gentlemen can do.



Sunday started off with the traditional ecumenical church service at the Navan-Vars United Church.



But by 11:30 am the main street was again crowded with anxious onlookers to watch 11 daring teams race their beds. Two ladies teams put on a great show.

The Late Bloomers coming in second.



The Flower Power won for the best decorated



The winning team was Simpson Electric.





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Everyone was impressed with the Shawn Robinson bed as it was a classic.



Over \$500 was donated to Ovarian and Breast Cancer from the entry fees of the bed race.



Hank Bakker (President of the CTAS) was planning to lodge a protest for being disqualified for having a motor on his bed but he could find any supporters in the crowd.

Once again the rain clouds drifted in but many remained for the excellent performance of the Country show under the Domes.

The Board of Directors want to express their sincere thanks and appreciation for all your support to the Fair and so many volunteers that make everything work. The CTAS mission is to keep the agricultural component in the Fair and to support the interest of the surrounding community. Hopefully you will agree that we did it one more time.

President: Hank Bakker
Admin. Coord: Marg MacNeill
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- Enjoy your meals! Studies show that people who sit down to eat their meals report feeling less anxious.
- Eat sunflower seeds! These seeds are rich in magnesium, which boosts mental clarity, improving our ability to cope in any situation!
- Think blue! For a dose of calm, close your eyes and imagine your entire body bathed in soft blue light. The color is known to reduce anxiety!
- Don't fret over stress! The adrenaline surge that accompanies anxiety is nature's way of helping us perform at our best in new or scary situations.

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NAVAN LIONS CLUB

The Lions, disguised as clowns, were brave enough to enter a bed in the Bed Races. They bed was build by Reg MacNeill using Ham Brereton's design from years ago. If you want to see this team in action go to www.youtube.com and watch a video of the race, thanks to Alisa Simpson.



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The Lions Spaghetti supper on August 22 was a great success raising over \$700 towards the "No Child Without" project of providing medical alert bracelets to the children under the care of the Ottawa Children's Treatment Centre.

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Secretary: Lion Suzanne Boyer 613-835-9318
Treasurer: Lion David Grattan 613-835-2770

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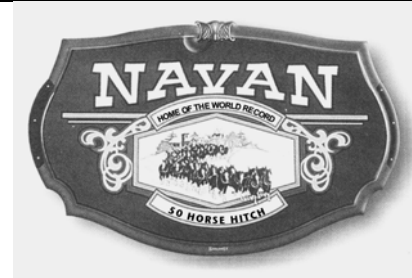
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NAVAN COMMUNITY ASSOCIATION

The next meeting of the NCA will be on September 15th at 7pm upstairs in the Arena. Everyone is welcome to join.

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Construction has started on the expansion of the Navan Memorial Centre and should be completed by mid December. All activities will continue as normal but maybe some adjustments to the entrance to the building. Handicap access will be maintained throughout the construction period.

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NCA Youth Dance Information

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

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 EXCEPTION November 2008's dance is the 3rd Friday (NO dances in July and August) with a \$5.00 admission at the Navan Arena.

Starting in September 2008 Navan residences with a Navan Community Association membership card may buy advance ticket(s) for the youth dance at the NCA monthly meetings. 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.

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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.

Chair: Anne Marie Potvin 613-835-2757

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Ralph Brookholmes

Website: navan.on.ca

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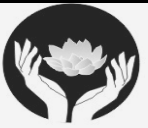
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Song for fall

5 little apples
Sitting in a tree
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Smiling at me
I shook that tree
As hard as I could
Down fell the apples
Mmmm they were good!

Enjoy apple time !!

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We are located in the blue fair building at 1279 Colonial Road. For registration information please call our registrar at 613-835-3888 or the school 613-835-9243. Classes begin September 15th.

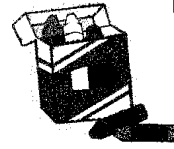
COMMUNITY ANNOUNCEMENT

CUMBERLAND TOWNSHIP HISTORICAL SOCIETY will be meeting at the Navan Curling club on

Wednesday, September 3rd at 6:30 pm. Ross Bradley will be speaking on the history of the Navan Curling Club.

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NAVAN CURLING CLUB 2008-09 MEMBERSHIP

The Navan Curling Club is holding its New Member Registration Night on Monday September 15th at 7 PM. The event is being held at the club (1305 Fairgreen Avenue). This invitation is open to all new curlers and current members alike.

The Navan Curling Club offers a complete curling program for adults, seniors and youths (<http://navan.ovca.com>). Contact our registrar (Brian Cullen at 613-590-7254) for more information.



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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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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

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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
All issues of the Navan Nugget can be found on our website!



Doreen Hardiman
visual artist

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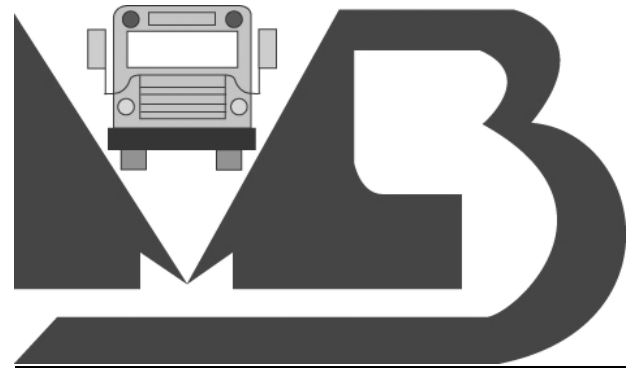
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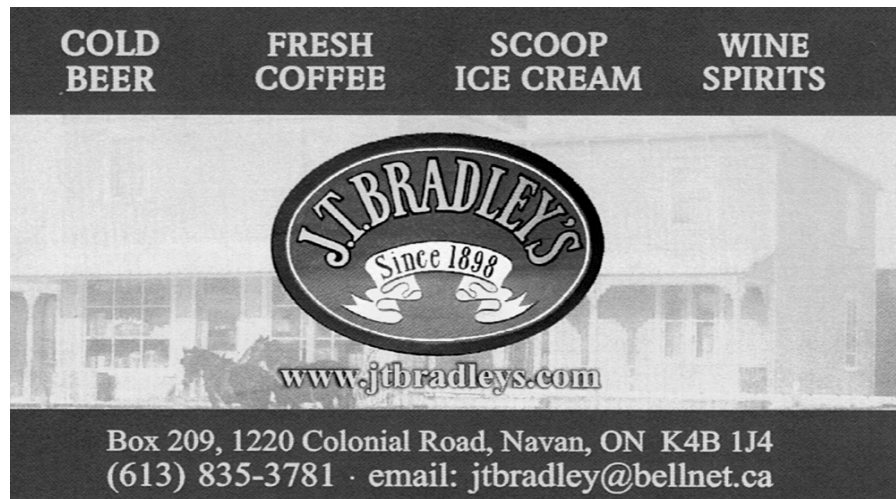
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ACT 1 – Navan Young Performers is a not-for-profit drama club for the young thespians in our community. Now in its' third season!

Children aged 8-14

Saturday mornings in the upstairs hall at the Navan Arena, Colonial Road, Navan.

Saturday, October 18th, 2008 to Saturday, January 24th, 2009.

PLEASE NOTE... *We are taking requests to form new classes. At present, we are thinking of introducing a class for youngsters, age 5-7. This 45 minute class will include role-playing through stories, games, help foster the imagination and build confidence and self-esteem in your child. Cost and time to be determined. If interested, please contact us at your earliest convenience as class size will be limited*

For more information visit our website at www.navanyoungperformers.ca, contact Debbie MacDonald at 613-835-3592 or Nathalie Champagne 613-835-2045 or e-mail us at navanyoungperformers@hotmail.com.