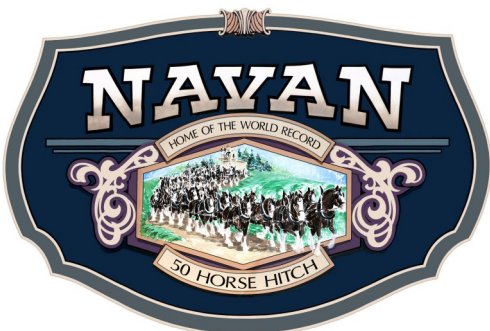


NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

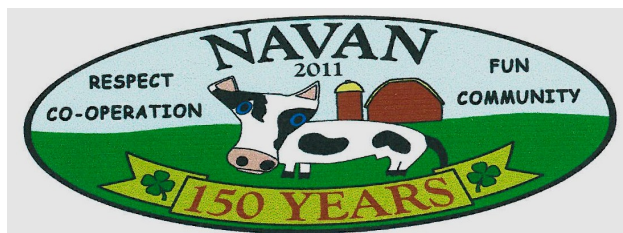


FACEBOOK IS HERE !!

Be sure to check out and "LIKE" the new Navan Facebook page. "SHARE" it with your FB friends, and let's get some action rolling on this new page.

As a community, this page is YOURS to use for keeping up to date on community events, local news and just general socialization.

Simply Google search "Official Navan Community Association Facebook" or check out the link on our main website, www.navan.on.ca.



OFFICIAL OPENING

May 5th, 2012 at 2 p.m. the official opening of the Town Clock and Community Builders Wall will be held. More information will follow in the April Nugget.

NAVAN'S 150th Anniversary Time Capsule

Please refer to the last page of the Nugget for information pertaining to the Time Capsule Project.

NAVAN NOTABLE

Breakfast at Navan

This little bubble of a building is a restaurant on Colonial Road . It is operated by Ed and Thérèse Dahdough. In June, they will celebrate 10 years of feeding breakfasts, lunches, as well as many cups of coffee, to our community and other diners from beyond our village borders. They are opened from 7AM to 1PM every day. Ed has a special during the week. They line up to get his freshly made delicious soups! On weekends, it is just his yummy breakfasts that he makes and Thérèse serves, with such a lovely smile. This restaurant is a bustling place each morning and lunch time. They both appreciate their faithful customers, some who come several times a week. It is quite a social club as everyone seems to know one another. The conversation level is loud and fun.



Ed and Thérèse have 2 sons, so love their hours as they are home with their children. They did try 4 to 9PM but found business was too slow.

Ed has been in the restaurant business for over 40 years. Loves it and is happy in Navan. Once I had a visitor from Sweden. When asked the most enjoyable part of her trip to Ottawa she replied, "The Navan Restaurant – everyone had so much fun the day I was there." So come on out for a walk and a visit to "Breakfast at Navan" and meet your neighbours.



NAVAN LIONS CLUB



On Saturday, February 18th the Navan Lions jointly with the Navan Women's Institute organised a costume evening entertainment in which David Gratton showed off the costumes he and others (notably Margaret MacNeil) have created for various events and parades. Cheese, wine, and desserts were served. We raised \$760 and this has been split between the Ottawa Children's Treatment Centre (via the Lions Club) and the Women's Institute. Thank-you to those who made the evening a success, Fred Hyde and John Ladds - stage lighting, Mark O'Donoughue - audio visual support, Don McCartney - stage management, Rachel Gratton - ticketing, Sheila Calver for being a milkmaid, Chris Macpherson for being a Trilium, and Julie Picard for running the bar. The evening was greatly enjoyed by all.

On February 24th and 25th, the Lions held their annual Curling Bonspiel in the Navan Curling Club. 26 teams from various communities in the region competed. The Bonspiel is a very special event in which the Scottish origins of this sport are celebrated. Curlers march in to the sound of the bagpipes provided with great style by Mr. Blair Buchanan of Navan.

The Bonspiel closed with a Banquet. The Lions also organize a silent auction held during this event (which by the way is open to all). This Bonspiel is the Navan Lions major fundraiser each year and is always an exceptionally enjoyable event for the participants. We know it is, because many of the same participants return year after year, and we are always very delighted to see them. Advice: If you curl (even if you are beginner) make sure you enter, if you ever have the chance, it will be an unforgettable experience.

Navan Lions membership continues to grow and over Christmas, we welcomed Baby Lion Alan White as a new member.

What is Navan Lions doing with the money collected? Every year we develop a donation plan as part of our budgeting exercise. We apply three criteria to select charities to support. Firstly we like there to be demonstrable need, especially if there is a local element. We also believe that there should be some recognition of the donation so that we can show some results to our supporters. Thirdly, we try to emphasize charities favoured by the Lions organization as a whole - and we especially favour anything to do with sight or vision loss - because that is always a Lions priority. It is important to add that if you are aware of financial need which fits in with our Criteria, you are most welcome to bring it to the attention of the Lions Club - we always do our best to assist.

This year we have decided to support a new activity called HOST which is a new programme to help financially disadvantaged high school students fully participate in their school's educational activities. This program is being sponsored by three local high schools, The Gloucester North Lions Club, the Catholic Women's League and the Knights of Columbus.

The Lions meet the 2nd and 4th Monday of the month at the Navan Curling Club.

President: Lion Tony Florentino 613-835-9319



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COMMUNITY ANNOUNCEMENTS



The City has received a formal request to name a new park after Linda Dunn. In recognition of Linda Dunn's contributions to the community, the City of Ottawa has been asked to name a new park at 1885 Celeste Way, Linda Dunn Park.

Linda Dunn has had an extensive record of community service in the city of Ottawa. Mrs. Dunn came to Ottawa after teaching in Lloydminster, Alberta and in the Northern community of Onion Lake Cree Nation.

A long-time resident of Cumberland Ward, she served as Councillor and Deputy Mayor between 1986 and 1991. As a member of Council, she was instrumental in initiating the Blue Box program in Cumberland Township.

Linda Dunn's community contributions include her work as co-founder of the Eastern Valley Cooperative Nursery School in Navan, former editor and journalist of the Cumberland Communiqué, and past-president of the Navan Women's Institute. She was also a member of the Navan Fair Board, an organizer of the Navan Fall Fest and a member of the Orléans Legion. A 60-day comment period has commenced. In the above photo Councillor Stephen Blais, presents Linda with the plan for the park.

**Stephen
BLAIS**

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

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stephenblais.ca

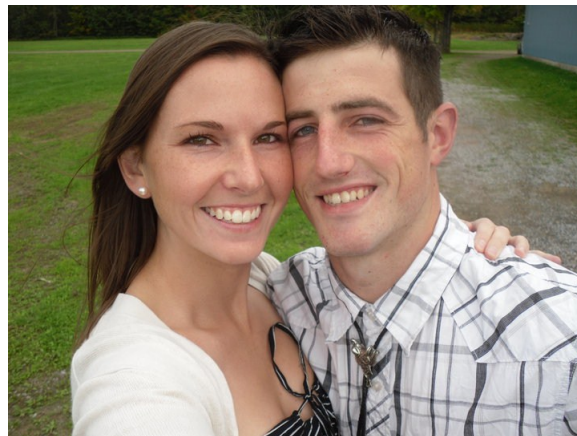


HAPPY BIRTHDAY



Come celebrate Reta Cottons (Taylor) 90th Birthday, Sunday March 4th, 2:00pm - 4:00pm. St. Mary's Hall. Best Wishes only please.

ENGAGEMENT



Congratulations to Colin Lawlor and Amber Joyce on their engagement. A mixed party will be on May 26th at the Navan Memorial Hall. Wedding will be at the Pineview Golf Club on September 22nd.

www.chillychiles.com

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Navan Women's Institute

A Lifeskills Workshop

Saturday, April 14, 2012, 9 am – 3:30 pm, at St. Mary's Hall in Navan

- o Attend 3 different workshops on cooking, crafts & home décor
- o Ten workshops to choose from
- o Lunch, morning & afternoon coffee/tea/snacks included
- o Receive a complimentary copy of the NWI Heritage Cookbook

Only \$25 to register. Visit www.navanwi.com for workshop descriptions and registration form!

Workshops are available on a first-come, first serve basis. Space is limited – sign up today!

For more info: info@navanwi.com

Or contact Navan W.I. members Linda Dunn, Anne Warburton or Pam O'Donoghue

NEXT MEETING

March 14, 2012 7PM

Movie Night

Navan Curling Club, Lions Den



Sunday, February 19, Verna Cotton, Navan W.I. Tweedsmuir Curator, invited the W.I. Members, past and present, to her home for an afternoon Tea. It was to celebrate the 115th anniversary of the Federated Women's Institutes of Ontario. A delightful time spent enjoying salmon mousse, cake and tea, served by Verna's nieces, Betty Nielands and Jessie Wall. Verna now has the updated version of the Tweedsmuir Histories put together by Bonnie Sastri. It has a wealth of stories about our Navan and its residents.

Navan Minor Fastball Registration

Date: March 6, 2012

Navan Arena

time: 6:30pm - 8:30 pm

Ages 5 - 12

contact: Nancy - 613-835-2925 or

navanminorfastball@gmail.com

Knotty Knitters

Every Tuesday afternoon at 1PM

Navan Curling Club, Lounge

Bring your project and get help, if you need it



COURSES: SOCIAL LINE DANCING

Mondays nights, Jan. - May 2012

Beg. 1 & 2: 6h30-8h00 pm

PRACTICES: CLASSIC & POPULAR LINE DANCES

Sundays, Jan. - May 2012, 2h00 - 4h00 pm

INFORMATION: Adele 613-835-9545

cell: 613-720-4419

CUMBERLAND TOWNSHIP HISTORICAL SOCIETY

March 7, 2012 "An Appreciation of Cumberland Township from a Railroader's Perspective" by two railroad enthusiasts, Fred and Peter Mills. Cumberland Township Historical Society meeting at 10th Line Road Police Station 2nd floor Boardroom. Doors open by 6:30 and start time 7:00 pm. Light refreshments served.



Airfast

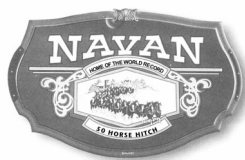
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NAVAN COMMUNITY ASSOCIATION

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)

Chair: Philippe Grandmaitre

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Fred St.Pierre

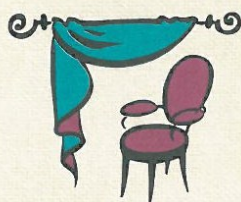
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HERITAGE PUBLIC SCHOOL

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.

NAVAN CO-OPERATIVE NURSERY SCHOOL



1279 Colonial Road
Navan, ON
613-835-9243

Navan Nursery School is now accepting registration for September 2012. The Nursery School is a non-profit preschool offering morning programs for children 2 1/2 - 5 years of age from 9:00-11:30. The school offers your child a warm and nurturing learning environment, age appropriate activities and outings. Opportunities to develop social and cognitive skills. For more information please visit our website www.ottawakids.ca/ncns. Space is limited. We are located in the Navan Fair blue building at 1279 Colonial Rd, next to the arena.

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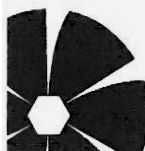
CM ID 78759516

613.835.3331

chhyde@magma.ca

www.mycmsite.com/catherinehyde

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ZUMBA FITNESS CLASSES

Location: Carlsbad Springs Community Centre

Address: 6020 Eight Line Road

When: Every Wednesday from Jan. 23-Mar.26, 2012

Time: 6 to 7:00 p.m.

Cost: \$5.00 per class

Info: Brigitte Malo at 613-822-6663

E-mail: info@carlsbadsprings.ca

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World Day Of Prayer Service

Sunday March 4th

7:30 PM

Navan-Vars United Church

1129 Smith Road

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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.bvnanglican.ca



NAVAN COMMUNITY
SUNDAY SCHOOL

St. Mary's Hall - 1171 Smith Rd Navan

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

4—Mar—12 Sunday School

11—Mar—12 Family Sunday

18—Mar—12 Practice for Easter Pageant

25—Mar—12 Easter Pageant

1—Apr—12 Family Sunday—Palm Sunday

For information regarding Sunday School please contact Kelly at;

navancommunitysundayschool@hotmail.com

THE THIRD SPACE

Held in St. Mary's Parish Hall, on the Corner of Smith and Trim Roads. Please drop in and meet your friends, share some refreshments, have a card game, WiFi available, swap a book. Fair-trade coffee and tea.

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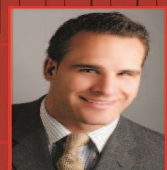
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THE CARDINAL

The bird which attracts our eyes more than any other is, I think, the Cardinal. This is not hard to understand as it is so beautiful and provides such a vivid splash of colour amidst the bleakness of winter. If however, we had been in Navan 150 years ago when the village was founded, we would not have seen any, because there were none to see. The Cardinal is the suburban bird par excellence and proliferates wherever people live. In 1861 Navan was a fairly isolated rural community with a small population. In fact, when I moved to Navan in 1981 – I never saw any – but in the following ten years they began to move in. Their increasing presence was an indication of the growing suburbanization of Navan and the whole East of Ottawa. In 1981, Clark Woods 1 was just beginning to be developed and there was no sign whatever of Skyview or Clark Woods 2. Cardinals are strongly attracted to suburbs because of the shelter of backyards and the presence of bird feeders.

In 1886 there were few sightings north of the Ohio River valley, (the northern boundary of Kentucky) ; In 1895 the range extended to the Great

lakes, and by 1910 it's range included southern Ontario and the southern Hudson River valley.

The Cardinal is not migratory – and it seems to overwinter here without much difficulty. The Cardinal is very much a vegetarian in its habits (90% of its food) and, for instance, we note that it completely ignores suet blocks that other birds like so much.

There is of course considerable controversy surrounding the issue of feeding backyard birds. There are those who feel that feeding the birds gradually deprives them of the ability to fend for themselves and creates total dependency on fickle humans. However, the Cardinal has clearly benefitted from backyard feeding and there are no concerns about its survival, so I have no qualms about feeding them.

Written by David Gratton

Photo by Tom Devecseri



ARE YOU READY?

If your normal household day to day routine was impacted by an emergency, how would your family survive? Emergency preparedness is a term used to describe how and what you would do and need when faced with an atypical scenario that would change what we take for granted each day. If there was a prolonged power outage, like the one during the 1998 ice storm or the black out of 2003, would you be ready? We assume that the electricity will be off for a couple of hours but what if it was longer? Would you be self sufficient for up to 72 hours as recommended? Often living in a rural area, electricity also means access to water. Most rural people are dependent on wells for their daily water needs. The average person needs 4 litres of water per day for drinking, cooking, and essentials. Do you have what you need to satisfy your household, family and pets? What about heat, food, transportation, medication, money, and communication? What other back-ups do you have in place in case of an emergency? What is your plan and who does it involve? What will you need to survive? A home emergency preparedness plan and kit is a useful and essential part of everyday living. This kit should also include simple things like flashlights, non perishable food, a radio with spare batteries and candles. For a complete list of what your kit should contain or how to get an emergency plan together please visit Ottawa.ca or call 3-1-1. Similar to an insurance policy, hopefully you will never use the kit, but if the time comes, you will be glad to have it.

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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.

Navan Bookmobile

Thursdays 2:30—4:15 p.m.
At the Firehall, 1246 Colonial Road.

Public Skating at Navan Arena

Monday until March 12th, 3-4:50 p.m.
Thursdays until March 22nd, 3-4:50 p.m.
Saturday until March 17th, 5-5:50 p.m.
Sunday until March 18th, 1-2:20 p.m.

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ROCK & ROLL DINNER & DANCE

Cumberland Lions Club, 2552 Old Montreal Rd.

Saturday, March 10th 2012

Cocktails 6 PM, Dinner 7PM

Tired of the winter, looking forward to Springtime, come and join us for an evening of good food, Music & Dance with a Live Band – Great Rock & Roll Tunes from the 50's & 60's. Advance tickets \$22.00: André [613 446-6631](tel:6134466631) or Charlotte [613-265-8299](tel:6132658299)

MAPLEFEST 2012, 43rd ANNIVERSARY

Cumberland Lions Club

March 31- April 1, 8AM – 3PM

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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.

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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Navan's 150th Anniversary Time Capsule

Since last month's description of the Time Capsule Project, the committee has been receiving many questions and ideas of what individuals, businesses and organizations might wish to put in the capsule. Following are some specific suggestions for each category:

Individuals and Families

- A copy of a recent Christmas newsletter that you sent out
- A picture of your home and/or your family members
- A brief description of your family members...where you are from, how long you have lived in the area, etc.

Businesses

- A copy of your price list or menu
- A picture of your business location and/or employees
- A copy of a pamphlet advertising the business or any awards or certificates received recently

Community Organizations

- A copy of your most recent Annual Meeting or regular meeting minutes
- A photo of your meeting location and/or your members

***Please note the following preservation tips:**

1. The most long lasting print to use is a laser printer or a photocopy.
2. Colour pictures are fine, but black and white ones will preserve better over the years.
- 3 – CD's and DVD's can be put into your submission, using a Gold Archival CD (or DVD) by MAM, Kodak or Delkin (a number of these may be made available through the Time Capsule Committee if there is an interest). Note that CD's are considerably more stable than DVD's.
- 4 – If putting text into a DVD, the best format to use is PDF.
- 5 – Please do not include: entire newspapers; coins; or anything that may be the slightest bit damp or have been wet at some point.

With your submission (in a 10 1/2" X 12" ziplock bag) please include the following:

Name of Family, business or organization: _____

Address, phone number and email

Brief description of the contents of the Time Capsule Submission:

Drop boxes for submissions are located at Heritage P.S. and J.T. Bradley's Convenience store. For any questions or additional information on the 150th Anniversary Time Capsule Project, please contact:

Heather Monkman 613-835-3568

David Gratton dwgrattan@gmail.com

Jill Noakes

Fred Hyde

jillnoakes@hotmail.com

fchyde@magma.ca