

OCTOBER 2013

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



JUST DAYS AWAY

The 5th annual

NAVAN FALLFEST



SATURDAY, OCTOBER 5th, 2013

11:00 am to 3:00 pm

On the Navan Fair grounds

PARTICIPATION ACTIVITIES FOR THE WHOLE FAMILY

Kids fish pond
Ball hockey
Kiddies crafts and coloring
Face painting
House and business decorating
Pumpkin decorating contest
Scarecrow building
Talent show
Games & races
Art mural
Pumpkin count contest

Silent auction
Bake & food sale
Paramedics
Lions and NCA BBQ
Fire fighters
City recycling
Child find
Scout apples
Blessing of animals
Knotty Knitters
Girl Guide Cookies

Keep your eyes (and cameras) open for David Gratton's wonderful costumes.

Check out FallFest at www.navanfallfest.com



For more information please contact Fred Hyde
613-835-3331 or fchyde@magma.ca



HOUSE DECORATING

Don't forget to decorate your house or business for the "bragging rights" competition at
NAVAN FALLFEST
Saturday, October 5th
on the Navan Fair grounds

Judging will be by "People's Choice"

To be considered please contact Catherine Hyde at fchyde@magma.ca before Wednesday Oct. 2nd, 2013



Entries will be photographed and put on display at FallFest and may be featured in future issues of the NUGGET and on the FallFest website
www.navanfallfest.com



DECORATE A PUMPKIN

carve it - paint it - dress it
and
take it to



NAVAN FALLFEST
Saturday, October 5th
on the Navan Fair grounds

Age categories for competition are:
Preschool - grades 1 to 3 - 4 to 6 - 7 & 8 - post Grade 8

Judging will be by "People's Choice"
\$10 for first, \$5 for second and \$2 for third in each age category

The earlier you bring it in
The more votes you may get

BLESSING OF THE ANIMALS

at
NAVAN FALLFEST
Saturday, October 5th
on the Navan Fair Grounds

Bring your pet to Fallfest at 11:00 am for a blessing led by Rev. John Wilker-Blakley and Rev. Bill Brown to celebrate the sacredness of creation.

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Meeting nights 2nd Tuesday
of each month

On behalf of the Board of Directors, I would like to thank our Sponsors, Volunteers and the Community for their continued support in making the Navan Fair a success, without your support we would not be able to hold this Annual Fair.

Wendy Chretien, President

The Cumberland Township Agricultural Society (CTAS) Navan Fair has volunteer board member positions that we would like to fill:

Concessions and Sponsorship

These positions/duties can be shared with another person (Co-Directors).

The Concessions Director duties include but not restricted to:

Contacting vendors/concessions (food and products) to verify their return for the upcoming year

Seeking out potential new vendor/ concessions

Managing applications & payments

Updating indoor/outdoor site layouts

Liaising with the City of Ottawa Health Dept & keep current with Health dept regulations

Working closely with Grounds, Sponsorship, Advertising Directors and Admin Coordinator

Being available 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 (2nd Tues of each month)

NOTE: 2013 Concession Director will be available to assist throughout the year.

The Sponsorship Director duties include but not restricted to:

Being the key contact for organizations and businesses who currently support the Navan Fair

Seeking out new Sponsors all year round

Working closely with all Directors especially

Grounds & Advertising Directors

Developing with the Board sponsor packages

Holding a seat on the Board at monthly meetings (2nd Tues of each month)

President: Wendy Chretien

Admin. Coord: Debbie Newton

1279 Colonial Rd., Navan ON K4B 1N1

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www.navan2navan.com and facebook Michael O'Meara

CONTINUED FROM SEPTEMBER'S ISSUE;

Once on shore, we were collected by a young Parks Canada guide, Alexandre, who took us around the island. We visited the Irish Memorial which commemorates the more than five thousand Irish people who died on the island, having succumbed to illness. The worst of these epidemics were in 1832 and 1834 (cholera) and in 1847 (typhus). Over 7500 people are buried on the island.



The Grosse Ile Memorial has twelve panels of glass etched with the names of all known persons buried there, and for those whose names are unknown each is emblemized by an etched ship. One's hand instinctively reaches to trace the names of the dear departed. It is a very moving place and it affected all of us. Paddy and Pamela laid a wreath at the Memorial in memory of the poor souls whose mortal remains are on Grosse Ile. While it is a sad place (and it is said that no birds sing here), there is a sense that the people rest here in peace. One also recognizes that Canadian people of the time did their best to treat the immigrants with dignity.



The next must-see place on Paddy and Pamela's list was Niagara Falls. The Falls never fail to impress with their power and might, and we managed to learn about Irish history in the region as well. From our comfortable bench beside the Falls we people-watched and enjoyed the evening illuminations. Next morning, after a huge and scrumptious breakfast at our bed and breakfast called A Night to Remember, our guide arrived in his van to take us on a custom walking/driving tour of the area. Joel Dombrowski, of Niagara Falls Walking Tours, took us to the site of the battlefield at Ridgeway where Irish Fenians attempted to take over Britain's Canadian colony in 1866 to force Britain to give up control of Ireland. The Fenians were Irish-American soldiers who had fought in the Confederate Army in the United States civil war. After the American war was over they turned their attention to the situation in Ireland under British rule. They hoped that Britain would consider the Canadian colonies as more important and would cede control of Ireland back to the Irish as long as they could keep Canada. The Fenians made several raids into British North America from New Brunswick to Manitoba, some successful and some not, but by 1871 the movement collapsed. We visited the Ridgeway Museum and its excellent exhibit about the Battle of Ridgeway. Our guide's grandmother was Irish--Margaret O'Connor was her name--and he told many stories of the connections between Ireland and the Buffalo and Niagara Falls areas. Irish labourers built the Erie Canal that linked New York City with Buffalo, N.Y., Buffalo becoming a significant port on the Great Lakes. Many Irish settled in Buffalo, working as dockworkers, and living in Irish enclaves, much as they did in Quebec City and Ottawa.



Paddy and Pamela Pryle

I hope everyone will enjoy the review of their trip and both encourage anyone coming to Navan, Ireland to contact them for a good time.

This information was submitted by Laurie Watson and Marg MacNeill.

A LETTER OR THANKS

From Paddy & Pamela Pryle,
members of the Navan2Navan
group.



There is something very special about arriving in the airport in Ottawa some 5000 miles away from our Irish home to be greeted by a smiling face and a bit of good-hearted banter. Banter that actually started some months earlier in Navan Ireland. Dave Wall, you are a legend and we cannot thank you enough for your wonderful transfer from the airport to the home of your sister Betty. This home became our home and Navan Ireland HQ for the days of the Fair. The use of this very special home, a home from home, was granted to us by Betty Wall Neilands and this for the second year in a row. It is very hard for us to put into words what it feels like to be greeted with a "Welcome to Navan" poster made by the one and only Taylor McNeely and within seconds of arrival at this house to have a cup of coffee in one hand and a beer in the other; this is very special indeed and something we will never forget. Thank you Betty, our very special hostess, and indeed all who made our arrival in Navan so very special.

Again for the second year in a row, to be guests of honour at the Official Opening of the Navan Fair was just something wonderful. To be given the opportunity at the podium to continue the work of the Navan2Navan group by allowing us time to deliver a message from our Navan town council Lord Mayor addressed to your Mayor Jim Watson and assembled guests is something we are so thankful for. *Our mission with the Navan2Navan project is to bring to our little town in our little country Ireland new life from new hope.* The community of Navan Ontario will never know how much your friendship and cooperation means to us the community of Navan Ireland, allowing us the opportunity of telling you that Navan Ireland is open for business.

Can we please say a special thank you to the brilliant and wonderful Fair President Wendy Chretien and the entire Board of Directors. For two years you all have welcomed us as friends, sponsored our tourism promotion stand, and granted us admission to your event as your guests. Thank you also one and all who helped us man our stand over the many days of the Fair. We hope over the coming years we can strengthen these bonds of friendship through other exchanges at the time of the Fair. A very special thank you also goes to Debbie Newton, the Fair's office administrator, for putting up with us. Thank you Debbie, and indeed our old and dear friend Margaret MacNeill, for taking our calls and our many e-mails and we are very sorry about the trouble we put you to with our late deliveries to the already over-stretched Fair office.

A big thank you goes to Chuck Watson, Betty Wall Neilands and Laurie Watson for the wonderful float you constructed for us to take part in the Fair parade. This parade is just a class event and the lovely weather made it so special for us all. Many hours of love and care went into this project and we are greatly humbled by your efforts. Your efforts and those of Donna Wall were rewarded by the judges awarding a first in the family section and a second overall.

Folks, please take a bow, for this as we were merely passengers in a wonderful float, in a wonderful event, on a wonderful day. Thank you all very much.

A big thank you to Willard McWilliams--your company and many distractions, i.e. sessions, during our stay were just wonderful. The trip to the original O'Meara home--stead, our trip to New York state, your tail gate parties, and the evenings on the deck. It is so seldom in life one gets the opportunity to spend time with a living legend and a Guinness Book record holder. Willard, we are proud and honoured to call you our friend and thank you very much for everything.

Dave and Donna Wall, it is way beyond the call of duty during the Fair period for you to entertain us in your wonderful home and for you to serve a home cooked meal. As volunteers at the Fair, we know your morning begins at 5 am and the last thing you needed is two Irish people eating and drinking you out of house and home and then refusing to get out of your swimming pool. Wonderful places are made special by wonderful people. Donna and Dave, it's you and your community and your commitment to that community that makes spending time with you so special for us. Thank you very much for everything.

A big thank you goes to Donald W. Corbett and the Corbett family for once again inviting us to join them and the members of the RCMP band in their home on Sunnysdale. Unfortunately due to commitments to our tourism promotion stand at the Fair we had to eat and run but can we please put on record the food was fabulous and the chat--as we say in Ireland 'the craic'--was great for the short period we were there. A similar thank you goes to Dancing Don Murray and Zoe, David and Rachel Grattan for welcoming us into their lovely homes and making it possible to take part in the parade with members of the Lions Club.

A Note for your Diary;

Donald Corbett is now hard at work organising members of the RCMP band to attend the Navan Shamrock Festival 2014 in Navan, Ireland. If you are planning a trip to Ireland at this time, we are sure Donald would love to hear from you, to meet up in Navan Ireland on March 17th, 2014 for St Patrick's Day, our Irish National holiday, and maybe even march behind your own RCMP band in our street parade. Donald can be contacted at, donalddwcobett@rogers.com. We are very much looking forward to next year's Shamrock Festival with the arrival of this wonderful marching band with a group of as many friends as possible. We can assure all that travel a real Irish welcome here in Navan Ireland.

Dave and Carolyn O'Neill, Margaret and Reg MacNeill, David and Rachel Grattan, Gerry Boyer, Austin Comer-ton, Verna Cotton, Dancing Don Murray and Zoe, Fred Sherwin, Debbie and Wayne Dandy, Cathy and Ivan Matthews, Joan and Don Rathwell, Barrie Johnston, and the entire McFadden, Edwards, and McWilliams families, just to name a few, your friendship means the world to us. Getting to spend time with you is something that we love doing and will never forget. Thank you one and all.

Dave O'Neill, thank you for transporting us to Grosse Île and for your motorbike courier work after the Fair Parade and your lift to the airport. The good work this Navan2Navan

project is doing is only possible with friends like those named above and can only continue with the help of many other friends such as Ross and Johnny Bradley, Sam Dagg, the wonderful members of the Navan Lions Club, Navan Curling Club, Navan Women's institute, Cumberland Township Agricultural Society, Cumberland Township Historical Society, and the congregations of the United Church and St Mary's Parish, plus many, many more, far too many to mention in this piece. Thank you one and all. Visiting with you all and spending time with you is so special to us and the memories of that will live with us forever. Gerry Boyer, our friend, thank you and please keep up the great work you are doing with your research into the O'Meara family. We all on this side of the pond are very much looking forward to reading your results.

A really big thank you to the Burns and Watson families. Laurie spent hours before our arrival in Ontario on plans for us all to visit Grosse Île and Niagara Falls. These trips for us were planned with the greatest of care by her and without one detail being left out including supplying tour guides at each location we visited. How could one top that? Thank you very much Laurie for all your hard work on our behalf. After our road trips we resided with her father Bob and brother Bruce in their wonderful home on Trim Road. Bob, a past president of the Fair, is a pure star and gentleman and is so proud of his Irish Canadian roots. We will never forget the stories of the old times and the hard times told to us by Bob on our journeys with him and Laurie over that week. Bob, Allan, Donna, Wally, and Bruce, we are so proud to know you all; your hospitality is something we can and will never forget or be able to repay, thank you all very much. Your kindness makes any trip away from home a trip that is full of wonderful memories. Laurie also during our trip worked tirelessly as an unpaid secretary to the Navan2Navan project and found time to invite us into her home for a meal with Perry while Bob was also available with transport when needed. Kindness beyond belief. Thank you again one and all.

A very special thank you from us goes to all you who made a special effort to be at the Burns homestead to see us off to the airport on our return trip to Ireland. We really did have to fight to hold them tears back. Parting from friends is never easy but from real good friends is just that much harder. You all have a special place in our hearts and in our lives and we are so lucky to have gotten this chance to get to know you all.

If we have left anyone out we are so sorry. It was such a perfect and eventful week. We returned to Ireland following our time in the sun with you all in Navan Ontario refreshed and recharged because of all the wonderful people we met and had exchanges with while in your community. Good people of Navan: be proud of yourselves, folks. You all live in a wonderful neighbourhood amongst wonderful people who know how to make a visitor feel at home. Thank you all very much and we hope to see you all again next year either here in Navan Ireland or Navan Ontario as we, together with the help of God, continue with our Navan2Navan, Hands Across the Atlantic project.

Can we please finish by saying you are all very welcome to come to visit us here in Navan Ireland at any time.

We can be contacted at any time at, patrickpryle@hotmail.com. Please do not be afraid to drop us an e-mail. We love hearing from friends.

A hundred thousand thanks from us to you all. See you all soon. With kind regards from a very grateful pair of Irish people.

Paddy & Pamela Pryle
Navan, Ireland

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Jim Reilly	Trail Patrol Co-ordinator	613-769-6949
Debbie Dandy	Treasurer	613-835-2375
Laura Brownrigg	Volunteer Co-ordinator	613-445-0573
Wayne Dandy	Trail Co-ordinator	613-835-2375
Meryl Jackson	Trail Director-Vars	613-835-2651
John McArthur	Trail Director-Orleans	613-834-5324
Wayne Dandy	Trail Director-Navan/Sarsfield	613-835-2375
Stephane Gratton	Trail Director-Cumberland	613-833-1278
Theo Haight	Trail Director-Carlsbad Springs & Manotick	613-822-3629

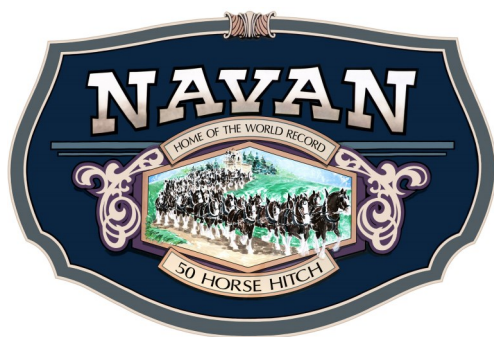
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NAVAN COMMUNITY ASSOCIATION

NAVAN OUTDOOR SKATING RINK IS BACK

Seems like it was only yesterday that the ice melted and the rink was stored for the summer. With the warm weather more or less behind us, the skating season is just around the corner. The Navan Outdoor Skating Rink Committee is happy to bring back the rink for a second year.

Of course, the success of the rink is dependent on its team of volunteers. The Rink Committee is therefore looking for individuals who would be able to give some of their time this season. Volunteers are needed to help with:

- initial rink set-up
- rink maintenance throughout the winter
- "Winterfest 2014" committee
- rink dismantling (spring 2014).

The initial setup of the rink will take place on Saturday October 19th at 8:30am. Volunteers are asked to meet under the domes. All are welcome, so if you are able to lend a hand (with this, or any of the other items listed above), please contact Luc Picknell at 613-429-0131 or by email at lpicknell@rogers.com. Or simply show up with some work gloves!

We look forward to seeing everyone out there this winter enjoying the rink. Stay tuned for more details on rink events and hours of operation in future editions of the Navan Nugget.

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Drop-in Centre



Navan and surrounding community 50+ residents are invited to attend our Senior's drop-in center every Wednesday from **12:30 to 4:30 PM** upstairs in the Navan Memorial Arena beginning September 4th through to June 26th/14. All that is required is a yearly membership fee of \$20 per person and a current membership with the Navan Community Association. This is a great opportunity for fun, socializing and activities. Come and participate and help our group grow. We would love to see you!

The Nifty Fifty + Organizing Committee

NCA YOUTH DANCES

Next dance is October 11th, it will be a Halloween Dance, with a prize for best costume.

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)

2013-2014 Dance Dates

October 11, November 8, & December 13, 2013, January 10, February 14, March 14, April 11, 2014, May 14, & June 13, 2014

NAVAN COMMUNITY CALENDAR

Send your community group's events to webmaster@navan.on.ca to include in the COMMUNITY CALENDAR on the NCA website. Check dates before you set your event to ensure there are no conflicts. There are lots of events already listed for this fall! Plus your event can be announced on the NCA's Facebook page. www.navan.on.ca

NEXT NCA MEETING

Monday, October 21st, 2013 at 7:30 p.m. Upstairs at the Navan Arena.

Chair: Philippe Grandmaitre

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Fred St.Pierre

COMMUNITY ANNOUNCEMENTS**NAVAN WOMEN'S INSTITUTE**

The Navan Women's Institute is pleased to invite you to attend our program next month on the Trillium Gift of Life. The meeting will be held at 7:00 p.m. on October 9th, in St. Mary's Hall. If you have ever known someone who needs an organ transplant or are interested in hearing about this life-saving program, you will find this of great interest to you. Tonight's program will be dedicated to the memory of Jerry Calver, beloved husband of our president, Sheila Minogue-Calver.

The W.I. is a service club aimed at improving the education and life of rural women and the community in which we live. We have a lot of fun and are always looking for new members. Our meetings are held the second Wednesday from September to June, usually in the Lions Hall in the Navan Curling Club. For further information please contact Sheila Minogue-Calver at 613-835-4296 or Linda Dunn at 613-835-2366. Please visit our website at www.navanwi.com.

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The ladies of the Navan Women's Institute catered the closing dinner for the Ottawa Ploughing Match. Organizers said it was the best meal they had ever had for their closing. The W.I. ladies had a great time.



The Navan Women's Institute walked away with Best Group Display and many first prize winners in both Homecraft and Culinary Arts sections at the Navan Fair. Congratulations to all the ladies!!



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There are 5 units located right here in the Village of Navan!

Sparks (Age 5 to 6): Tuesday 6:00-7:00 at Heritage Public School
Brownies (Age 7 to 8): Wednesday 6:00-7:30 at Navan Arena (Upstairs)
Guides (Age 9 to 12): Wednesday 6:00-8:00 at St. Mary's Hall
Pathfinders (Age 12 to 15): Tuesday 6:00-8:00 at Heritage Public School
Rangers (Age 15 to 18): meet monthly at various locations

The mint chocolate Girl Guide cookies will be on sale at the end of September.
Please help support our Guiding units by buying a box. Thank you!

COMMUNITY SEPTIC TANK PUMPING

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ORLEANS-GLOUCESTER CHRISTIAN WOMEN'S CLUB

Wednesday, Oct. 9th, 2013 at 9:30 - 11:00 a.m.

Orleans United Church Hall, 1111 Orleans Blvd.

Special Feature: "What In The World Is A Naturo-
pathic Doctor?" with Dr. Jilla. Musician: Ruth-Ann
Pinainte. Speaker:: Joan Thiesson from Stoney
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\$5 includes refreshments, door prizes and free
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Call Shirley: 613-841-5143

LOOKING FOR:

Caregiver/ Babysitter for 3 children ages 4-11, who
would be available to pick up children from school
and bring them home (all local in Navan). Other
duties would include assisting the children with their
homework and routines.

Hours would be from Monday- Thursday from 2:00
pm -5:00 pm. Wages to be discussed.

If interested please call 613-282-7524.

CUMBERLAND FARMERS MARKET

Open every Saturday until October 12th, 2013.

8 a.m. to 1 p.m. R.J. Kennedy Community Centre,
1115 Dunning Road.

NAVAN ARTS AND CRAFTS GROUP

35th Annual Christmas Show is November 16th and
17th at the Navan Memorial Arena.



Cumberland Lions Club

Saturday, October 19, 2013

Maple Hall, 2552 Old Montreal Rd.

German Dinner 6:00 PM

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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 19th, the school hosted a very successful Meet the Staff 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.

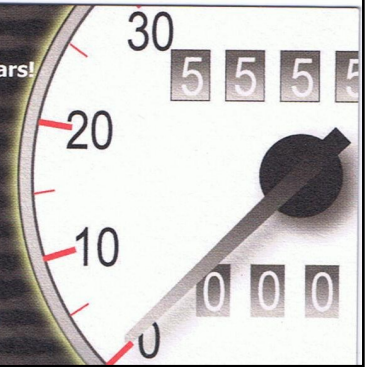
An upcoming fundraiser that is being planned by School Council during the month of December at Heritage Public School is the Toy and Bake Sale. This is a very exciting day for the students! On this date each student will have the opportunity to visit the gym with their class and purchase some toys and baked items. We are looking for donations of gently used toys, books, games, and movies. Keep this in mind if you are doing a fall clean-up. Donations can be dropped off at the school starting December 1st, 2013 or you can call Virginia at 613-835-3389.

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"Don't Rely On Your Memory"



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\$60 REBATE Up to \$140 in Mfg. Rebates when you buy 4 new tires by Oct. 30th
*Tires do not need to be installed on day of purchase. Total savings up to \$200
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*Cannot be combined with any other offer. Valid with coupon only. Limited time only.



DOMAINE
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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!

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St. Mary's Hall

Tickets: \$100.00
Call: 613-841-6118

Cocktails: 6:00
Dinner: 7:00

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

Sunday at 9:45 a.m. at St. Mary's Hall.
Everyone is welcome.



THE THIRD SPACE

Beginning October 26th, 2013.

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. Open to all. A drop in centre, a third space between home and work. The last Saturday of each month. Sponsored by the Parish of Bearbrook, Vars, and Navan.

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



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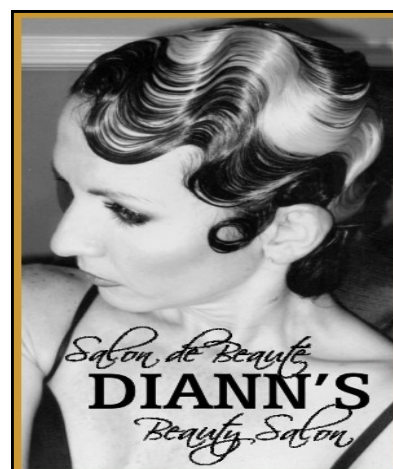
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\$400,000.00	\$20,000.00	\$12,000.00	\$8,000.00
\$450,000.00	\$22,500.00	\$13,500.00	\$9,000.00
\$500,000.00	\$25,000.00	\$15,000.00	\$10,000.00
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HUMMING BIRD

Why do Humming Birds hum? Because they can't remember the words – so goes the joke beloved of Children. We are noticing more each year – they hover around the bee balm sucking up the nectar from its crimson flowers, and incongruously they love that most British of vegetables, the Scarlet Runner Bean. In August the plant is ablaze with deep orange/scarlet flowers – which attract the hummingbirds like no other flower in the garden.

Hummingbirds are among the smallest of birds, most species measuring in the 7.5–13 cm (3–5 in) range. Indeed, the smallest extant bird is the 5-cm Bee Hummingbird. They hover in mid-air by rapidly flapping their wings 12–80 times per second (depending on the species).



The humming birds in Navan are the Ruby Throated variety. The adult male which weighs about two and a half paper clips, has a ruby red throat and its back is emerald green. His tail is all green with a deep V-shaped notch. The male is smaller than the female with a shorter bill. The adult female has an emerald green back with a white throat and breast. Her tail is shorter than the male and more rounded with white tips.

What fascinates me is that each year they migrate across the Gulf of Mexico in both directions - I find it incredible to imagine those tiny birds flying over such a vast expanse of ocean. Most of our Hummingbirds winter between southern Mexico and northern Panama and as early as the end of January and late February they begin moving north. By the end of February they are at the northern coast of Yucatan, gorging

on insects and spiders to add a thick layer of fat in preparation for flying northwards. A hummingbird will gain 25-40% of its body weight before migration - a larger bird gaining that much, would not be able to get off the ground. Some will skirt the Gulf of Mexico and follow the Texas coast north, while most cross the Gulf, typically leaving at dusk for a nonstop flight of up to 500 miles, taking 18-22 hours depending on the weather. On the southward trip – the same behaviour is repeated. As the cold weather begins to threaten - they fatten themselves up and when ready - off they go. Apparently there is some evidence that fewer Ruby-throats cross the Gulf in the fall than in the spring – these more risk-averse birds follow the Texas coast back into Mexico. Written by David Grattan. Photos by Tom Devecseri.

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.