

SEPTEMBER 2014

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

NAVAN AUTOPRO PRESENTS

NAVAN AUTOFEST

SATURDAY SEPTEMBER 6TH 2014

COMMUNITY FUNDRAISING EVENT

1265 COLONIAL RD.

10AM-4PM

FREE CAR CARE CLINICS
•FIRST 40 PEOPLE TO REGISTER BY SEPTEMBER 1ST•

FREE CAR WASHES

BBQ • BAKE SALE

DOOR PRIZES • FULL DAY OF FUN

VISIT WWW.MYAUTOPRO.CA FOR MORE INFORMATION

DONATIONS WILL BE GRATEFULLY ACCEPTED. ALL PROCEEDS WILL BE EQUALLY SHARED BETWEEN THE NAVAN LIONS CLUB, THE NAVAN WOMEN'S INSTITUTE AND THE OUTCARE FOUNDATION.

SPONSORED BY NAVAN AUTOPRO AND J.T. BRADLEY'S

[illegible]



Photos by John Ladds and Tom Devecseri.
A colour version of the photos can be viewed on the NCA website.



2014 NAVAN FAIR AMBASSADOR

Hi, my name is Taylor McNeely and I have the pleasure of being the 2014 Navan Fair Ambassador. Navan has been my home for the last 19 years and I honestly wouldn't be able to live anywhere else. This community, the people who live here, I enjoy and appreciate every bit of it. I currently work part time at Sobeys and will be starting Animation at Algonquin in the fall. Being the Ambassador was one



of the most exciting and memorable experiences of my life, I had the opportunity to do things I never thought possible, like meeting Jason Blaine, riding on a six horse hitch and (thanks to Ray Lanthier) speeding through the parade in a Model-T. These are only a few memories of the many I will cherish though and I highly, highly recommend anyone 18-23 to compete for it next year. I look forward to continuing with my duties and thank you to everyone involved in making this one of my best Fairs ever!

VISITOR SURVEY WINNER (\$50)

Rene Faucher, Kanata, ON

CULINARY ARTS WINNERS

BAKING QUEEN: Bridget Mahoney

BAKING PRINCESS: Dominique Deschamps

Highest Points Overall: Bridget Mahoney

2nd Highest Points Overall: Dominique Deschamps

New Exhibitor, Highest Points: Bridget Mahoney

New Exhibitor, 2nd Highest Points: June MacMillan

Senior Cooks, Highest Points: Sheridan Brace

Jr Cooks, under 8, Highest Points: Victoria Griffin

Jr Cooks, under 8, 2nd Highest Points: Rowan Hendry
Jr Cooks, 8-12, Highest Points: Ben Charbonneau
Jr Cooks, 8-12, 2nd Highest Points: Keiren McClelland

Teen Cooks, Highest Points: Kayla Ferreira
Teen Cooks, 2nd Highest Points: Sarah Sirvin

POSTER WINNERS

YOUTH POSTER COMPETITION:

1st Reagen Tate, Grade 5

2nd Keiren McClelland, Grade 7

2-DIMENSIONAL FAIR POSTER:

1st Nathalie Jenkerson

2nd Hayley Rivington

FLORICULTURE WINNERS

Highest Points Overall: John Peddie

2nd Highest Points Overall: Kelly Sirvin

3rd Highest Points Overall: Guylaine Lemieux

New Exhibitor, Highest Points: John Peddie

Best Dahlia of the Show: John Peddie

Best Gladiolus of the Show: Kelly Sirvin

Best Rose of the Show: Rose Leblanc

Best Arrangement of the Show: John Peddie

KID'S FLORICULTURE WINNERS

Highest Points Overall: Sacha Power

2nd Highest Points: Liam Power/Ashley Cote/Emma Cote.



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Homecraft Winners

Highest Points Overall: Natalie Jenkerson

2nd Highest Points Overall: Dora Smits

New Exhibitor, Highest Points: Yolande Labelle

New Exhibitor, 2nd Highest Points: Courtney Goddard

Senior (65yrs+), Highest Points: Dora Smits

Homecraft Highest Points in:

Quilting: Elaine Edwards

Painting: Valerie Clingen/Rose Leblanc

Sewing: June MacMillan

Knitting: Yvette Bernier

Crochet: Susan Dunfield

Needlework: Linda Dunn

Cards: Kristyn Girard

Jewelry: Valerie Clingen

Halloween: Yolande Labelle

Miscellaneous Hobby Craft: Jo-Anne Girard

Theme Oriented Specials: Natalie Jenkerson

Organized Groups Best Display: Russell W.I.

Photography Highest Points in:

Best Overall Photo: Chanelle Martin

Colour Photo: Emilie Dessaint

15 years & under: Chanelle Martin

12 yrs & under: Karen McClelland

4 Photos: Kristyn Girard

B&W Photos: Courtney Goddard

Scrapbooking Highest Points:

16 years & older: Natalie Jenkerson

NAVAN FAIR PARADE

Best Overall Float: Navan Colonial Veterinary Hospital

Community: 1st Navan Community Sunday School

2nd Lions/WI Combined Float

3rd Navan Volunteer Fire Station #71

Commercial: 1st Navan Colonial Veterinary

2nd Plumpuppet Entertainment

3rd Kiwi Kraze

Family: Birchgrove Farms

The Lloyd G. Morrison Memorial Plaque will be awarded to the Navan Colonial Veterinary Hospital for the best over-all float this year. This plaque will be presented at the Annual General Meeting held in January, and then displayed in the Navan Fair Agricultural building.



BAKE SALE

Multi-family Garage & Bake Sale

Sat, Sept 13, 2014

Time: 8:00am – 12:00pm

Blue Building

Navan Fairgrounds

1279 Colonial Road, Navan

Join the group & rent a table for \$10.00.

Contact Wendy Chretien, 613-824-1439 or

Email w.chretien@hotmail.ca

OFFICE HOURS IN SEPTEMBER Tues to Thurs 9:00 – 4:00

President: Wendy Chretien

Admin. Coord: Debbie Newton

1279 Colonial Rd., Navan ON K4B 1N1

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GET READY FOR

FALLFEST

SATURDAY, OCTOBER 4th



Decorate the front of your home, business or institution in an autumn theme

To help you out

STRAW BALES, PUMPKINS and CORN STALKS

Will be on sale in downtown Navan

On Saturday, September 27th, 9 am to 1 pm

Add a scare crow or two and then bring them to FallFest for a People's Choice Competition

For ideas on how to build a scarecrow

Check out the internet, there are a gazillion websites with many suggestions

NAVAN'S GOT TALENT

Do you have talent and enjoy performing? The Fall Fest committee is looking for local young people who would like to perform at the second annual Fall Fest Talent Show. We would like to showcase the young talent living in our community

Contact Jill Noakes at jillnoakes@hotmail.com

NAME OUR MASCOT

Come to FallFest and suggest a name for the Mascot

**So come out to the Fairgrounds
from 11 am to 3 pm
for lots of fun activities for the whole family**

<http://www.navanfallfest.com>

COMMUNITY ANNOUNCEMENTS

COMMUNITY SEPTIC TANK PUMPING

Starting September 2nd, 2014.

800 gallons, 3600 litres, \$225 + HST

1200 gallons, 5500 litres, \$305 + HST

1600 gallons, 7300 litres, \$370 + HST

Call Don Lawler, 613-835-2436 or e-mail, don.lawlor@sympatico.ca.

OKTOBERFEST-CUMBERLAND LIONS CLUB

Saturday, October 25, 2014. Maple Hall, 2552 Old Montreal Rd. Great German food - Great German fun. Ottawa Rube Band - 15 piece - One of the biggest German-style band in Canada. Doors open 5:00 PM - German Dinner 6:00 PM. Limited Number of Tickets, Advance Sale only: \$30.00 Charlotte : 613 - 265-8299. www.cumberlandlions.ca

1ST CUMBERLAND SCOUTING

Come join the adventure! 1st Cumberland Scouting welcomes boys and girls to Beaver Scouts (age 5-7) and Cub Scouts (age 7-10). Our area includes Cumberland, Navan, Sarsfield, Vars, Carlsbad Springs and surrounding areas (from Trim Rd to Canaan Rd). Meetings are Thursdays at the RJ Kennedy Community Centre, 1115 Dunning Road, Cumberland (north entrance, opposite the arena). We're accepting registrations for both leaders and youth members. To join click on "Join Scouts" at www.Scouts.ca or call Julie at 613-833-1819 or Carla at 613-833-1812 for more information or to register.

WEEKLY RURAL SHOPPERS BUS

OC Transpo has five routes that provide free once-a-week

service from rural communities to urban shopping destinations.

202 Tuesdays Navan • Sarsfield • Cumberland. These routes arrive at urban shopping centres around 10 a.m. and leave at 2:30 p.m. Buses are fully accessible and have space

for two customers using wheelchairs. These routes do not operate on holidays. Contact OC Transpo for additional details and travel planning assistance.



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Looking for before and after school care Mondays to Thursdays for two children aged 6 and 8 who attend Heritage Public School. We are open to just after school care in our home if before school care is not possible. Care hours would be 7-7:45 am and 2:30 to 5:00pm. We are also open to a mature and responsible grade 8 Heritage student who could take the bus or walk home with the children. If interested please contact Joanne Edwards-Desormeaux at 613-601-3486.

ORLEANS WOMEN'S CONNECTION

Wednesday, Sept. 10th at The Orleans United Church, 1111 Orleans Blvd from 9:30 - 11:00.

Feature: Fashion Show with Therese of Alia TanJay
Speaker: Faith journey of Joan Thiessen, Stoney Creek
"Coping With Change"

Light Refreshments served.

Cost: \$5:00 at the door

Reservations: Shirley 613-841-5143

Sponsored by Stonecroft Canada

POOL FOR SALE

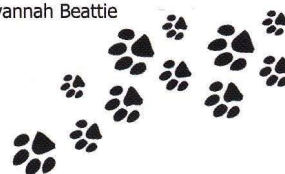
Above ground swimming pool for sale. Oval 15 ft x 30 ft x 52 in high. Ladder, auto cleaner, spare pump, and filter included. Asking \$2000. If interested please call 613-835-2436.

Colonial Veterinary Hospital

Dr. Paul Brown, Dr. Denene Clifford,
Dr. Kasia Hering, Dr. Catherine Sin, Dr. Savannah Beattie

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NAVAN NOTABLES

Emily Keenan

School's in and there is one excited young lady in Navan! Emily Keenan has struggled her entire life since she was 8 years old, with undefined health issues. Last year she was finally operated successfully for a brain tumour. You can see the happy, smiling young woman working at JT Bradley's Convenience Store or volunteering at the many public activities in and around Navan. This year she will attend the University of Ottawa for Health Sciences. Because of her determination and exceptional personality this gal has received scholarships to help her in her quest for further knowledge. The following awards were given to her this past year:

- The Terry Fox Humanitarian Award
- The Education Award for Young Brain Tumour Survivors
- The Navan Lions Club Bursary
- An entrance scholarship from the University of Ottawa
- The Principal's Shield from her school, Osgoode Township High School.

Wonderful achievement Emily. With this aid you won't be saddled with Education Loans! Those who know her are very proud of all she has conquered in her life. We have full confidence that Emily will continue to set high goals for herself and attain her dreams!

Written by Sheila Minogue-Calver.

NAVAN'S WOMEN'S INSTITUTE

Wednesday, September 10, 7PM is our first regular meeting. Plans are to go to the Rockland museum. Visit our web site www.navanwi.com or email me at samc1@rogers.com for more details.

Don't forget to register for the Car Care Clinics at the Navan Autofest, Saturday, September 6, or just come on out to celebrate the Grand Opening of Navan Auto Pro Garage. Entertainment, bake table, car washes, BBQ, music will all help to make this a happy day from 10AM to 4PM. See myautopro.ca for more details and clinic registration. Prizes for all registrants.



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Box 209, 1220 Colonial Road, Navan, ON K4B 1J4
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KNOTTY KNITTERS

Mondays at 1PM at Café Latte Cino, 10th Line and Innes, are welcomed meetings for all our nimble fingered gals. Come along and join us if you want company whilst knitting. We love newcomers and their knitting problems!! Happy Autumn days!

Tree Stump Grinding

For removal of unwanted stumps

Call for free estimates

Doug Smith
613-835-2695

NAVAN KNIGHTS

Students, do you need volunteer hours? Fall is a perfect time to get some hours in. Many Seniors need help in their yards this time of year. If you are interested please call Sheila at 613-835-4296 or email samc1@rogers.com and I will match you up with some grateful and delightful Seniors.

NAVAN VETERINARY SERVICES

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Jean Cyr DVM
Adrian Domen DVM
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Jennifer Hubbard DVM
Russell Campbell DVM

OPENING SOON IN NAVAN...



Country Moments, in the heart of Navan, will be opening the doors October 1st, 2014.

We will be having a GRAND OPENING October 25th, 9-5. Please come join us for complimentary mini services, specials and discounts, door prizes and more!

Country Moments Spa & Wellness Center

3470 Trim Road
Navan, Ontario
613-590-9999

www.countrymomemntsspa.ca
(website will be up soon)

50% off first visit
25% off second visit
(Bring this flyer with you for discount)

Come by anytime to say hi!!



Wine & Art Pairings
Wine tastings, art, artist demos, hors d'oeuvres

Sunday, September 21, 2014
1:00 PM—5:00 PM

At
Domaine Perrault Winery
1000 ch. Perrault Rd
Navan, ON

Eight Navan and area artists will be offering demos, exhibiting and selling their art

Photography, painting, weaving, fibre art, handmade books, wood turning,

Tickets:
\$10.00 each includes 3 wine tastings and hors d'oeuvres
Tickets & Parking are limited

Tickets Available at:
Domaine Perrault Winery
J.T. Bradley's (in Navan) and
Through the Navan Women's Institute

Proceeds from this event will support the programs of the Navan Women's Institute

For more information
info@navanwi.com



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NAVAN COMMUNITY ASSOCIATION



Older Adults (50 or over) who are residents of Navan and the surrounding communities are invited to attend our drop-in centre social gatherings upstairs in the Navan Memorial arena every Wednesday afternoon from 12:30 to 4:30 pm. Throughout the year, there are also several planned events held in more distant locations, such as theatre visits and bus tours. To become a member, all that is required is an annual membership fee of twenty dollars (\$20.00) per person and a current membership in the Navan Community Association. Guests are welcome for a small fee of two dollars (\$2.00) per visit. The activities commence annually, the first week in September and end the last week of June. This year (2014) the activities will cease after 25th of June and commence on the 3rd of September. This year we also plan to expand our activities to include some which would allow individuals who desire to do so, to compete in the Ontario Senior Games at a later date.

COME AND CHECK US OUT.

The Nifty Fifty Plus Organizing Committee

NAVAN YOUTH DANCE

The 2014-15 season of the Navan Youth Dance starts on Friday, Sept. 12th. The dances are held at the Navan Arena, from 7:00 - 10:30 pm, the 2nd Friday of each month, except for November which will be on the 1st Friday, Nov. 7th. You may email navandance@gmail.com if you wish to volunteer for the dance. High school students can earn community hours. Further info can be found on the Navan website at www.navan.on.ca

NEXT NCA MEETING

Please join us for our next meeting on Monday, Sept. 15th, 2014 at 7:30 p.m. Upstairs at the Navan Arena.

Check out the link at www.navan.on.ca

Send us your community events to include on our Facebook page: email your event to webmaster@navan.on.ca for inclusion the FB page.

Help spread the word! Events also get posted on the calendar at www.navan.on.ca and in the Nugget.

Chair: Philippe Grandmaitre
Secretary: Christina MacPherson
Treasurer: Dale Borys
Youth: Tom Devecseri
Safety: Fred St. Pierre



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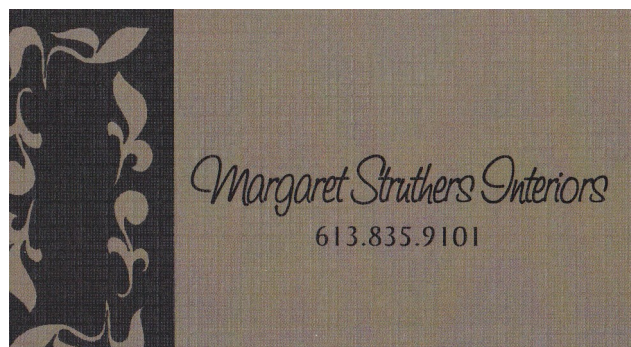
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August was a busy season for the Navan Lions Club – Four main events kept us very occupied. The first was the Fair Parade where we entered a float jointly with the Navan Women's Institute. (A most enjoyable collaboration) Our entry was intended to represent the Fair theme of "Country Fair with an Urban Flair". Our "Country Fair" trailer (built by Fred Hyde) showed the prize-winning flowers, fruit and vegetables of the blue building. Our second trailer (Urban Flair – also built by Fred Hyde) showed an art gallery in which security was lax – the guard – dummy that he was – was asleep and most of the paintings had taken themselves off the walls and were escaping (this had also happened to some of the vegetables on the other float) – So Lions and WI members were dressed as escaping paintings and vegetables. For Example, I was Vincent van Gogh's "Sunflowers" in front and the "Moaning Lisa" was at my back. Doreen Hardiman painted 8 copies of well-known paintings for our costumes, and David Grattan made the vegetables.



At the same time as the Parade, some other Navan Lions were organising four off-street parking lots for the Fair. This proved to be a very lucrative fund raiser for us and we are most grateful to the

four local organizations that provided their lots – including Navan Auto Pro, The New Oak Tree, Oak Wood and Andrew Deavy.

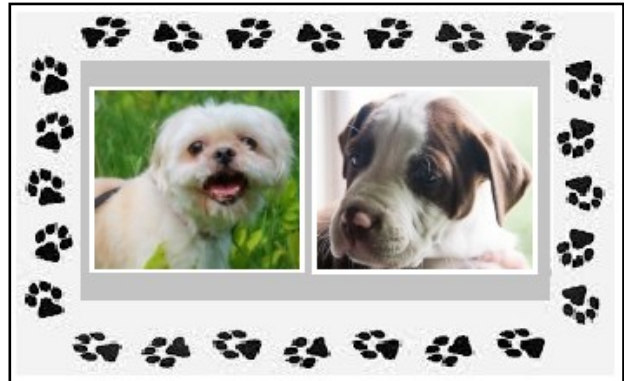
In addition we also ran a fund raiser for the Hannah Billings fund for the two evenings of the Demo Derby. This annual event has been the major source of revenue for this fund in recent years. If you were there, you may have seen a wandering spark-plug (me in costume I confess). This was promoting the Lions/WI/Bradley's/Navan Auto-Pro "Auto Fest" which takes place on Saturday September 6th 2014.

We also began to work on our Community Spaghetti supper scheduled for 22nd of August. Unfortunately – due to circumstances beyond our control – we have been forced to cancel this event, and you have our sincere apologies if you intended to come. We have decided to concentrate our efforts on the Turkey dinner scheduled for Friday, September 19th – which I might add will definitely go ahead.

President: David Paterson

Secretary: Chris MacPherson

Treasurer: David Grattan (dwgrattan@gmail.com)



NARC dogs for adoption - Canelle and Pink.

For more details please visit our website

www.narc-charity.ca

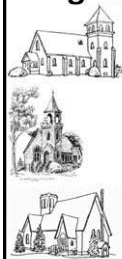
Navan Animal Rescue Corp

4388 Navan Road, Navan, On, K4B 1H9

613-834-7005

Drop in any Saturday or Sunday 1PM-3PM to see our beautiful puppies or any of our wonderful dogs for adoption.

Anglican Parish of Bearbrook, Vars & Navan



Rev. John Wilcox & Rev. Kristy Reimers-Loader

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

Beginning again in October 2014. The Third Space is 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

Ecumenical Sunday School
Sundays (schedule will be posted at Sunday School) 9:45am - 11:15am
(NEW FINISH TIME)

St. Mary's Hall For children ages 3-14 Starts Sunday, Sept. 14th, 2014. Looking for Teachers For info email: navancommunitysundayschool@gmail.com

NEW THIS YEAR—YOUTH GROUP

Navan Community Youth Group (as part of NCSS)
Ecumenical Youth Group
Fridays (schedule will be posted at Youth Group)
7:00pm - 9:00pm at St. Mary's Hall
For youth ages 11-15 Starts Friday, Sept. 19th, 2014
Looking for volunteers ages (16-18) For info email: navancommunitysundayschool@gmail.com

Youth group is going to run on a trial basis until Christmas. It will be held every Friday the hall is available. We will have guided reflection, guest speakers, self directed crafts, games, music, movies. Snacks will be available for purchase.

QUOTE OF THE MONTH

By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer.

Helen Hunt Jackson

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

Navan Community Sunday School

9:45 a.m. —St. Mary's Hall

Inquiries:

navancommunitysundayschool@gmail.com



HERITAGE PUBLIC SCHOOL

Where City meets Fields

School starts Tuesday, September 2nd, 2014.

Meet the Teacher Night and Family BBQ is Thursday, September 18th, 2014.

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THE BALD HEADED EAGLE

The Bald Headed Eagle is an iconic bird – indeed it is the symbol of the United States because of its magnificent and courageous looking stance. Eagles are also used as symbols by Austria, Armenia, Egypt, Germany, Mexico, Nigeria, Poland, Ghana, Russia, and Serbia. In a word the eagle gets a good press. The bald headed eagle is however, a rather timid bird in many respects and prefers to eat carrion rather than hunt. We humans nearly managed to wipe it out through uncontrolled use of pesticides – particularly DDT. It is now making a comeback across North America, according to the Montreal Gazette there are at least 200 known nesting sites in Quebec. Its range is curious as in summer it almost matches the map of Canada while the winter range almost perfectly matches the map of the USA. There are small areas in the border country and on the west coast where it is found year round. Its preferred habitat is on the ocean shoreline, the edges of lakes and large rivers.

Tom Devecseri has been observing them locally in a few locations along the Ottawa River. Tom spotted three eagles on Aug 7th 2014 while boating in Lochaber Bay across from the Rockland boat launch on the Ottawa River. He initially photographed them in this location in June 2008 and has seen them each year since. The young eagles have stayed in the area with the adult. Tom has also noted a migrating pair of adults on Giroux Road near Frank Kenny last November 30th. I must confess that I have never knowingly seen eagles in Navan or nearby, but I became very familiar with them while on a project in Haida Gwaii - where they are plentiful and as common as chickadees. It is noteworthy that several Northwest Coastal cultures had eagle clans. The Tlingit and Haida, for example, had two clans: the Raven and the Eagle clans, while the Tsimshian had four: the Raven, Wolf, Eagle, and Killer Whale.

The bald eagle is not actually bald – its head is covered with white feathers once it reaches adulthood. Full adult coloring is only reached after 4 -5 years of age as demonstrated in the photos. It is the only eagle species unique to North America. It is of course a large bird ranging from 75 to 100 cm in length with a wingspan of 180 to 220 cm and a weight of 6 kg with the female being slightly bigger than the male. Bald eagles soar high in the sky, but may also flap low over treetops. It may be seen perched in trees or on the ground. In Queen Charlotte City, we saw them frequently on utility poles and dock pilings. Bald Eagles often scavenge food from other birds, or they may eat carrion or garbage. They seem to prefer fish, but also hunt small mammals such as rabbits, gulls, and waterfowl. Bald eagles mate for life and build huge nests typically 150 to 180cm across, in Florida one was measured at 6.1 meters deep and 2.9 meters wide. Both male and female collect nest materials – but it is the female that does most of the construction. They are also a long lived species and may survive 35 years.

Written by David Grattan. Photos by Tom Devecseri.



1st year Bald Eagle.



3rd year Bald Eagle.



Adult Bald Eagle.