

NOVEMBER 2013

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



FALLFEST 2013

It was another beautiful warm sunny fall day, just the perfect conditions for celebrating the coming of the fall season at the 5th annual Navan FallFest, family fun day. There was lots of fishing in the kiddies fish pond, scarecrows made, faces painted, and a new art mural prepared.

New this year was a talent show when a number of our local junior entertainers performed for the crowd gathered around the stage. Once again the local firefighters showed off their vehicles and gave many a future firefighter to sit behind the wheel and sound the siren.

The Navan Lions cooked up a herd of dogs and burgers provided by the Navan Community Association as part of their annual community appreciation. The afternoon of fun ended with a series of sack races, three legged races, and the always popular tug of war.



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Congratulations to the McWilliams family for winning the People's Choice for the best decorated house and the Royal Bank for the best decorated business in Navan.

On behalf of the FallFest Committee I would like to thank all the volunteers who helped put on the activities and most of all, the people in the community who supported us by coming out for a fun time. If you

missed out, put it on your calendar now, FallFest 2014, October 4th, the Saturday before Thanksgiving weekend.

Fred Hyde – FallFest Chair.

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Small Motor Home (Under 24')	\$300 Each
Large Motor Home (24' & Over)	\$650 Each
5th Wheel	\$550 Each

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/Coordinators).

The Concessions Director/Coordinator 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 Coordinator will be available to assist throughout the year.

The Sponsorship Director/Coordinator 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)

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: Wendy Chretien
Admin. Coord: Debbie Newton
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**Meeting nights: 2nd & 4th Monday each month
at the Navan Curling Club – Lions Den**

Activities of the Navan Lions Club last three months can be summed up – BUSY! We've had the Navan Fair, the Spaghetti supper, the Turkey supper and barbecues at Heritage School and Fall Fest.

At the Navan Fair we ran a number of Parking lots courtesy of the New Oak Tree, Navan Autopro and Andrew Deavy. These were effective fundraisers for our Welfare fund. A number of Lions worked very hard over the Fair week setting things up, and operating the Parking. We estimate we accommodated in excess of 1000 cars over the Fair period. In addition we also ran a 50:50 at the Demolition Derby. In fact I think I am still a bit hoarse from shouting "50:50 tickets". This 50:50 is used to replenish our "Hannah Billings" fund. Named after a courageous little Navan girl who was terminally ill with bone cancer, this fund is targeted at families with very sick or terminally ill children. The support and help from the Demolition Derby is very much appreciated by the Navan Lions Club because they know how important this money is.

Most fun of all, however, was the parade. The Navan Lions Club loves participating and very much enjoys the interaction with the crowd. This year we had a float devoted to the memory of Lion Jerry Calver, who died earlier this year. The float had two witches stirring a cauldron, and a number of figures representing fun. We had several clowns, a cabbage and a cowboy on a cardboard horse (yours truly) followed closely by a clown (Lion Fred Hyde) with a pair of coconut shells. We got the idea from Monty Python – of course. We were also joined by Paddy Pryle from Navan, Ireland. He was dressed as St. Patrick – and was doing his utmost to convert the crowd. It was just as much fun as it always is – and we will be back again next year.

Then there were two Community Suppers – The Spaghetti in August and the Turkey supper on the 20th Sep. Both were well attended and people who attended seemed to enjoy them. These activities have enabled us to replenish our funds so that we will be able to continue supporting our usual charities and in addition we have been able to send a cheque for \$800 to the Lac Megantic Lions Club – who for obvious reasons are unable to fundraise yet at the same time

have significant requests for help because of the devastating impact of the fire and explosion. It is of course for reasons like this that Lions exists and we'd certainly like to thank our Community of Navan for its continuing support. At Fall Fest Navan Lions were delighted to run the BBQ. Normally we also offer popcorn, our popcorn maker is unfortunately out of action – soon to be revived by Lion Fred Hyde. You may also have noticed that some of us dressed up in vegetable costumes and the official newly created Fall Fest mascot. Life is never dull!! Look out Halloween here we come.

Written by Lion David Grattan.

President:	David Paterson
Vice President	Wendy Kavanagh
Secretary:	Chris MacPherson
Treasurer:	David Grattan



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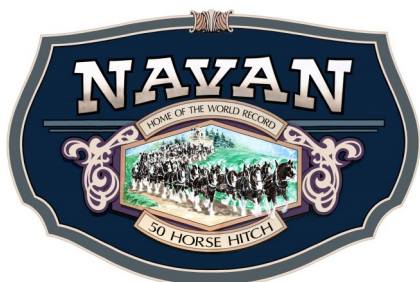
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NAVAN COMMUNITY ASSOCIATION

INVITATION

The Navan Community Association cordially invites you and your family to join them on Sunday, December 8th to help with decorating the Christmas tree at the Clocktower Plaza. You are welcome to make or donate ornaments for this event which will be held between 2 and 4 o'clock.

SKATING SEASON IS JUST AROUND THE CORNER!

Work is already underway to get Navan's outdoor rink up and running for this winter! A group of volunteers got together on Saturday, October 19th, to lay the groundwork for the outdoor rink, which is located in the Domes area of the Navan Fair Grounds.

The purpose of the outdoor rink is to provide an opportunity for local families to have greater access to an ice surface for pick up hockey and recreational skating. Weather permitting, the committee is hoping to once again have the skating rink open for the Christmas holidays.

Volunteers needed: Anyone willing to lend a hand and help with rink maintenance this winter is asked to contact Luc Picknell at 613-429-0131 or by email at lpicknell@rogers.com.

Winterfest:

Winterfest was a great success last year, but volunteers are needed if we are going to have a repeat of this event. Again, please contact Luc Picknell if you would like to get involved!

Keep Informed: Keep up with all the details by visiting our website (www.NavanRink.com) or by following us on Facebook (facebook.com/NavanCommunityOutdoorSkatingRink).

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NOTICE OF CONSTRUCTION

Sidewalk and ditching improvements are scheduled to commence late October on the east side of Trim Road between Fairgreen Avenue and Delson Drive. The overall goal of the project is to improve pedestrian access in the area, and to improve storm drainage in the adjacent ditch. This will take about 4 weeks.

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

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

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!! Plus your event can be announced on the NCA's Facebook page. www.navan.on.ca

NEXT NCA MEETING

Monday, November 18th, 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

REMEMBRANCE DAY

Please join the community as we honour those who have served. The service for Remembrance Day will be on Monday, November 11th, starting at 10:45 a.m. at the Navan Cenotaph. Refreshments will be served afterwards in the hall above the arena.

FLU SHOT CLINIC

Thursday, November 7th, 3:30 - 7:30 pm at Heritage Public School.

KNOTTY KNITTERS

We have returned to the Navan Curling Club lounge for our meetings on Mondays at 1PM. Come on out and join us. Looking forward to our new season. We have knitted the "Christmas Stable" persons and animals and placed them in a wooden stable. We are raffling it off. Tickets are \$0.99 each. Tickets may be bought from any Knotty Knitter after October 21st. We hope to place the Stable in a prominent public place for all to see. Keep your eyes open!! and your \$\$\$\$ ready!!! Proceeds will go to the Nifty Fifty Club and to Knotty Knitters. Right now our knitters are busy knitting tuques for young fellows with cancer at CHEO. Anyone wishing to help out with this project are welcome. Hats are for boys from 7 to 17!!

EUCHRE NIGHTS

The Leonard Women's Institute would like to announce some Euchre Parties at the Bearbrook Community Centre for the next 6 Friday Nights starting November 1st, and 8th, 2013 sponsored by the Pioneers. Followed by the Leonard Women's Institute November 15, 22nd, 29th and December 6th, 2013 Games start at 8PM sharp - Please be early.

CUMBERLAND CHRISTMAS MARKET

December 7th, 2013 from 9—4 p.m. At the R.J. Kennedy Community Centre, 1115 Dunning Road.

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NAVAN GIRLS DANCE FOR THE QUEEN

This August, the MacCulloch Dancers went to Scotland and danced for the Queen and Prince Phillip, as well as Prince Edward, his wife Sophie, and their children. Brenna, Megan, and Tara McWilliams of Navan-dale Farm were among the girls who delighted their audience with their rhythm and dance steps. Congratulations and keep up your dedication and practices girls! Bravo!

CUMBERLAND LIONS BEAN SUPPER

The Cumberland Lions are having a fundraising Bean Supper Saturday, November 16th from 5:30 to 7:30 pm at the Maple Hall, 2552 Old Montreal Rd., Cumberland. Adults \$10, Children (under 10) \$5.

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

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10 - 4
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Bake Sale ☆ Vente de pâtisserie
Canteen ☆ Cantine

Donations accepted for the Orléans-Cumberland Community Resource Centre
Christmas Program

Nous acceptons des dons pour le Programme de Noël
du Centre de ressources communautaires Orléans-Cumberland

TWO NAVANITES TRIUMPH OVER KILIMANJARO

A story of a great accomplishment that occurred January 27th, 2013 we just had to share.

Almost a year ago, five friends with a big dream, along with a guide and support crew, set off for a thrill of a lifetime. It was an attempt to conquer the world's highest free standing mountain; Mount Kilimanjaro (altitude: 5895 meters/19,340 feet) located in Tanzania, Africa. You must have seen two of our Navan residents in training, walking and jogging through the streets of Navan. Jean-Sylvain Lapensée, teacher, school director and marathon runner, and Pierre Leroux, former hockey coach and equipment manager for the Cumberland Minor Hockey Association. The other three of their team consisted of Denis Proulx from Kanata, Mark Fraser from Mont Cascades and Pierre Lapensée from Casselman.

All logged many hours of preparation for the climb to the top of Mount Kilimanjaro. From Gatineau Park's Wolf Trail (#62) and Luskville Falls, to the hills of Lake Placid, they climbed and hiked to get ready for this experience that has taken lives of trekkers and guides before them. Only one third of climbers make it to the very top. Even athletes, like tennis player Martina Navratilova, in 2010, had to forfeit and come back down due to severe headache and lack of oxygen.



"Pole Pole" - our local Kilimanjaro trekkers in action.

After 6 days and 50 kilometers approach on the Lemosho Northern circuit they reached their final camp from where they would make their attempt on the summit. Under the magnificent light of a full moon, at -2 degrees Celsius the team started on their final push at the stroke of midnight. They had a final 5.4 km in distance and 1.2 km in elevation ahead of them. After six and a half hours of an extremely difficult and slow pace, "Pole Pole" (Swahili for slowly, gently, softly, quietly; be calm, take it qui-

etly, don't excite yourself) and a punished body pushed to its limit, they all reached the famous Uhuru Peak at 5895 m greeted by a spectacular sunrise on January 27th.



At the Summit: J.-S. Lapensée, D. Proulx, M. Fraser, P. Lapensée, P. Leroux

Watch for our two Navan trekkers as they are back on the roads. What is next for them? The full 42 km marathon, trek of the Inca Ruins of Machu Picchu or the trails of the glacier at Lake Louise? Perhaps, the base camp of another world famous mountain, like Mount Everest. Who knows?

Congratulations! And good luck with fulfilling your next dream.



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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

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. 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.



NAVAN COMMUNITY SUNDAY SCHOOL

November 3rd—Sunday School.

November 10th—Family Sunday.

November 17th—Sunday School.

November 24th—Sunday School.

December 1st—Sunday School.

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

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

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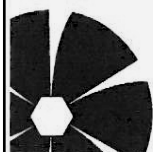
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THE FLICKER AND A WALK ALONG THE MULTI-USE TRAIL



We have seen a lot of Flickers this summer – in the garden and at the Smith Road end of the recreational path. With their black scalloped plumage, white rump patches and yellow underwing linings and undulating flight they catch your eye. The Flicker is the only woodpecker which feeds on the ground so they are familiar to us, you must have seen them foraging around your house.

So imagine yourself on our recreational path on a typical Fall day, the sun is shining, and the abundant reds, yellows and acres of the leaves glow in the autumn light. As you walk along the path you notice Flickers flying off in pairs as your approach disturbs them. They are so colourful and they always seem to be in pairs – fun to watch. Looking downwards you see a small snake about a foot or so in length basking in the sun and risking imminent death from passing cyclists. You rescue it and place it carefully in the grass. It is clearly not a garter snake having no yellow stripes. It is brownish with two lighter brown stripes along the body and it has a little yellow patch behind the head. On photographing it and using the Internet it turns out to be a Red Bellied snake. This is exciting as it fairly rarely seen here. The Red bellied snake is a harmless creature it is nonvenomous

and eats things like slugs – it is in fact the gardener's friend – just what your hostas need. Further along the trail there is an open field with a single bare tree at the centre – it is starkly outlined against the horizon. It is about half a km from the trail. At the top of the tree you can just about make out a large bird. With the naked eye it is unrecognisable – but using our camera at full (26x) optical zoom, and trying to keep our hands steady- we eventually capture its image. Yes - it is a red tailed hawk and we have seen it in this place several times in the last month or two. It is doubtless on the lookout for a light snack in the form of a mouse or some other small rodent. And not to be left out, here is a Garter snake – a big fellow about 60 cm long. As mentioned in an earlier article – we have seen a lot this year. And this is what I think is a great walk I hope you enjoyed it.

Notes about the birds. The Northern Flicker is a very adaptable species which have yellow underwing linings in the East and red in the West. As mentioned above it often feeds on the ground eating ants and small beetles. They like your lawn for its ant hunting possibilities. They nest in tree cavities or if you are lucky - in a box in your backyard.

Look out for the Red Tailed hawk as it soars effortlessly scouring the ground with its eyes looking for a mouse or a pigeon or even waterfowl. The preferred habitat is open country such as an open field mixed with woodlands. The woodlands for nesting and the open fields for feeding. They make big bulky nests of sticks – often in the crotch of a deciduous tree. Sounds perfect for Navan. Go and have a look South of the old rail tracks – he's probably still there up in his tree.



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.