

DECEMBER 2008

NAVAN NUGGET

Electronic version available on the website navan.on.ca

Over 150 people came out to attend the Remembrance Day ceremonies at the Cenotaph to pay respects to our fallen soldiers and pray for those currently serving around the world. Special thank to the construction crew at the Arena for making the area presentable for this important occasion.



The Navan Curling Club in October received a very generous gift of an automatic defibrillator from the Orleans Legion. I was actually put to use already but unfortunately all efforts by the members and the paramedics were unable to revive the victim.



Navan Notables

Our Giving Spirit

Navan Village is volunteering again. Every year, the Navan Fair is a huge success because of all the villagers who donate time and energy to help out with the activities of the Fair. As the snow teases us, and Christmas is just around the corner, our village is generously giving again. The United Church Women (U.C.W.), the Anglican

Church Women (A.C.W.), as well as the Navan Women's Institute (Navan W.I.) have decided to help out with the lunches for the workers on Tulip Crescent in Orleans, who are building 2 houses for **Habitat for Humanity**. Lunches must be provided for 20 or so workers at the building site for the next 4 to 5 months. While the U.C.W. and the A.C.W. are making lunches, the Navan W.I. gave a donation towards the cost of the lunches. Bravo to our women's groups for doing this in the busiest time of the year. A real feel-good project as we get ready for Christmas in our homes.

These groups will be providing a meal once a month for the next 4 months. If anyone wishes to help these local organizations with lunches you have only to phone Joan R. @ 613-835-9814 or Rachel G. @ 613-835-2770 to donate food, time, or money.

Merry Christmas to all the readers of our Navan Nugget and this feature article.

Sheila Minogue-Calver
Navan Women's Institute

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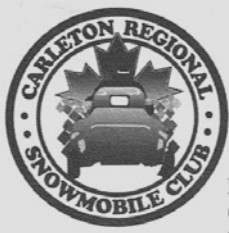

The CTAS Board of Directors is very pleased with the accomplishments made in 2008 such as the installation of the new Hydro Grid (help from the Trillium Foundation), creating a second canteen at the Domes, repair to snow damage in the drive through barn and some repairs to the Sheep Barn. Acknowledgement needs to be given to Directors Andrew Davies who managed the Hydro Grid and Ghyslain Lalonde who spearheaded the new canteen projects. Special thanks to all the dedicated suppliers and numerous volunteers who willingly contributed time to make these accomplishments happen.

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Attention all CTAS members. You are all cordially invited to attend our Annual General Meeting on January 22nd, 2009 at 6:30 pm for social time with the meeting starting at 7pm. The meeting will be held upstairs at the Navan Memorial Centre. Please call the office by January 19th to confirm your presence. Hope to see many of you there to say good bye to President Hank Bakker and hello to our incoming President Mario St Denis. Our theme for 2009 Navan Fair will also be announced to give you planning time for your entries.

President: Hank Bakker
Admin. Coord: Marg MacNeill
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QUOTE OF THE MONTH

"Years and years of happiness only makes up realize how lucky we are to have friends that have shared and made that happiness a reality." Robber E. Frederick



"Christmas is 25 days away"

NAVAN LIONS CLUB

At the Lions meeting on November 10th, the Lions received a brief overview of how the new defibrillator is used. This is a voice instructional unit that tells the operator step by step what they have to do. There is CPR training available for a cost of approximately \$45. The Lions are looking into bringing a training session to Navan. Please call Lion Marg MacNeill at 613-835-2533 if you are interested in attending.

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On November 12th the Cumberland, Gloucester North and Navan Lions met in Cumberland to have a visit with our District Governor Lion Al Page (Greely Lions). It was a great night of fellowship, good food and sharing of ideas.

The Cumberland and Navan Lions Club are the proud sponsors of Heritage Public School to ensure the "No Child Without" program is implemented. This program enables all children at Heritage School to receive Medical Alert identification for any medical condition free of charge until they reach their 14th birthday. Applications will be

coordinated with Medical Alert by the school along with the child's parents in a confidential manner.



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First come first serve – Bus tour of Christmas Lights

The Navan Lions will be sponsoring the Christmas Lights Bus trip again this year on the Thursday, December 11th. The bus will leave the Navan Curling Club at 7pm and the tour will include the lights in downtown Ottawa, Taffy Lane and definitely Andre Rollin's yearly production. The bus will return and everyone is welcome to come inside for a hot drink and some sweets served by the Lions. We have received a 48 seat bus so come and join us. The sign up sheet will on the bulletin board at JT Bradley's or call Dave Patterson at 613-835-2188



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LYNN DUBREUIL

HOME TIP OF THE MONTH

Have a high-energy holiday!

- Simplify! Your loved ones will be just as grateful whether you bake two kinds of cookies or 10! This year, do a little less and conserve your energy for enjoying yourself!
- Enjoy peppermint! Peppermint flavour has an invigorating effect on our nervous system – why not treat yourself to a candy cane while decorating?
- Stand under the mistletoe! Experts say that just one kiss increases your heart rate and raises your level of consciousness! So hang some mistletoe for one of nature's most enjoyable energy boosters!
- Deck the halls! The scent of pine erases mental and physical fatigue. So hang a wreath or drape a pine garland on your mantel!



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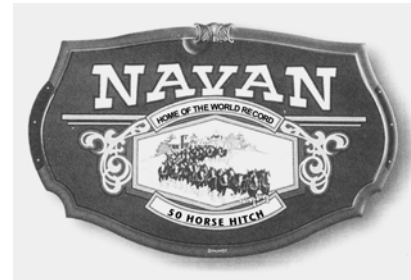
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NAVAN COMMUNITY ASSOCIATION

The next meeting of the NCA will be on December 21 at 7 pm in the upstairs hall in the Arena. Everyone is welcome to join us.



Attention to all residents who take walks at night, please wear something reflective, light in color or carry a flashlight. We have had some close calls on some of our streets. We want to keep everyone safe.



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Outdoor Rink?

At our last meeting on November 19th, we discussed the possibility of having an outdoor rink again this year which all depends on getting a person to manage the maintenance and the cooperation of the weather. Anyone interested in helping in anyway with such things at preparing the ground, putting up boards or helping on the schedule to maintain the ice to share with work, call Anne Marie Potvin at 613-835-2757.

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Linda Payant, Rob Jellett's representative for the City of Ottawa at our meeting, advised us that our playground equipment and resurfacing of the tennis courts are on the 2009 lifecycle renewal budget items. So we will keep our fingers crossed that we do not get lost in the cuts.

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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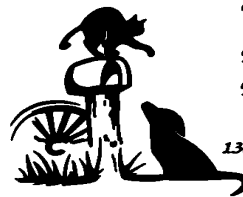
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Just an item of interest is that on an average we get about 150 new visitors on our website every month. Therefore if you have an event that you want advertised please visit our website www.navan.on.ca and complete the form and we will upload to our site for the duration you have indicated.

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NCA Youth Dance Information

Dates for the 2008-2009 youth dances:, December 12, 2008, January 9, February 13, March 13, April 10, May 8, June 12, 2009.

*** 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) to any or all of the youth dances for their children (and their friends) 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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The farmer-to-farmer training project aims to strengthen the rural economy and the rural-urban connection by increasing the number of farmers producing for local consumption. These workshops are designed for: current farmers who want to expand or change their operation to include local production & marketing; youth who would like to become a part of an existing farming operation by diversifying into areas which would be economically viable options; new farmers who have some experience and are starting an operation of their own, possibly changing from a hobby to a business.

Learn more about this workshop series:

Free introduction to series

November 29 : 9 - 11:30am

Farmers demonstrating the economic benefits of direct-marketing and production of local food with their own examples from the region. Meet facilitators for the winter courses. Get your questions answered. You can register on the spot for winter courses. Free and open to all who are interested, but must RSVP to attend.

Workshop Options:

Ready to Farm? Planning Your New Farm Business

November 29 : 12 - 4:00pm and December 6 : 9am - 4pm

Beginning farmers are introduced to the business planning process. Facilitated by FarmStart. 15 participants maximum. Free - but must register.

The following are Full Day sessions. 9am - 4pm, on Saturdays.

Take one course or take them all. 25 participants maximum in each course. \$40 each (Includes lunch and resource handouts).

Jan 10, 2009 *Sheep and Goat Production and Marketing*

Jan 17, 2009 *Vegetable Production and Marketing*

Jan 31, 2009 *Greenhouse Production and Marketing*

Feb 7, 2009 *Orchard and Small Fruit Production and Marketing*

Feb 21, 2009 *Cheese-making Production and Marketing*

Mar 7, 2009 *Beef and Buffalo Production and Marketing*
(for existing cattle/buffalo farmers only)

To RSVP or register, please call Bill at 613-236-9300 x306 or email: farmertraining@justfood.ca

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Please note: if you no longer wish to receive messages from the Rural Affairs Office, please reply with an email with the word "unsubscribe" and your address will be removed from our listing.

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Christmas Songs

Way up high
on the Christmas tree
2 little candy canes winked at me
so I shook that tree as hard as I could
and down came the candy canes
Mmm, Mmm, Good!!

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We wish you a Merry Christmas,
We wish you a Merry Christmas,
We wish you a Merry Christmas,
And a Happy New Year.
Good tidings to you
And all of your kin
Good tidings for Christmas
And a Happy New Year!

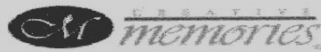
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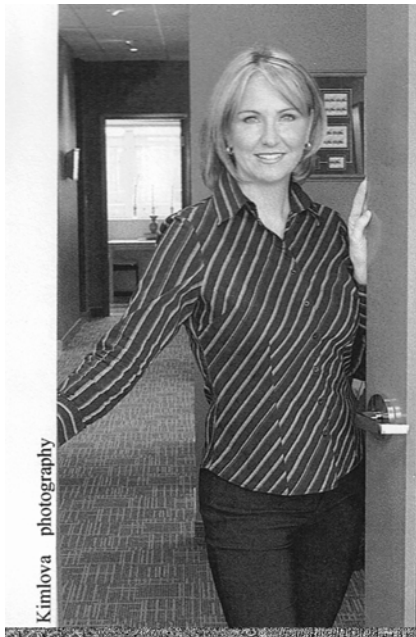
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Doreen Hardiman

visual artist

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Email: hardiart@rogers.com
Website: <http://www.magma.ca/~fotoguy/hardiart>



Meet your dental needs right next door!

Dentisterie Dentistry

Dr. José Line Leduc

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.

*Located near Wal*Mart on Innes & Mer Bleue.*

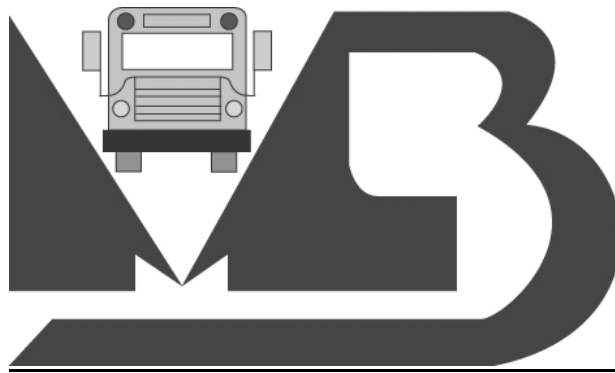
HOURS:	
Monday:	9:00am - 5:00pm
Tuesday / Thursday:	7:30am - 4:00pm
Wednesday:	11:00am - 7:30pm
Friday:	9:00am - 4:00pm

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 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.orleansonline.ca/MLBradley>

COMMUNITY CALENDAR SUMMARY - Mark your calendar!

DATE	EVENT	INFORMATION/ CONTACT
Sun. Dec 2	Grads play Pembroke 3pm	Adults \$10 – Seniors/Students \$7. & Children under 12 \$2. For information call 613-835-4297
Sun. Dec 9	Grads play Brockville 3pm	Adults \$10 – Seniors/Students \$7. & Children under 12 \$2. For information call 613-835-4297
Tues. Dec 11	Grads play Cornwall 7pm	Adults \$10 – Seniors/Students \$7. & Children under 12 \$2. For information call 613-835-4297
Fri. Dec 12	NCA youth dance 7pm-10:30pm	Navan Arena hall
Sun. Dec 14	Grads play Ottawa 3pm	Adults \$10 – Seniors/Students \$7. & Children under 12 \$2. For information call 613-835-4297
Mon. Dec 15	Navan Community Association Meeting 7:30pm	Navan Arena hall
Dec 21st	St Mary's Anglican Church Nine Lessons & Carols @ 7:00pm	
Dec 24th	St Mary's Anglican Church Christmas Eve Trinity, Bearbrook, 5:00pm St. Mary's, Navan, 7:00pm St. Andrew's, Vars 9:00pm	
Dec 24 th	Navan-Vars United Church Christmas Eve, 8pm	
Dec 25th	St Andrew's, Vars Christmas Morn 10:00am	



NAVAN/VARS UNITED CHURCH PRESENTS

*Winter Solace:
Music for the Christmas Season*

Performances by
Jennifer Walsh - Soprano
Reinhard Pees - Tenor
Heather Flinn - Harp
Joanne Griffin - Harp, Keyboard

Navan/Vars United Church, 1129 Smith Road, Navan
Sunday, December 14, 2008 at 2:00 p.m.

Freewill offering/Refreshments



Cumberland Village Community Association



**Marché frais de
Cumberland
Farmers' Market**



Cumberland Heritage Village Museum
Musée-village du patrimoine de Cumberland



*On Saturday
December 6th, 2008*

*Start your day with a
Lions' Breakfast*

at the Maple Hall

2552 Old Montréal Rd.

Full breakfast served from 8 a.m. to 12 p.m.

*Get into the Holiday spirit
with the Cumberland Farmers' Market
Winter Market*

at the R.J. Kennedy Community Centre

1115 Dunning Road / Cumberland arena

Open from 10 a.m. to 4 p.m. (free admission)

Specialty artisan goods, foods and homemade holiday treats

Gift items for everyone on your list

*Meet family, friends and neighbours
at the Market's Community Café*

FREE horse drawn wagon rides

*Guided tours departing throughout the day
including a short stop at the*

Cumberland Heritage Village Museum

Working together to build a brighter future for our community!