

JANUARY 2010

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

Ca you believe that we are now 2010? I can remember all the excitement around the year 2000 and now 10 years have gone by. It is amazing all the things that have happened during that time. Hope everyone had a great Christmas and are making and keeping your New Years resolution. Wishing you all a very prosperous 2010.

TIPS ON HOW TO KEEP YOUR RESOLUTIONS

- Write them in big letters on the dry erase board in a place that you will see everyday.
- If you have a certain day that you want to accomplish the goals you need to write that on
- Also place photos that are relevant to your goals
- Place things like smiley faces, stars, and other motivating fun stickers and drawings around your board

Good Luck – you can do it

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NOTABLES (complements of the Navan Women's Institute)



This month's interview is with the Chair of the Navan Community Association, Anne-Marie Potvin. She was born and raised in the beautiful town of Haileybury on the shores of Lake Temiscaming. After attending Teacher's College, she moved further north to teach in Moonbeam. There she met and married Jean-Pierre and had 4 children, Mylene, Luc, Yves and Serge. Twenty years ago, the family

moved to Navan. "We bought a house close to the arena because the boys were all playing hockey at that time. Little did we know that this was not as helpful as they played and practiced in many arenas all over the area". For many years, this was their commitment, and then Anne-Marie started attending NCA meetings and volunteering for different activities. When Margaret McNeil stepped down as chair, Anne-Marie accepted the leadership challenge. "I have always been involved at the community level whether it was as Girl Guide leader, choir director, active member of the teacher's union and other various causes." She considers herself lucky to be working with a dedicated group of directors within the NCA. Every one of the volunteer directors does a great job within their mandate. The focus of the NCA is to upgrade Centennial Park in partnership with the City, to build a multi-purpose pad within the Domes area and to help out with the new Cenotaph project as much as possible.

The NCA is the medium by which the citizens of Navan can voice their concerns at the monthly meeting on most issues that pertain to their community and obtain the best information that is available to them.

She is also on the CTAS Board as Homecraft Director and Past President of Navan Women's Institute. She is a very proud grandmother of 5. Anne-Marie has recently been in a car accident that has shattered her left knee. She hopes this will not deter her from her activities for longer than necessary. We wish you a speedy recovery Anne Marie and so glad that you and J.P. made Navan your home away from the North.

Sheila Minogue-Calver
Navan Women's Institute



Prof. David Jones

BSc, PhD, FRAS (Hon)

Physics Tutoring
Grades 10 - 12, 18 Diploma,
First year of University

Contact Information
Phone: 613-429-0087
Email: dajones@rogers.com



ATTENTION ALL CTAS MEMBERS.

The Board of Directors of the Cumberland Township Agricultural Society would like to invite all members of the CTAS to attend our Annual General Meeting which will be held on Thursday, January 21, 2010 at 6:30 pm. The meeting will have special presentations and some information on our plans for the 2010 our 65th Navan Fair. It will be held at the St Mary's Hall, 1171 Smith Road Navan, Ontario. There is no charge to attend but please confirm your attendance by January 15, 2010 at 613-835-2766.

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HOME TIPS OF THE MONTH

Using up old leftovers

- Lemons – toss the rinds from those squeezed-out citrus fruits into your garbage disposal, give it a whirl and you'll have a fresh-smelling sink in seconds.
- Onions – with the cut side of the onion simply stick a fork in one end and rub the onion on the still-warm grate to remove stuck-on bits.
- Coffee grounds – sprinkle still-damp coffee grounds over ashes before you scoop them up – this will prevent dust.
- Orange peels – put a strip of orange peel (about 3") into your brown sugar which will keep it from going hard.
- Flat soda – use to baste the pork as it bakes, and you'll end up with a sweet and juicy treat.
- Cooked rice – spread leftover rice on a cookie sheet and set it in a low-temp oven until completely dry. Then place in a resealable plastic bag, store in the freezer, and you've got a cold pack to help ease any aches and pains.



Navan Shotokan Karate Club
Practice at the Navan Arena
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Saturdays at 9:00 am
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struthers@rogers.com
www.canadashotokan.org

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

ANNUAL CHRISTMAS LIGHT TOUR



Gibbard & Santa



The NAVAN LION'S Club offered a bus tour of the Christmas Lights on December 16th. This year the bus started picking up at Cumberland Manor then to Portabella Lodge and then the Navan Curling Club before heading out for the lights. Over 40 residents enjoyed the trip ending off at the Curling lounge for hot chocolate and sweets provided by the Navan Women's Institute and the Lions. There was a surprise visit by Frosty the Snowman and Santa for the enjoyment of all.

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ATTENTION CURLERS AND SILENT AUCTION GOES

The Lions 9th Annual Bonspiel comes up on February 26th and 27th, 2010. 24 teams again. Why not think about it. Also there will be a silent auction of about 50 items that is open to the total community and the curlers – come on Saturday pm and make a bit. More details in February's Nugget.

President: Lion John Warren 613-744-3804
Secretary: Lion Suzanne Boyer
Treasurer: Lion David Grattan

TIME IS RUNNING OUT NAVANITES

The Navan Memorial Centre is registered in the Kraft Hockeyville 2010 contest. If Navan wins, the arena would receive \$100 000 for upgrades, an NHL pre-season game would be played in the arena in the fall of 2010 and a Hockey Night in Canada broadcast. Navan is the only arena in Ottawa nominated for the contest.

Many families have been to the Navan Memorial Centre to play/watch hockey or skate. We are looking for your stories! There are over 60 years of hockey history to share as we are writing a hockey chapter in the life of this community. Your support to the quest for the Hockeyville title would definitely be greatly appreciated by players of all ages!

Anyone wanted to help should go to www.cbc.ca/hockeyville, select Navan Memorial Centre and submit your most precious hockey memories and a photo. They will judge our hockey community on the following criteria: *community spirit, passion for hockey and originality- the reason we are Kraft Hockeyville 2010.* Of course, the more stories the better the chances we have of being one of the twelve finalists. Deadline is January 18th, 2010.

If you have any questions or comments, please don't hesitate to contact navanhockey@hotmail.com or visit us on Facebook: Hockeyville 2010 - Navan Memorial Centre.

Let's show our community spirit by bringing Kraft Hockeyville 2010 to Navan!

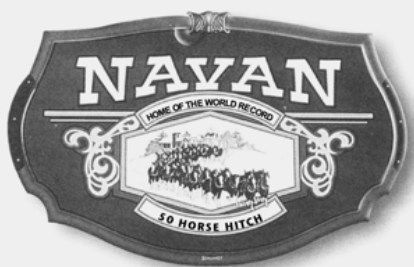
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NAVAN COMMUNITY ASSOCIATION
(meets the 3rd Monday of every month
at the Navan Memorial Centre Hall at 7:30 pm)

MESSAGE FROM COUNCILLOR ROB JELLETT

Budget discussions are underway and Council directed staff to go back and find more savings by reducing some transit routes.

One of the proposed transit services reductions affects the Navan Bus route to achieve the 3 million in net savings. I raised the question at Council yesterday, why cuts were being proposed when there are no other routes residents can take.

Route 231 - Remove service east of Navan and on local streets in Navan

- This change would remove service from Sarsfield and from Henn, Delson, Smith, Meteor, and Mustang in Navan.
- Buses would operate directly from Navan Arena via Colonial, Trim, and Navan Road.
- The nearest services to Sarsfield would be Route 231 at Navan, Route 221 at Cumberland Village, and Route 232 at Bearbrook.
- Wards affected: Cumberland (19).

I need you to express your opposition to this particular proposed bus route to Alain Mercier, *General Manager, Transit Services* at Alain.Mercier@ottawa.ca.

I will obviously will be arguing during budget deliberations that this cut can not be considered because there are no other alternatives.

Thank you. Rob

The NCA has sent in their objections but would appreciate all residents of Navan to support this even if you do not use the buses today – What about tomorrow or your children in the future.

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HELP WANTED – OUTDOOR RINK

The NCA is still looking for someone to take care of the outdoor rink usually from January to March. There are volunteers to help this year and a room to change in under the Domes. We know from previous years that the youth and adults enjoy the freedom of having the free option to skate in fresh air. Please call Anne Marie Potvin at 613-835-2757 ASAP so we can get a work team together to make it happen quickly.

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FIRE HYDRANT EQUIVALENT

This could save you hundreds of dollars. Check your home insurance policy with your agent to make sure they are recognizing Superior Water Shuttle Accreditation.

Taken from the city of Ottawa Website

http://www.ottawa.ca/residents/fire/services/water_delivery_en.html

"Prior to amalgamation, the Insurance Advisory Organization (I.A.O) certified all the fire services of Cumberland, Osgoode, Nepean, Rideau, Goulbourn, Kanata and West Carleton with Superior Water Accreditation. Superior Water shuttle Accreditation is awarded to departments that demonstrate the ability to deliver a minimum of 200 gallons of water for a minimum of 2 hours and by doing so are considered as a "hydrant equivalent" for insurance purposes. The accreditation applies to residential dwellings within 8 kilometers of a fire station and commercial classifications class 7 within 5 kilometers of a fire station.

Post amalgamation, the I.A.O. determined that all areas of the New City of Ottawa would be considered as meeting the Superior Water Shuttle Accreditation.

Most insurance companies recognize the accreditation in calculating insurance premiums. However, it is in the best interest of the property owner to ensure their insurance agent is recognizing the accreditation and providing a competitive rate."



Joanne Griffin



~ Harp ~ Piano ~

joanne@joannegriffinmusic.com

Ph: (613) 835-2299

QUEST FOR NEW FARM VALUE - VALUE PLUS™ 2-DAY WORKSHOPS - SAVE THE DATES!

Attention Farmers: Don't miss your local Quest for New Farm Value - Value Plus™ Workshop this fall/winter.

Dates: Tuesday February 23, 2010 and Tuesday March 2, 2010

Times: To be confirmed - plan for an all-day event

Location: West Carleton Community Complex - Council Chambers, 5670 Carp Road, Kinburn

Are you looking for or do you have a business idea for your farm? Not sure how to make your idea a reality? The City of Ottawa's Rural Affairs Office, along with the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) are offering this workshop.

Over two days, the participant will identify their specific value-added idea, put their idea into action, evaluate market channels, the importance and components of a business plan, explore how to finance the stages of the business and manage risk. Workshop leaders include Ontario farm business owners, entrepreneurs and advisors who will share lessons learned and best practices.

Pre-registration is required. Cost for the two day workshop is \$75 and includes lunch both days.

This training opportunity is eligible for cost-share funding through the Growing Forward Business Development for Farm Businesses program. For more information on program requirements, please visit www.omafra.gov.on.ca/english/about/growingforward/busdev.htm or call 1-877-424-1300.

For more information on the Quest workshops, please see

<http://www.omafra.gov.on.ca/english/busdev/conferenc/e/quest/index.html>.

QUOTE OF THE MONTH

Learn from yesterday, live for today, hope for tomorrow. By Albert Einstein

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NCA YOUTH DANCE

2009-2010 Dates (7-10:30pm): January 8, February 12, March 12, April 9, May 14 and June 11.

TICKET INFO: The NCA youth dances are for 10-14 year olds. Presale tickets (300 limit) are now available for purchase by the general public for any or all the season's dances. They may be obtained 6:00 – 6:30 pm the Thursday before the dance or after 8:30 pm Friday on the night of the dance in the Navan Arena hall. (*Navan residents may also purchase tickets at the NCA monthly meetings.*) **GOTO www.navan.on.ca for full details.**

Chair: Anne Marie Potvin 835-2757

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devcseri

Safety: Fred St Pierre

Website: navan.on.ca



1279 Colonial Rd.,
Navan, ON K4B 1N1
613-836-9243

Kids Korner

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.

Science Activity

Fill spray bottles with coloured water
Bundle up - go outside and paint the snow.

2010-2011 Fall Preschool Registration Navan Nursery School will be having a registration and Open house evening on Monday March 29 from 6:00-7:30 at the school. For information please visit our website www.ottawakids.ca/ncns

Best wishes for a prosperous 2010.

COMMUNITY ANNOUNCEMENTS

ROOM FOR RENT

1230 Colonial Rd, For more information please contact Glen Scott at 613-853-4536

NEW YEAR'S LEVEE

The Eastern Ottawa Resource Centre and the Orléans-Cumberland Resource Centre are joining forces with the Orleans Chamber of Commerce and La société du 150e anniversaire de la paroisse St-Joseph d'Orléans to hold a New Year's Levee at the Shinkman Arts Centre on Sunday, Jan. 3 from 1 p.m. to 2 p.m. Enjoy traditional French Canadian folk music while feasting on buckwheat pancakes, molasses and baked beans. Tickets are \$10 each per adult or two children 12 and under. To order your tickets in advance call Gayle Downing at 613-741-6025.

Mon.	8am - 12pm/1pm-6pm	Fri.	8am - 12pm/1pm-6pm
Tues.	8am - 10am/4pm-6pm	Sat.	8am - 12pm/ Closed
Wed.	8am - 10am/4pm-6pm	Sun.	8am - 10am/4pm-6pm
Thurs.	8am - 12pm/1pm-6pm	www.eastwaykennels.com	

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CHRISTMAS CELEBRATIONS!!

What a wonderful evening the Navan Women's Institute had at St. Mary's Hall in December. A pot luck supper was followed by pin presentations, from Linda Dunn, President this year, to many Past Presidents. Then the Sweet Adelines entertained us as well as Jeannie Smith getting us all to sing some of our favourite Christmas Carols.

A little later in the month Navan W.I. made Christmas cookies to enjoy after the Navan Lions Club's Light tour. A wonderful way to celebrate the Christmas season.



Left to right Gisèle Acheson, Mary Dashney, Juanita Vetter - Navan Women's Institute's Pie Bakers



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NAVAN WOMEN'S INSTITUTE - MEETINGS

Our Branch will be meeting in the Lions Den at the Navan Curling Club every second Wednesday of the month at 7:30. Our programme consists of the following speakers.

For more information please contact Sheila @ 613-835-4296. New members are very welcome.

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VACATION DRAW TICKET - THE NAVAN CURLING CLUB

John Bradley will be selling Vacation Draw Tickets; this is your chance at 5 draws totaling ten thousand dollars in Vacation Draws to be drawn in March 2010 at the Navan Curling Club. Only 200 tickets are sold so your chances are excellent. For more info call John at 613 282 2734.

PARISH OF BEARBROOK, NAVAN & VARS

Priest in Charge: Rev'd. John Blakley

Sunday Worship

Trinity, Bearbrook: 8:30 a.m.

St. Mary's, Navan: 10:00 a.m.

St. Andrew's, Vars: 11:30 a.m.

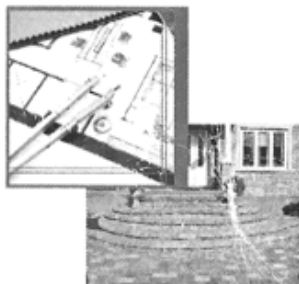
For further information please call 613-835-2200

or bearbrook_vars_navan@yahoo.ca



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1129 Smith Road, Navan Village
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a.m.

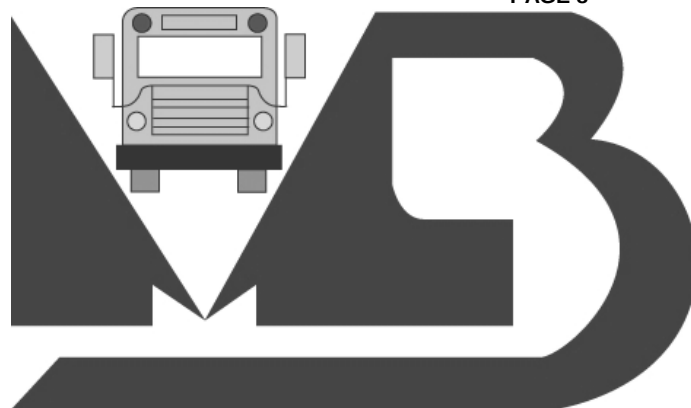
A friendly greeting awaits you!

Wheelchair accessible

www.navan-vars-united.org (613) 835-4030

For information regarding Navan Community Sunday
School

Contact: Debbie at (613) 835-3592



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>

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