

FEBRUARY 2009

NAVAN NUGGET

BUSINESS CARDS ROTATED BY-MONTHLY

Electronic version available on the website navan.on.ca

Breaking News!!
Rebecca St. Cyr, nursing student, and receiver of the Governor General's Caring Canadian Award last year, was invited to participate in a special viewing of Barack Obama's Inauguration at Rideau Hall on Tuesday, January 20, 2009.

Rebecca was among the many youths invited to this session which included a panel discussion on President's Obama's influence on youth in the United States. All feel his election will impact on Canadian youth as well. There was an open discussion about how the young people felt about the new President's election and how it will change everyone's perceptions here in Canada. Hopefully more young people will get involved in the politics of our country too. Her Excellency the Right Honourable Michaëlle Jean, Governor General of Canada, hosted this event to encourage young people to get involved in their country. The Youth are the future and we need them to take leading roles in all areas of our Canada. All speakers at this meeting felt that Mr. Obama's election has given them hope for a better world.



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Navan Notables Navan Women's Institute

This bright and sunny cold day in January, I want to take note of some of the local heroes who go to work in my village and help to make it the wonderful spot I chose to live in 15 years ago.

First on the list is Bradley's Convenience, owned and operated by J.T. Bradley. It's a magical place filled with all the forgotten items from the super market. I love the country atmosphere, the French Vanilla coffee, and meeting the people who flock to this store. I usually end up chatting with Ross, Cheryl, and Dennis. Café Resonance is a warm and inviting place where Denise, Pam, Andrée, Curtis, and several others make my other coffee stop an enjoyable pause in the day's busy

schedule. I know they make the best Cappuccinos in all of Ottawa!! Navan Automotive is my car's best friend. Rick Pendergast and his crew are busy making sure my "Rosie" and I are safe on the road. Dr. Brown, Dr. Clifford, and Jessica, Lori, Donna and the rest of the staff of the Colonial Veterinary Hospital have compassionately cared for my pets over the years. Steve Kerfoot, Chad, and others working at the Navan Arena have the upstairs hall clean for all of us, who exercise weekly there. My husband and I enjoy the breakfasts and lunches at the little "Bubble Diner". Ed is an efficient and good cook who with his wife, offer quick meals and a very friendly atmosphere. Our meal there lasts longer than in any restaurant 'cause we enjoy talking to the patrons of this fine establishment. Eli, at "Castello's Restaurant", across from Bradley's store, has saved my bacon many times. His delicious take-out food is always a treat. Then there is Rob and Allison's "Chilly Chiles" where I can pick up the yummiest sauces to spice up my home meals, as well as my life! Denis Perrault has opened up a wonderful winery just up Trim Road. It is the one place to buy wine where I can taste it before I buy! Helene of "Jay's Embroidery" along with her husband, Brian, are busy with their embroidery business. Many times have we gone there to get gifts personalized for our family members. Makes them special and original. I enjoy going to the Post Office to visit Erika, Chantal, Ginette. We are so lucky to have a local Post Office in our village staffed by such cheerful and helpful women!! Bob and Glen, owners of "Laura's Corner", have a delightful array of gifts and furniture available. I love going into their shop. Looking forward to the "Oak Tree" opening to see what they have. I must thank Yves Potvin for getting the outdoor rink at the fairgrounds ready for us to skate on. Great times are had on an ice rink! Last but not least is my favourite hairdresser, MJ, who transforms me into a grand lady every time she does my hair. Thanks to these local heroes, who all help to make Navan, such a self-sufficient and friendly place to live and play.

Other businesses in the village are the Barber Shop Garage, Navan Veterinary Services, The Royal Bank, Oakwood Builders, Simpson Electric, and Navan Nursery School. You might like to visit those too.

PS If anyone is interested in helping write this article or have suggestions contact me at samc@travel-net.com

Sheila Minogue-Calver



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Jim Dark is a hero to the Orleans Ski Club. While walking his dog on Saturday, he noticed a snowmobile parked near the baseball diamond at the Fair Grounds. Because he had seen the story in the Orleans Star about the theft of the snowmobile with Orleans Ski Club markings on it, he knew what he was looking at. The Ontario Trillium Foundation had given the Ski club a grant of \$14000 to purchase the snowmobile. A big THANK YOU, Jim. Navan is proud of you



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The WORKS owner Ion Aimers awarded Restaurateur of the Year!

The WORKS owner Ion Aimers happily accepted the 15th annual Bill Joe Restaurateur of the year award on Monday night at the 16th annual Ottawa Restaurant Awards Gala. "The only reason I'm standing here today is because of my restaurant family," he said while standing among 250 chefs, restaurateurs and other service industry employees. "We are all part of a restaurant community, and that is why tonight so special, not just to me, but to us all as we celebrate food." Mr. Aimers opened his first WORKS in 2001 and has since opened five across the city. He has used the success of

The WORKS to drive charitable campaigns that support local charities such as The Canadian Breast Cancer Foundation, The Ottawa Regional Cancer Foundation, The Ottawa Food Bank and The Royal Ottawa Foundation for Mental Health. For more information contact Angela Swann at angelas@worksburger.com



The CTAS membership Annual General meeting was held on January 22nd at the Navan Memorial Centre where they celebrated the success of the 63rd Navan Fair, along with Councilor Rob Jellett. Strange weather and reduction in exhibitors did not dampen the efforts of the Directors in putting on a great shows in all divisions. Hank Bakker expressed his thanks for the excellent support of the Board members, their committees and many volunteers that have accomplished so much in the upgrading of the grounds and facilities such as the Hydro grid, new canteen and leveling of the Sheep barn over his two year term. He could not say enough about the support that he and his team has receive from the surrounding communities and numerous sponsors to make the Navan Fair a place to be every year.

Mario St Denis has become the new President for the next two years and he will be continuing on in providing crowd gathering events and improving the facilities on the CTAS grounds. A handicap ramp is planned in the Exhibit building to allow access to the Culinary Arts displays, repair office building structure and the Dome stage. A feasibility study, partnering with the Navan Community Association, is underway to look at the cost of relocate the outdoor horse ring and demo rink. This would allow for the paving of the proposed new demo ring area which would facilitate several other uses year round such as basket ball nets and outdoor rink.

Other awards winners during 2008 were:

Sam & Janet Rathwell Award – presented by Don Rathwell to Kelly, Eric, Sarah and Jordon Sirvin who demonstrated exemplary teamwork, spirit, and creativity at the Navan Fair, for the CTAS and within the community.

Ontario Association of Agricultural Societies - was presented to Gertie Hodges by the CTAS Board of Directors for her outstanding contribution to the fair for over 40 years and also the community.

Designated Youth Volunteer – Katie Hodges was the recipient for her extensive volunteer work within our community and internationally.

Volunteer of the Year – Marg MacNeill received for her positive influence within the community and the Navan Fair.

Floriculture highest points

1st Guylaine Lemieux 2nd Kelly Sirvin

Homecraft highest points

1st Dora Smits 2nd Lucy Mulders

Culinary Arts highest points

1st Brenda Presley, 2nd Rejeanne Horler

Lloyd Morison Award – Best Float

Cumberland Township Historical Society

The theme for 2009 64th Navan Fair will be “Celebrating Rural Ontario” so get your thinking caps on for your entries in all divisions but don’t forget the Parade.

If you are interested in joining any of these committees feel free to call the Fair Office at 613-835-2766.

President: Mario St Denis

Admin. Coord: Marg MacNeill

1279 Colonial Rd, Navan, ON K4B 1N1

Tel: 613-835-2766 Fax: 613-835-4008

navanfair@bellnet.ca



Carleton Regional Snowmobile Club

website: www.carletonregionalsc.ca
e-mail: crsc13@hotmail.com

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Charles Brazeau	Vice-President	(613) 841-3093
Debbie Dandy	Treasurer	(613) 835-2375
Eveline Mantha	Secretary	(613) 833-3533
Art Mackie	Trail Coordinator	(613) 822-1482
Wayne Dandy	Trail Coordinator	(613) 835-2375
Jennifer Haight	Event Coordinator	(613) 822-3629

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NAVAN LIONS CLUB

Ottawa Little Theatre & Bus Package for \$25

Join your friends on this unique way to see “Over My Dead Body” a wry comedy by W. Somerset Maugham on February 6th. The bus will leave from JT Bradley’s at 7pm Curtain goes up at 8pm. All for The Navan Lions will pay \$10 for any seniors who would like to take in this funny show. To reserve your spot, ask at JT Bradley’s or call 835-3781. Reservations must be made by February 2nd.

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The Navan Lions 8th Annual Curling Bonspiel and Silent Auction is on Feb 28 & 29. Auction items can be viewed in the Lions Den downstairs from 9:45 am to 3:30 pm featuring painting from local artist, Doreen Hardiman and Ken Riopelle and many other items.

Come and see if we have something for you

President: Lion Mark O'Donoughue 613-841-5444
Secretary: Lion Suzanne Boyer 613-835-9318
Treasurer: Lion David Grattan 613-835-2770

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HOME TIP OF THE MONTH**Smart Ways to use Cornstarch**

- Freshen your carpet – Sprinkle cornstarch over your carpet 20 minutes before vacuuming – it's a natural carpet deodorant
- Fun face paint – Make face paint by combining two parts cornstarch with one part vegetable shortening. Divide into bowls; tint as desired with food coloring.
- Save money on laundry – for homemade spray starch, fill a spray bottle with 1 cup cold water and ½ tsp. Cornstarch. Shake well before using.
- Comfy housework – sprinkle cornstarch inside rubber gloves to make them easier to slip into!
- Pain-free feet – sprinkle a little cornstarch onto the bottoms of your feet before putting on socks to absorb moisture and reduce the friction that causes blisters.
- Save your leather – To remove an oil stain from a leather jacket, shoes or furniture, sprinkle the area with cornstarch; let stand overnight to absorb the grease. Brush off with a clean cloth.
- Make your car sparkle – before buffing your car, sprinkle cornstarch onto your towel to help it remove excess polish and make it shine.

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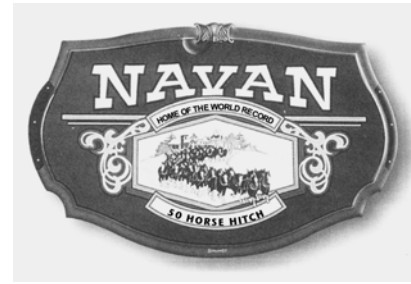
Call to book by **Friday, February 13th**
Space is limited, only 7 sessions available:

9:30am, 10:45am, 12:00pm, 1:15pm 2:30pm, 3:45pm, 5:00pm

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QUOTE OF THE MONTH

The quality of a person's life is in direct proportion to their commitment to excellences, regardless of their chosen field of endeavor. *Vincent T. Lombardi*

**NAVAN COMMUNITY ASSOCIATION**

As most of you are aware, the NCA has been working for some time at improving the recreational facilities in Navan with the support of the Lion's Club, the CTAS and the city of Ottawa. The CTAS, at their January meeting, approved the location of an asphalted surface that could be used as an ice rink in winter and a sport court in the summer. Furthermore, it is in the plans that the building near the Domes be could be used as a change room.

At our the January 19th NCA meeting, thanks for the help of Linda Payant's (Councillor Rob Jellett's coordinator), we met with a city official who did a great job explaining to us what needs to be done to get things in motion ASAP. The city has put money in the 2009 budget to improve the Navan Park. It wants our input as to what we want done. (More slides, swings, high up, ground level, handicap accessible etc) A landscape architect, who was also present at the meeting, explained how an ariel view graph of the site is the first step. **Therefore**, the NCA approved a motion to pay for part of such plans in cooperation with the city of Ottawa. A committee will be meeting shortly to discuss the first draft of this plan.



4228 Navan Road – 613-835-926

Outdoor Rink – IS OPEN - ENJOY

Anyone interested in volunteering to help clean off, call Yves Potvin or Anne Marie Potvin at 613-835-2757 - every hand is appreciated,



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NCA Youth Dance Information

Dates for the 2009 youth dances: February 13, March 13, April 10, May 8, June 12. See www.navan.on.ca for info.

Navan residences with a Navan Community Association membership card may buy advance ticket(s) for the youth dance at the NCA monthly meetings and 6-6:30pm Thursdays before each dance.

****NEW** Starting in January 2009, NCA members and students from **Heritage Public School** in Navan may also buy advance ticket(s) for the youth dance with any form of school attendance identification (such as an addressed letter showing Heritage P.S. or a report card etc.) **6-6:30 pm at the Navan arena Thursday nights before each dance.** Navan Res. and Heritage students may purchase tickets for their friends as well.



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 Treasurer: Dale Borys
 Youth: Tom Devecseri
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February Kids Korner

Valentines Craft

Take a cut out of a large heart from red construction paper. Have small container of white, pink and red paint. Use a dropper to put small amount of paint on the heart, Fold in half, Unfold. Voila! beautiful preschool Valentine Art. This is a great activity for fine motor development.

Valentine Song

H-E-A-R-T (tune of Bingo)
 There is a shape and it means love
 and heart is it's nameo
 H-E-A-R-T, H-E-A-R-T, H-E-A-R-T
 and heart is it's nameo
 (Continue leaving out one letter each
 time and replace it with a clap)



Doreen Hardiman
visual artist

Address: 932 Meteor Ave., Navan, ON, K4B 1N9
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Mark your calendar.....Navan Nursery School will be holding a registration and open house on Monday March 30 from 9:30-11:00 and 6:30-7:30. The school will be accepting registration for September 2009. Come in and see the school and pick up a registration package...Space is limited The school runs a Junior preschool on Tuesday and Thursday mornings from 9:00-11:30 for children aged two and a half years and a senior preschool program on Monday, Wednesday and Friday mornings from 9:00-11:30 for 3 year old children. For more information please call 613-835-9243 or visit our website at www.ottawakids.ca/ncns. The school is located at 1279 Colonial Road in the Navan Fair building.

Happy Valentines Day

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

COMMUNITY ANNOUNCEMENT



Geraldine Grimes - Happy 90th Birthday Mom!

Because you are so wonderful and loved so much we want to celebrate this milestone by inviting family, neighbours and friends to an

Open House - Saturday February 21, 2009 - 2-5 pm
 St. Mary's Hall, Navan **Best wishes only**

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Navan Curling Club

Xmas Basket Raffle for a Good Cause Results

As the festive season approaches and we all start to plan our holidays. I hope we can all take the time to remember the families in our community that are less fortunate.

For the past few years I have collected cash donations from the Monday Night Ladies and Wednesday Mixed league to donate to The Orleans-Cumberland Community Resource Centre. The CRC is an organization that helps needy families in our community all year long, and at Christmas time they hand out food hampers and small gifts.

This year Scott and I with the help of J.T. Bradley's Country Convenience have decided to donate a Christmas Basket to be raffled off. All of the ticket sales will go directly to the CRC.

We raised \$575.00 for the Orleans-Cumberland Community Resource Center

Thank you for your support! Patti Craven



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– Wednesday, 11 Feb. 9:30 - 11:00 a.m. Orleans United Church, 1111 Orleans Blvd.

Special feature: "A Romantic Dinner for Two" by Cuisine & Passion, Gourmet Meals To Go, 2297 St Joseph Blvd, Orleans

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Fire Station 73 News

Again this year the Volunteer firefighters from Ottawa Fire Services, District 7 conducted their annual food drive in support of the Orleans — Cumberland Resource Centre. Four grocery stores in Orleans were targeted with one station from District 7 assigned to each store. Station 53, 71, 72 and 73

A total of 51 volunteer firefighters donated over 288 hours of their time to this extremely important event that the firefighters from District 7 strongly support each year. Again this year 12 students from the Algonquin College

Fire Service Pre-entry Program participated alongside the firefighters.

This was the best year on record with over double the food donated from last years total of just fewer than 400 recycle bins to over 800 bins this year. This equals approximately 40 tons of food. Cash donations were also up from \$3000.00 in 2007 to \$4299.70 this year.

This incredible amount of food will get the food bank through the holiday crunch and into March for some items. This is the largest single event for the Resource Centre food bank each year. In these tough times it is heart warming to see such a display of public support for those who are less fortunate.

The Ottawa Fire Services, District 7 Firefighters wish to thank the four stores their continued support and would like to especially like to thank all the individuals who so generously donated to ensure the success of this worthwhile event.

District Chief Irvin Sunstrum and Larry Roy Captain
Navan VFD larry.roy@ottawa.ca

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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 at navan.on.ca



Business Hours

Mon-Wed	6:30am-6:00pm
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- Monday Senior's Day - 15% off food & beverage & Knitting Club (2h-4h)
- Tuesday 2 for 1 Subs
- Thursday Chili Day!
- Friday Friday Happy Hour (5h-7h)- 2 for 1 drinks
Can you replace this with Friday TGIF (5h-7h) 2 for 1 beverages
- Saturday Story time (10h30-11h30) and Martini or Wine Night last Saturday of each month
- Sunday Waffle Day buy 1 get 2nd one ½ price

+++++
Navan Young Performers ... a drama club for our children!
 ACT 1 – Navan Young Performers is a not-for-profit drama club for the young thespians in our community.
 W I N T E R S E S S I O N

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

Saturday, February 21 to May 30, 2009 (12 sessions)

Children aged 5 - 8 years old (Protégés)	10:45 am to 11:30 am
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Children 12 and up (Senior group)	11:30 am to 12:30 pm
\$85.00/per person	
Children 9 - 11 years old (Junior group)	12:30 pm to 1:30 pm

PERFORMANCE: May 31, 2009 Shenkman Arts Centre, Orleans

We will be one of the first theatre groups performing in the
 new Arts Centre!

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

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>

