

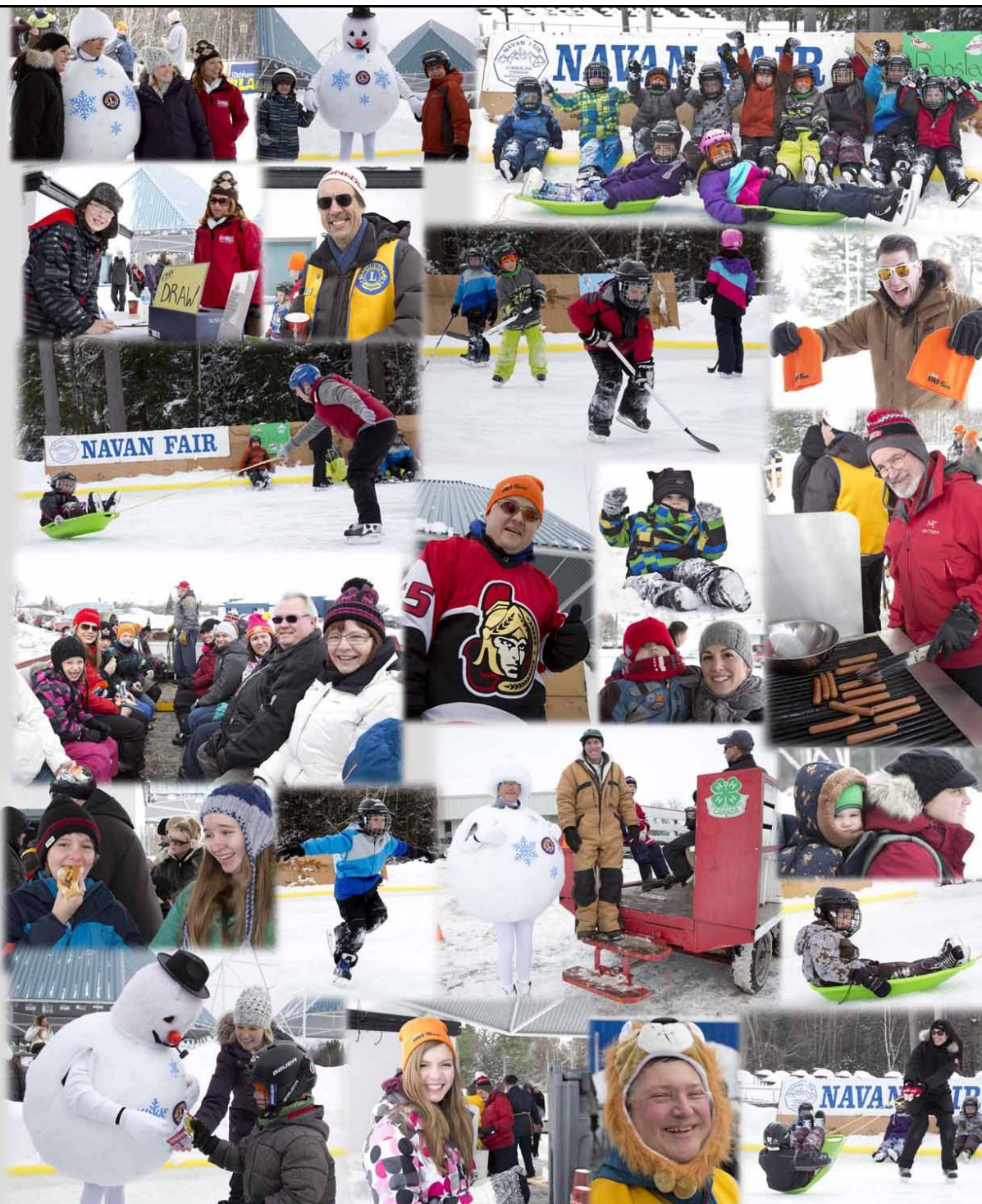
MARCH 2014

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

NAVAN
Winterfest
2014



Photos by Tom Devecseri

NAVAN WINTERFEST

This year's Navan Winterfest was held on Saturday, February 15th, and was once again a wonderful success! There was a good turnout for the kids' mini-olympics, "learn to skate", and shinny hockey, and the horse-drawn wagon rides were also a particular highlight for many kids and adults (especially Wyatt McWilliams' entertaining commentary)! Meanwhile, the ground crew from Live 88.5 made sure we had some great music to skate to!

A big thank you to the sponsors and volunteers who contributed to the success of the event! Special thanks go out to Sobeys (Trim and Innes) for donating the food and to the Navan Lions Club for cooking and serving the hot dogs to perfection! Also to the Royal Bank Navan Branch for donating and serving up some delicious hot chocolate, coffee and Tim Bits.

A number of local businesses also donated door prizes for the event. Here is a list of the winners (winners will be contacted):

Starr Gymnastics Birthday Party – Ginette Brazeau
Castello's Restaurant large pizza – Kathleen Devecseri
Domaine Perrault Ice Wine – Lise Broadbent
Final Pass skate sharpening pass – Didier Guignard
Play it Again Sports gift card – Danielle Griffin
Jay's Embroidery Navan Hats – Amanda Blouin, Lise Picknell
Jay's Embroidery Adult T-shirts – Renée Campbell, Brigitte Carrière
Jay's Embroidery Youth T-shirts – Andrea Davies, Michael Griffin
City of Ottawa – 2 public swim passes – Lexi Bender
City of Ottawa – 2 public skate passes – Liz Renwick
Booster Juice 2 free snack size smoothies – Merv Buske
Booster Juice free smoothie + free kids meal at Boston Pizza – Sarah Sirvin



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*May Long-Weekend
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NAVAN OUTDOOR SKATING RINK

We are thrilled that Navan residents seem to be enjoying the outdoor rink and that it has gotten a very high level of use over the winter. The rink will remain open as long as the weather cooperates; however, in the case of mild weather, we ask that you please keep off the ice, to avoid damaging the lining underneath (information on the status of the rink is available on our Facebook page, facebook.com/NavanCommunityOutdoorSkatingRink). Signs will also be posted on-site.

Monday to Sunday: 8 am to 10 pm

Family Skating times (no hockey nets on the ice)

Wednesday: 8 am to 10 pm, Saturday: 8 am to 12 pm, & Sunday: 12 pm to 4 pm.

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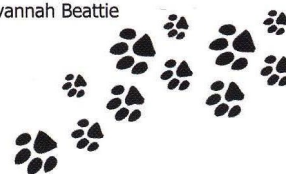
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HOCKEY DAY IN CANADA

WINTER CLASSIC HOCKEY GAME

On Saturday, February 8th, the Cardinal Creek Community Association hosted their annual Winter Classic hockey day, where the "Navan Nuggets" took on the "Cardinal Creek Crushers" during two "4 on 4" pick-up hockey games (one for kids/youth and one for adults).

The Winter Classic, which took place at the Glandriel Park in Orleans, attracted local dignitaries, including Ottawa Mayor Jim Watson, Stephen Blais, Councillor for Cumberland Ward, MP for Glengarry-Prescott-Russell Pierre Lemieux, and MPP for Glengarry-Prescott-Russell Grant Crack, who also served as referee for both hockey games. Free pizza was provided by Gabriel's Pizza, and free coffee, hot chocolate and Tim Bits were provided by Tim Horton's. Most importantly, the Winter Classic helped to raise \$500 for the Canadian Cancer Society.

Navan's kids/youth team won their game 7 to 4 and the adult team almost pulled off a comeback win, but came short one goal, with a final score of 8 to 7 in favour of Cardinal Creek. Congratulations to all the players on two hard-fought games!



Top row (from left): Tyler McDonald, D'arcy Desormeaux, Christian Cane, Brian Cane, Nic Renaud, Tyler Chenette, Chris Labelle, Dax Desormeaux, Melina Cane, Kris St. Cyr, Luc Picknell.
Front row: Aidan Souigny, Phil Grandmaitre, Derek Chenette, Danny Stein-Wilson.
Missing from photo: Allan Burns, Christian Backmann, Patrick Brunet.



MECRAFT PRIZE LIST

For everyone who wants to get a head start on their homecraft projects for the 2014 Navan Fair the Homecraft Prize List is available on our web site www.navanfair.com, we can e-mail you a copy or you can pick up a hard copy at the Navan Fair office.

MEMBERSHIPS

CTAS Navan Fair Memberships on sale for \$20 until May 31st, 2014 at the Navan Fair Office.

Office hours in March will be:
Wednesday 9:30 am – 4:00 pm
Thursday 9:30 am – 4:00 pm

President: Wendy Chretien
Admin. Coord: Debbie Newton
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NEXT CHARITY SUPPER NOW BOOKING IS A ROAST PORK AND BEAN SUPPER

7 pm, April 25th at the Navan Curling Club
For Tickets contact Ross Bradley at 613-835-2199
or Don Macartney at 613-835-3932

Notice to all students registered in post-secondary education The Herb Deavy Bursary could help you. Each year the Navan Lions Club provides at least one \$500 Bursary to at least one student registered in some form of post-secondary education be it in a college or a university. This Bursary is open to all students in the area served by Navan Lions i.e. from the South of Orleans, to Sarsfield in the east to Vars. In the south, to Bradley Estates in the West. Application forms are obtainable from our president at dave57paterson@gmail.com. APPLY now- although the closing date was January 31st – we will entertain late applications as we have not received many so far.

As for Navan Lions activities this month, the main one was providing the BBQ and the Mascot at Winterfest. From the Lions perspective this was a very well organised event and the children who took part seemed to have a wonderful time. Congratulations to the organisers. We were very happy to be a part of it. And finally – speaking as the mascot – I thoroughly enjoyed it. Ideopathic Pulmonary Fibrosis (IPF) recently claimed the life of our friend and fellow Lion, Dr. Jerry Calver. We were honoured to have a presentation on the disease and the great work of the Canadian Pulmonary Fibrosis Foundation (<http://www.canadianpulmonaryfibrosis.ca/>) from Mr. George Barren at our January dinner meeting and to present a donation in Jerry's memory.

President: David Paterson
Secretary: Chris MacPherson
Treasurer: David Grattan
Website: <http://www.navanlions.ca/>

“Great opportunities to help others seldom come, but small ones surround us every day.”
Sally Koch

NAVAN NOTABLES

NAVAN WOMEN'S INSTITUTE

A Tea was held at St. Mary's Hall to celebrate the 117 year anniversary of the Federated Women's Institutes of Ontario. Russell District W.I. members came out from Russell, Cumberland, Leonard, Sarsfield, and Navan to join together in enjoying this event, hosted by the Navan Branch. Treats, coffee, and tea were served.



Myra Kelly, Provincial Director of FWIO, Mona Saunders, Russell W.I. Member and Linda Dunn in background.

Navan W.I. has had a few very busy years recently. Bake sales, meals for the Navan Lions Club, Garden tours, Cookbook sales, enabled us to make donations for local scholarships, the Cumberland Resource Center, Sarsfield Home, Navan Fair, Women's Shelter, Benches in our parks, donations to the Town Clock Plaza, and the Nifty Fifty + Club, as well as many other charities. We are a group of hard working and community minded women that enjoy working together and helping others.

We meet every second Wednesday evening at the Lions' Den at the Navan Curling Club, at 7PM to 9PM. Hope to see some new faces this month. Written by Sheila Minogue-Calver

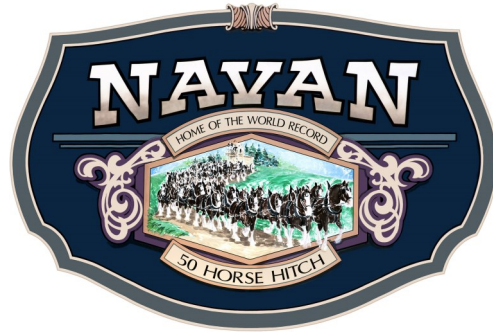
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NAVAN COMMUNITY ASSOCIATION

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

March 14, April 11, May 14, & June 13.

DROP IN CENTER

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.

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



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NAVAN NIFTY FIFTY PLUS CLUB

On Wednesday, Feb. 12th the Navan Nifty Fifty Plus folks were treated to some lively entertainment provided by the Heritage School Kindergarten class of Mrs. Jill Noakes. Several wonderful songs were sung which everyone thoroughly enjoyed. They even provided some comedy relief when a soloist was up-staged (just a little) by a happy outgoing competitor. After entertaining us all, the children had time to mingle with the Nifty Fifty folks to hear a few stories and collect autographs for their Valentine hearts they made. Thanks to teacher Jill and her associates for the very pleasant afternoon.



HERITAGE PUBLIC SCHOOL
Where City meets Fields

FUNDRAISING BOTTLEDRIIVE

Thank you to the Navan community for your support with our bottle drive in February. It was a huge success. The Heritage P.S. concert band is made up of dedicated grade 6-8 students who practice several times a week throughout the school year. They will be performing at Canada's Wonderland at an adjudicated music festival.

Jennifer Stewart
Heritage Public School
Music Teacher

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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.

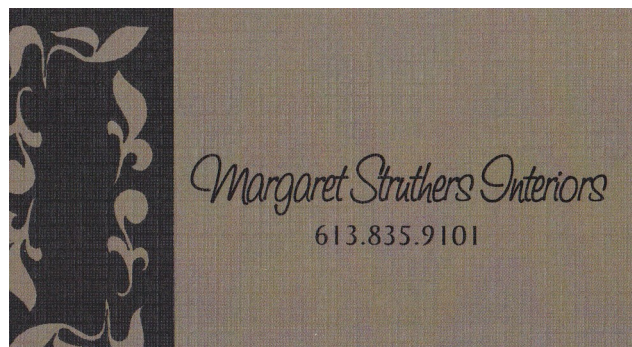
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NAVAN COMMUNITY SUNDAY SCHOOL

March 2nd—Sunday School

March 9th —Family Sunday

March 16th—Sunday School

March 23rd—Sunday School

March 30th —Practice for Easter Pageant

April 6th—Easter Pageant, 10:00 am @ United Church

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

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For information regarding Navan Community Sunday School

Contact: Kelly at (613) 835-4447

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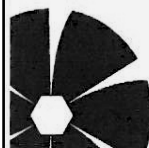
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COMMUNITY ANNOUNCEMENTS

A KIND DEED

On Sunday, February 16th, as I was walking to Church a pile of snow blocked off the sidewalk at Trim Road and Fair Green Way.

A Complete stranger to me who was jogging on the street stopped and waited to help me climb over the snow bank. A special thank you to Monique Roy whose kindness was greatly appreciated.

Eileen Vaillancourt
(Senior Citizen)

KNOTTY KNITTERS

Come on in beside the warm fireplace at the Navan Curling Club and knit awhile with a lovely talented group of ladies who love to knit.. We meet every Monday from 1 to 3 PM to encourage each other, to help each other with our projects, or just simply knit.

NAVAN COMMUNITY BUILDERS WALL

The nomination form for the Navan Community Builders Wall is available at www.navan.on.ca. Nominations are due March 30th

NAVAN VILLAGE WALK FOR CANCER

A walk to raise funds for cancer treatment is going to be held on Sunday, June 1st, 2014 this year. The Navan Women's Institute will work with other groups to plan and organise a fun filled day for our villagers. All ages will be welcome. Watch the Nugget in the following months for more details. Anyone wishing to help may attend the first organising meeting at 1134 Smith Road at 11:30 AM on Monday, March 17TH.

DOG GROOMER

I am accepting new grooming clients of small to medium sized dogs in my home in Hammond, Ont. Over 20 years experience grooming show dogs. Member of the CKC and the ODGA.
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ORLEANS WOMEN'S CONNECTIONS

Wednesday, March 12th, 2014 at 9:30 - 11:00 a.m. Orleans United Church Hall, 1111 Orleans Blvd.
Special Feature: "What's New In Decorating?" with Cindy Desjardins of Randall's Paints
Music: Alice Kelly
Inspirational Speaker: Karen Erickson "I wanna leave a legacy"
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EUCHRE PARTIES

MARCH 7 & 14, 2014

The Leonard Women's Institute would like to invite you to an exciting "Euchre Competition" to be held at the Bearbrook Community Centre, 8720 Russell Road near Bearbrook commencing at 8 p.m. on the above noted dates.

Friends and good company are always welcome to play cards and visit. Prizes for players and a door prize for all. Sandwiches and dessert, tea and coffee will be available afterwards. Fee to play cards is \$5.00.



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SNOW GO ASSIST & SNOW ANGEL

Do you know a Snow Angel who deserves recognition? A Snow Angel is a neighbour or friend that has volunteered to help you, or someone you know who is elderly or has a disability, to improve their accessibility during the winter by clearing snow or ice from their driveway, steps or walkway.

If you know of a resident of Ottawa who is a Snow Angel, the City of Ottawa wants to thank them! Snow Angels will be recognized with a certificate signed by the Mayor and a custom keychain with a snowflake symbol and Ottawa logo. To nominate a resident for recognition as a Snow Angel, please send the City the name and address of the candidate, as well as relevant details (who they are helping and how), by contacting communitypride@ottawa.ca or calling 613-580-2424 x13363. For more information about these programs, please visit ottawa.ca/snowgo or call 3-1-1.

City of Ottawa Summer Student Employment Program. For more information including eligibility criteria and other requirements, visit ottawa.ca.

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SNOW BUNTINGS



Flocks of Snow Buntings are wonderful sight in winter- and there are plenty to see around Navan. We watched a flock recently on Wall Road just to the North of Navan. Like their predator the Snowy Owl – they like the almost featureless open expanses of snow covered fields. Perhaps it reminds them of the even wider open spaces of the Arctic Tundra where they breed during the summer. Being white, they blend in – but to the sharp eyes of the Snowy Owl they seem to be an easy prey. Last week on Wall Road, we watched a snowy owl lazily fly by and thus disturbing (and panicking) a whole flock of Snow Buntings clustered in a lone tree –the Snow Buntings were obviously trying to avoid the clutches of the Snowy Owl. We had noted earlier on, that the Snowy Owl was munching away presumably enjoying a light snack of "Snow Bunting saingnant".

The Snow Bunting could be regarded as yet another mis-named bird – it is closely related to the Longspur and not at all to the indigo or painted buntings. It breeds in groups of 30 to 80 on the ground in the Tundra a nest could be deep in a crack in a rock or the ground. The whitest of the Snow Buntings is the breeding male. The nonbreeding male is quite brownish and the female – though mostly white is not as spectacular as the breeding male. The Cornell lab. also mentions that The Snow Bunting has only one moult per year does not have a true "Alternate Plumage." After the late summer moult the male has a rather brownish



appearance. Yet underneath the brownish feather tips, its back feathers are pure black and body feathers white. The male wears off all of the feather tips by rubbing them on the snow, and is immaculate white and black by breeding time.

According to the Cornell Lab. the male Snow Bunting returns to its high Arctic breeding grounds in early April, when temperatures can still dip as low as -30° C and snow still covers most of the ground. The female does not return until four to six weeks later. After arrival, Snow Bunting males set up and defend territories with nesting sites.

Happily the Snow Bunting does not appear to be a threatened species and its numbers are not going down – despite the

best efforts of the Snowy Owl. Written by David Gratlan. 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.