

JANUARY 2011

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

NAVAN IS 150 YEARS OLD IN 2011

The pictures on the left have been taken from the "Memories of Cumberland Township which was produced by the Cumberland Township Historical Society. The ones on the right were taken in December 2010.



This picture was taken about 1880. East of Visser's was Navan's first cheese factory, with a grist mill and shingle mill attached. Looking down Colonial Road towards Trim Road, you could see the village centre, starting with the JT Bradley Store, and then the original St Mary's Church in its new life as a hall for the Canadian Independent Order of Foresters. Both burned to the ground in August 1948.



If you were visiting in the winter of 1913, you might have seen a hockey game at Trim Road and Sunnydale Street. The 24 members of a local club had contributed ten dollars each to build an outdoor rink and then charged admission for use of the ice for public skating, hockey practices and hockey games.



Today we are lucky to still have JT Bradley's Store but the other buildings are gone except for the William Clarke store (Oakwood building) at the corner and the old storage garage from Herb Deavy's fueling depot.



The Navan Memorial Centre, the 3rd arena on this site, is the current location where residents come for public skating and play hockey including the Junior B team – the Cumberland Grads.

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NOTABLES (complements of the Navan Women's Institute)



Karen Soloman, CTV reporter, presents the United Way Community Builders Award for 2010 to Linda Dunn, President, Navan Women's Institute. The Branch will see it's name on the Wall of Honour in February, 2011, at Ottawa City Hall.

Congratulations to the women who have served for 80 years as members of the Navan Branch of W. I. The Navan community thanks you.

Sheila Minogue-Calver
Navan Women's Institute – www.navanwi.com



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Let's Show our community spirit by including this in our 150 year Celebrations!

Vintage Hockey Day will be held on Sunday January 9th from 1pm to 6:30pm at the Navan Memorial Centre. In conjunction with Navan's 150 years celebrations, come and take part in Navan's precious hockey history. Hockey artifacts, photos and memorabilia presented in part by the Cumberland Heritage Village Museum will be on hand to view.



Here is a teaser. These skate belong to the CTAS and will be on display. Do you know how old they are and who may have donated them to the CTAS.

We are organizing an alumni hockey game with

- Ex-Grads Junior "A" players from 1:00pm to 2:30pm. The admission fee to the Alumni game will be by monetary donation. Also with a \$10 donation, you can sample excellent wine & cheese presented by Domaine Perrault Winery. All proceeds will go to the Breakfast Club of Canada.
- The Cumberland Grads will host the Gloucester Rangers with local singers/song writers, Rothwell & Moffatt performing during the first intermission and Lola Spriggs in the second intermission.
- We will give a prize to the oldest artifact brought to us and for the oldest player to have ever played in Navan that shows up. You will also hear the Navan for Hockeyville.
- Computers will be set up to submit your stories.
- The Navan Lions will serve a spaghetti dinner from 4:30pm to 6:30pm, \$10 for adults, \$5 for children 5-12 yrs and free for children under 5. Proceeds from the dinner will go to the Food Bank.

Rally at the Navan Memorial Centre on Sunday January 30th from 2:00pm to 5:30pm. This is the last

day to submit your stories and photos to

www.krafthockeyville.ca.

- At 2pm gathering in the parking lot of The New Oak Tree on Colonial Rd. to show your support by as we will then walk to the Navan Memorial Centre while cheering with signs.
- The Cumberland Grads host the Smith Falls Bears at 3pm. More to come.....

WE NEED YOUR STORIES TO MAKE IT TO THE NEXT STAGE OF THE COMPETITION!

We need the support of the community to make it to the next stage of the Kraft Hockeyville competition. Please submit a story and a photo to www.krafthockeyville.ca and selecting Navan Memorial Centre until January 30th, 2011. All stories are also accepted including the ones just supporting our quest so if you've been at the arena for a dance, for demolition derby at the fair, or a horse show, we want to hear about it. We want to celebrate community!

If you have any questions, need help in submitting your story or would like to volunteer, please don't hesitate to contact us by telephone Lyne Proulx 613-833-1779 and Barry Irvine 613-835-2509 or email navanhockey@hotmail.com. You can also view our website at www.navanhockeyville.ca or join our Facebook group: Navan for Kraft Hockeyville 2011.

Go Navan Go!

824-3578



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The Domes are now back on the supports – just think it was 26 years ago that they were moved to Navan from Lebreton Flats after the Popes visit.



2nd restoration in fall of 2010



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CTAS ANNUAL MEETING INVITATION TO ALL 2010 MEMBERS.

All 2010 Members of the Cumberland Township Agricultural Society are cordially invited to our annual meeting on January 20th at 7pm at the Navan Memorial Centre upstairs hall. We will be presenting special awards, introducing our new President and thanking Mario St Denis for his excellent leadership for the last 2 years. After a short refreshment break we will cover some business items and a brief update on our plans for 2011.

CTAS President: Mario St Denis
Admin. Coord.: Marg MacNeill
Tel.#: 613-835-2766
Email: navanfair@bellnet.ca



NAVAN LIONS CLUB

(Meet the 2nd and 4th Monday of the month
at the Navan Curling Club)

The Navan, Cumberland and Gloucester North and the Navan Lions partnered again this year in participating in the Orleans Annual Santa Claus Parade on November 27th. This is such a thrill for the hundreds of children watching, as well as for the Lions who disguise themselves for this event.



December 13th was the Lions Christmas partner night at the Mix Restaurant in Fallingbrook. The Navan Lions proudly announced another new member on that night as well, Lion John Ladds. He joins his fellow leaders from the Scouts, Lion Fred Hyde and Don MacCartney.

Former Baby Lion Fred Hyde reluctantly handed over Baby Lion "Lional" to Lion John Ladds. Baby Lion "Lional" is a constant partner of youngest Lion member until a new member is recruited.



The annual tour of Christmas Lights (December 15th) by the Navan Lions was a great success again this year. Over 40 Cumberland, Portabello senior residents and young at hearts from the surrounding communities toured Ottawa, Hull, and Orleans. Hot chocolate and sweets were then served at the Navan Curling Club compliments of the WI ladies. Participants were greeted by special guests and a visit from the Big Red Man himself. Special thanks to ML Bradley Bus Line for their generous donation of the bus and driver who made it even possible.





Help the Navan Lions support the Food Bank on Sunday, January 9th by attending their Spaghetti Dinner fundraiser, as part of the Hockeyville activities. Adults \$10, Children 5-12 \$5 and under 4 Free.

EVERYONE is welcome to come to the Navan Memorial Centre to enjoy the Vintage Hockey Day/Hockeyville activities and then come upstairs and eat with us. Spaghetti will be served from 4:30 to 6:30pm with all the profits going to the Food Bank. We know you will help us do Navan proud with both endeavors.

DON'T FORGET TO SUBMIT YOUR HOCKEY STORY FOR THE HOCKEYVILLE CHALLENGE at www.navanhockeyville.ca

President: Lion Mark O'Donoughue 841-5444

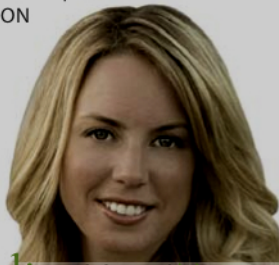
Secretary: Lion Christina MacPherson

Treasurer: Lion David Grattan

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Gerry Lalonde



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HOME TIP OF THE MONTH

Tips for Keeping New Year's Resolutions

The best way to stick with your resolution is to plan ahead.

1. Choose an obtainable goal Be realistic - Strive for a goal that is attainable, such as avoiding it more often than you do now. Limit your number of resolutions.
2. Avoid choosing a resolution that you've been unsuccessful at achieving year after year - try altering it.
3. Plan ahead well before December 31 arrives.
4. Create a game plan - start with a business plan that describes your mission and specifics on how you will achieve them
5. Make a list on paper to keep your motivation strong - Break it down and make it less intimidating - set several smaller goals to achieve throughout the year that will help you reach the ultimate goal. Keep your list with you and refer to it when you need help.
6. Talk about it - tell friends and family who will be there to support your resolution and you will be accountable to.
7. Make contingency options - plan on hitting bumps along the resolution road and be prepared with specific ways to overcome them.
8. Reward yourself - celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.
9. Give it time - it takes about 21 days to create a habit and 6 months for it to actually become a part of your daily life.
10. Keep track of each small success you make toward reaching your goals and accomplishments will help keep you motivated and makes it harder to go back to the same old habits.
11. Don't beat yourself up - do the best you can each day, and take each day one at a time. - embrace change, even if that means that your alter your resolution somewhat.
12. Keep trying - there is no reason you can't make a "New Year's resolution" any time of the year.



NAVAN COMMUNITY ASSOCIATION

(Meetings 3rd Monday of the month
upstairs at Navan Arena – all residents welcome)

Navan Community Association Youth Dances

- Ages 10-14

The Navan Community Association youth dances are for 10-14 year olds. They are held 7-10:30 pm the 2nd Friday of each month (except for July and August) with a \$5.00 admission at the Navan Arena. A door prize ticket is given to each entrant and at 9:30 pm a grand prize ticket will be drawn. (For dance rules go to www.navan.on.ca)

2011 Dates:

January 14, 2011

February 11, 2011 – Valentine's Day Theme

March 11, 2011

April 8, 2011

May 13, 2011

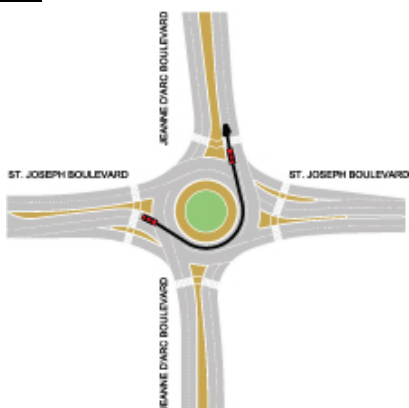
June 10, 2011 – School's Out Theme

FOR DRIVERS OF A TWO-LANE ROUNDABOUT, IT IS MOST IMPORTANT TO:

- be in the proper lane when entering the roundabout
- yield to all traffic already in the roundabout when entering the roundabout
- never change lanes within the roundabout
- exit from proper lane

Be in the proper lane:

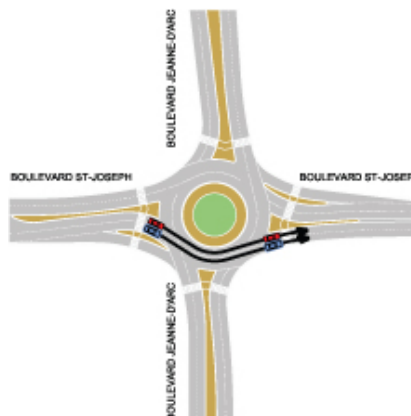
For Left Turns



When turning left in a two-lane roundabout, you must:

- be in the left lane and put on your left indicator as you enter the roundabout.
- stay in the left lane as you enter the roundabout.
- indicate a right turn as you approach your exit.
- stay in the left lane as you exit the roundabout.

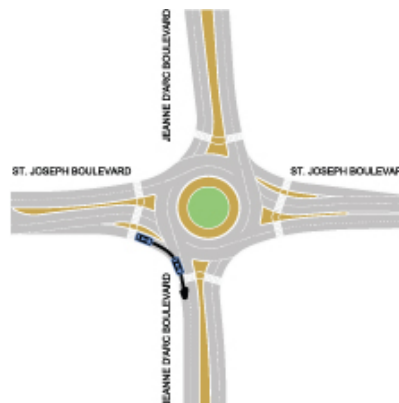
For Straight Through



When going straight ahead in a two-lane roundabout, you must:

- be in either lane. You do not need to use an indicator to go straight ahead as you enter the roundabout.
- stay in the same lane as you enter the roundabout.
- indicate a right turn as you approach your exit.
- stay in your lane as you exit the roundabout.

For Right Turns



When turning right in a two-lane roundabout, you must:

- be in the right lane and put on your right indicator as you enter the roundabout.
- stay in the right lane as you enter the roundabout.
- keep your right indicator on until you have exited the roundabout.

For more information on roundabouts download the [Navigating Roundabouts pamphlet](#) [PDF 432KB]. You can also e-mail traffic@ottawa.ca.

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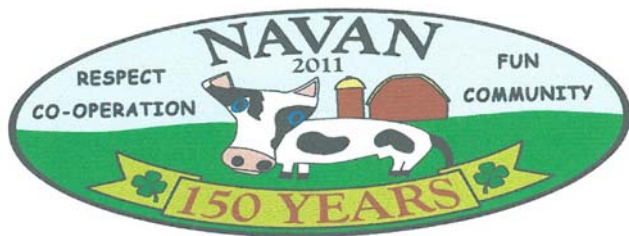


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NAVAN @150 YEARS COMMITTEE UPDATES

- Culinary memories, stories, and recipes for a Navan Heritage Cookbook. Let's preserve the fiber of our wonderful village. Contact Zoe Greggs at 613-429-0211

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- T-Shirts still on sale at Bradley's Convenience Store Adult -All sizes, Youth L in pink and black Makes a great Christmas gift for just \$15.00

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Next meeting is January 27th at 1134 Smith Rd at 7 PM. Anyone interested in attending is welcome. Contact Sheila Minogue-Calver – samc@travel-net.ca

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Saturday, February 19 from 4 to 5 PM there will be an Old Fashioned Skating Party at the Navan Arena hosted by Navan Community Sunday School and will serve a lunch in the Hall upstairs immediately following the skating.

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QUOTE OF THE MONTH

Energy and persistence conquer all things -
Benjamin Franklin

LAST CALL FOR ANYONE INTERESTED IN EITHER OF
THE TWO TRIPS TO NAVAN IRELAND IN MARCH 2011
- DETAILS IN THE DECEMBER ISSUE

1. **MARCH 14 - 20, 2011**

Price: \$1229 + \$422 taxes per person based on double occupancy.

INCLUDES; roundtrip flights with Air France, 5 nights' accommodation with breakfast at Newgrange Hotel in Navan with Irish coffee upon arrival, live music at hotel on St Patrick's day, roundtrip transfers from Dublin airport to Navan, half day tour of Navan.

FLIGHT DETAILS

Date	Flight	Times
14MAR	Ottawa-Montreal	14:25 16:25 BY BUS
14MAR	Montreal-Paris	18:15 06:00 15MAR
15MAR	Paris-Dublin	07:20 08:20
20MAR	Dublin-Paris	11:55 14:55
20MAR	Paris-Montreal	16:15 18:30
20MAR	Montreal-Ottawa	20:15 22:15 BY BUS

2. **MARCH 15-26 2011**

Price: \$1999 + \$430 taxes per person based on double occupancy

Includes: Roundtrip flights, transfer to Dublin airport after tour, Irish Highlights Tour; 6 nights first class hotels, 6 full breakfasts, 3 dinners, sightseeing and touring aboard a deluxe coach with a Trafalgar Tour Director

Excludes: Travel Insurance (prices available upon request), accommodation in Navan, transportation from Dublin to Navan, transportation from Navan to Dublin, meals not stated and items of a personal nature

15MAR Ottawa-Dublin
16MAR Dublin to Navan
20MAR Navan to Dublin
21MAR Bus tour
25MAR return to Dublin
26Mar Dublin to Ottawa

Contact Marg MacNeill at 613-257-2719 or email Margaret.macneill@sympatico.ca

Chair: Anne Marie Potvin 835-2757
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Poems for the winter

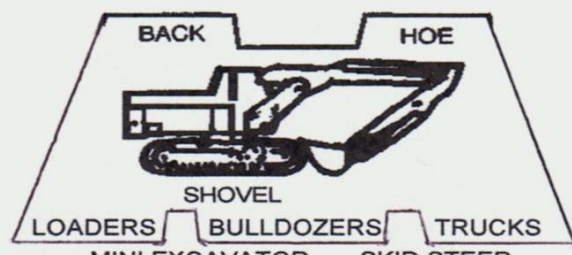
A Chubby Little Snowman
A chubby little snowman
Had a carrot for a nose
Along came a rabbit
And what do you suppose?
That hungry little bunny,
Looking for his lunch,
ATE the snowman's carrot nose...
Nibble, nibble, CRUNCH!

Little Snowman

I'm a little snowman round and fat,
Here are my mittens,
Here is my hat.
Add a little scarf and a carrot nose.
You stand so tall when the cold wind blows.

Preschoolers Outdoor Play Idea

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Bundle up - go outside and paint the snow.



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Thinking about Preschool for your child?

Navan Nursery School will continue to accept registration until programs are full. The school offers a 2, 3, or 5 morning preschool program for children ages 2 ½ to 5 years of age. The school is staffed by a Registered Early Childhood Educator who provides a warm, nurturing learning environment for the youngest residents of our community.

For more information, please visit our website at www.ottawakids.ca/ncns, or call Michelle at 613-835-3314.

**NAVAN'S VOLUNTEER FIRE FIGHTERS CORNER****HAPPY NEW YEAR!!**

All of the members from station 71 hope that everybody had great a Christmas, a relaxing holiday, and we also wish everyone a Happy New Year.

We would like to take a moment and bring your attention to a very important new year safety resolution - if you already haven't done so: Please take a moment with your family members or roommates and sit down and create a fire escape plan for your home. Here are a few tips to help get you started;

1. Install smoke alarms on each floor of your home. Test them regularly.
2. Draw a floor plan of your home showing all possible exits from each room. Plan a main exit route and an alternate exit route from each room.
3. Ensure that everyone understands that if they hear the smoke alarm or hear someone shout "fire", they should evacuate immediately.
4. Decide on a meeting place. Decide who will phone the fire department (9-1-1).
5. Meet the firefighters when they arrive, so they know that you are safe and all members are accounted for.
6. Make certain that everyone in your home knows not to re-enter a burning building. Firefighters are properly equipped and trained to perform rescue operations - you are not.

This month, District 7 will be accepting applications for the position of volunteer firefighter. We have four fire stations within District 7 that will be recruiting; Station 71 - Navan, Station 72 - Cumberland, Station 73 -Vars, and Station 53 -

Orleans. Becoming a volunteer firefighter is a great way to get out there and make a difference in your community. It is an extremely rewarding experience that is challenging and exciting, and it also allows you to meet and form life-long friendships and be a part of the family within the station. Apply by visiting the Vars Fire Station (#73) at 6090 Rockdale Road or go online at www.ottawa.ca/residents/fire/recruitment/volunteer/index_en.html for more info.
Thank you - Station 71

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Dr. Dan Shock
Dr. Brianne Hagan

COMMUNITY ANNOUNCEMENTS**KNOTTY KNITTERS**

Knitting lessons with Terri. Please call her to arrange time. 613-835-1816
Learn to make your own socks, mitts, hats, etc. Lots of fun!! We also meet at the Navan Curling Club every Tuesday at 1PM. Come and join us. Terri can always get you out of any problem with a knitting project!

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NAVAN WOMEN'S INSTITUTE

Next meeting is January 12, 7PM Navan Lions Den at the curling club. New members welcome
A web site will soon be up and running thanks to the efforts of one of our members, Anne Warburton.

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

Navan Community Sunday School Schedule

9:45 a.m. - 11:00 a.m.

January 2 Sunday School

9 Family Sunday-attend church of your choice

16 Sunday School (start choir practice for Easter Service)

23 Sunday School

30 Sunday School

February 6 Sunday School

13 Family Sunday - attend church of your choice

20 Sunday School

27 Sunday School

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NAVAN MINOR FASTBALL Ages 5-12

Registration

Wednesday, February 16, 2011 - 6:30 - 8:30 pm

Monday, March 7, 2011 6:30 - 8:30 pm

Navan Arena Lobby

Ages 13 - 19 - register with Orleans Minor Fastball

I am looking for someone to take over the program.

If you are interested please let me know and I will be happy to discuss the program. Also let me know if you are interested in coaching.

Information contact Nancy -

navanminorfastball@gmail.com or 613-835-2925

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For information regarding Navan Community Sunday School

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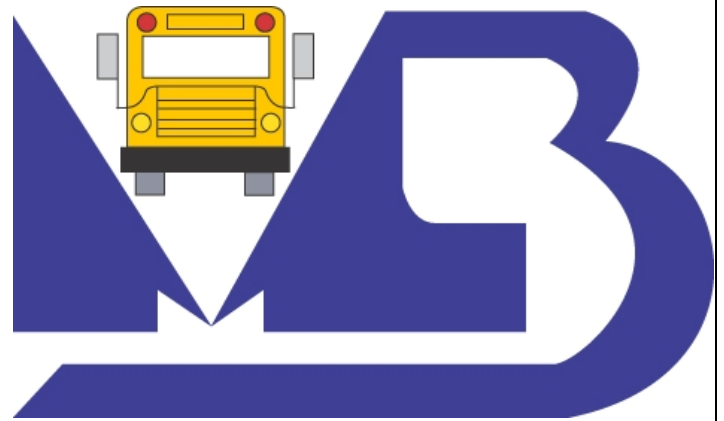
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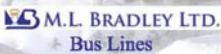
**Come Celebrate
 Local Troops Home Coming**

**January 7, 2011
 8pm to 1am
 at**

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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 of the month to be included in next month's issue of the 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 \$40. 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](http://navan.on.ca)

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We offer whites, reds, a rosé and a wonderful dessert wine!

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1000 Perrault road, Navan, ON

domaineperrault.ca



Introducing the new Manager and the Royal Bank in Navan.

RBC Royal Bank



Camille Poirier

Paul Chiasson, Regional Vice President, Ottawa East, is pleased to announce Camille Poirier as the new branch manager at Navan Branch.

Camille has 15 years' experience in the financial services industry. He is committed to helping his clients achieve financial success by listening to their needs and providing solutions to meet their goals. To talk to Camille, call 613-835-2630.

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