

JANUARY 2014

NAVAN NUGGET

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Electronic version available on the website navan.on.ca

HOCKEY DAY IN CANADA!

Navaners, the Good Old Hockey Game needs you! The community of Navan has been challenged to a pick-up Hockey game by the Cardinal Creek Community Association. The Navan Community Association gladly accepted the challenge. Therefore, we are looking for hockey players of all ages to play against the Cardinal Creek teams. Two games will be played, one for kids/youth and one for adults (over 16). The fun will happen on Saturday, February 8th between 1pm and 4pm. Cardinal creek will be hosting on their ice surface near Trim and Valin.

Food and drinks will be available on site, and honorary guests will also be present. It promises to be a great afternoon! If you are interested in joining the Navan Teams please call or email Luc Picknell at 613-429-0131, lpicknell@rogers.com.

WINTERFEST—FEBRUARY 15TH, 2014

Save the date! There will be a repeat of last year's Winterfest event on Saturday, February 15th, 2014. Activities will include wagon rides, mini-olympics and children's "learn-to-skate", BBQ, hot chocolate and more! We look forward to seeing everyone there!

OUTDOOR RINK IN NAVAN—OFFICIALLY OPEN

OUTDOOR RINK HOURS OF OPERATION

Monday to Sunday: 8am to 10pm
Family Skating times (no hockey nets on the ice):
- Wednesday: 8am to 10pm
- Saturday: 8am to 12pm
- Sunday: 12pm to 4pm



In the last month we have held two major events: The first was the *The Navan Lions Bonspiel Lion Jerry Calver Memorial* on December 6th and 7th – which is the subject of another article in this month's issue, and the second was the bus tour of lights on December 10th.

In the bus tour, we arrange to take elderly residents from Navan, and from the Cumberland and Portobello residences on a tour of the best Christmas lights we can find. We concentrate on Parliament Hill but also include Taffy lane as well as a few streets in Navan. A crew of five or six Lions also rides the bus, armed with scrapers, they keep the windows as clear as possible. Clearly, everybody loves the ride as spontaneous singing always takes place.

After the tour there is a reception at the Curling Club with carols, cookies and hot chocolate. Michel Farrant brings his guitar and leads us in the old favorites. The Lions, dress up in Elf costumes, and as Snowball and even Santa shows up for a while. On returning to the bus everyone gets a hug and is wished a Merry Christmas. This year, our oldest participant was 102 years old. In short, everyone has a good time and leaves smiling!

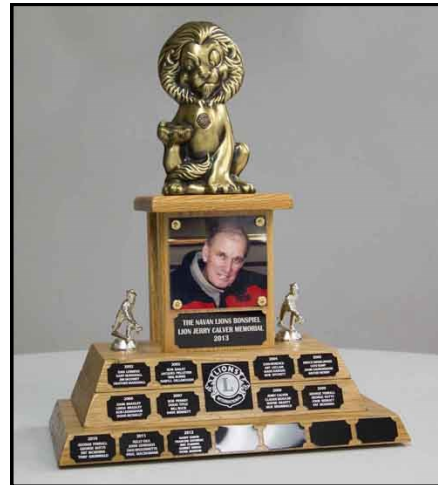


Thanks are due to our much appreciated supporters – M.L. Bradley bus lines for providing a bus, Neil Boyer who volunteered to drive it, The Curling Club for use of the facilities, and Michel Farrant for leading the Christmas singing.

The Navan Lions Club was recently recognized by the Outcare Foundation as a major contributor to their Telelink project. The Outcare Foundation was the main beneficiary of last year's silent auction at the Curling Bonspiel. John Bradley presented a plaque to

the Club in recognition of Navan Lions support. The Telelink project is a high relation audio visual system which links the hospices and palliative care centres at hospitals to bring care and expertise to an expansive region.

Written by Lion David Grattan.



LION JERRY CALVER MEMORIAL TROPHY

The Lions 13th Bonspiel and Silent Auction was held on Friday, December 6th and Saturday December 7th at the Navan Curling Club. This Lions bonspiel event is now referred to as The Lion Jerry Calver Memorial.

The overall winning team for this newly refurbished trophy was led by Garry Dubue's team made up of John Edwards, Peter Jansson and Eric Fleming. Their engraved plaque will be affixed on the trophy for 2013. Other winning teams at the Bonspiel were led by Doug Titus and Steve Roberts with runners up Tom Devecseri, Neil Monkman and Ray Vetter.

Teams were led on to the ice by Piper Don Corbett at the beginning of each of the 3 Draws. There was some excellent entertainment for the 24 teams registered just before dinner on Saturday evening, by the McWilliams boys (sons of John and Valerie McWilliams of Trim Rd. Navan.). When you visit the Curling Club at 1305 Fairgreen Ave. check out this lovely trophy with a super story of Jerry Calver on the reverse side. It is 'formidable'.

The Silent Auction in addition to the Bonspiel is an integral part of this major annual Lions event. Much of the funds raised from the Auction will go to the Canadian Pulmonary Fibrosis Foundation in memory of Lion Jerry Calver. The extended Navan Community has once again shown its kindness and generosity to the Navan Lions Club which it has unfailingly done since 1952.

Written by Lion Ross Bradley.



Navan Lions Club Bonspiel 2013

**Meeting nights: 2nd & 4th Monday each month
at the Navan Curling Club – Lions Den**

**President: Lion David Patterson
Secretary: Lion Chris MacPherson
Treasurer: Lion David Gratton**



The CTAS Board of Directors invites all 2013 CTAS members to our Annual General Meeting to be held on Thursday, January 23rd, 2014 upstairs at the Navan Memorial Arena at 7pm. We will present an overview of our 2013 fiscal year, cover business items and give some highlights of our future plans.

During the evening you have an opportunity to meet the different division Directors and pass along any ideas you might have for the 2014 Fair. The Theme for the 2014 Fair is "Country Fair with an Urban Flair".

2014 membership will be available for \$20. Hope to see everyone there!

NOTE: Indoor Winter Storage is still available. If interested please contact Ray Lanthier at 613-835-3397 or cell 613-447-3397.

President: Wendy Chretien

Admin. Coord: Debbie Newton

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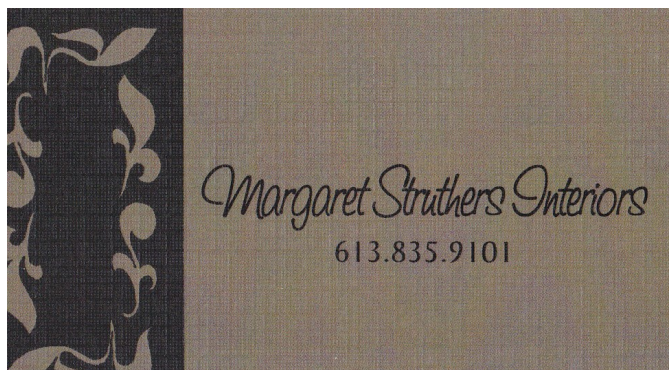
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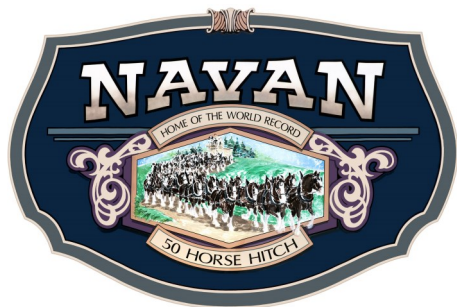
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NAVAN COMMUNITY ASSOCIATION

NAVAN'S OUTDOOR RINK

Follow us on Facebook ([facebook.com/NavanCommunityOutdoorSkatingRink](https://www.facebook.com/NavanCommunityOutdoorSkatingRink)).

A Call to Volunteers:

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.

NAVAN WINTERFEST

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

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

Jan 10, Feb 14, March 14, April 11, May 14, & June 13,


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IN 2017 IT WILL BE 150 YEARS SINCE CONFEDERATION

2017 is only three years hence. Time then to be thinking of what projects could be accomplished in Navan to mark the anniversary.

The Navan Lions Club and the Navan Community Association recently met to have a preliminary discussion. They both feel that it would be useful to hear the views of all local associations and businesses – including the Fair Board, the Churches, and the Nifty 50s etc. as to what might be accomplished. The thinking is that if we start now – we might have a better chance of accomplishing something of lasting value to the Community. If you have ideas and would like to become involved please get in contact with either a member of the Lions Club or come to Community Association meeting.

We should bear in mind that Navan has a History of achievement, so I have no doubt that once we agree upon an objective – It will be accomplished. Let your imagination go – think creatively and get in touch. On behalf of the Lions Club and Community Association,

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

Tree Stump Grinding

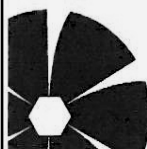
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DROP-IN CENTRE



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 !
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NAVAN NOTABLES



The McWilliams Brothers
Back Row L-R, Jared, Wesley, Clayton
Front Row L-R Justin, Arden, & Troy.

These fine young fellows fiddled and danced their way into the hearts of the curlers at the Navan Curling Club. We were all there to celebrate the first Lion Jerry Calver Memorial Bonspiel. These talented musicians played their fiddles and step danced for us. I understand that this group has even played in the States and returned home bearing trophies! How fortunate for our community to have these musical boys in our midst!

By Sheila Minogue-Calver.

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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.bvnanglicanca

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

January 5th —Family Sunday
 January 12th—Sunday School
 January 19th—Sunday School
 January 26th—Sunday School
 February 2nd—Sunday School
 February 9th —Sunday School

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

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 1129 Smith Road, Navan Village
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 For information regarding Navan Community Sunday School
 Contact: Kelly at (613) 835-4447

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COMMUNITY ANNOUNCEMENTS

UPCOMING FUNDRAISER

The Cairine Wilson Varsity Girls Soccer Team is hosting their Oceans of Chili, Trivia & Silent Auction fundraiser on January 31st 2014 at Cairine Wilson Secondary School, Orleans. All proceeds will go towards their March 2014 trip to Worthing England.

To purchase event tickets or for more info on the team and their community involvements please contact Eleanor Foy at 613-835-3784, elea-foy@hotmail.com or Coach/Teacher Stuart Barbour at 613-824-4411, stuart.barbour@ocdsb.ca

GUEST SPEAKER

M.L. Bradley Ltd. is holding an information session on January 7th at 7 pm at St. Mary's Hall, nutritional expert, Kathy Smart will be speaking to us on the latest nutritional and fitness guidelines. Kathy resides in Orleans, is known worldwide as an expert in her field and was recently on Dr. Oz. A very energetic and positive person, I'm certain many of the residents in Navan will enjoy her presentation. Kathy Smarts website. <http://livethesmartway.com/> RSVP to Kathleen at kboth@mlbradley.com or by phone at 613-835-2488.

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KNOTTY KNITTERS

The winner of the knitted Nativity Stable was won by Heather Young, a curler in Navan. Thanks to all who knitted a character from the scene and to Fred Hyde who made the stable.

Proceeds will go to Nifty Fifty and to our group. Thanks so much for all the support! Our first meeting will be Monday, January 6 at 1PM in the Navan Curling Club Lounge.

New knitters welcome!

ORLEANS WOMEN'S CONNECTIONS

Wednesday, Jan. 15th, 2014 at 9:30 - 11:00 a.m.

Orleans United Church Hall, 1111 Orleans Blvd.

Special Music: Grace Meagher

Special Feature: Safety Strategies for Women with Evelyn Hollinger

Inspirational Speaker: Coleen McKenzie

"Challenges and Choices"

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HERITAGE PUBLIC SCHOOL

Kindergarten Registration Period—Monday, January 27th to Friday, January 31st, 2013.

CAMPBELL'S SOUP LABELS

We continue to collect Campbell Soup labels to purchase merchandise for the school. Tear off the UPC code or in the case of soup bowls the lids are collected. These can be dropped off at the school



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Ken Harrison • Chris Oldford

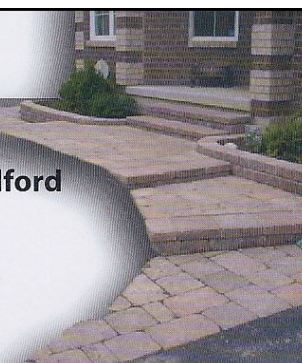
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\$400,000.00	\$20,000.00	\$12,000.00	\$8,000.00
\$450,000.00	\$22,500.00	\$13,500.00	\$9,000.00
\$500,000.00	\$25,000.00	\$15,000.00	\$10,000.00
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NEED HELP CLEARING YOUR DRIVEWAY

The Snow Go program helps seniors and people with disabilities find a reputable and reliable individual or contractor to clear snow from their private driveway and walkway. The City of Ottawa partners with the Senior Citizens Council and local home support agencies to deliver this winter program.

Eligible low income seniors and persons with disabilities can also apply for the Snow Go Assist Program and receive financial assistance for snow clearing. Approved participants may be reimbursed for 50 per cent of the cost of snow clearing, up to a seasonal maximum of \$250. Low income is defined as an annual income of below \$25,000 for a single individual and below \$32,000 for a household (two or more persons). An Older Adult is considered any person over the age of 60 years.

For more information about the Snow Go and the Snow Go Assist programs, please visit ottawa.ca/snowgo or call 3-1-1.

THE DARK EYED JUNCO—OR “SNOWBIRD”

The Junco is an intriguing little sparrow – common in Navan and in fact everywhere in North America – and while some authorities claim that the numbers are stable (Cornell Ornithology lab.), others note a steady decline at a rate of nearly 2 percent annually from 1980 to 2002 according to the Breeding Bird Survey (Boreal Songbird Initiative). While Juncos occur all across North America their colouration varies from place to place because there are 6 different races or subspecies: The Oregon, Pink sided, Gray headed, Slate-Coloured, Yellow-eyed and the White winged.

We have observed only the Slate - coloured Junco here in Navan – but other races may migrate though. In his book “Birds of Ottawa” Gerald Keating depicts only the Oregon Junco—which is apparently the most widespread in North America (according to the Peterson Guide).

Juncos are migratory – they spend their summers in the western mountains or in the sub-Arctic and then, as winter approaches, spread out over North America. They tend to be birds of open woodlands and forest edges. The Junco is territorial, returns to the same site every year. It nests in many different environments – both deciduous and coniferous forests. It may build nests on the ground in tree roots or under buildings or in many surprising locations. While birds tend to have only one “social mate” with which they nest and defend a territory, they frequently copulate with neighboring birds (Cornell Ornithology lab.) Their diet is mostly seeds or grains – but in the breeding season (summer) they eat insects and the Slate Coloured is particularly fond of beetles (maybe they like the crunchiness) .

Perhaps the most interesting thing about the Junco is that fact that the development of the various subspecies is considered to be “recent” – i.e. after the last ice age of 100,000 years ago. It is therefore of great interest to evolutionary biologists as it is still in a rapid phase of evolution – if you are interested, I do recommend the following link <http://juncoproject.org/> I especially recommend the last video on this website, because it itemizes what we can learn from this little bird. I found it quite amazing. Any student looking for a science project might well consider the Junco as worthy of their interest and would do very well to watch all eight videos on this website.

Written by David Grattan. Photos by Tom Devecseri.



SLATE-COLORED DARK-EYED JUNCO-FOUND IN NAVAN



**OREGON DARK-EYED JUNCO
FOUND IN WESTERN NA**

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.

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