

NOVEMBER 2011

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Photos: John Ladds - Tom Deveseri



NAVAN FALL FEST

On October 1st, many community members came out to the 3rd annual Navan Fall Fest and participated in a variety of activities and contests. There was scarecrow building, playing ball hockey with the Cumberland Grads, children's games and races, craft displays and demonstrations, face painting, a bake table, and a delicious barbeque. The day was a great success!

Three students from Heritage Public School wanted to share their experiences at the Navan Fall Fest;

"I had so much fun at Fall Fest! I met some of my friends; I made a scarecrow; I won an awesome "Navan 150th" t-shirt at the Silent Auction and lots, lots more! If somebody asked me what my favorite thing at the Navan Fall Fest would be, it wouldn't be easy! If you asked me what I think the Navan Fall Fest is in ten words, it would be: super-duper-fun-for-the-entire-family-to-enjoy-lots!"

By: Caelan Monkman, Grade 4

"My family and I went to the Fall Fest on Saturday, October 1 and I thought it was amazing! We did many activities, like: making a scarecrow; guessing how many little pumpkins were in the jar; face painting; and I bought some food. I also saw a lot of my friends there. It was an awesome day!"

By: Braydon Miranda, Grade 4

"At the Fall Fest there were many things to do, like making a scarecrow; the pumpkin carving contest; and the chili contest. My favourite thing was playing ball hockey with the Grads! I think that next year, everyone in Navan should come!"

By: Ethan Brown, Grade 4



Fall Fest Day" was proudly sponsored by the Women's Institute, the Navan Community Association, the Navan Lions Club, and the Navan Fairboard. There were a variety of other businesses and community members who gave generously to this event. Please check out our website at www.navanfallfest.com for a full list of sponsors and donors, and more pictures taken during the event.

Patricia Southwell was one resident who donated eight loaves of cornbread that was served with the chili from the chili contest. There were many people raving about both the chili and the cornbread. The chili recipes appear to be top secret but Patricia has agreed to share her delicious cornbread recipe with us.

Jim's Great Canadian Cornbread

1/2 cup butter, room temperature
 1/2 cup granulated sugar
 1/2 cup pure maple syrup
 2 eggs
 2 egg yolks
 2 red jalapenos, finely chopped
 1 398 ml can creamed corn
 1/4 cup buttermilk
 1 cup white cheddar cheese, finely grated
 1 cup flour
 1 1/4 cup cornmeal
 1 tsp baking powder
 1/2 tsp baking soda
 1 tsp salt
 grated lime zest



Preheat oven to 350 degrees. In a bowl, cream butter and sugar until fluffy. Add maple syrup and eggs, continue beating until incorporated. Then add hot peppers, creamed corn, buttermilk and cheddar until mixed. In a bowl, combine flour, cornmeal, baking powder, baking soda and salt. In three batches slowly stir dry into wet ingredients. Pour into a greased loaf pan and grate a fine layer of zest lime over the top. Bake for one hour. Right before finished brush with a wash of sugar and milk and grate extra lime zest. Carefully remove from loaf pan and let rest for 15 minutes before serving. I also make these in mini loaf pans, cooking time is about 35 to 45 minutes for these. I named it after my late father Jim, because he was a great man, a great Canadian and a real foodie. It's got red jalapenos to represent our flag and maple syrup to represent our country. It's sweet with a hint of maple balanced with a bit of heat and very moist. The lime is faint but it's the perfect topper.

Navan Notable

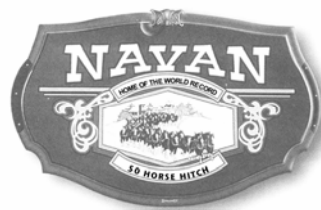
Tom Hardiman

A little over 30 years ago Tom Hardiman and his wife Doreen moved to Navan. They settled in a lovely large home in Smith Ridge, one of the first development areas in Navan. They raised 4 children.

Tom was a Staff Sergeant in the R.C.M.P., when he brought his family to our village. Helen Edwards - Jenner remembers him as a kind and caring boss, who made her job, at the headquarters, a pleasant time. She said he always took time to chat to her, making her feel like an important member of the team. Shortly after arriving in the village, he became involved in tearing down the old arena, getting the land ready to build the new ice shed. Later he joined the Navan Lions Club, becoming the President for one year. He was a founding member of the Navan Curling Club. It was residents like Tom that contributed to the Club, and made it possible to be built. He was an active member of the Club enjoying the games, Bonspiels and social times. Upon his retirement he took up driving a school bus for Bradley Bus Lines, a job he enjoyed until he retired a second time. He was also busy helping his wife Doreen, set up her paintings at many Art shows in and around the city. Tom's love of cooking was known throughout their circle of friends. Whenever anyone asked him for a special recipe he wouldn't hesitate to give it. As he didn't bake and certainly loved his sweets, he could be bribed to help out on many friends and neighbours' projects, just with the promise of a batch of cookies. His daughter, Shannon's chocolate or peanut butter ones topped the list. His great-grandmother's recipe for Lemon Meringue pie was another favourite. Tom died last month. He left behind his wonderful family which now includes 6 grandchildren, and so many Navan friends. He will be missed. Rest in peace Tom. Tom with his grandson Alex.



Sheila Minogue-Calver
Navan W.I.



NAVAN COMMUNITY ASSOCIATION

REMEMBRANCE DAY 2011

The Navan Community Association invites everyone to attend this year's Service of Remembrance at the Navan War Memorial on Friday, November 11. In attendance will be 632 Phoenix Royal Canadian Air Cadet Squadron under the able leadership of Officer in Charge, Desiree Desjardins. Those attending should arrive prior to 10:45 am. Street closures will be in effect on Colonial Rd beginning at 10:45 am at Delson, Henn and Fairgreen. Any business or individual wishing to place a wreath at the Cenotaph should contact Ross Bradley (613-835-2199) as soon as possible so that proper recognition can be made. At the conclusion of the Service, the Navan Lions Club and others from the community will host a reception in the Hall on the second floor of the Arena. Donations will be accepted there with all proceeds going to the Military Families Resource Centre. Please come to honour our community's war dead.

Navan Community Association Youth Dances

Special guest appearance by two talented musical artists Pascale Lachance and Karine Touchette at the November 11th Youth Dance. Pascale lives in Navan and has performed at the Navan Fair and the Rainbow Bistro in Ottawa.



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)

www.chillychiles.com

HOT SAUCES
SALSAS

DRIED CHILES
BOOKS

1226 COLONIAL RD NAVAN 835-9173

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 .

Neighbourhood Watch

Due to the on-going vandalism (defecation, broken bottles, turned over garbage cans) at the park, extra patrols have been asked to check out the park periodically, but ultimately, this is a problem we as a community will have to resolve ourselves. As stated in the past, the youths who are committing these acts most likely live here in our village. Certainly someone knows who is doing this and it is the role of the parents to talk to their kids about this problem and relay any pertinent information. There has been more cars broken into in the Clarkwoods II area (Delson/ Villeroy). The break in's only seem to occur to unlocked vehicles, residents are strongly reminded to always lock their doors and never leave valuables in an unattended vehicle. As always, we need to ensure all crimes, however minor in nature, are reported 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

COLD BEER	FRESH COFFEE	SCOOP ICE CREAM	WINE SPIRITS
----------------------	-------------------------	----------------------------	-------------------------



**Box 209, 1220 Colonial Road, Navan, ON K4B 1J4
(613) 835-3781 · email: jtbradley@bellnet.ca**



Airfast

2-645 Belfast Road

Ottawa, Ont.,

☎ 1-613-244-0030

Stapling & Nailing Sales & Repairs

Stapling, Nailing, Fasteners...

COMMUNITY ANNOUCEMENTS

We are very excited to welcome our 1st born granddaughter born Sept.21 2011, 8 lbs 3 oz, Everlee Florence Edwards. Jeff and Jen are very proud parents . Looking forward to spoiling you, love Nana Helene Edwards-Jenner and Granddad Brian.



Rebecca St. Cyr and Sylvain Lavallée tied the knot Friday September 30. A beautiful Navan Bride and her handsome Navan Groom. We wish them much happiness.

Birthday Celebration

Bruce Staal is turning 75!

Please join us for an Open House in celebration of Bruce's Birthday on Nov.12th, 1:30-5:00 p.m. at the United Church Hall, 1129 Smith Rd, Navan. Best Wishes only please.

G&M Auto Sales Serving Clients for 15 Years! Ken Harrison Vehicle Sales, Locating Financing, Warranties cell 613 295-8087 fax 613 835-2908 kenh12425@hotmail.com www.gmautosales.ca	
---	--

Navan 150th Anniversary Heritage Cook Book

Christmas is not too far away - The Navan Women's Institute anniversary heritage cookbook makes a great gift - and at only \$15. Copies can be purchased at:- J.T. Bradleys

- The New Oak Tree
- Chilly Chiles
- Cheddar Et Cetera
- Colonial Veterinary Hospital
- Bourget Inn and Spa
- Urban Country, Russell



Interior Painting
Bathrooms, Kitchens, Bedrooms, Living Rooms
Carpentry
Flooring & Tiling
Lighting & Decor
Windows & Doors
Basement & Garage Finishing
Full Kitchen Remodels

David Donzetti
Trim & Millwork, ON
613-429-8000
Cell 613-293-1124
www.360renos.ca
e-mail -
dldonzetti@360renos.ca



Stephen BLAIS
Councillor • Conseiller
Cumberland

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

T: 613-580-2489
F: 613-580-2697
E: stephen.blais@ottawa.ca

stephenblais.ca

2012 City Budget Process and Timetable

City Council approved the process and timetable for developing and approving the 2012 budget. Council endorsed a budget strategy in June that sets the increase in the municipal portion of the tax bill to a maximum increase of 2.5 per cent per year. All departments will develop 2012 operating budget requirements based on this Council-approved funding framework. Community meetings are proposed to present the draft budget to the public and to address specific questions or concerns. East/Rural East meeting is set for Tuesday, November 1st, 7 to 9 p.m. at the Shenkman Arts Centre, 245 Centrum Blvd.

Knotty Knitters

We meet every Tuesday at 1PM to 3PM in the lounge of the Navan Curling Club. New members welcome. Call Terri for lessons and more information. 513-835-1816

Navan Women's Institute

Meetings every second Wednesday of the month in the Lions' Den at the Navan Curling Club Next meeting is November 9, 7PM Topic "All About Wine". Julie Picard from Perrault winery will be our guest. Come on out and join us. Call 613-835-4296 for more information

Navan Playgroup

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 at no cost.

2011 Flu Vaccine Clinics

The flu vaccine is safe, free and the most effective way to protect yourself and your loved ones from the flu. Getting the flu shot is an easy way to avoid missing school or work, or passing on the flu to those around you. This year's Canadian flu vaccine will cover the same three strains as last year: the 2009 H1N1 strain, an influenza A known as H3N2 and an influenza B component. Residents can get the vaccine from their family doctor, health care practitioner, at a workplace immunization clinic or at one of the Ottawa Public Health Immunization clinics.

Rural Clinic—Tuesday, November 29th, Heritage Public School, 1375 Colonial Rd., Navan, 3:30 pm – 8:30 pm

WHY THE BIG HOLE??

The City installed a new water reservoir tank for the Fire Department at the Navan Arena. The tank is being placed close to the roadway to allow quick access to water for Emergency Fire vehicles without having to leave the roadway. The installation and repaving of the parking area affected is expected to be completed by October 24th.



AMICA
Mature Lifestyles

Resort-Inspired Rental Retirement Communities

Amica at Bearbrook 2645 Innes Road Ottawa, ON K1B 3J7 613.837.8720	Amica at Westboro Park 491 Richmond Road Ottawa ON K2A 1G4 613.728.9274
--	---

www.amica.ca



NAVAN 150 YEARS COMMITTEE

Navan's 150th Bonspeil

Lemon Meringue pie sells for \$55.00!! Ross Elliot auctioned off this lemon meringue pie and Luc won it at the 150th Anniversary of Navan Bonspiel, held at the Navan Curling Club, Saturday, October 22.. Fun for all! Many prizes were donated and won by happy and great curlers! Thanks to Everyone who contributed to the event. It was a fantastic day!



Jay's EMBROIDERY

Navan Wear

**Clothing,
Workwear,
Silkscreen &
Promotion Products**

Helene Edwards-Jenner

P.O. Box 46
3417 Trim Road
Navan, Ontario K4B 1J3

Tel: 613-835-3364
Fax: 613-835-9714
email: jaysembroidery@webruler.com

824-3578



ALMAR ROOFING LIMITED
Complete Roofing Services

4371 Navan Rd.
Navan, Ontario
K4B 1H9

150th Anniversary Commemorative Town Clock

TheNavan@150 years Committee applied for a city grant that was available to Rural areas of the city. We will know early next month if we get it. We still need money for the Community Builders Wall that will surround the Clock and it's 2 light fixtures. Construction is to start the last week of October and hopefully be completed by the third week of November. The Clock is in Navan and waiting to be installed in front of the Firehall. It is beautiful with a copper tone to it. I think the village will love it. Thanks to Anne Marie Potvin who helped me as well as Chantal Soucy, her children, Catherine and Pierre Ollivier and Julie St. Jean and her daughter Vicky who helped us on this committee. Brian Coburn is heading the Community Builders Wall construction along with Joan Rathwell, Myrna Kelso, Tim McNeely, Stephen Blais, and Anne Marie and I. We are so pleased with the community response. Thank you so much. We will be taking down the flags soon. They have certainly brightened up our two main streets this summer. Thanks to the Volunteer Firemen who will remove them. Sheila M-C.



Daniel Drouin

**SMALL ENGINE REPAIR
RÉPARATION DE PETITS
MOTEURS**



Navan, Ontario

Tel: 613-835-3338
Cell: 613-298-8252
danieldrouin@live.com

Pick up and delivery available



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



HERITAGE PUBLIC SCHOOL

WE Day Experience

This WE day experience has taught me (and I hope my class and school mates) an important lesson. Today WE learned that we can build schools. Today WE learned that WE can save lives. Today WE learned that WE are the lucky ones. Today WE learned that WE can help the unlucky ones. Today WE learned that it only takes one person to make a difference and that person could be you. Today WE had the opportunity to listen to amazing speakers and their amazing stories. After watching WE day on much I felt motivated, inspired, I felt like I could discover a cure for cancer, move mountains, possibly even end world hunger. This experience has filled me with the hope that one day everyone around the world will have clean water, an education, and 3 meals a day. I believe that this experience should be made a tradition. Today I learned that we are the workers, we are the builders, we are the change. I learned that WE can make a difference. Written by Hannah, grade 7 student.

Colonial Veterinary Hospital

formerly Navan Veterinary Hospital

"Only our name has changed"

Dr. Paul Brown Dr. Denene Clifford
Dr. Jackie Pelot Dr. Kathleen Hering

Tel. 835-2883 Fax: 835-2728
1364 Colonial Rd. P.O. Box 190 Navan, Ontario K4B 1Y4
www.colonialvet.ca



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

HomeReady Home Staging & Interior Redesign

Kathryn Wilson

Certified Canadian Staging Professional™
RCS-D™, RSW, PCC

613-894-4155

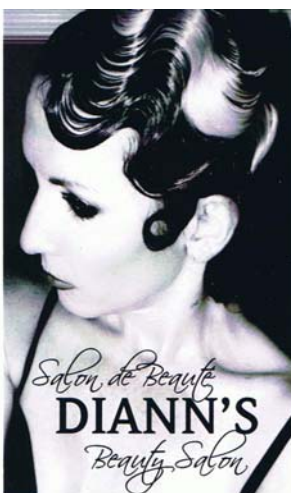
homeready@homereadyhomestaging.ca
www.homereadyhomestaging.ca



Students in grades 6, 7, & 8 participated in watching a webcast on Sept. 27th, The Me to We Philosophy, by Craig & Marc Kielburger. The intent of this web cast is for students to recognize the important role they play in the world community.

School Fundraiser 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.



NAVAN CO-OPERATIVE NURSERY SCHOOL



**1279 Colonial Road
Navan, ON
613-835-9243**

UPCOMING EVENTS:

On November 19th, the Navan Nursery School parents will be hosting the bake table and lunch counter at the Navan Christmas Craft Show from 10-4 p.m. at the Navan arena. Thanks again to the Navan Crafters for their continued support.

The Nursery School will also be selling tickets on a raffle basket that contains a variety of items that values around \$500.00. Tickets are \$2.00 each or 3 for \$5.00. Look for the raffle basket at the craft show on the 19th or at J.T. Bradleys throughout the month of November. The draw will take place on December 16th.

Anglican Parish of Bearbrook, Navan & Vars
Reverend Canon John Wilker-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

613-216-2200 or www.bvnanglicanca

**Tea, Treats & Treasures
Annual Sale**

**2:00 - 4:00
November 12**

Christmas Treasures
Jams, Jellies & Chutneys
Sewing & Crafts
Silent Auction
Home Baking

St. Mary's Hall - Corner of Trim Rd & Smith Rd (Colonial Rd) - Navan

**THE NAVAN ARTS AND CRAFTS GROUP
LE GROUPE DES BEAUX ARTS ET
D'ARTISANAT DE NAVAN**

**33rd Annual (1978 - 2011)
CHRISTMAS CRAFT SHOW
L'EXPOSITION DE NOËL**

Saturday and Sunday
November 19th and 20th
from 10 til 4pm
samedi et dimanche
les 19 et 20 novembre
10-4

**New Website/Nouveau site Web
☆ navanartscraftsgroup.ca ☆**

Navan Hall (in the Arena)
Salle Navan (dans l'aréna)

**25 JURIED ARTISTS AND ARTISANS
25 ARTISTES ET ARTISANS SÉLECTIONNÉS**

FREE ADMISSION ☆ ENTRÉE GRATUITE
FREE PARKING ☆ STATIONNEMENT SANS FRAIS

Bake Sale ☆ Vente de pâtisserie

Door prizes for donations to the
Orléans-Cumberland Community Resource Centre
Christmas Program

Prix d'entrée pour des dons au
Programme de Noël du Centre de
ressources communautaires Orléans-Cumberland

NAVAN/VARS UNITED CHURCH
1129 Smith Road, Navan Village
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



Navan Community Sunday School

St. Mary's Hall - 1171 Smith Rd Navan
**Time : 9:45 am to 11am: children's choir/liturgy/lesson/
craft.**

6-Nov-11	Sunday School
13-Nov-11	Family Sunday
20-Nov-11	Sunday School
27-Nov-11	Practice for Joint Christmas Service

ACOUSTIC VESPERS

St. Mary's Anglican Church presents Acoustic Vespers, Sunday November 6th at 7 pm, 1171 Smith Road in Navan. Local harpist Joanne Griffin will provide music on the theme of Remembrance.



Harmonie Esthetics

Monique Bourgeois
Esthetician

3753 Trim Rd. Navan, ON
T: 613.835.3443
info@harmonieesthetics.com
www.harmonieesthetics.com

CAMPBELL'S SOUP LABELS FOR HERITAGE SCHOOL-

Reminder that Heritage Public School collects labels from Campbells' products, which they can then redeem for supplies for the school - sports equipment, books, art supplies, science products and so on. Best to give them the whole label, definitely the part with the UPC code. Eligible labels include Campbell's Soups (condensed, Gardennay, Creations, chunky, chili, bowls, Ready to Serve, Soup at Hand, Hearty Noodles, Healthy Request Bowls), Habitant Soups, V8 products, Campbells broth, Prego Pasta Sauce, Goldfish crackers. Labels can be given to any Women's Institute member, or dropped off at the school.



**ONTARIO
PLOWMEN'S ASSOCIATION**
188 Nicklin Road, Guelph, Ontario N1H 7L5
WWW.PLOWINGMATCH.ORG
(519) 767-2928 or 1-800-661-7569 Fax (613) 767-2101

HOST OF THE INTERNATIONAL PLOWING MATCH & RURAL EXPO

Raymond St.Denis
Ottawa Carleton Director

H: 613-835-2097
C: 613-880-2526

M-J MELENHORST
LICENSED HAIRSTYLIST



613-835-3947
BY APPOINTMENT ONLY

944 GALAXIE AVE.
NAVAN, ONTARIO
K4B 1M5

Tree Stump Grinding

For removal of unwanted stumps

Call for free estimates

Doug Smith 613-835-2695

**LINE DANCING PRACTICES ON SUNDAYS
AT THE NAVAN ARENA**

Line dance practices began in September at the Navan Arena. This is in addition to the existing line dance courses that are already being offered on Monday and Thursday nights. Line dance practices on Sundays have been occurring at the Navan Arena and are partially funded by (CAAWS) Canadian Association for Advancement of Women and Sport and Physical Activity and the aim is to get more women active between the ages of 55 and 70. Presently, the majority of participants are women in this age group; however, the dance practices are open to all age groups and genders on Sundays between 2:00 to 4:00 p.m. at the Navan Arena. The practices are led by Adèle Bellavance and Mary Cameron, who is a member of the CAAWS Advisory Committee and who got the funding for the Sundays line dancing practices. The line dancing courses and practices at the Navan Arena are offered to everybody to encourage people to do more physical and mental exercises. Since dancing is one of the best exercise for every part of the body, it also gives an opportunity to have a greater social life, have fun and laugh more, forget all the problems of yesterday and tomorrow. Dancing is the answer for a healthier, happier and longer life. For Further Information please contact Adele at 613-835-9545 or cell 613-720-4419.



ANDRÉ TAILLEFER LTD.

EXCAVATION
EQUIPMENT & TRUCK RENTAL
TOPSOIL - SANDFILL - STONE

P.O. BOX 111
NAVAN, ON
K4B 1J3

BUS: 613-837-5839

FAX: 613-837-2276



Real Estate, Wills, Powers of Attorney, Estates, Estate Planning,
Business Law, Employment Law

Gerry Dust
613-835-4056

Phil Grandmaitre
613-835-2984

PROUD RESIDENTS OF NAVAN!

Immeubles, testaments, procurations, successions, planification successorale,
droit commercial, droit de l'emploi

2589 boul St. Joseph Blvd., Orléans, Ontario, K1C 1G4
Tel: 613-837-1010 Fax: 613-837-9670

www.dustevans.com

GALARNEAU & ASSOCIATES
et ASSOCIÉS

Professional Corporation / Société Professionnelle
Barristers and Solicitors / Avocats et Notaires
Mediation / Médiation

SUSAN E. GALARNEAU

2831 St. Joseph Blvd.
Orleans, Ontario
K1C 1G6

Telephone: (613) 830-7111
Fax: (613) 830-7108

Email: seg@galarneauassoc.com

Siberwood BUILDERS

Helping People Realize Their Dream Home

New Homes • Upgrades • Additions • Designs
Kitchens • Bathrooms

Cell: (613) 913-2095

Email: siberwood@rogers.com
8072 Russell Road, Vars. ON K0A 3H0

Gerry Lalonde

ORLEANS-GLOUCESTER CHRISTIAN WOMEN'S CLUB

Wednesday, Nov 9th at 9:30 - 11:00 a.m. Orleans
United Church, 1111 Orleans Blvd.

Fall Fair: baking, plants, used book, miscellaneous ta-
bles. Silent Auction etc.

Music: Grace Meagher

Inspirational Speaker: Cynthia Pohran

\$5.00 includes refreshments and free babysitting

- reservations/cancellations essential.

Call Shirley: 613-841-5143. or Phyllis: 613-747-3928 Do-
nations are most welcome.

Kerry Yates-Blanchard & Nancy Renaud ~ Bilingual
Staging & Redesign Professionals



Kerry Yates-Blanchard
International Staging &
Redesign Professional™
Telephone: 613.833.1050
Email: kyates@aei.ca

www.kerryblanchard.ca



Laura Lemon

Mortgage Agent
License #: M10001588

P: 613.884.2778
F: 613.841.7000
laural@lendinghand.ca
www.lauralemon.ca

www.lendinghand.ca
7-2530 St. Joseph Blvd
Ottawa, ON
K1C 1G1



LendingHand
The Mortgage Professionals



Navan Shotokan Karate
Club

For more info
Michel Struthers
613 - 835 - 3762

struthers@rogers.com

QUOTE OF THE MONTH

Our hopes are high. Our faith in the people is great.
Our courage is strong. And our dreams for this beauti-
ful country will never die.

Pierre Trudeau

Total Foot Spa
Reflexology (50% off 1st appointment)
Pedicure / Footcare
Your Feet Could be the Answer to Better Health!
Christine Lanthier, RN/Reflexologist
5714 Dunning Rd, Navan, K4B 1J1
www.totalfootspa.com
totalfootspa@xplornet.ca
613-835-3397

OLIGO
Vitamins, Minerals, and Supplements.
Works the way nature does to ensure absorption.
Jack & Eleanor Hodges
Directors
613-833-2792
613-292-0186 (cell)
ehodges@xplornet.com
www.melaleuca.com
2288 O'Toole Road
Cumberland
Ontario, K4C 1N3

be irresistible!

Organic facial

\$50

60 minute facial includes: traditional facial using organic products & extraction; lymphatic massage of the face and neck; head, neck, and shoulder massage; eyebrow clean-up; and Reiki.

Teen facial

\$30

30 minute facial for teens 16–19 years old, includes organic products & extractions. An express version of the traditional facial.

Patricia Southwell, Holistic Facialist

1145 Smith Road, Navan, tel: 613-859-2117, email: cpsouthwell@sympatico.ca

www.patriciasouthwell.blogspot.com



Pat Can
homerenovations

Professional Handyman Services
Pat Hennessey, Principal

Minor and major residential repairs,
maintenance & renovations.

(613) 835-3548

www.patcanrenovations.com
local references available

Over 15 years of friendly and professional service

**CREATIVE
MEMORIES**

Catherine Hyde

Independent Consultant

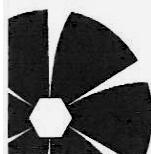
CM ID 78759516

613.835.3331

fchyde@magma.ca

www.mycmsite.com/catherinehyde

3560 Birchtree Crescent
Navan, ON K4B 1N6



NAVAN VETERINARY SERVICES

3425 Trim Road, Box 100
Navan, Ontario, K4B 1J3
Tel 613-835-2646
Fax 613-835-2537

Dr. David Douglas
Dr. Jean Cyr
Dr. Adrian Domen
Dr. Richard Smith
Dr. Daniel Shock
Dr. Katie MacIntosh



Queenswood Stables Inc.

Queenswood Stables

518 Smith Rd, Navan

Horse Riding Lessons (Beginner to Advanced)

Boarding – Horse Training

613 835 2085

	Domaine Perrault Winery The Perrault Family welcomes you to our winery located South of the charming village of Navan. Come and taste a great selection of wine at our complimentary tasting bar! We offer whites, reds, a rosé and a wonderful dessert wine! Open Friday to Sunday, from 11 p.m. to 5 p.m. 613-835-3925 1000 Perrault road, Navan, ON domaineperrault.ca	
---	---	--

ROYAL LePAGE Performance Realty Brokerage, Independently Owned and Operated Ottawa Real Estate www.fcrc.ca ian@fcrc.ca	 Ian M. Charlebois, BSocSc Sales Representative 613.830.3350
---	---

H. Harper Enterprises Inc. Trucking Services Water Haulage Dump Truck & Equipment Rentals P.O. Box 48, Navan, Ontario Tel: 613-834-8046	
---	--

Articles or announcements must be submitted 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

Ghyslaine Lalonde, Investment Advisor Private Investment Advice TD Waterhouse Private Client Services TD Waterhouse Canada Inc. Constitution Square 360 Albert Street, Suite 1100 Ottawa, Ontario K1R 7X7 T: 613 783 2015 1 866 888 5988 F: 613 783 4075 ghyslaine.lalonde@td.com
--

So you think you can do without going to the dentist?

Here is the revealing truth about some important reasons why to consider going to the dentist more regularly.



Many people often think that going to the dentist is an unnecessary thing if they are not experiencing dental pain or sore spots in their mouth. The truth is there are many legitimate reasons why you should go for regular dental check-ups. Here are a few:

Regular oral cancer screenings – It only takes two minutes, but early detection can save your life. Oral cancer can be the most devastating form of cancer because in its advanced stages the only way to cease the spreading to other organs is to surgically remove the cancer. Fergal Nally, MD states that Oral cancer is probably one of the most appalling forms of malignant disease. This is a pity as the mouth is easily accessible for examination, biopsy and treatment.

Regular checkups for cavities – Cavities are made from a combination plaque, bacteria and acid. Plaque is a thin film of bacteria that will form on teeth if not mechanically removed by a toothbrush. An acidic environment is created when you eat too many sugary foods, this form of acid will tend make your teeth more brittle. The bacteria in your plaque can "eat away" at the brittle tooth surface overtime making a hole in the tooth. This eventually will make a pathway for the bacteria to invade the vital part of the tooth. Advanced cavities can lead to serious infections in the head and neck, so it is great to catch cavities early by visiting your dentist at least once a year and to avoid an unnecessary trip to the emergency room.

Cleaning away rough tartar and stain buildup – Rough surfaces from tartar and stain left on your teeth can harbor harmful bacteria. Irregular (rough) tooth surfaces can also cause irritation to your gums causing inflamed, bleeding gums and possible infection (even if you floss every day). Tartar is hardened plaque and saliva substitutes that form on your teeth overtime. It is interesting to know that tartar buildup can differ from person to person. Your dental hygienist is able to detect tartar and clean it off your teeth both above and below your gums. This process makes your teeth smooth so that fewer bacteria counts will hang out around your teeth. Your dental hygienist is also able to determine when you should regularly come in for a checkup and cleaning whether it's yearly or every six months.

Maintaining good overall health – Keeping harmful bacteria in the mouth to a low count can keep your heart, lungs and the possibility of having a low birth weight baby to a minimum. Studies have shown that the same type of bacteria underneath your gums can get into your arteries and contribute heart disease if not kept to a lower count. An even more surprising fact is that a bacteria commonly found in plaque formations (streptococcus) can cause pneumonia and respiratory problems. Finally, a contribution from the bacteria underneath your gums (from various studies) can interestingly cause low birth weight babies. LADIES - This means that even if you are pregnant, going to the dentist for a cleaning is a great and beneficial idea and is not harmful to the baby's or mother's health.

So there you have it, the many underlying reasons of why you should regularly visit your dentist. I hope this has changed your attitude on the importance of regular dental check ups. The mouth is the gateway to other organs in the body, so it is just as important to get your teeth and gums cleaned and checked (even if they seem healthy) as it is to get a yearly physical at your doctor.

COME VISIT US at 3417 Trim road (Beside Royal Bank) or give us a call at (613) 835-4441 For your Regular dental checkup!