

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

REMEMBRANCE DAY IN NAVAN SUNDAY, NOVEMBER 11TH, 2012



Everyone is invited to attend this year's Remembrance Day Ceremony at the Cenotaph in Navan's Parc Memorial Park. Please arrive by 10:45 am. 632 Phoenix Squadron Royal Canadian Air Cadets will be in attendance with piper, trumpeter and cadets who will assist those placing wreaths. Colonial Road will once again be closed to traffic from Delson Drive to Fairgreen beginning at 10:40 am. Remembrance Day Ceremony is sponsored by the Navan Community Association and President Phil Grandmaitre will be Master of Ceremonies. Drivers requiring handicapped parking will be assisted by the Volunteer Fire Department. After the Ceremony every one is invited to attend a reception in the Hall on the second floor of the Arena. It is provided by the Lions Club and the Women's Institute. Donations will be accepted and they will be forwarded to Canada's Military Families Resource Centre.

LEST WE
FORGET
N'OUBLIONS
PAS



HERITAGE PUBLIC SCHOOL

On Friday, November 9th, 2012, the students and staff of Heritage Public School will be honoring Remembrance Day by having a brief service at the Navan Cenotaph. We will be walking to the Cenotaph just before 11:00 a.m. and taking part in a 20 minute program starting at 11:10 a.m. Any Navan residents who wish to come to watch and be a part of this occasion are welcome to join us! In the event there is severe weather, the community is invited to join us in our gym at Heritage instead.

IN FLANDERS FIELDS

In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

By: Lieutenant Colonel John
McCrae



NAVAN NOTABLES

Charles Boyer



He is a Research Assistant working at CHEO with a group of researchers investigating the physical activity behaviors of young people. The group's vision is to provide national leadership and research excellence in Healthy Active Living for the prevention, management and treatment of obesity in children and youth. Their team is known as the Healthy Active Living and Obesity Research Group (HALO). After graduating with a Masters in Human Kinetics, Charles joined the group in February 2011. He is currently assisting on a research study that is learning how neighborhoods and school environments impact physical activity in Grade 5 students. Charles truly enjoys his work and feels lucky and privileged to work with such a great group of people.

Charles graduated from Meadowview (now known as Heritage Public School) and was lucky enough to come back to the school and help run an information booth about HALO's work at their Parents' Night. Here they informed parents of the current work of the research group such as the Annual Physical Activity Report Card and the youth sedentary and physical activity guidelines. This research stresses the need for children to participate in physical activity every day and limiting sedentary time such as time spent playing video games, watching T.V., and time on the computer.

This topic is a great concern to many parents. Charles believes in HALO's mission and feels he is helping the youth of today to get out there and PLAY and live a healthier lifestyle. Thank goodness we have people trying to get the young ones off their phones and tech gadgets and back climbing trees and running around their yards!

Sheila Minogue-Calver
www.navanwi.com



Info on: www.navan2navan.com and facebook Michael O Meara

CROSS PRESENTATION



At St Mary's Anglican Church in Navan Ireland, on September 9th, 2012.



Paddy Pryle read to the congregation the plaque presented to the Navan 2Navan group from the City of Ottawa during their visit.



Emer Duffy presented the maple Celtic cross to (r to l) Canon John Clarke, Rev. Eileen Armstrong, Margaret Elliot and Fr. Stephen Kelly. Margaret's husband designed the Celtic cross of peat bog oak that was brought to Navan for our St Mary's 75th Anniversary in 1973. The Navan2Navan group choir joined the service in the singing of the hymn St Patrick's Breast Plate.

ATTENTION HAT LOVERS

Here is your last chance to get one of these memorable hats. Great Christmas gift for the hat collector. The Navan2Navan committee has only 14 of the memorable hats available for \$15 each. Please call Betty Neilands at 835-1581. First come, First serve.

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

H. Harper Enterprises Inc.**Trucking Services**

Water Haulage
Dump Truck & Equipment Rentals

P.O. Box 48, Navan, Ontario

Tel: 613-834-8046

360renos

David W. Bennett
Owner

Trim Rd. Navan, ON

dbennett@360renos.ca
p. (613) 429-5000 c. (613) 282-2124
www.360renos.ca



**Navan Shotokan Karate
Club**

For more info
Michel Struthers
613 - 835 - 3762

struthers@rogers.com
www.canadashotokan.org



Meeting nights 2nd Tuesday
of each month

The Cumberland Township Agricultural Society (CTAS) Navan Fair currently has two volunteer board member positions that need to be filled: Concessions and Sponsorship.

The Concessions Director duties include but not restricted to:

- Contact vendors (food and products) to verify their return for the upcoming year
- Seek out potential new Concessions
- Manage applications & payments
- Update indoor/outdoor site layouts
- Liaise with the City of Ottawa Health Dept & keep current with Health dept regulations
- Work closely with Grounds, Sponsorship, Advertising Directors and Admin Coordinator*
- During the week of the Fair managing the positioning of the concessions and coordinating issues/concerns
- Holding a seat on the Board at monthly meetings

* Admin coordinator sends Concession packages to previous year's vendors and coordinates returns.

The Sponsorship Director duties include but not restricted to:

- Key contact for current organizations and business who support the Navan Fair
- Seek out new Sponsors all year round
- Work closely with all Directors especially Grounds & Advertising Directors
- Develop with the Board sponsor packages
- Holding a seat on the Board at monthly meetings

If you would like more information or have any questions please e-mail (navanfair@bellnet.ca) the Admin Coord at the Navan Fair Office.

President: Mark Hamilton
Admin. Coord: Debbie Newton
1279 Colonial Rd., Navan ON K4B 1N1
Tel: 613-835-2766 Fax: 613-835-4008
navanfair@bellnet.ca or www.navanfair.com



Navan Lions continue to be a busy and vital Part of the Navan Community;

Since August Navan Lions has sponsored two community dinners in the Curling Club - The most recent, the Turkey supper on September 21st raised funds for the Navan Lions Welfare fund and was particularly well attended and enjoyed by those who came.

We were busy again on September 29th for Fallfest where we provided a barbecue with free hot dogs and hamburgers (courtesy of the Community Association). In addition a number of Lions dressed up as a pumpkins, a potato, an apple and a very rude bee to entertain children and adults and hand out candy.



On October 13th Navan Lions helped out by provided bar services to the annual Volunteer Firemen's appreciation night. On the day following, October 14th, Navan Lions helped organize another fundraiser - the Dog Guide walk - which was successfully held in the centre of Ottawa despite pouring rain and bridge closure. The Dog Guide walk raises funds for the Lions centres where dog guides (that is dogs such as seeing eye dogs or seizure dogs etc.) are trained. This walk which involved several Lions groups earned about \$10,000.

October 27th is white cane day - on which we raise funds for Vision Screening for children. Watch out for Lions during Halloween - you may see some oddly dressed people around.

Lions will be supporting the annual Remembrance day service on November 11th by providing a reception in the Navan Memorial Centre afterwards and we will be making a collection for the Canadian Military Families Fund - which helps families who have lost members on active service.

On the weekend of December 7th and 8th Navan Lions will be organizing its annual Curling Bonspiel and Silent Auction. This is our major annual fundraiser and if you are interested in entering a team (and we do encourage you to do that) please contact Ross Bradley who will be very glad to hear from you.

President: Lion Tony Fiorentino 613-835-9319

Secretary: Lion Chris MacPherson

Treasurer: Lion David Grattan

Todd Belaide **Hardwood Flooring**

Sanding Old & New Floors
Installation & Repairs
Oil or Water Base Urethane
Natural or Stain

Todd Belaide 613-889-4763
25+ years Experience • Quality Workmanship • Competitive Prices

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

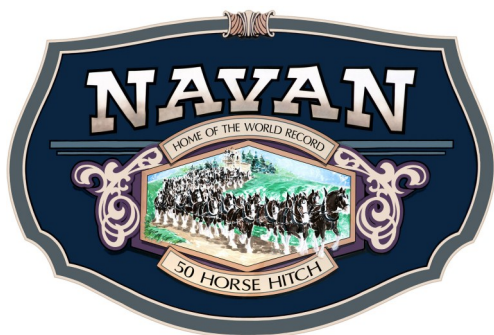
Telephone: (613) 830-7111
Fax: (613) 830-7108
Email: seg@galarneauassoc.com

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 COMMUNITY ASSOCIATION

NIFTY FIFTY PLUS CLUB

Notice to All "50+" Residents in and around Navan. Come and join at the drop-in centre every Wednesday from 12:30—4:30 p.m. upstairs at the Navan Memorial Arena Centre. Hope to see you then!!

OUTDOOR SKATING RINK COMING TO NAVAN!

The wait is over! Navan residents and their families will finally be able to enjoy free outdoor skating this winter!

The project will be spearheaded by the Navan Outdoor Skating Rink Committee, which has recently been formed under the Navan Community Association. The Cumberland Township Agricultural Society has graciously allowed for the new skating rink and benches to be installed in the Domes Area of the Navan Fair grounds, near the curling club. The outdoor skating rink will give Navan residents the opportunity to enjoy fun family skating time and, of course, some good old pick-up hockey! Weather permitting; the committee is hoping to have the new skating rink open for the Christmas holidays.

Of course, behind every great rink there is a great team of volunteers. The Navan Outdoor Skating Rink Committee is looking to set up a schedule of volunteers who would be available to help open and/or close the rink. Ideally, we hope to assemble enough volunteers to keep the time commitment for each to a minimum. Volunteers would be assigned one night a week (1-2 hours) when they would be responsible for clearing and flooding the ice surface, and turning on/off the lights. If you are able to lend a hand with this fun and worthwhile project, please contact Luc Picknell at 613-429-0131 or by email at lpicknell@rogers.com. We look forward to seeing everyone out there enjoying the new rink. Stay tuned for more details on rink "grand opening" events and hours of operation in the next edition of the Navan Nugget.



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

NCA 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)

2012-2013 Dates: November 9, December 14, January 11, February 8, March 8, April 12, May 10, June 14.

NEXT NCA MEETING

Monday, November 19th, 2012 at 7:30 p.m. Upstairs at the Navan Arena.

Check out the Community Calendar on the NCA website: www.navan.on.ca

If you are a non-profit group and have an event you'd like to have added, please let us know.

And be sure to "Like Us" on the NCA Facebook page. The link is on the NCA web site.

Chair: Philippe Grandmaitre

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Fred St.Pierre



LINE DANCING

at

St Mary's Hall, Navan

Sept. - Dec. & Jan. - April

Mondays, between 4 & 8 pm

Courses: Beg. 1 & Beg. 2

Practices: Classic & popular dances

Info: Adele 835-9545 or cell. 720-4419

COMMUNITY ANNOUNCEMENTS

KNOTTY KNITTERS

We meet every Monday at 1PM in the Navan Curling Club lounge. Come and join us.

NAVAN WOMEN'S INSTITUTE

Our next meeting is in the Lions' Den at the Navan Curling Club, Wednesday, November 14th, 7PM. Quilts of Valour will be on display. Come and join this group of community minded women!
www.navanwi.com

Para-Olympian, Brianna Jennett MacNeil

The Navan Women's Institute's October meeting was a delightful evening spent in the company of Brianna Jennett MacNeil. She gave a heart warming and very informative talk on her quest to become an Olympian. She went to London, England this summer, to represent our country in swimming!! By doing so, she learned that if you really want something you can get it, through hard work and determination. Wonderful achievement Brianna!! It was an inspiring time, as she outlined how she made this difficult journey through many years of her life. Good luck in all future endeavours, Brianna



ORLEANS-GLOUCESTER CHRISTIAN WOMEN'S CLUB

Wednesday, Nov. 14th, 2012 at 9:30 - 11:00 a.m.

Orleans United Church, 1111 Orleans Blvd.

Feature: Fall Fair - Bake, craft, book, knick knock tables, silent auction.

Bring items to donate and lots of cash to buy!

Musician: Drew Plummer

Speaker: Lynda-Jean Coffin "Living Your Life to the Fullest".

\$5 - includes refreshments, door prizes and free child-care - by reservation.

Call Shirley: [613-841-5143](tel:613-841-5143) or Phyllis [613-747-3928](tel:613-747-3928)

CUMBERLAND TOWNSHIP HISTORICAL SOCIETY

The next meeting of the CTHS will take place on Wednesday, November 7th, 2012 in the Boardroom of the Ottawa Regional Police Station, Tenth Line Road and St Joseph Blvd. Elaine Findlay will SPEAK on "The Good Old Days of Education in Cumberland Township. Doors open at 6:30 for a start time of 7:00pm. Be sure to bring a friend along. Light refreshments as always will be served.

CONGRATULATIONS

To Colin and Amber Lawlor.

Married September 22nd, 2012.

Also to Kevin and Anita Lawlor

25th Wedding Anniversary October 10th, 2012

Cumberland Lions Club



Third Annual Breakfast with Santa

Maple Hall, 2552 Old Montreal Road

Saturday December 1, 2012

8:00AM to 1:00PM

Special Christmas Breakfast Menu

Adults: \$6.00

Children: Free with the donation of a gift

You can be Santa's helper, and help him fill his toy sack

Non-perishable food items will also be accepted

Visit with Santa when he stops by Maple Hall

Special activities for the children throughout the morning

Special Musical Entertainment

In the spirit of giving, we will be accepting gifts and donations on behalf of the Orléans -Cumberland Community Resource Centre.

www.cumberlandlions.ca



Airfast

2-645 Belfast Road

Ottawa, Ontario

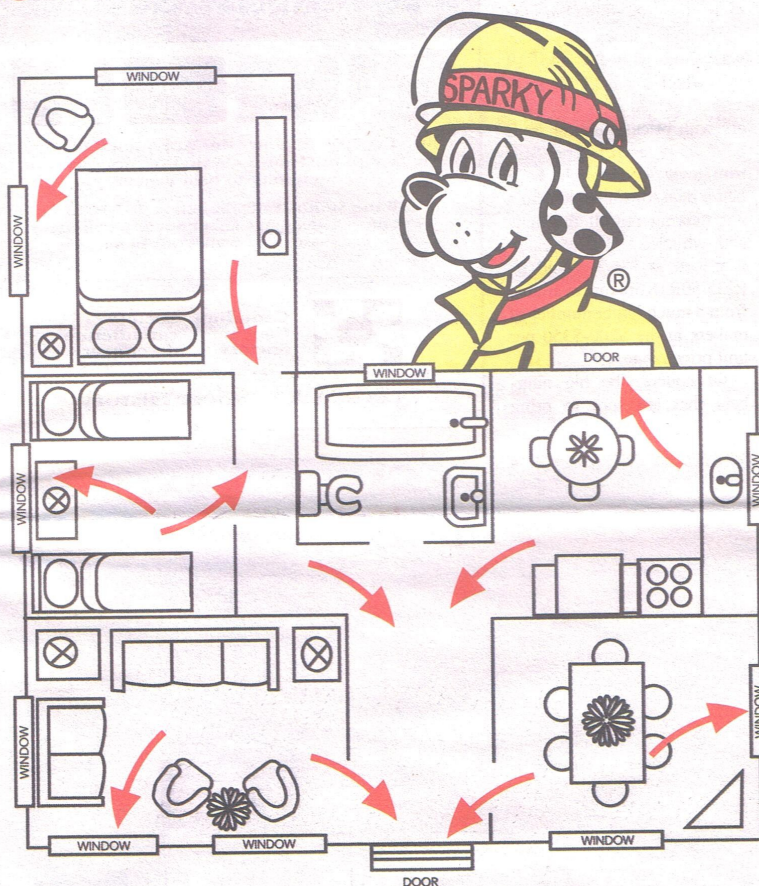
613-244-0030

Stapling & Nailing Sales & Repairs

Stapling, Nailing, Fasteners...

How to make a Home Fire Escape Plan

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Learn the emergency phone number for your fire department.
- Practice your home fire escape drill!



© 2010 NFPA The name and image of Sparky® are trademarks of the NFPA.



MAKE YOUR OWN HOME FIRE ESCAPE PLAN ON A BLANK PIECE OF PAPER.

NAVAN KNIGHTS

4 young people have been helping 4 Seniors with various jobs needed to be done in the Seniors' homes and yards. The students are volunteering in order to build up their Volunteer Hours for their Secondary Diplomas. I love my little Navan Knight! She is keen, enthusiastic, and willing to help with whatever chore I ask of her. She brightens my day! And lessens the work load. I am so appreciative of her willingness to help out. This morning she told me she feels great coming to help me. Great stuff. If anyone needs extra help and you are a Senior, I will see about getting you a Navan Knight of your own!!

**CREATIVE
memories**

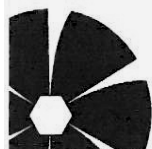
Catherine Hyde
Independent Consultant
CM ID 78759516

613.835.3331

fchyd@magma.ca

www.mycmsite.com/catherinehyde

3560 Birchtree Crescent
Navan, ON K4B 1N6



NAVAN CO-OPERATIVE NURSERY SCHOOL



1279 Colonial Road
Navan, ON
613-835-9243

UPCOMING EVENTS:

On November 17th, 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 17th.

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. For more information please visit our website www.ottawakids.ca/ncns. Space is limited.



HERITAGE PUBLIC SCHOOL

An upcoming fundraiser that is being planned by School Council during the month of December at Heritage Public

School is the Toy and Bake Sale. 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, and collector cards. Keep this in mind if you are doing a fall clean-up. Donations can be dropped off at the school starting December 1st, 2011 or you can call Virginia at 613-835-3389.

NAVAN VETERINARY SERVICES

3425 Trim Rd
Navan, Ontario
K4B 1J3

613-835-2646, Fax 613-835-2537



David Douglas DVM
Jean Cyr DVM
Adrian Domen DVM
Brienne Griffith DVM
Jennifer Hubbard DVM
Russell Campbell DVM

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

TAKING GOOD CARE OF YOUR FRIENDS



Colonial Veterinary Hospital

Dr. Paul Brown
Dr. Denene Clifford
Dr. Savannah Beattie
Dr. Jackie Pelot
Dr. Catherine Sin

Tel. 613-835-2883 Fax. 613-835-2728
1364 Colonial Rd Box 190, Navan, Ontario K4B 1J4
colonial_vet@hotmail.com www.colonialvet.ca



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

34th Annual (1978 - 2012)
**CHRISTMAS CRAFT
SHOW**
EXPOSITION DE NOËL

Saturday and Sunday
November 17th and 18th
from 10 til 4pm

samedi et dimanche
les 17 et 18 novembre
10-16h

Navan Hall (in the Arena)
1485 Colonial Rd
Navan Ontario
Salle Navan (dans l'aréna)

ENTRÉE GRATUITE ☆ FREE ADMISSION
STATIONNEMENT SANS FRAIS ☆ FREE PARKING

Vente de pâtisserie ☆ Bake Sale

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



**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

Siberwood BUILDERS
Helping People Realize Their Dream Home

New Homes · Upgrades · Additions · Designs
Kitchens · Bathrooms

Cell: (613) 913-2095

Gerry Lalonde

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

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



NAVAN COMMUNITY SUNDAY SCHOOL



St. Mary's Hall
 9:45—11:00 a.m.
 Age 3—16
 Everyone is Welcome.

Nov. 4th—Sunday School
 Nov. 11th—Family Sunday—No Sunday School
 Nov. 18th—Sunday School
 Nov. 25th—Sunday School
 Dec. 2nd—Sunday School

NAVAN/VARS UNITED CHURCH

1129 Smith Road, Navan Village
 Minister: Rev. Bill Brown
 * Sunday Worship 10 a.m.
 A friendly greeting awaits you!
 Wheelchair accessible
www.navan-vars-united.org
 (613) 835-4030

St. Mary's Navan Annual Tea, Treats & Treasures
 Saturday November 10th from 2:00-4:00 p.m. in St. Mary's Church Hall. Enjoy afternoon tea and do some shopping! Items will include baking, jams and jellies, knitting and "Table Top Treasures".

Tree Stump Grinding

For removal of unwanted stumps

Call for free estimates

Doug Smith

613-835-2695

ROYAL LEPAGE Performance Realty

Ottawa Real Estate

www.icre.ca
ian@icre.ca



Ian M. Charlebois, BSocSc

Sales Representative
 613.830.3350

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



Queenswood Stables

518 Smith Rd, Navan

Horse Riding Lessons (Beginner to Advanced)

Boarding - Horse Training

613 835 2085

M-J MELENHORST

LICENSED HAIRSTYLIST



613-835-3947
 BY APPOINTMENT ONLY

944 GALAXIE AVE.
 NAVAN, ONTARIO
 K4B 1M5

HomeReady Home Staging & Interior Redesign

Kathryn Wilson

Certified Canadian Staging Professional™
 Professional Colour Consultant
 International Redesign Professional

613-894-4155

homeready@homereadyhomestaging.ca
www.homereadyhomestaging.ca

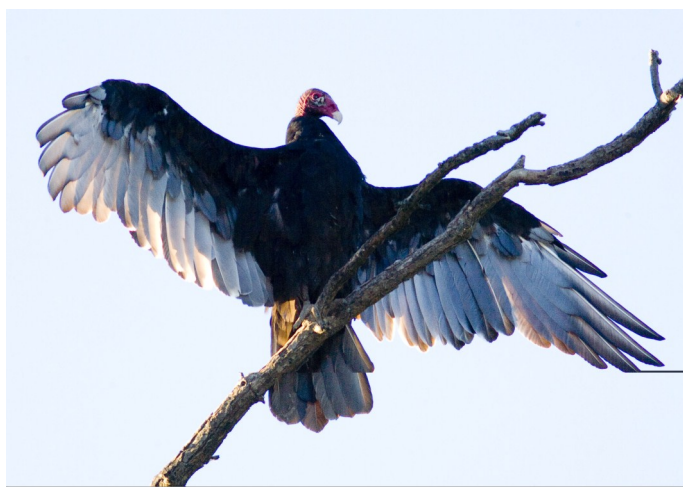


TURKEY VULTURE

Sometimes so high they are mere dots almost indiscernible as birds – on other occasions they soar in circles at tree top level. Marauding pairs of Turkey Vultures riding effortlessly on thermal updrafts have been with us most of the summer in Navan. Eaters of carrion like the Vultures of the old world (remarkable similar in appearance), they circle around dead animals lying on the ground and feed on the partially decomposed carcasses of dead animals. The Turkey Vulture (*Cathartes aura*) a large bird with a wing span of up to 6 feet, is perhaps most notable for its extraordinary sense of smell. It can sense ethyl mercaptan (an organic sulfide) at great distances. This very stinky sulfur containing compound, released in the early stages of animals decay, is also a component of natural gas (I know for a fact it is extremely stinky as I worked with it in the lab. many years ago). An odd result of this remarkable ability is that the Turkey Vulture provides a useful function to society by circling around leaky gas pipelines, saving the pipeline companies millions by pinpointing the location of leaks.

The Turkey Vulture is a beautiful dark bird – with silver trailing edges on the wings and a naked red head. There is almost no difference in plumage between male and female and they have one other peculiarity – their legs are stained white with uric acid from – you guessed it - their urine. They pee on their own legs as a cooling strategy.

So why are they so persistently flying around Navan – do we have gas leaks? Are their dead animals lying around in the forest? Unlikely on the whole so I wonder if it is the smell emanating from the vent stacks on our roofs which attract them. The stacks are connected to our septic systems and do smell strongly of sulfides and may well cause the birds to think there are dead animals decaying – which when you consider it is not far from the truth. There are a number of excellent websites if you wish to know more about this interesting bird: http://www.allaboutbirds.org/guide/Turkey_Vulture/id_wspapp=12227118544&qclid=CJDvosesjbMCFdEWMgodawoAjq and <http://vulturesociety.homestead.com/TVFacts.html>



Written by David Grattan
Photos by Tom Devecseri

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

Ghyslaine Lalonde, Investment Advisor
Private Investment Advice



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

FACEBOOK IS HERE!!
Check out the link at
www.navan.on.ca.

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

BOX YOUR MOVE

*We
move
you!*

MOVING & PLASTIC BOX RENTAL
COMPANY FOR HOME OR OFFICE

Joane Collins

www.boxyourmove.ca
boxyourmove@rogers.com
Office: 613 424-MOVE (6683)



G153505_k



(613) 835-4441

Dr. A. Mirfarsi

DMD, M.Sc.
Chirurgien dentiste/Dental Surgeon

P.O. Box 39 • 3417 Trim Road, Navan, Ontario K4B 1J3
5 min. south of Innes
www.navandentalclinic.com



STOP

...and think about joining our team.



M.L. BRADLEY LTD.

NOW HIRING visit mlbradley.com
or call 613.835.2488