

MAY 2015

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



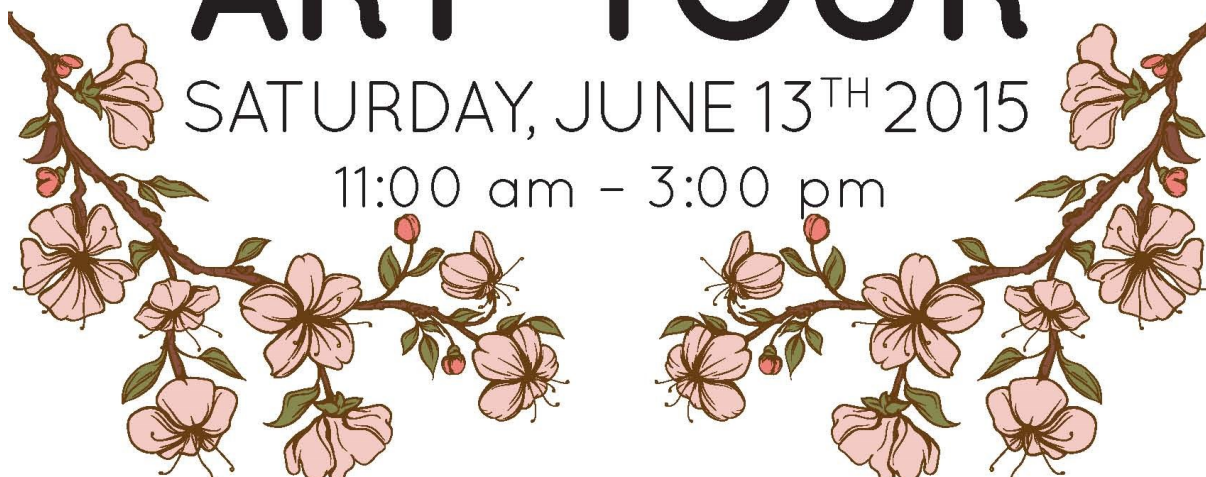
NAVAN WOMEN'S INSTITUTE PRESENTS



GARDEN & ART TOUR

SATURDAY, JUNE 13TH 2015

11:00 am – 3:00 pm



Take a self-guided tour through many lovely gardens

Visit a vineyard, spa and local park

Discover inspirational ideas for your garden

Interact with local artists along the way

Rain or shine ♦ Complimentary snack & beverage ♦ Door Prizes

Tickets \$15

Maps & tickets available from 11 am at 1134 Smith Road, Navan



For more information, visit www.navanwi.com
Or contact info@navanwi.com / 613 - 835 - 4296

NAVAN NOTABLES: Sam Dagg



Sam Dagg with photos of the International Plowing Match and the 50 Horse Hitch.

It is safe to say that Sam Dagg knows a thing or two about Navan.

Whether it be the world record Fifty-Horse Hitch, the Fire Hall or the Navan Fair, Sam knows just about everything there is to know about this town, where it has come from, and where it is going. He is a lifelong resident of Navan, and has been involved within the village for his entire life.

As a young adult, Sam often thought of working a job in uniform and helping people. He realized this dream in 1974 when he began volunteering with the Cumberland Township Fire Department, and began working fulltime the following year. His career with as a firefighter spanned 30 years.

As a 'fully involved' firefighter, Sam fought structure fires, motor vehicle accidents, attended to hazardous materials and assisted during medical calls. While some calls were quick and lasted only minutes, others were much longer. "For some calls, you were there day and night," said Sam. Some were a matter of life and death, and one such incident occurred March 3rd, 1981, when a 2 week old baby that had stopped breathing was brought to the fire hall. Sam performed life saving measures, and the baby survived.

From 1995 to 1996, Sam was the president of the Navan Fair, and helped plan the iconic 50-Horse Hitch, an event that drew thousands of people to Navan, set a Guinness World Record, and was documented by news outlets from around the world. This year, the fair will mark the 20th an-

niversary of the hitch. In addition to his involvement with the fair, Sam also chaired the 2001 International Plowing Match held in Navan.

Sam's interest in draft horses also extends outside of Navan. He is a close friend of Johnny Cundell, who owns and operates a stable in the Byward Market, and regularly attends heavy horse shows with him. Sam also attends fairs throughout Ontario, as well as American state fairs. Sam and his wife, Connie, are also passionate about dog shows and competed with English Bulldogs for 24 years, until 2003.

Since Sam was born in 1955, Navan has experienced developments and grown as a community. This is evident through a story Sam shared from his childhood. During nights when he couldn't fall asleep, Sam's mother would offer him a piece of advice. "Just think of all the people you know in Navan, and by the time you remember the last one you will be asleep." While it would be much harder to count everyone in Navan nowadays, this anecdote offers a glimpse into Navan's past and present, both of which Sam is very much a part of.

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August 6, 7, 8 & 9, 2015

Ambassador Competition

Contact Sara McFadden at

sara_mcfadden13@hotmail.com or the Fair Office at 613-835-2766 (navanfair@bellnet.ca).

Rules and Regulations:

Competition is open to any male or female between 18-23 years of age at the time of the CNE in August 2015.

Contestants will be disqualified if any of their qualifications are found to be in contravention of any of the competition regulations herein set out and may also be disqualified if they fail to observe any of the instructions and regulations which may be set out by the supervising official of the competition.

Entries will be accepted starting May 1st, 2015 and the deadline is Jul 1st, 2015. Please forward all entries to Sara McFadden (sara_mcfadden13@hotmail.com) or the Navan Fair Office, 1279 Colonial Road, Navan, ON K4B 1N1 (navanfair@bellnet.ca).

The ambassador will be required to attend all fair days. They also must fulfill obligations outlined by the committee. Example: OAAS convention, CTAS Annual Meeting, Annual Navan Fair Parade, Community events, etc. Interview date will be Wednesday, July 15th at 7:00, Navan Fair Office Boardroom (1279 Colonial Rd).



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

20th Anniversary of Guinness World Book of Record - 50 HORSE CLYDESDALE HITCH

We are planning to celebrate this 20th anniversary by displaying the 50 horse hitch wagon, pictures, posters, newspaper articles, preparing a slide show, ribbons, etc. These displays will take place in a tent situated alongside the Exhibit Building during the weekend of the Fair. We are asking the community if anyone has any memorabilia they would like to lend to the Fair Board we would be very grateful. If you have any items, please label with your name & telephone number, these items can be dropped off at the Navan Fair Office. (Please call to ensure the office is open.)

Homecraft Prize List

For anyone who wants to get a head start on their homecraft projects for the 2015 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 29th, 2015 at the Navan Fair Office.

Office hours for May

Tues 9-5 - Wed 9-4 - Thurs 9-5.

President: Jo-Anne Girard

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

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Navan Lions Report

President: David Paterson

Secretary: Christina MacPherson

Treasurer: David Grattan

Navan Lions Club is part of Lions district A4 which covers part of Quebec and much of Eastern Ontario. Recently we held our annual convention at the Brookside Hotel in Kanata. The Convention is an occasion for the celebration of Lions activities and also a chance for individual members to broaden their acquaintances within the movement.

Navan Lions Club has been very active in support of the Lions Dog Guides program. Your immediate reaction will probably be – don't you mean Guide Dogs? And the answer is "no." Dog guides are service dogs trained to help people with a wide variety of problems such as vision, hearing, autism, mobility issues, seizure and diabetic alert, and enable them to live independently. During our Saturday lunch, we heard from a very articulate young woman who explained the impact that her dog has had on her life. I must confess that she brought us all to tears - the impact of her dog is simply incredible. It was a true eye opener. Lions Clubs operate a training program for dogs in Oakville Ontario. I invite you to check out the web site at <http://www.dogguides.com>. Each Fall we place flyers in all Navan businesses for our annual Dog Guide Walk. It is a program which is simply amazing, so when you see the flyer please consider supporting it with either a donation or participating in the walk itself.

Lions have also been busy organising two events: our membership drive meeting on the 27th of March and our Bean and Roast Park supper on the 24th. Many of us are baking beans in preparation for this event and we are using John Ladds famous Billy Bobo's recipe, which is frankly amazing. Come and see if you think Lions make the finest Baked Beans. If you have any questions about Navan Lions and the forthcoming events, or are interested in joining us, please visit our website at <http://www.navalions.ca>.

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Dr. Kasia Hering, Dr. Catherine Sin, Dr. Savannah Beattie

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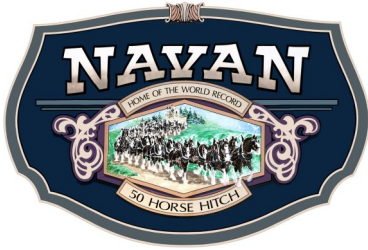
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Jean Cyr DVM
Adrian Domen DVM
Brienne Griffith DVM
Jennifer Hubbard DVM



*N*IFTY 50 PLUS SENIORS CLUB

Older Adults (50 and 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 (2015) the activities will cease after the 25th of June and commence once again 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 late date. COME CHECK US OUT.

- The Nifty Fifty Plus Organizing Committee



On April 8th the Navan Nifty 50 plus Seniors Group had the pleasure of being entertained by accordionist Bram Penning. The day included a great lunch catered by the Navan Womens Institute, the opportunity to visit with friends, play some games and of be entertained by one of their own active members Bram. A great big thank you to all who helped make this a special day and for all the support from the members.

2015 Navan Fine Arts Exhibition & Sale



The 5th annual Navan Fine Arts Exhibition and Sale was a resounding success for those who participated and those who attended. Items of various styles such as pottery, knitted garments, felt masks (as pictured above), paintings, photography, wood carvings, and so much more. Looking forward to another fantastic event next year!

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. **The last 2 dances for this season are on May 8, & June 12.**

Next NCA Meeting: Please join us for our next monthly meeting on Monday, May 18th, 2015 at 7:30 pm, upstairs at the Navan Arena.

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

To send us your community events to include on our Facebook page, email your event to webmaster@navan.on.ca. 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

Quote of the Month

“Wake up every morning with the thought that something wonderful is about to happen.”



Planning has started for our celebration of Canada's 150th birthday in 2017.

If your group or organization has not heard from us, please don't be shy, contact us and we will meet with you to hear your ideas on what we can do here in Navan to celebrate or commemorate this milestone.

If you, as an individual, have some ideas and suggestions, we would like to hear from you also.

Let's have a party!!!

Ray Vetter
613-835-1744
rvetter@sympatico.ca

Fred Hyde
613-835-3331
fredhhyde@gmail.com
(please note the new address)



(613) 835-4441

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COMMUNITY ANNOUNCEMENTS

Navan Women's Institute

Next meeting is Wednesday, May 13 at 7PM. This is a pot luck. Anyone wishing to come along that evening is welcome. We meet at the Navan Curling Club. Come on out and meet some wonderful women and enjoy an evening of fun and great ideas to enhance our village.

W.I. Garden Tour

Tickets are on sale through members at \$15.00 a ticket. Tour and Tea are included in registration. Tour occurs on Saturday, June 13.

Knotty Knitters

Knit-in-Public day occurs on Saturday, June 13 at Country Moments Spa, at the corner of Smith Road and Trim Road. There will be Yoga on the lawn and knitting on the porch. Watch for posters giving times. Come on out and bring your latest project. There will be knitters able to help you with any problem you may have.

Our latest charity is for the Breast Cancer Foundation. We are knitting Knockers in Pima ultra soft cotton by Cascade. For more information on these knitted soft prosthetics for women who have had a mastectomy see www.knittedknockers.com

Navan Streetwalkers

We must thank all the drivers who so kindly slow down and pull over to the side of the road when they see us. Much appreciated. Too bad we don't have more sidewalks, especially down Smith Road!! Thank goodness for our beautiful trail!!

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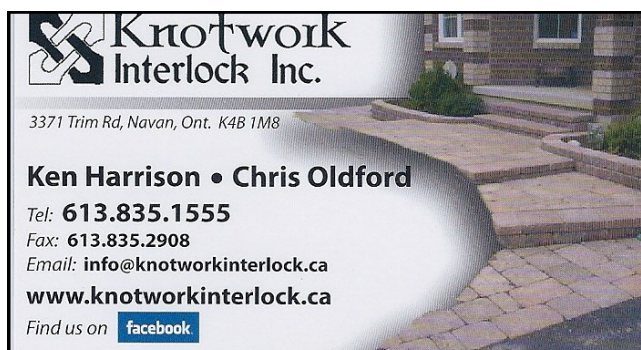
Tel: 613-834-8046

Navan Knights!!

Teens Helping Seniors:

Spring has sprung!! Seniors need help in their yards. Teens need volunteer hours. Come on out and help an older person with some Spring Tidying up. Such tasks could be raking lawns, spreading lime on lawns, washing windows, helping with weeding and planting, putting up lawn furniture, painting, etcetera.

Give a call to Sheila at [613-835-4296](tel:613-835-4296) or email her at samc1@rogers.com. She will match you up.



Knotwork Interlock Inc.
3371 Trim Rd, Navan, Ont. K4B 1M8
Ken Harrison • Chris Oldford
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Fax: **613.835.2908**
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WEEKLY RURAL SHOPPERS BUS

OC Transpo has five routes that provide free once-a-week service from rural 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 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.

CAMP AWESOME: VACATION BIBLE SCHOOL

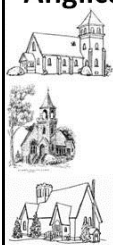
Vacation Bible School is coming to Navan this July. Navan-Vars United Church and St. Mary's Anglican Parish are co-presenting "Camp Awesome!" So, save the date for "Camp Awesome," Monday to Friday, Jul 13 to 17, 2015, from 10 am to 3 pm. The camp is for all children from 4 to 12 years old, and will be held at St. Mary's Hall. The theme this year is "Fruits of the Spirit." There will be songs, stories, crafts, and games. For registration, contact Navan-Vars United Church, www.navan-vars-united.org/, or contact Shelley Douglas at 613-835-3965. Everyone is welcome.

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

Afternoon Tea

Enjoy a Relaxing Afternoon Cuppa



**Saturday, May 9
@ 2:00 pm sharp**

St. Mary's Hall

Advance Tickets Only!

\$10

Call: 835-2519

**Bake Sale - Exclusively for Attendees
Hats Encouraged**

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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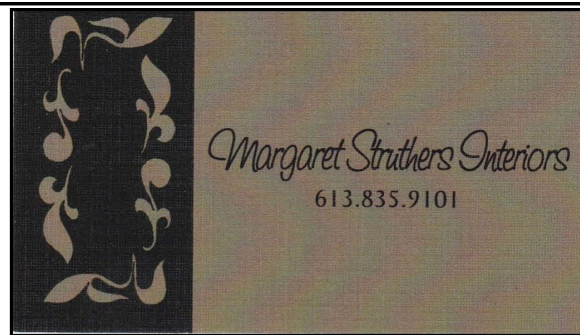
Location: Heritage Public School

Tel: 613-835-1583

Preschool Program

navan@childrensvillage.on.ca

2- 4 years



Cairine Wilson Secondary School Varsity Girls Soccer Team **13th Annual RTP Fundraiser**



Written By: Eleanor Foy, proud parent of Gr.12 CW Wildcat Megan Foy

On Friday April 17th, the Cairine Wilson Wildcat Varsity Soccer team, once again lead by teacher and coach Stuart Barbour, hosted its 13th annual Right To Play Friendly Game Fundraiser at Gloucester's Superdome.

2015's event added another \$1700 for an overall \$18,700 raised to date for this event. 100% of funds raised goes directly to Right to Play programs both in Canada and abroad.

These players have been fortunate enough to not only have the privilege of school and its organized sports, but to also travel on soccer trips to Texas, BC, and most recently England, and as such quickly jump at the chance to give back so others can benefit.

Many thanks on behalf the CW team to the participating teams, TSMI for the donation of the dome time, Gloucester Hornets for the clubhouse facilities, The Ottawa Fury for the generous incentive prizes of Family pack game vouchers, local City of Ottawa councillors, and of course Teacher Coach Stuart Barbour who once again continues to teach the players to reach beyond their comfort zones. What a privilege it is to have sporting opportunity and to give back to sport and community!

This year has been dedicated as The Year of Sport and FIFA "s Women's World Cup is one of the world's biggest sporting events that it is being hosted here this summer in Canada. This year's RTP event was extra special as the four participating teams, CW, LR, CB and OSG had a few special visitors drop in throughout the day.

Community Safety Zone

Welcome to this month's Community Safety Zone! After a long and harsh winter, it looks like spring is finally here. Local children will soon be flocking the streets of our village riding their bicycles. We will therefore provide residents with bicycle safety tips and information for adults and children.

It is important to know that bicycles are considered a vehicle under the Highway Traffic Act of Ontario. As such, the same rules of the road as motor vehicles apply to them. Cyclists are expected to obey all traffic lights, stop signs and should signal lane changes, stops and turns. Furthermore, riding a bicycle on the wrong side of the road and/or sidewalk is prohibited. Also, all cyclists under 18 years old must wear a helmet and have their bicycles equipped with a bell (or horn). If riding at night, bicycles must be equipped with a front light and red rear reflector.

For parents, ensure your child's helmet fits correctly. It should be snug, not move around, sit two finger-width above the eyebrows and the straps should meet in a "V" just below the ears. There should not be room for more than two fingers between the chin and strap.

Parents should also follow and teach their kids basic bicycle safety rules. Cyclists should always ride defensively and never assume motorists have seen them. They should ride in a straight line at least one meter from the curb or parked cars. Shoulder checks should be done when turning or changing lanes and always give pedestrians the right of way. If cyclists need to get on a sidewalk due to the road being unsafe or any other reason, they should dismount the bicycle and walk with it until able to safely return to the road.

For any additional information relating to this topic, please visit: <http://www.ottawapolice.ca/en/safety-and-crime-prevention/bicycle-safety.asp>



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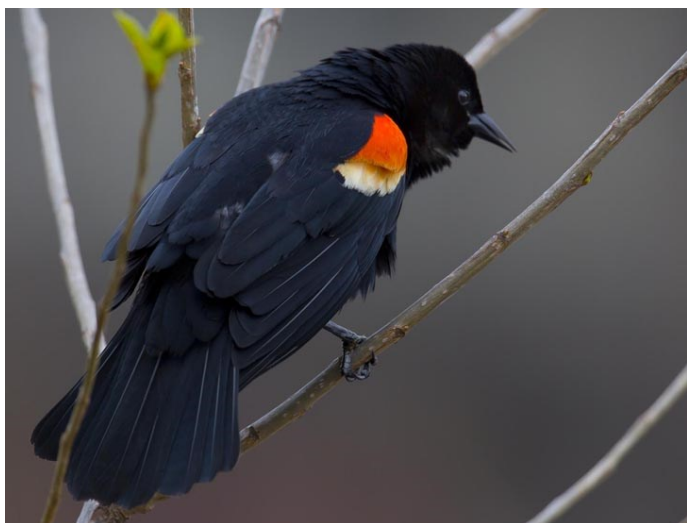
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The Red-winged Blackbird

Written by: David Grattan

Photos by: Tom Devcseri



Red-winged Blackbird male

I've always thought that the Red-winged blackbird is an astonishingly elegant creature. The males would surely be at home in any posh function – while sad to say, the females, by comparison, are quite undistinguished. Depending on their degree of self-confidence or assertiveness the males can either puff up their coloured patches or hide them.



Red-winged Blackbird female

As the snow has now retreated, the multi-use pathway (aka old railway track) is now dry and comfortably walkable without the risk of wet feet. What is noticeable as you walk is the large number of Red-winged blackbirds singing in the treetops or clutching cattails in the marsh. The marshy wetlands surrounding the path are an ideal breeding ground for them – and it is their breeding season.

You may also have the opportunity to welcome them in your backyards – they like to visit feeders and like mixed grains and seeds, particularly during migration. You are advised to spread grain or seed on the ground as well, since this is where Red-winged Blackbirds prefer to feed.

Red-winged Blackbirds are one of the most prolific species in North America and are very gregarious. Early in one recent year I walked past a crab apple tree on Meteor Street which was literally full of them all making a tremendous racket. Great to hear and a sure sign of spring.

Red-winged blackbirds are here from March to November – when they migrate south.

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.