

OCTOBER 2011

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca**REMEMBER TO ATTEND;**

Our 3RD Annual Navan Fall Fest



Family Fun Day



- . Children's Activities
- . Scarecrow Making
- . Bake Sale, Eats & Demonstrations
- . Chili Cook-off
- . Judging of Pumpkins & Home Decorations
- . Silent Auction
- . Entertainment
- . Blessing of the Animals 11:30 am
- . Ball Hockey with the Cumberland Grads
(Bring own equipment.)
- . Girl Guide Cookie Sale
- . Volunteer Fire Dept

Saturday, October 1st**11:00 to 3:00 pm****Navan Fair Grounds – Under the domes****See You There!**

Check our website www.navanfallfest.com
for further details and to enter on line.

Sponsored by the community groups of Navan:

Women's Institute, Lions, Community Assoc. and CTAS

NOTABLES (complements of the Navan Women's Institute)**A WARM WELCOME**

Heritage Public School has a new Principal this year. Cindy Alce is a vibrant, enthusiastic, and energetic woman who has been in the Administrative Role for 11 years. Right now she is watching and learning, finding the staff welcoming and very competent. The building and grounds are well kept, a beautiful setting for learning. She will be concentrating on safety in all areas of the school and on improving the Numeracy skills of the students at every level. Cindy finds the children self- confident and healthy, and eager to learn. She is looking forward to meeting the parents and local residents. Welcome Cindy and may your tenure in Navan be filled with wonderful students!!

Sheila Minogue-Calver
Navan Women's Institute



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OF FAME

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QUOTE OF THE MONTH

"Even if something is left undone, everyone must take time to sit still and watch the leaves turn."

Elizabeth Lawrence



CTAS President: Mark Hamilton
Admin. Coord.: Marg MacNeill
Tel.#: 613-835-2766
Email: navanfair@bellnet.ca
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SENIORS SUMMIT

The Mayor's Seniors Summit is an opportunity for seniors to come together to ask questions and get answers about what the City is doing for seniors and to provide ideas about ways to improve services. This Summit is part of a larger project that will culminate in a new older adult action plan for the City of Ottawa in 2012. Everyone is invited to participate, but registration is limited.

When: Monday, October 3, 2011
Time: 8 a.m. to 3:30 p.m. Lunch provided.
Location: City Hall, 110 Laurier Avenue West, Jean Pigott Place and Andrew Hayden Hall
To register or learn more visit
<http://www.ottawa.ca/seniors>.

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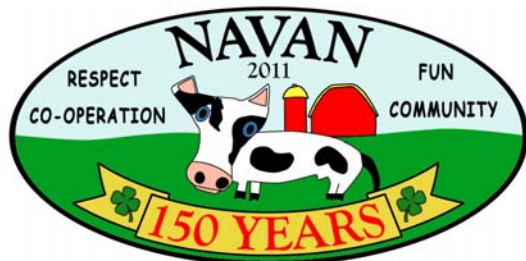
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NAVAN @150 YEARS COMMITTEE UPDATE

150th COMMENORATIVE TOWN CLOCK PLAZA

We have nearly reached our goal and are hoping to start the project later in the month. To help out the Town Clock Project please join us at a community Bonspiel on Saturday, October 22nd, from 8:30AM to 5PM at the Navan Curling Club. Refer to flyer on the last page of the Nugget.

Stephen BLAIS
Councillor • Conseiller
Cumberland

**Can I help?
Puis-je vous aider?**

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NAVAN LIONS CLUB

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

President: Lion Tony Fiorentino 613-835-9319
Secretary: Lion Chris MacPherson
Treasurer: Lion David Grattan

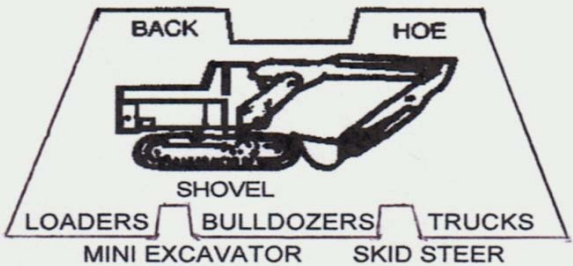
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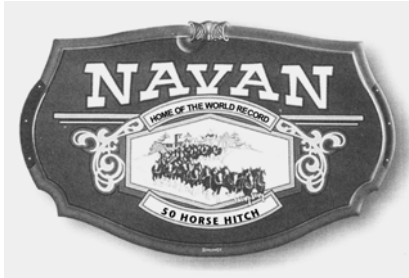
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Navan Community Association Youth Dances

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 with a \$5.00 admission at the Navan Arena. (For dance rules go to www.navan.on.ca)

2011-2012 Dates:

October 14 -Halloween theme (prize for best costume), November 11th,

December 9th, in 2012 January 13th, February 10th is a Valentine's Day Theme, March 9th, April 13th, May 11th, and June 8th.

VOLUNTEER WANTED

The NCA is currently looking for a volunteer to manage the outdoor rink for this coming season. Please contact Phil at 613-835-2984 if interested.

Let's Keep Navan Clean

A number of piles of dog poop have been left in the middle of the recreational trail. Please pick up so our community members can enjoy there walks or bicycle rides along our beautiful trail.

Recently broken glass was found on the pathway and in the grass around the Navan Park. Residents should report it to the city by calling 311 and a crew will be dispatched promptly to pick it up. Also, it is encouraged to report all mischief incidents at the park to the Ottawa Police by calling (613) 236-1222 ext. 7300.

Chair: Philippe Grandmaitre
Secretary: Christina MacPherson
Treasurer: Dale Borys
Youth: Tom Devecseri
Safety: Fred St Pierre



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HERITAGE PUBLIC SCHOOL

September has been a great month for the students at school. Everyone has settled into there classes and are excited for the year ahead.

On September 15th, the school hosted a very successful Meet the Teacher Night and BBQ. Heritage would like to give a big thank-you to the Navan Lions who came out and did all the barbecuing for the event. We look forward to having you back again next year!

Student council has already held one spirit day, on Thursday, September 22nd, Crazy Hat Day, where students could display their zaniest hat creations and could also donate a dollar to the Cancer Foundation. Student council has a variety of spirit days planned for the months ahead.

School Council is looking for a community representative that would be interested in attending their meetings, which are held the 3rd Wednesday of every month. The council would appreciate the input and support of a community member.

An upcoming fundraiser that is being planned by School Council at Heritage Public School is the Toy and Bake Sale. The date has been set for Friday, December 16th, 2011. This is a very exciting day for the students! On this date each student will have the opportunity to visit the gym with their class and purchase some toys and baked items. We are looking for donations of gently used toys, books, games, and movies. Popular items include: Happy meal toys, diecast cars, lego, collector cards and stuffed animals. Keep this in mind if you are doing a fall clean-up. Donations can be dropped off at the school starting December 1st, 2011.

TWO NEW BUSINESSES ARE OPENING THERE DOORS IN NAVAN THIS MONTH

PATRICIA SOUTHWELL HOLISTIC FACIALIST

1145 Smith Road, Navan, tel: 613-859-2117

The launch of a new business is always exciting, especially when it's for a good cause. Navan resident, Patricia Southwell is a licensed holistic facialist offering pampering and transforming facials in her home spa. The business launches October 1st, the start of Breast Cancer Awareness Month, with a fundraiser for Breast Cancer Action, and Ottawa resource and support centre. For the month of October Southwell is offering \$25 facials with all proceeds going to the foundation, a cause close to her heart.

Holistic facialists are a breed of esthetics popping up more and more. Generally, this type of facial uses only organic products, limited machinery, aromatherapy, facial massage, extraction, lymphatic drain of the head and incorporates other holistic practices, like Reiki in Southwell's case. In countries like France, women get facials like they brush their teeth and facial massage is their answer to injectables and plastic surgery. It increases collagen, relaxes muscles, oxygenates the skin, and most importantly gives the recipient an hour of bliss that leaves them fresh faces and relaxed. Results without side effects.

Where machinery has taken the place of most everything, it can't replace the human touch. Holistic facialists are a rare breed of esthetics that is concerned with wellness. There is no needle that can replace that. Southwell's facials use only organic skin care products and appeals to people who want to look and feel their best, naturally.

After October, Patricia Southwell's holistic facials cost \$50 for 60 minutes or a teen facial for 16 to 19 year olds at a cost \$30 for 30 minutes. Call Patricia to book an appointment at 613-859-2117 or email at cpsouthwell@sympatico.ca.

NAVAN DENTAL CLINIC



We are pleased to announce the opening of the Navan Dental Clinic, located at 3417 Trim Rd, close to the Colonial Rd intersection. Dr. Mirfarsi has 20 years of experience in general dentistry, and strongly believes in the importance of prevention. He obtained his Doctorate in Dentistry from the Université de Montréal. As well, he completed a Masters degree in

Health Administration from the same university. Dr. Mirfarsi is fluent in English, French and Spanish. He lives in Orleans with his family, and enjoys painting and volunteering as a soccer coach. NAVAN DENTAL CLINIC offers day time and evening appointments Mondays to Fridays. It is open on Saturday morning as well. The clinic is family oriented, and accepts new patients and emergencies. We care for your dental health and are committed to providing the best possible dental services for you, your family and your friends. For information, please call 613-835-4441. Our team members, Natalie Brazeau, Emily Golec, and Dr. Mirfarsi will be pleased to answer all your questions. Wishing you a Happy Thanksgiving and looking forward to seeing you soon, Dr. A. Mirfarsi, D.M.D., M. Sc.

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Recently I had the pleasure of seeing the rock 'n' roll band, Sterling, for the second time. By the time this band has taken a song, tweaked it and added their Sterling twist, the song is far from your everyday cover tune. What I like about this band is the fact they do not try to sound like the original artist (as many cover bands do); they play songs their own way.

As it turns out, the band members live all the way from Merrickville to Navan, Ontario (home of front-man Michael James). The band's musical backgrounds and influences carry a wide range from Blues to Punk. I think this level of diversity is what allows Sterling to produce a uniquely diverse rock sound. After I had first seen them showcasing their talent with the likes of Trooper and Harlequin during the Navan Fair of 2010, the band continues to deliver a most entertaining rock show. During discussions with some other spectators about the band, one of the comments which really stuck was, *"I felt like I was a part of Sterling's show ..."*

Sterling often takes an alternative approach to music by blending songs together, modernizing instrumental tone and filling their stage performances with explosive energy. In one of the band's more popular songs, they alternate between a Pink Floyd and an Aerosmith song to form one unique song.

Check out Sterling's official website at www.SterlingBand.net

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COMMUNITY ANNOUNCEMENT

Knotty Knitters

Starting October 11 we will be meeting in the lounge of the Navan Curling Club at 1PM to 3PM. For more information on our group or lessons please call Terri at 613-835-1816. PS we will be offering knitting lessons at the 150th Navan Fall Fest at noon and 1PM in the Blue Building

Navan Women's Institute

We are inviting the Public to our R.O.S.E. (Rural Ontario Sharing Education) Information evening- On October 12 at 7PM at St. Mary's Hall. The subject will be Women's Mental Health Issues. Snacks will be served and donations will be accepted. Come and bring a friend.

Navan Playgroup

As of September 14th, the Ottawa-Orleans Early Years Centre is holding a playgroup for children (Birth to age six) every Wednesday from 9:15-11:00 am (English & French) at Heritage Public School, 1375 Colonial Road, Navan. Everyone is welcome.

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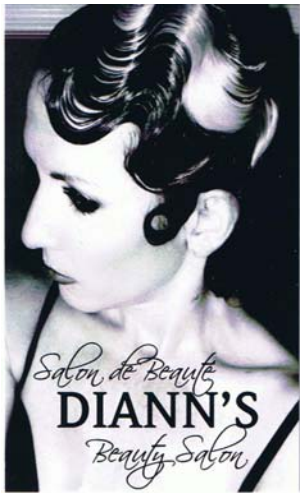
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J.T. Bradley's Store, Navan – 8 am to 6 pm

Peladeau Store, Vars – 9 am to 8 pm

Dorval 77 Inc, Sarsfield – 10 am to 6 pm

Haddad S&S Foodliner, Cumberland – 9am to 8pm



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CLEANING THE CAPITAL

The Cleaning the Capital fall campaign takes place from September 15th to October 15th. The City of Ottawa invites individuals and groups to give your neighbourhood a clean sweep this fall. Clean up public property where you live, work, or play and help keep Ottawa litter-free and graffiti-free. Visit Ottawa.ca/clean for more information and to register.

October 15th – Registration ends

October 31st – Deadline to submit your online fall Cleanup Report

GIVE AWAY WEEKEND

October 22nd and 23rd - Don't put your unwanted stuff in the garbage. Set them out at the curb on Give Away Weekend. Tour your neighbourhood, community and city to find hidden treasures.

- Books, CDs and DVDs
- Old furniture and small appliances
- Construction materials - including drywall and hardware such as nails, bolts and screws
- Kitchen gadgets, dishes, cutlery, pots and pans
- Unwanted gifts

Please consider safety when deciding which items to set out to the curb.

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Minister: Rev. Bill Brown * Sunday Worship 10:00 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: Kelly at (613) 835-4447

Anglican Parish of Bearbrook, Navan & Vars

Priest-in-Charge: Rev. John Blakley

Sunday Worship

Trinity (8785 Russell Rd, Bearbrook) 8:30 am

St. Mary's (3480 Trim Rd, Navan) 10:00 am

Navan Community Sunday School 9:45 am

St. Andrew's (1900 Devine Rd, Vars) 11:30 am

Info: 613-835-2200 or bearbrook_vars_navan@yahoo.ca



Navan Community Sunday School Welcomes Everyone to our New Year.

Sunday October 2nd, 2011

St. Mary's Hall - 1171 Smith Rd Navan

Time : 9:45 am to 11am: children's choir/liturgy/lesson/craft

Children Ages 3+ (children Ages 16+ may attend class or be class helpers - volunteer hours given)

Drop in on the fun! Come all the time or whenever you can make it! Our doors are always open!

Schedule**Date**

2-Oct-11	Sunday School Starts
9-Oct-11	<i>Family Sunday - attend church of your choice</i>
16-Oct-11	Sunday School
23-Oct-11	Sunday School
30-Oct-11	Sunday School

LINE DANCING SCHOOL

Navan Arena



Monday nights - Starting Sept. 12, 2011
Social line dancing

Thursday nights - Starting Sept.15, 2011
Country line dancing

Sunday afternoon – Starting Sept.18, 2011
Practices for everyone

Reservations: Adèle (613) 835-9545
cell. (613)720-4419

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**Carleton Regional Snowmobile Club**

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

Marcel Mantha	President	(613) 833-0007
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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613-835-9243

Mr.Pumpkin

(sung to Frere Jacques)
Mr. Pumpkin, Mr. Pumpkin
Eyes so round, eyes so round
Halloween is coming,
Halloween is coming,
to my town, to my town.

PRESCHOOLER OUTING IDEA

Visit a local pumpkin patch to pick your own pumpkins.

Early Success Strategies

Talk with your child throughout the day. Children who hear a lot of language will develop more language. Talk about the things you and your child do, see, and hear. Say names of objects and actions. Repeat the words often and take turns listening and talking.

Thinking about Preschool for your child?

The school offers a two, three, or five morning pre-school program for children ages 2 ½ to 5 years of age. 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.



EMERGENCY DETOUR ROUTE SIGNS

Emergency Detour Routes (EDR) are new permanent detours marked by orange signs that help guide residents throughout the city of Ottawa in the event that Highway 417 and 416 and Ottawa Road 174 need to be shut down due to an incident. EDRs will lead motorists through Ottawa arterial roadways in an efficient way and are designed to keep traffic moving, aid drivers who are unfamiliar with Ottawa roads, and prevent heavy trucks from using inappropriate streets.



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Articles or announcements must be submitted by to navannugget@navan.on.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.*

What a wonderful place in which we have chosen to live

All issues of the Navan Nugget can be found on our website at www.navan.on.ca

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Breast Cancer Action

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Patricia Southwell is offering
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going to Breast Cancer Action.

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PATRICIA SOUTHWELL,
HOLISTIC FACIALIST

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*ONE FACIAL PER PERSON

face it



Navan Curling Club



&

Navan 150th Committee are sponsoring

*A Bonspiel on Saturday, October 22 from
8:30 am to 5 pm*

*Cost: \$120.00 - Cheques to Navan Community Association/150
Breakfast specials + treats + a great big lunch!*

2 - 6 end games

There will be prizes for the "oldest hats"

Draws, raffles, and a silent auction.

*Come celebrate Navan's 150th anniversary on the best ice in Ottawa!
Proceeds to Town Clock Plaza*

*Registration: by October 18 to Sheila Minogue-Calver 1134 Smith
Rd, K4B 1N7 (835-4296)*

Skip-----Second-----

Vice-----Lead-----