

JANUARY 2015

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

WINTERFEST

Save the date! This year's Winterfest will be on Saturday, February 21st 2015. 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!

Navan 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

HOCKEY DAY IN CANADA!

The Cardinal Creek Community Association has once again invited Navan to participate in their Hockey Day in Canada event, which will be held on Saturday, February 7, 2015, from noon to 4pm. We are looking for 15 kids (both girls and boys), between the ages of 4 and 16, who are interested in playing. Multiple communities have been invited to participate and there will be several games played. Each child must have their name clearly written on their stick as the organizers are planning on mixing the teams up. Cardinal creek will be hosting on their new fullsize rink located at 1825 Trim Road (at the 90 degree turn, on the east side of Trim). Food and drinks will be available on site, and some of our elected officials may even be referees. It promises to be a great afternoon! If you are interested in participating please call or email Luc Picknell at 613-429-0131, lpicknell@rogers.com.



Many thanks to Russ Keenan Water Truck Services! Once again this year, Russ provided two truckloads of water to help get the rink up and running!

NAVAN NOTABLES



SARA ERICSSON

Allow me to introduce myself! My name is Sara Ericsson, and I will be writing the Navan Notables column for the next few months! To sum myself up in a few words, I went to Canterbury High School and recently graduated from the History program at Acadia University. I am glad to say that I am back in Ottawa, and in Navan in particular.

We have lived in Navan since 2010, though I have only been here sporadically over holidays and summer breaks. My mother, Kenda St. Amour, has lived in the community for the past five years, and has enjoyed becoming involved within it in different ways, such as serving as president of the Remembrance Day Committee this year. We have loved Navan for longer than five years, however. We used to drive through Navan when I was young, admiring the houses and farms that make up this lovely town. It is extremely rewarding to be a part of and become involved in this community.

This past September, we journeyed over the Atlantic to a far away land with a familiar name. The town of Navan, Ireland, was absolutely beautiful, and learning it's history was also fascinating. With the help of Irish Navanites Paddy and Pamela Pryle, we were shown around and became acquainted with some of Navan's namesakes, such as Trim Castle. Who knew that one of our main roads was named after a castle!

Uncovering Navan's origins was great fun, and uncovering its present will be also. I am looking forward to getting to know all of you, and to writing this column as well.



Your Choice Realty Ottawa
101-1827 Woodward Drive
Ottawa, ON
K2C 0P9

Office: 613-369-5199
Cell: 613-290-8335
E-mail: YCHomes@bell.net
www.YourChoiceRealty.ca



GARRY LOWE
Salesperson

GALARNEAU & ASSOCIATES **et ASSOCIÉS**

Professional Corporation / Société Professionnelle
Barristers and Solicitors / Avocats et Notaires
Mediation / Médiation

SUSAN E. GALARNEAU

2831 St. Joseph Blvd.
Orleans, Ontario
K1C 1G6

Telephone: (613) 830-7111
Fax: (613) 830-7108

Email: seg@galarneauassoc.com



AMPLIFYit

Be seen, Be heard, AMPLIFYit

info@amplifyit.ca

613 • 835 • 3364

• Embroidery • Auto Decals & Lettering
• Silkscreen • Graphic Design • Promotional Products
• Trophies & Engraving • Clothing/Workwear



Kyle McDowell, B. Commerce
Financial Security Advisor
613-292-0751 | kyle.mcdowell@f55f.com

Freedom 55 Financial
A division of London Life Insurance Company

Freedom 55 Financial and design are trademarks of London Life Insurance Company.

66-1079 03/14



The CTAS Board of Directors invites all 2014 CTAS members to our Annual General Meeting to be held on Thursday, January 22nd, 2015 upstairs at the Navan Memorial Arena at 7pm. We will present an overview of our 2014 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 2015 Fair. 2015 membership will be available for \$20. Hope to see everyone there!

The Cumberland Township Agricultural Society (CTAS) Navan Fair has volunteer Board Member position that we would like to fill:

CONCESSIONS - This position/duty 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

Attending the monthly Board meetings (2nd Tues of each month)

President: Wendy Chretien

Admin. Coord: Debbie Newton

1279 Colonial Rd., Navan ON K4B 1N1

Tel: 613-835-2766 Fax: 613-835-4008

navanfair@bellnet.ca or www.navanfair.com



NARC DOGS FOR ADOPTION **KORANA & PETUNIA**

My name is Korona and I am about 1 year old.

I am sweet and loving and good with other dogs. I listen well to commands and I am very clean in my crate and in the home.

My name is Petunia and I am approx 6 months old. I'm a very sweet little girl, and I am training very well. I was shy at first but now I love

attention from everyone I meet and I love to play with the other doggies.

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

BANKS CAN BE INTIMIDATING. BUT WE'RE NOT!

We work with you to help you achieve your home ownership goals.

Chad & Patty Southwell

Mortgage Agents

613.835.3230

cpsouthwell@sympatico.ca

www.southwellmortgages.com

Your mortgage partners
for life... helping you
reach your goals!



**MORTGAGE
INTELLIGENCE**

Brokerage #10428 HO: 877.667.5483



The Navan Lions Club has been very active through November and December. Firstly I am happy to report that we have been able to donate over \$8000 so far this Year. Charities we have supported include the Military Families fund, Dog Guides, The Lung Association, The Orleans Cumberland Community Resource Centre, The Children's Wish Foundation, Kevin Frost, The Shepherds of Good Hope, Outcare, The Dave Smith Treatment Centre, and finally we have helped a family with a very sick child. We are now almost half way through our planned donations for this year – our next donation will be to the Pulmonary Fibrosis Society - money raised from our Bonspiel.



Our Curling Bonspiel held on December 5th and 6th at the Navan Curling Club was a great success. This Bonspiel, so ably managed by Lion Ross Bradley and named after Lion Jerry Calver, attracts more teams each year. Jerry was a very keen curler – to put it mildly – and at events like this he is badly missed. Our Bonspiel is unique in several ways – Recognizing the Scottish origins of the game, teams are piped onto the ice by piper Don Corbett in full Scottish regalia. Other unique features include a silent auction which raised over \$2000, a 50:50 run by Lion John Lyster, and brilliant live entertainment at the closing banquet by the Barrhaven Fiddleheads.

Two other events organized by Navan Lions included appearances by Navan Lions Santa – Dave Paterson and his elves namely Lions Fred Hyde (Ralph the elf) and David Grattan (Golf the elf) at the Sarsfield Nursing home to run a Bingo, and at the annual tour of Christmas Lights for elderly residents of Portobello Manor and the Cumberland Lodge retirement homes.

Thanks are expressed to all participants of the Bonspiel for their generosity and their open wallets, The Navan Curling Club for its unflagging support, M.L. Bradley for supplying a bus for the lights tour and special thanks to driver Neil Boyer who was unfazed by the snowiest night of the year.

Written by David Grattan.

M.L. BRADLEY LTD.

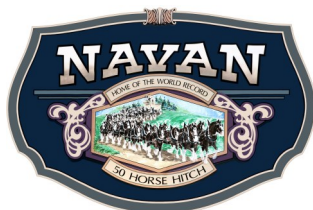
NOW HIRING
visit mlbradley.com
or call 613.835.2488

Margaret Struthers Interiors
613.835.9101

H. Harper Enterprises Inc.

Trucking Services
Water Haulage
Dump Truck & Equipment Rentals

P.O. Box 48, Navan, Ontario Tel: 613-834-8046



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 next dance is Jan. 9th. The dances are held at the Navan Arena, from 7:00 - 10:30 pm, the 2nd Friday of each month. 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, Jan. 19th, 2015 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

Tree Stump Grinding

For removal of unwanted stumps

Call for free estimates

Doug Smith

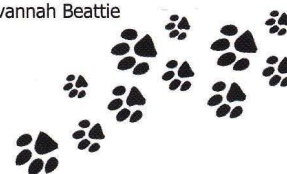
613-835-2695

Colonial Veterinary Hospital

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

1364 Colonial Road
Navan, Ontario K4B 1J4
PH 613-835-2883 FAX 613-835-2728

colonial_vet@hotmail.com
www.colonialvet.ca



The service you expect, the care you deserve.



(613) 835-4441

Dr. A. Mirfarsi

DMD, M.Sc.
Chirurgien dentiste/Dental Surgeon

P.O. Box 39 • 3417 Trim Road, Navan, Ontario K4B 1J3
5 min. south of Innes
www.navandentalclinic.com

**COLD
BEER**

**FRESH
COFFEE**

**SCOOP
ICE CREAM**

**WINE
SPIRITS**



www.jtbradleys.com

Box 209, 1220 Colonial Road, Navan, ON K4B 1J4
(613) 835-3781 • email: jtbradley@bellnet.ca

“First and Ten”

CHARITY DINNER
WITH SPECIAL GUEST SPEAKER

Jeff Hunt

President, Ottawa Sports and Entertainment Group

Come out and hear the story of TD Place, the REDBLACKS and OSEG after the first year, how it came together, what we have learned, and where we're going.

Tuesday, January 20th 2015
St. Mary's Hall
1171 Smith Rd, Navan



Tickets: \$100.00 (includes \$50.00 tax receipt)

Call 613-841-6118

email stmarysnavan@rogers.com

COMMUNITY ANNOUNCEMENTS

EVERYONE'S A STAR

Introducing Everyone's a star! Navan's new Children's Theatre Program. An innovative "hands on" program that provides children 8 yrs and up with the opportunity to participate in every level of a theatrical performance. Registration for our spring term will take place on Jan 6 and 13 from 5:30 pm - 7:30 pm at St. Mary's Hall 1170 Smith Rd. in Navan. Can't make it in person, you can register by phone at 613-830-8380. Classes and our end of term production will be held at St. Mary's Hall. For more information you can visit our website at www.csmproductions.ca or call 613-830-8380.



KNOTTY KNITTERS

Our members enjoyed a delicious Christmas luncheon at Montanas, to celebrate the season. We exchanged great gifts and no knitting was done!! All winter long we meet at the Navan Curling Club on Mondays, from 1 to 3PM. Come along and join us.

NAVAN STREETWALKERS

Thanks to these active gals we have beautiful wreaths hanging on the fence at the Navan Fair grounds. Such a festive addition to the village. We also met one Sunday afternoon to sing Christmas carols at the Town Clock Plaza. What a beautiful time in the snow, by the Christmas tree. Thanks to Joanne Griffin, who led us in song, and to Fred Hyde, who brought the Lions' song books over. Fred and Ray Vetter made a snowman and a snow dog from the sticky snow to stand on guard by the tree. Special thanks to AnneMarie Potvin and her family for getting the tree up and all lit up, and to Betty Nielands for all the garland. It sure brings a smile to your face as you walk by the Plaza.


PatCan
 homerenovations

Professional Handyman Services
 Pat Hennessey, Principal

Minor and major residential repairs,
 maintenance & renovations.

(613) 835-3548
www.patcanrenovations.com
 local references available

Over 15 years of friendly and professional service



HERITAGE PUBLIC SCHOOL Where City meets Fields

Local Groups Support Heritage School Band
 On Wednesday, December 10th, the Nifty 50 Plus Seniors Club was entertained by the Heritage School Band. They had been invited by Juanita Vetter the Nifty 50 Plus Chairperson and following their performance the band was surprised with donations from three local groups. Cheques for \$250.00 each were presented to Jennifer Stewart the band teacher by, David Grattan of the Navan Lions Club, Sheila Minogue-Calver of the Navan Womens Institute, and Juanita Vetter of the Nifty 50 Plus Seniors Club. The music was much appreciated and the band has been asked to return for an encore engagement.



Jennifer Stewart, Juanita Vetter, David Grattan, & Sheila Minogue-Calver.

UPCOMING BOTTLE DRIVE

Had a busy holiday season with lots of beer and liquor empties that you haven't had time to return? No worries! The *Heritage Public School Concert Band* is holding a BOTTLE DRIVE on **SATURDAY, JANUARY 10th, 2015.**

Students will be picking up bottles in Navan, Sarsfield, Vars and Cumberland but we're also happy to arrange a pick up from homes not located in any of the villages. Please place your empties at the end of your driveway or to ensure we don't miss you, e-mail monkpeople@gmail.com to confirm a pick up. Please title all e-mails BOTTLE DRIVE.

NAVAN WOMEN'S INSTITUTE

We celebrated the Christmas season at D&S Restaurant in Carlsbad Springs. The waiter and kitchen staff were very accommodating, and the food was sooo yummy. Nothing so good as their Nachos that evening! We collected necessities for a women's shelter, which Sue Woram dropped off, just in time for Christmas.

Next meeting is Wednesday, January 14, at 7PM in the Lions' Den at the Navan Curling Club. Looking for a great community group? Come on out and join us. Our guest speaker is Anne Warburton speaking on "The Alphabet Project".

NAVAN BIRDS

You are cordially invited to join us for an evening of **BIRDS OF NAVAN and AREA.**

David Gratton and Tom Devesceri will entertain and educate us with information on birding and and bird photography.

DATE: Wednesday, March 11TH

TIME: 7pm

PLACE: St Mary's Hall, Smith Road, Navan.

Light refreshments will be served.

Donations to the Wild Bird Care Centre will be gratefully accepted.

Sponsored by the Navan Women's Institute

ORLEANS WOMEN'S CONNECTION

Wednesday, Jan. 14th at The Orleans United Church, 1111 Orleans Blvd.

From 9:30 - 11:00 a.m.

Music: Barry Francis

Feature: Tips For a Healthy 2015 with Dr Jilla Faith

Story: Evelyn Hollinger "Friends"

Cost: \$6.00 at the door

Reservations: Shirley 613-841-5143

"Women Connecting With God, each other and their community." www.stonecroftcanada.org

NAVAN BOOKMOBILE

1246 Colonial Road, Thursdays 2:30 to 4:15 p.m.

SKATING AT THE NAVAN ARENA

Public Skating:

Saturdays starting Oct. 4th, 5—5:50 p.m.

Sundays starting Oct. 5th, 1—2:20 p.m.

Unsupervised Skating:

Monday starting October 6th, 3—4:50 p.m.

Thursdays starting Oct. 9th, 3 to 4:50 p.m.

SINGING OLD FAMILIAR CAROLS

It was a warm sunny day on Sunday, December 14 and a few of us got together to sing Christmas Carols at the Town Clock Plaza. Thanks to Joanne Griffin for leading us in song and to Fred Hyde, a Navan Lion, who brought the song books. This has been an annual event at the Town Clock Plaza since it was built, 3 years ago. Lots of seasonal fun!!



Picture includes; Fred Hyde, Joyce Bradley, Doreen Hardiman, Betty Neilands, Juanita and Ray Vetter Amanda and her babe, Frosty, Joanne Griffin and Chantal Soucy, in the front.

MODERN SQUARE DANCING OPEN HOUSE(FREE)

Roy Hobbs Community Center

Wednesday, Januray 7TH, 2015, 7:30 PM.

109 Larch Crescent (corner of Champlain Street and Larch Crescent) in Orleans.

Come twirl the night away with caller Paul. This is a great fun, physical, and mental activity. Bring a partner and start fulfilling your New Year's resolution. Refreshments at the end of the evening. More info about the Village Squares is on villagesquare.ca or call Bob at 613-833-2601.

THE WHOLESALE OUTLET
Women's Clothing & Accessories
Sherry Woodburn



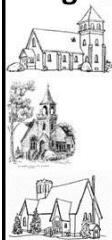
FDJ
FRENCH DRESSING JEANS

FDJ is a French company, founded in 1974, with a long history of excellence in the fashion industry. FDJ is committed to providing the highest quality products and services to its customers.

613-748-6605

1877 Innes Rd. (between Blair & Cyrville Rd.)
Ottawa, Ontario K1B 4C6

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

NAVAN-VARS UNITED CHURCH

1129 Smith Road, Navan

Rev. Janet Nield

Sunday Worship 10:00 a.m.

A friendly greeting awaits you!

www.navan-vars-united.org



Navan Community Sunday School

9:45 a.m. – St. Mary's Hall

navancommunitysundayschool@gmail.com

**CREATIVE
memORIES™**



Catherine Hyde

Independent Consultant

CM ID 78759516

613.835.3331

chhyde@magma.ca

www.mycmsite.com/catherinehyde

3560 Birchtree Crescent
 Navan, ON K4B 1N6

NAVAN VETERINARY SERVICES

3425 Trim Rd

Navan, Ontario

K4B 1J3

613-835-2646, Fax 613-835-2537



David Douglas DVM

Jean Cyr DVM

Adrian Domen DVM

Brianne Griffith DVM

Jennifer Hubbard DVM

824-3578



ALMAR ROOFING LIMITED

Complete Roofing Services

4371 Navan Rd.

Navan, Ontario

K4B 1H9

360renos

David W. Bennett

Owner

Trim Rd. Navan, ON

dbennett@360renos.ca

p. (613) 429-5000 c. (613) 282-2124

www.360renos.ca

DOVES



Though at the northern end of its winter range, the Mourning Dove is a very noticeable bird throughout our Navan winters. On cold days, you (like us) probably observe them huddled and fluffed out for warmth – sheltering in the sunniest spot they can find. We often see them on the ground right up against the basement wall looking totally frozen. It is also noticeable that they love to hang around bird feeders for lengthy periods. Unlike other birds that flit backwards and forwards to feeders and scatter at the least disturbance – the Mourning Dove just stays around – it likes to feed (and feed and feed) on seeds which have fallen to the ground. The Mourning Dove stores the seeds it gathers in an enlargement of the esophagus called the crop. Once they've filled it – sometimes with incredible quantities - they fly to a safe perch to digest. The mourning dove may eat up to 30% of its body weight per day. I guess it is this placidity which makes it an easy target – it is the most hunted bird in North America – about 20 million are killed by hunters each year. It is also an easy target for domestic cats and Red Tailed Hawks as it is not as sprightly as other birds. Fortunately this vulnerability does not seem to be harming the numbers too much – the US population is estimated as 350 million. The other feature to note about the Mourning Dove is that it is spectacularly beautiful – it has gorgeous colours and subtle iridescences which are a delight to the eye. This delicate brown to buffy-tan plumage, with black spots gives the bird excellent camouflage as it matches open-country surroundings. Why may you ask is it called the Mourning Dove? Apparently it is because their soft, drawn-out calls sound like laments.

Written by David Grattan. Photo 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.