

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Navan Winterfest!

Saturday, Feb. 21st

- | | |
|-----------------|---|
| 11am - 11:45am | Mini-olympics. Children wanting to participate should possess basic skating skills and are asked to arrive 15 minutes ahead of time. |
| 11:30am | Hot dog lunch to be served by Navan Lions Club
Coffee / hot chocolate served by Royal Bank Navan |
| 11:45 - 12:30pm | "Learn-to-skate" for kids |
| 12pm - 2pm | Horse-drawn wagon rides |
| 12:30 - 2pm | Free skate |
| 2pm | Snow sculpture judging |
| 2pm - 3pm | Shinny hockey. Those wanting to participate are asked to sign up between 11am and 1:30pm.
Please bring a helmet (mandatory), gloves, hockey stick, and 2 jerseys (one light and one dark). |



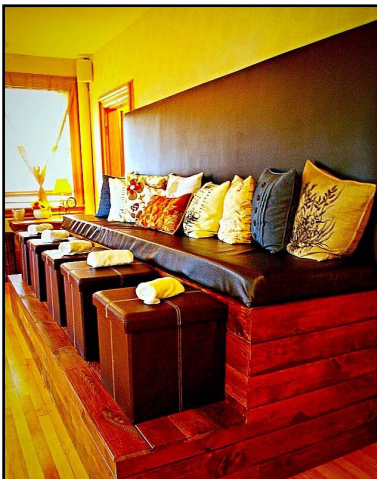
Music to be provided by Live 88.5! Prizes to be won!
Lots of fun to be had by all!



NAVAN NOTABLES

COUNTRY MOMENTS SPA & WELLNESS CENTER

While others search for winter getaways in warm and sunny destinations as they try to escape the Great Canadian Winter, why not seek some respite from the cold a little closer to home? And what if I were to tell you that such a thing could be found, quite literally, in the centre of our own community?



Country Moments Spa & Wellness Centre, owned and operated by Amanda Watson, is located at the intersection of Smith and Trim, and is the perfect choice for anyone seeking a relaxing retreat. It offers many kinds of spa services, which include manicures and pedicures, facials, body treatments, waxing, laser hair removal, skin rejuvenation, acne treatments, spray tan, and so much more. In addition to this, they employ a Registered Massage Therapist and a Reflexologist. Acupuncture, meditation circles, teeth whitening, holistic nutrition and soon-to-arrive yoga classes are offered as well. With so many options to choose from, it is no wonder their clients feel fantastic inside and out after their sessions.

Originally located in Orleans, Amanda had been thinking about a possible change of location for her business. When the Laura's Corner House, one of Navan's most iconic heritage buildings, became available, she jumped at the chance to set up her business here, saying that the building was "built for a spa!" Indeed, it is impossible to disagree. The historical charm of the building, combined with the invigorating atmosphere of Country Moments, creates an amazing experience.

Amanda has a connection to Navan as well. Her husband grew up in Sarsfield, and she worked at the Navan Fair for a few years. Now, as she returns to work here once again, the feedback her spa has received thus far could not be more positive. She says that she and her employees "absolutely LOVE it here in Navan! Everyone has been so welcoming and supportive of us." She hopes that the spa will attract even more people to our community.

If there is one thing that Amanda Watson would like people to know about Country Moments, it is that it "isn't run by a corporation; we are women with families, children and core values. We treat our clients as family and friends, just like we would want to be treated."

To contact Country Moments Spa & Wellness Centre for information or to book an appointment, they can be reached by phone at 613-590-9999 or by email at info@countrymomentsspa.ca. More information is located on their website, found at www.countrymomentsspa.ca. To follow them on Facebook, visit www.facebook.com/CountryMomentsSpa.

Written by Sara Ericsson.

QUOTE OF THE MONTH:

"Don't worry , just breath. If it's meant to be, it will find it's way."

Author Unknown



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Hours of Operation

*May Long-Weekend
to
December 24*

*Friday, Saturday, Sunday
11 am - 5 pm*



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The Board of Directors of the Cumberland Township Agricultural Society would like to thank the members who took time out of their busy lives and came out on a crisp cold night to attend our Annual General Meeting on Thursday, January 22nd at the Navan Memorial Centre hall. We were honored to have our MP Pierre Lemieux and our Councillor Stephan Blais in attendance, they extended thanks to the volunteers, Board and sponsors who all make the Navan Fair a success every year.

Navan Fair August 6th-9th, 2015

President for 2015 will be Jo-Anne Girard

2015 Theme is:
"Fun for the Whole Herd"

Awards and Recognition were given to the following people:

Sam & Janet Rathwell Award – presented by Don Rathwell & Stephan Blais to the Florence Bertram Family for their demonstration of exemplary teamwork, spirit, and creativity at the Navan Fair, for the CTAS & within the community. The Bertram Family exhibited in Commercial Features, Field Crops & Homecraft earning top prizes.



Don Rathwell, Wendy Chretien accepting on behalf of her Mother Florence Bertram & Councillor Stephen Blais

Ontario Association of Agricultural Societies (OAAS) Award – presented to Dave and Bonnie Bergeron by the CTAS Board of Directors for their outstanding and ongoing contribution to the Dairy Cattle Division of the Navan fair.



Wendy Chretien, Bonnie & Dave Bergeron & MP Pierre Lemieux

Volunteer of the Year – Dave Wall has volunteered with Grounds Crew for the past 10 years, helping get everything together on the grounds for the Fair. Unfortunately, Dave was out town and not able to attend the meeting.

Volunteer Youth of Distinction – Megan Bergeron is this year's recipient. Megan is the daughter of Luc & Jackie Bergeron. Around the age of eight she started to help her Dad, who at that time was Sheep Director with the sheep show, cleaning up garbage, setting up pens for sheep, and handing out ribbons. Now that Luc is Entertainment Director, she runs out to pick up stuff for the band riders, helps him set up fencing, tents, fills the coolers in the dressing rooms, and even picks weeds around the stage and the back drop. Then when it's all over she helps take it all down. She has never missed a Fair.



2014 Navan Fair Ambassador Taylor McNeely & Megan Bergeron

Navan Fair Parade Award - Lloyd Morrison Award for the Best Float was awarded to the Navan Colonial Veterinary Hospital.



Staff of the Navan Colonial Veterinary Hospital

Our outgoing President Wendy Chretien was presented with a Certificate and a gift on behalf of the Executive and Board of Directors for her two years as President.



Jo-Anne Girard, Wendy Chretien & Luc Bergeron

Councillor Stephen Blais also presented Wendy with a Certification of Appreciation from the City of Ottawa.



Councillor Stephen Blais & Wendy Chretien

A special thanks to Tom Devecseri and John Ladds for taking all the photos.

President: Wendy Chretien

Admin. Coord: Debbie Newton

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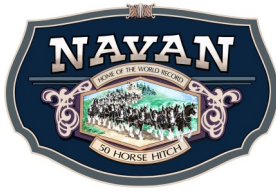
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NAVAN COMMUNITY ASSOCIATION (NCA)

The NCA Executive would like to encourage all residents to become members of the community association. The NCA meetings are held on the third Monday of the month, from September to June at the Navan Arena at 7:30 p.m.

The NCA is the umbrella organization for:

- The production and distribution of the Navan Nugget.
- The Nifty 50 Plus Senior's Club,
- The Teen Youth Dances,
- The Navan Youth Ball league,
- The Navan Tennis Club,
- The Soccer Registration Group,
- The Fall Fest Committee,
- The Winterfest Committee,
- The Outdoor Rink Committee,
- Members of the NCA maintain the floral gardens at the entrance of the village.

The NCA has successfully completed projects such as the Cenotaph Restoration, the Shade Structure Park Project, the Clock Tower and Wall of Fame, the 150th Celebration, and the Outdoor Skating Rink. Your membership entitles you to vote at the AGM, bring issues relative to the village to the agenda, and get actively involved in projects that are of interest to you. The NCA provides the community link to our City representative. Please support the NCA by becoming a member.

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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 February 13th. 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, February 16th, 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.

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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

VANDALISM:

Unfortunately, we have noticed a series of acts of vandalism to the outdoor rink change area in recent weeks, ranging from the garbage being spread inside to lights being broken and, most recently, the fire extinguisher being set off. We ask members of our community to please keep an eye out and call the police if you notice any suspicious behaviour. We may have to consider permanently closing the change area if vandalism continues.

NEW BENCHES IN OUTDOOR RINK CHANGE AREA:

Some people may have noticed the six nice new wood benches that are now furnishing the change area at the outdoor rink. These were built by Brook, Kevin, and Alex, three students in Mr. Robert Simo-
neau's Construction Projects class at Sir Wilfrid Laurier Secondary School. Great job guys!



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



In case you have not heard, Canada will be 150 years young in 2017. Planning the party starts now.

Ray Vetter and Fred Hyde, of the Navan Community Association, are heading up a committee to help coordinate the various activities and ideas that our community may have, to celebrate this sesquicentennial anniversary (try saying that after a couple beers). If you would like to be part of the committee, please let one of them know. In addition they would like to meet with every group, organization, club, association and even excited citizens for their ideas and suggestions as to what the whole community could do in the way of a major project or collection of smaller projects.

Let's get the party started...

Ray Vetter
 613-835-1744

rvetter@sympatico.ca

Fred Hyde
 613-835-3331

fchyde@magma.ca





Community Safety Zone



Happy New Year from the Navan Community Association Safety Committee! There was no column last month due to the Christmas holidays, but we are now back and looking forward to more interactions with our residents for the remainder of 2015!

For this month's column, we will focus on a safety issue which is raised by Navan residents more often than any other: speeding cars and aggressive driving. A 2012 public survey conducted by the Ottawa Police revealed that this issue is also the most important concern for the citizens of Ottawa. The speed limit on most streets within our village is 40km/hr and 50km/hr on Trim and Colonial. The speeding problem is most often reported along Trim Rd (south of Delson), as well as along Henn Dr and Delson Dr.

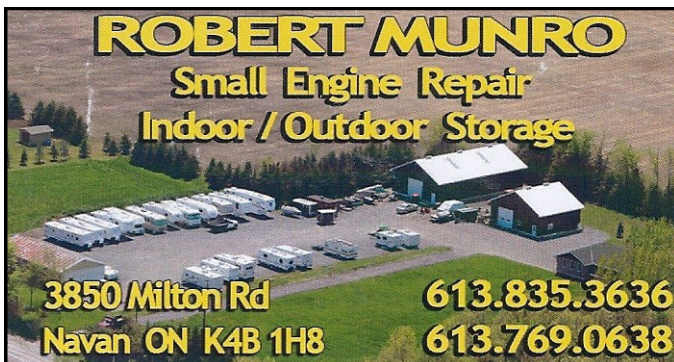
Did you know that if you drive the entire length of Delson travelling at 60km/hr instead of the 40km/hr speed limit, you will only save about 30 seconds to your commute (and risk a \$95 dollar fine)? Also, if a child chasing a ball was to suddenly emerge onto the street 29 meters in front of your car travelling at that same speed, taking into account the average human reaction time, you would be hitting the child at 44km/hr, thus possibly causing him/her serious injury or death, while a person driving the speed limit would have ample time and space to bring their vehicle to a complete stop.

When you consider all these factors, is it really worth it to speed along residential streets? Please be considerate of your neighbours and their children... Tell your friends and other drivers in your household: **DON'T SPEED IN OUR VILLAGE!**

Traffic complaints can be made on-line through the Ottawa Police website. Ensure you take note of the licence plate of the vehicle and description of the driver. For more information on this topic, please go to the following link: <http://www.ottawapolice.ca/en/safety-and-crime-prevention/aggressive-driving-and-rules-of-the-road.asp>

If you have a question/comment for the Safety Committee, please e-mail us at: safety@navan.on.ca

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President: David Paterson
Secretary: Chris MacPherson
Treasurer: David Gratton

COMMUNITY ANNOUCEMENTS

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.



NAVAN BIRDS

You are cordially invited to join us for an evening of BIRDS OF NAVAN and AREA. David Grattan and Tom Devesceri will entertain and educate us with information on birding and and bird photography.

DATE: Wednesday, March 11TH

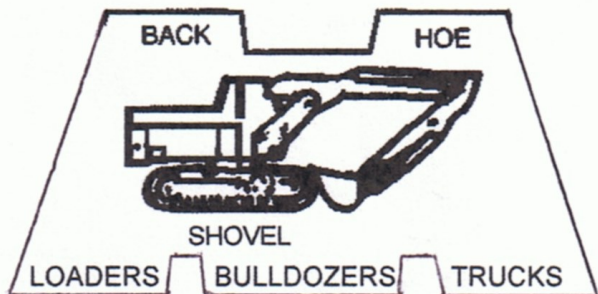
TIME: 7pm

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



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Exterior Basement Moisture & Drainage Repairs

Petitions for better transit in Navan

Some online petitions have been created for better transit service in Navan. The reasons for the petition are that the 231 is over packed and does not come any more then 3 times in the morning, with the last run leaving about 7:20 a.m. There are only 3 runs in the afternoon. The only mid-day service in Navan is serviced by the 202. Which only comes on Tuesdays at about 9:15 a.m. which is not really mid-day service and there is no weekend service. If you want a change to transit in Navan please look, fill out & sign the petitions below;

Petition 1

Is for the 231 here is the link:

<http://www.ipetitions.com/petition/change-to-231>

Petition 2

Is for the 202 here is the link:

<http://www.ipetitions.com/petition/change-to-202-oc-transpo>

Petition 3

Is for a new idea in transit for Navan here is the link:

<http://www.ipetitions.com/petition/new-transit-service-to-navan>



NARC dogs for adoption - Isis and Ti-Poux

My name is Isis and I am a Belgian Malinois. I am very sweet, know lots of commands, and I love tum-my rubs! I am a docile dog and I love everyone including kids.

My name is Ti-Poux and I am a Miniature Pinscher, approx 9 years old. I am a very good dog who loves attention and cuddles, and I will follow you everywhere. I'm looking for someone who will give me my last forever home!

For more details please visit our website at www.narc-charity.ca.

Navan Animal Rescue Corp
4388 Navan Road, Navan, ON, K4B 1H9
613-834-7005

Navan Fine Arts Exhibition & Sale

New Dates: April 25 & 26 (Saturday/Sunday),
10 am – 4 pm each day at the Navan Curling Club
Free admission

NEW THIS YEAR:

Jewelry designer Talin Waugh
Threaded Metal Designs by Sarah Langille
Local authors will be doing readings and selling
their books:

Monica Dumont & Joanne Lecuyer – children's
books – Saturday 10-1 p.m.

Kita Szpak – self-help books – Saturday 1-4 pm

Barbara Fradkin – mystery writer – Sunday 1-4

2015 feature artist is Richard Hanna, an award
winning visual artist and felter, and maker of
amazing felted sculptures

See samples of JackWraps and place your or-
der for a handwoven baby wrap by Master
Weaver Shirley Browsey

Artist demos Sunday 10-1 p.m.

Welcoming back Navan and area artists Bernadette
Alcock – Garden Sculptures, Shirley Browsey –
Weaver, Richard Charlebois – Marquetry, Ross Elliot
– Wood Turner, Jean-Paul Fournier – Photography,
Liz & Francois Fournier – Pottery, Janis Fulton – Acryl-
ics & Oils, Doreen Hardiman – Visual Artist, Kerstin
Peters – Visual Artist, Ken Riopelle – Acrylic Artist,
Anne Warburton – Fibre Art and Handmade Books,
plus a special exhibit of selected works by students
of Heritage Public School.

More info: www.navanarts.com

And please visit us on Facebook at [https://
www.facebook.com/NavanFineArts](https://www.facebook.com/NavanFineArts)



ORLEANS WOMEN'S CONNECTION

Wednesday, Feb. 11th at The Orleans United
Church, 1111 Orleans Blvd from 9:30 - 11:00 a.m.

Corie & Ed Matwawana "Love's Fresh Start"

Special music by Corie & Ed

Cost: \$6.00 at the door

Reservations: Shirley 613-841-5143

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

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EUCHRE PARTIES

FEBRUARY 20, 27, MARCH 6 AND 13, 2015 AT 8 P.M.

BEARBROOK COMMUNITY CENTRE,

8720 RUSSELL ROAD, near BEARBROOK, ONT.

The Leonard Women's Institute will be hosting their
next series of Euchre parties at the above
noted times and dates. Come and enjoy friendly
competitions with friends and neighbours.

There will be prizes for competitors and refresh-
ments will be served following the games.

Fee to play is \$5.00.

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.

WEEKLY RURAL SHOPPERS BUS

OC Transpo has free once-a-week service from ru-
ral communities to urban shopping destinations.
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 accessi-
ble and have space for two customers using wheel-
chairs. Contact OC Transpo for additional details
and travel planning assistance.

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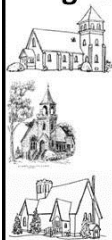
613-897-9947

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-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

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.



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Debbie Dandy	Treasurer	613-835-2375
Laura Brownrigg	Volunteer Co-ordinator	613-445-0573
Wayne Dandy	Trail Co-ordinator	613-835-2375
Meryl Jackson	Trail Director-Vars	613-835-2651
John McArthur	Trail Director-Orleans	613-834-5324
Wayne Dandy	Trail Director-Navan/Sarsfield	613-835-2375
Stephane Gratton	Trail Director-Cumberland	613-833-1278
Theo Haight	Trail Director-Carlbad Springs & Manotick	613-822-3629

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\$350,000.00	\$17,500.00	\$12,250.00	\$5,250.00
\$400,000.00	\$20,000.00	\$14,000.00	\$6,000.00
\$450,000.00	\$22,500.00	\$15,750.00	\$6,750.00
\$500,000.00	\$25,000.00	\$17,500.00	\$7,500.00
\$550,000.00	\$27,500.00	\$19,250.00	\$8,250.00
\$600,000.00	\$30,000.00	\$21,000.00	\$9,000.00

BATS OVER NAVAN

If you see a bat in Navan it is most likely the little brown bat. This is the most common and widely distributed bat in Canada. Other possibilities are the Northern long-eared myotis, or the Eastern pipistrelle, the smallest of Canada's bats or the Eastern small-footed bat. (There are 16 bat species in Canada) We know there are lots of bats in Navan. We have often seen them at nightfall as they flit and weave in pursuit of flying insects. They are also often seen at dusk flying out of attics or roof spaces in some of our older houses in the village. We enjoyed the presence of a bat in our house on two occasions. Suffice it to say – they are very hard to remove without damage to your house or, more importantly, the bat. Seen at close quarters they are wonderful creatures, their wings are silky and elegant – they are certainly not the hideous creatures of horror movies etc. Bats are useful – they eat many thousands of insects.



There are a number of myths about bats – one is that they all carry rabies. The truth is that less than



2% carry the disease, and those that do have it tend to lose their ability to fly and are usually non-aggressive to humans. At the moment there is some doubt as to whether bats will survive in Eastern Canada. They are being seriously affected by "White Nose" a fungus which makes them come out of hibernation too early. The three bat species most affected in Eastern Canada are the little brown bat, the Eastern Pipistrelle and the Northern long-eared myotis our three most common. I don't know about you, but I think this is a very sad situation - but we can do something about it! This is taken from the Canadian Wildlife Federation website:

"White nose syndrome is an intimidating foe, but by taking action in partnership with CWF you can help bats fight back. Your contribution could be as simple as purchasing a CWF-branded bat box. A bat box is a wonderful way to offer bats in your area a safe haven once they come out of hibernation this spring. You can also download plans from the CWF website to build your own. It's simple and easy to do. These are small steps but they go a long way to helping CWF continue its efforts to save the bats!" <http://cwf-fcf.org/en/do-something/challenges-projects/help-the-bats/>. So people of Navan, see if you can help save the bats by building bat houses!

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.