

JANUARY 2009

NAVAN NUGGET

Electronic version is available at www.navan.on.ca

Another year has gone by and now we are looking ahead to a brand new year and a clean slate. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Will your New Year resolutions make be in the top ten list?

1. [Spend More Time with Family & Friends](#)
2. [Fit in Fitness](#)
3. [Tame the Bulge](#)
4. [Quit Smoking](#)
5. [Enjoy Life More](#)
6. [Quit Drinking](#)
7. [Get Out of Debt](#)
8. [Learn Something New](#)
9. [Help Others](#)
10. [Get Organized](#)

Happy New Year

The Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society want to wish you all a very happy and prosperous 2009.




Joanne Griffin

~ Harp ~ Piano ~

joanne@joannegriffinmusic.com

Ph: (613) 835-2299

growing up, delivering the Ottawa Citizen and working on local farms. As he grew older he worked summers for the Regional Municipality of Carleton. Today he is working with the City of Ottawa-Carleton in the Roads and Bridges area. He has been responsible for the rehabilitation and construction of Pretoria, Bytown, Laurier Bridges, as well as the beautiful Montreal Rd. Bridge.

Hans has lived in Navan most of his life. He loves it here and helps out a lot in making this the friendly and busy community it is. He coached minor hockey and was involved with the Cumberland Grads for more than 25 years. He still helps out every Tuesday. His grandson, Landon, loves the games he takes him to. Hans was also an active member of the Cumberland Fair Board. For many years he looked after the Beverage Garden and Ball Tournament. For 7 years he managed the Navan Millers Men's team. When the Curling Club came to Navan, Hans volunteered at the Club especially helping with the many BBQs that are held there. He's been grilling for the J.T. Bradley Spiel for the past 12 years. He also helps out the Navan Lions Club and the Ball Tournaments with his cooking skills! When John Bradley sponsored the Street dances he was there pitching in to make things run smoothly. For the last few years he and his wife MaryAnn have been running the very successful Dart League at O'Meara's every Wednesday night.

Hans, we are sure glad you and your family made the long journey over the sea to come and settle in our little village. You are a proud Grandpa to 2 little ones now. What a great example you are to them. Hopefully they will follow in your foot steps lending a hand to our community groups just like "Poppa".

Sheila Minogue-Calver
Navan Women's Institute

NOTABLES

Hans Lyster

In 1960, at the age of 5, Hans with his Mom and Dad, Erna and John Lyster, and brothers, Geir and Jon, arrived in Navan from Overhalla, Norway. His Dad was sponsored by Basil Johnston. They first lived in a house up on Trim hill near McFadden Rd. Then the family moved to the center of the village. In 1972 his father built their family home on Smith Rd.

Hans attended the elementary school in Navan then went to Gloucester High. He kept busy with odd jobs as he was



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CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY

All 2008 members of the Cumberland Township Agricultural Society are invited to our Annual General Meeting on January 22nd, 2008. It will be held at the Navan Memorial Centre, upstairs hall starting at 6:30 pm. We will be presenting awards to some special 2008 volunteers and a slide show of our 2008 Fair. This will be followed by a short business meeting, which will include the introduction of the 2009 Board of Directors, announce the Fair theme and finalizing our update of our Constitution & Rules and Regulations. We are looking forward to having a chance to talk to you about your ideas to improve the Fair. Also we are always looking for volunteers to be on our many committees or to just be called on during the Fair.

President: Hank Bakker
 Admin. Coord: Marg MacNeill
 1279 Colonial Rd, Navan, ON K4B 1N1
 Tel: 613-835-2766 Fax: 613-835-4008
navanfair@bellnet.ca



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HOME TIP OF THE MONTH

Heart-healthy Breakfasts

1. Good Egg Scramble – cook chopped onion and spinach in nonstick skillet coated with cooking spray; scramble in 2 eggs whites and 1 whole egg and cook until set. Top with salsa.
2. Peanut-Banana-Honey Waffles – spread a whole-wheat toaster waffle with peanut butter; top with banana slices and raisins. Finish with a drizzle of honey.
3. Fruit'n Nut Oatmeal – stir chopped apple or pear into a bowl of instant oatmeal. Sprinkle with wheat germ and slivered almonds.
4. Cheesy Muffin – top a toasted whole-wheat English muffin with honey mustard, tomato slices and low-fat Cheddar slices. Broil until cheese melts.
5. Berry Tasty Pancakes – serve frozen whole-grain pancakes topped with blueberries, sliced strawberries and a dollop of warmed applesauce.
6. Granola Bowl – layer 1 cup low-fat vanilla yogurt with ½ cup low-fat granola, chopped dried apricots and toasted walnuts.



NAVAN LIONS CLUB (meet the 2nd and 4th Monday at the Navan Curling Club)

The Navan Lions want to wish you all a very happy and prosperous 2009 and thank you for all your constant support in all that we do for our community here and around the world. God Bless

On December 8th the Navan Lions held their Partner Dinner, where the Lions extend a special thanks to their partners for supporting them behind the scenes all year long. We could not do half the work we do without their support. Again this year we held it at the beautiful dining room at Bearbrook Farms, where we were treated royally. The Lions this year choose to bring a gift each that could be given to a senior for Christmas. We collected over 36 gifts which became part of our project to give everyone a present at the Cumberland Lodge. Lion David Grattan has established environmental awards that are presented at this meeting. This year Lion Ross Bradley received recognition for making our Lions room environment friendly and Reg MacNeill received an award for recycling two bikes into a bed for the Navan Fair Bed Race.

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Finally Lion Margaret MacNeill was presented with the Lions International Melvin Jones Award. This award is named after the founder of Lions International which is the foundation's highest honor and represents humanitarian qualities such as generosity, compassion, and concern for the less fortunate. Melvin Jones Fellows receive a lapel pin and a personalized wall plaque in honor of their commitment to helping others. Lion Marg was completely surprised, overcome and very, very honored with this award. She commented that she knew only two other recipients of this award, Lion Herb Deavy and Lion Miza Davis and feels that they contributed ten times more than what she has. So now she has some more work to do which will be a bonus for everyone.



On December 11th over 30 people joined the Lions on the ML Bradley bus to tour the Christmas light on Taffy Lane, downtown Ottawa and our spectacular Smith Road (Andre Rollin). Andre Rollin's display received unanimous vote as the best display, so our sincere thanks to Andre and his wife for going to all the work to make such a beautiful presentation. The evening ended with hot refreshments at the Navan Curling Club and a visit from Santa (Lion Dave Paterson) and Snowball (Lions David Grattan).



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Finally on December 12th Santa (Lion Shirley), Rudolf (Lion Bea) and Mrs. Claus (Marg MacNeill) had the wonderful experience of passing out all the gifts to the senior at Cumberland Lodge. The excitement on their faces to see Santa and to receive the small gifts was priceless.

NAVAN NUGGET

The Lions are now preparing for their 8th annual Bonspiel to take place at the Curling Club on Fairgreen Ave, Friday and Saturday February 27th and 28th, 2009. A Silent Auction will take place all day Saturday February 28th with everyone most welcome to attend. Watch for more information in the February issue of the Nugget. Committee: Lions Jerry Calver, John Lyster and Ross Bradley.

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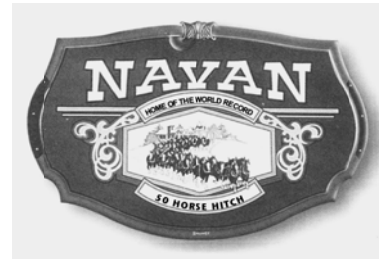
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NAVAN COMMUNITY ASSOCIATION (Meets the 3rd Monday- 7:30 pm at the Arena)

Yves Potvin has taken on the challenge of the ice for the outdoor rink. Weather permitting, it should be ready by the beginning of January. The Association is grateful to the people who have volunteered to help out with this community activity.

The NCA is looking at updating its website. Our goal is to make it a great source of information for locals and for visitors. If you have any suggestions, please e-mail to administration at www.navan.on.ca. People from Australia, Germany, the States, and England to name a few, have visited this site in the last months. We will be posting some of the questions asked about Navan in future editions of the Nugget.

NCA YOUTH DANCE

The youth dance continues to be a huge success. We would like to give every opportunity to our local youth to participate. Please check the Navan website as to how to access tickets before the dance and therefore avoiding line-ups.

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

*** Parents NOTE: only 300 youths 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 NCA Youth Dances are for 10-14 year olds. They are held between 7-10:30 pm the 2nd Friday of each month. EXCEPTION for November 2008's dance it is the 3rd Friday the 21st (no dances are held July and August).

Admission is \$5.00 at the Navan Arena.

ACG

"Opening the door to make-believe"

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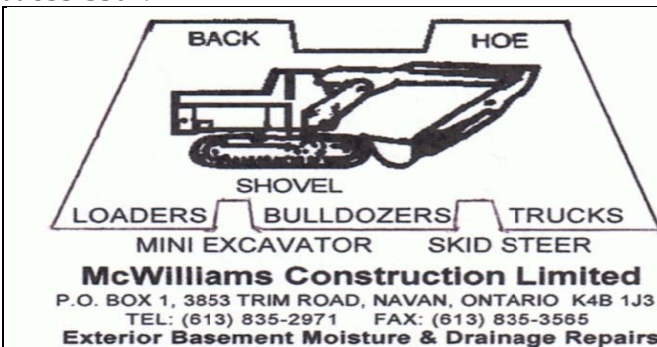
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NCA Memberships are \$5.00 per or as we are partners in the Lions Gateway Club, so if you purchase a card for \$20.00 your \$5.00 Membership is included. Check our advantages of having one of these cards on the website www.lionsgatewayclub.ca Lions 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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Kids Korner

Song for winter

I'm a little snowman

Short and fat

Here is my broomstick

Here is my hat

When the sun comes out

I can't play

Because slowly

I just melt away



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Science Activity

Fill spray bottles with water and food colouring. Bundle up and go outside to "paint" the snow beautiful colours.. Keep posted to the Navan Nugget and the school website for our registration and open house dates for the 2009/2010 school year.

Happy New Year from Navan Nursery School

www.ottawakids.ca/ncns

TIP OF THE MONTH

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is God & ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath way.

by George Carlin



COMMUNITY ANNOUNCEMENTS

ORLEANS-GLOUCESTER CHRISTIAN

WOMEN'S CLUB – Wednesday, 14 Jan. 9:30 - 11:00 a.m. Orleans United Church, 1111 Orleans Blvd.

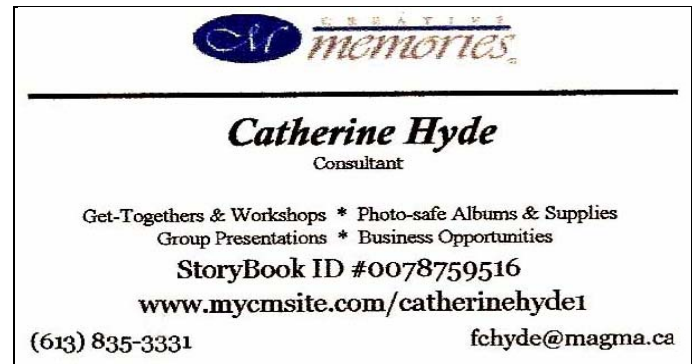
Special feature: "Spa Secrets" by Julie of Hummingbird Spa

Music: Ruth Ann Panainte

Guest Speaker: Maria Cuenco Ursu "Piecing The Puzzle"

\$5 – includes refreshments and free babysitting - reservations/cancellations essential.

Call Shirley: 613-841-5143




Attention all seniors the Navan Lions have offered to pay \$10 towards the price for the first 10 seniors who reserve a seat. So call today



**Start YOUR New Year with a Healthier Lifestyle
8 Week Program - Heritage Public School**

**Thursday evenings beginning Jan. 8th to Feb. 28th 2009
(Adults 18+ only)**

**Part 1 is a Workshop Thursday January 8th 6:30 – 9:00
p.m.**

Energy Balance and Body Composition Workshop- with Beth Mansfield (Peak Performance) This session includes the individual body composition/ resting metabolic rate test and a hands on workshop to help you develop a weight loss plan of action.

About Beth Mansfield and Peak Performance

Beth Mansfield is a Registered Dietitian, Sport Nutrition & Exercise Specialist with Peak Performance, a sport nutrition and corporate wellness consulting company in Ottawa. Beth educates Canadian athletes of all levels, including Olympians, national and provincial team athletes, as well as University, masters and recreational athletes on sport nutrition for health and performance. She also develops sport nutrition and conditioning programs for the sport horse – also known as the “equine athlete”. Beth is a popular corporate wellness speaker throughout Canada and also maintains a therapeutic lifestyle change (TLC) clinic for people with elevated cholesterol at the University of Ottawa Heart Institute. She is currently working on her PhD at McGill University focusing on energy balance and body composition in health and disease. You can check out her show on CJOH/CTV the 1st Wednesday of every month with Leanne Cusack on the News at Noon.

**Part 2 consists of 7 classes: Jan. 15th – Feb. 26th 2009
Thursdays from 7:00 – 8:00 p.m.**

Nutrition and Exercise Class – with Linda Bradley and Shelley Douglas (Personal Achievements) Each class will start with 15 minutes of nutrition and fitness tips followed by 45 minutes of exercise.

Linda Bradley: Linda has been working in the dental field for 24 years and is currently employed as a Level II Dental Assistant. She is working towards a diploma in Nutritional Consulting, at the Alive Academy of Nutritional Health.

Shelley Douglas: Shelley is a Can Fit Pro Certified Personal Trainer and Group Fitness Instructor and owner of Personal Achievements (a personal training gym in Navan). Shelley has been involved in the fitness industry for over 25 years.

COST: \$110.00

REGISTRATION DEADLINE DECEMBER 19th 2008. Please register as soon as possible as space is limited.

To Register Contact: Shelley at 613-835-3965 or email shelley_d1@sympatico.ca

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The Curling Club's Annual Fundraiser - 5 Vacation Draw Tickets worth 2000\$ each to be drawn in March. These 2000 dollar vacation vouchers are good for a year. Only 200 are printed. Contact John Bradley for your lucky ticket today.

Rene Kimlova photography



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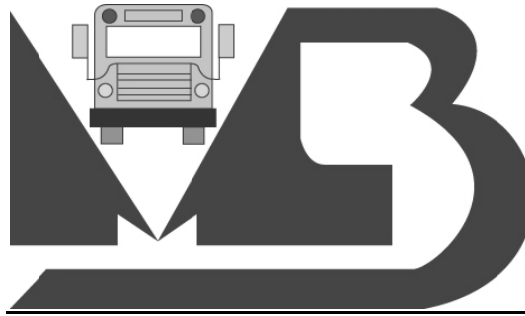
Dear Patient,

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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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.oreansonline.ca/MLBradley>