

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Arthur the Mascot

FALLFEST

Is just a few sleeps away!

*Come out to the Navan Fairgrounds
from 11 am to 3 pm*

on

SATURDAY OCTOBER 3rd

Lots of fun activities for the whole family, including:

<i>Kiddie's fish pond</i>	<i>Talent Show</i>	<i>Ball Hockey</i>	<i>Navan Fire Fighters</i>
<i>Scavenger Hunt</i>	<i>Face and Nail Painting</i>	<i>Crafts and Colouring</i>	
<i>Lions / NCA BBQ with Chili and Popcorn</i>	<i>Games and Races</i>	<i>Photo Ops Galore</i>	
<i>Pumpkin Decorating</i>	<i>Bake Sale</i>	<i>Silent Auction</i>	
<i>Honey Bees</i>	<i>Scarecrow Making</i>		

Blessing of the Animals

Bring Your favorite Pet at 11 am for the Blessing led by the clergy of our local churches

Decorated Pumpkin Contest

Bring a decorated pumpkin to FallFest by 12 noon for judging
by the People for the best decorated pumpkin in Navan

Judge the Best Fall Decorations in Navan

If you have decorated your home or establishment in an autumn theme,
our roaming photographer will have taken a picture of your display for entry in
the Decorate Navan competition, Come out on the 3rd and cast a vote for your own place
or for one of your neighbors, for the People's Choice awards..

Check out previous FallFest activities at <http://www.navanfallfest.com>.



Grand Opening

Saturday October 17, 2015



Come enjoy our ***Lions' Stampede Breakfast*** - 8 am - 11 am

613-835-3781

1220 Colonial Rd.

Navan, On K4B 1J4

web: jtbradleys.com

jt_bradleys@rogers.com

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NAVAN NOTABLES: Medici Pharmacy

Norm Quesnel, pharmacist, is opening his pharmacy, September 22, 2015 right here in Navan, at the corner of Colonial and Trim Roads.

This will be a chance for Norm to fulfill his vision of what a pharmacy should be. After 22 years of working for others he will now be his own boss. He plans to offer prescription drugs as well as over the counter remedies. As the year goes along, he will include articles related to health such as canes, bedpans, walkers, special bandages. A blood pressure machine will be placed in his drugstore.

He will be available to clients for their annual pill checkup and to help identify problems and target issues for them. Calling the doctor when a prescription needs to be re-filled is another service he plans to offer.

Presentations on health related topics, such as Diabetes, HBP, Smoking Cessation are in the works. What an exciting adventure this new business will be for him as well as our Navanites!! Looking forward to his cozy coffee spot to be included at the front of the building. When you get this Nugget, his store will already be open. Come on out and support this so helpful initiative in our village. Bonne chance et grand succès!!

Pharmacy Hours

Monday—Wednesday and Friday 9 to 6PM
 Thursday Noon to 7PM
 Saturday 9 to 1PM
 Sunday CLOSED

- * Iron fencing, railings, and gates
- * Wood/PVC fencing and decks
- * Water features and landscape lighting
- * Glass railings, interior railings
- * Interlock patios, stonework, etc.
- * Custom welding / repairs

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Motorcycles	\$125 Each
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Large Boat (24 ft & Over)	\$550 Each
Tent Trailer	\$300 Each
Small Motor Home (Under 24 ft)	\$300 Each
Large Motor Home (24 ft & Over)	\$650 Each
5th Wheel (Under 24 ft)	\$300 Each
5th Wheel (24 ft & Over)	\$650 Each



**NAVAN FAIR
AND
50 HORSE HITCH
Commemorative Items
ON SALE
AT
NAVAN FAIR OFFICE**

QUANTITIES ARE LIMITED SO GET YOURS NOW

Did you miss getting your 20th Anniversary 50 Horse Hitch souvenirs at this year's Fair?

The Navan Fair Office has a few items left for sale. Come in and see us. We have Hats, Polo Shirts, T-shirts, Beer Steins, Coffee Mugs and Belt Buckles all with the 20th Anniversary 50 Horse Hitch Logo. They make great gifts for Birthdays and other occasions and it's not too early to start thinking about

**Christmas gifts.
Don't miss out - when they're gone - they're gone.**

OFFICE HOURS OCTOBER Tues - Thurs 9:00-4:00

**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
Women's Institute**

Serving the Navan community since 1931

New members welcome. Please consider joining us.
To learn what we do, please call 835-4296

Meetings are held at 7:00
the second Wednesday of each month from September to June
at the Navan Curling Club in the Lions' Den.



Navan Lions Report **September 2015**

President: Chris MacPherson
Secretarial Team:
Mark O'Donoughue and Tony
Fiorentino
Treasurer: David Grattan

Navan has been very good to the Lions Club this summer. We raised nearly \$7000 from Parking Fees and rain barrel sales for the Navan Lions Welfare fund. This fund will be put to good use in supporting the community. We also made over one thousand dollars at the Demolition Derby for our fund which helps families with very sick children. Grateful thanks to the Fair and the Demo Derby organisers for this opportunity. We participated in the Fair Parade and took first prize overall, much to our delight. Following the Fair, we participated in the Outcare Golf Tournament, and our team won the prize for the highest score. Our team is consequently considered Navan's most honest as well as most challenged golfers.

And then came September when Lions began in earnest – and as I write this it just after our successful Turkey Dinner. This dinner was notable for a number of reasons. First and foremost, the food was excellent. Secondly, we were proud to present two awards: to Wyatt MacWilliams and Lion John Lyster. MacWilliams was given a Melvin Jones award, which is the highest award from the International Lions Foundation, in recognition for his numerous initiatives which have done so much for this Country – The 50 horse hitch, Hay West and Food Aid to mention but three. We were immensely proud to present this award. We were also very pleased to present a special pin to Lion John Lyster for his 50 years of service to the Navan Lions Club, which is a remarkable achievement by any standard. The evening was not without its lighter side: we had a trivia quiz based on pickles, and to help things along I dressed up as a pickle. The winning table all received what else but bottles of pickles!

Our next event is the Lions Purina Dog Guide Walk which takes place September 27th in the centre of Ottawa. Navan Lions is sponsoring local Navan dog "Maty" in a fund raiser to provide trained dogs for vision, autism, seizure, hearing, service and diabetic alert. Dogs are provided to clients completely free of charge. Navan Lions strongly supports this program. Following this event on October 17th the Navan Lions Club will be celebrating White Cane Day combined with the official opening of the new Bradley Purina store – look out for our barbecue outside the store! And typically I forgot Fall Fest on October 3rd where Lions will operate a BBQ and provide popcorn.

Lion David Grattan

If you have any questions about Navan Lions and the forthcoming events, or are interested in joining us, please visit our website at:

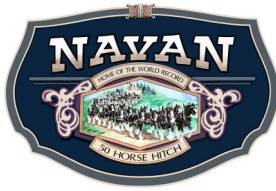
<http://www.navanlions.ca/>

Quote of the Month:

**"In every walk with nature
one receives far more
than he [or she] seeks."
- John Muir**



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NAVAN COMMUNITY ASSOCIATION

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.

Next NCA Meeting: please join us for our next monthly meeting on Monday, October 19th 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, for which you send an email to navannugget@navan.on.ca.

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



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.

Members take part in membership activities including card games, tile rummy, floor curling, knitting, and socializing. There is also a book exchange where members bring and exchange books for no cost. On One Wednesday each month there is also a luncheon which members can sign up for. COME AND CHECK US OUT.

- The Nifty Fifty Plus Organizing Committee

The Nifty 50 Plus: The 2015–2016 schedule for the Nifty 50 Plus seniors club will begin on Wednesday September 9th, 2015, and end on the last Wednesday of June, 2016.

Stephen BLAIS

Councillor • Conseiller
Cumberland



Can I help?

Puis-je vous aider?

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Put on your thinking caps and come up with some ideas on how Navan can celebrate Canada's 150th birthday in 2017.

We are still compiling a list of all kinds of wild, wacky, novel and serious ideas on how we can celebrate or commemorate this sesquicentennial event.

Let's have a party!!!

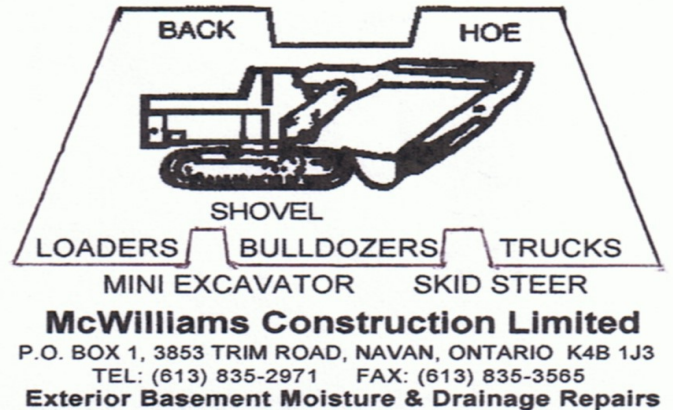
Ray Vetter
613-835-1744

rvetter@sympatico.ca

Fred Hyde
613-835-3331

fredhhyde@gmail.com

(please note the new address)



Community Safety Zone



After a hiatus during the summer months, the Community Safety Zone is back! This column is for you, the Navan resident, so we need your involvement! Let us know what's on your mind from a public safety perspective within our village. Send us your comments/questions or suggestions for an upcoming column at: safety@navan.on.ca.

With Halloween just around the corner, this month's column will focus on providing safety tips for residents. Halloween can be an exciting time for children, but the distractions associated with the fun of roaming the streets dressed in various costumes can lead to basic safety rules being forgotten. Here are 5 safety tips for parents to review with their children in preparation for the big night:

- 1) Children under the age of 9 should be accompanied by an adult of responsible older child.
- 2) Prior to going out trick-or-treating, teach and practice with your child to stop at the curb, look left, right & left again, and listen for oncoming traffic prior to crossing the road.
- 3) It's unsafe to cross between parked cars or other obstacles. Teach your children to always cross at crosswalks, street corners or intersections.
- 4) Always stay on sidewalks or paths. If there are no sidewalks, ensure your children walk on the side of the road, face traffic and always carry a flashlight so drivers can see them.
- 5) Select costumes with bright colours to increase your child's visibility and choose face paint instead of masks to maximize vision.

Drivers should remember to drive slowly in residential areas, watch out for kids wearing costumes that may not be visible, reduce distractions & stay alert at the wheel and enter/exit driveways slowly and carefully, as children can dart out unexpectedly.

You can download a Halloween safety tip sheet at the following link:

http://www.parachutecanada.org/downloads/resources/WTW_HalloweenSafetyTipSheetFINAL_24OC14.pdf

COMMUNITY ANNOUNCEMENTS

WEEKLY RURAL SHOPPERS BUS

OC Transpo has five routes that provide free once-a-week service from rural communities to urban shopping destinations 02 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.



**HERITAGE
PUBLIC SCHOOL**
Where City meets Fields

Heritage P.S. Band Still Collecting "Empties"

If you've got empty beer and liquor bottles/cans accumulating in your garage from your summer entertaining, and you haven't had the chance to return them, please consider donating them to the Heritage Public School Concert Band. Monies generated from the return of "empties" will be used to purchase additional instruments for the school music program and will also help offset the costs of this year's band trip.

Thanks to all who have supported us thus far. Your generosity goes a long way towards helping our music program thrive!

**For pick up, please contact: Neil or Heather Monkman at monkpeople@gmail.com
OR place empties at the shed end of our driveway at 3494 Trim Road in the village of Navan.**

Navan Women's Institute

Debbie Pike and her committee organised a delightful afternoon at Perrault Winery on Sunday, September 20. A good number of people came to taste the wine, enjoy the fine hors d'oeuvres made by the W.I. Ladies, and browse through the beautiful art works on display. The picture is of three wonderful workers at the event.



From left: Jill Noakes, Karen Smith, and AnneMarie Potvin.

Thanks to the women in our Institute for their dedication and efforts to make our events so entertaining and fun!! Thanks too to Anne Warburton for organising the art participants and to Denis Perrault and Lise for their beautiful location

Knotty Knitters: Knit in Public Day

Monday, October 19 we will return to the Navan Curling Club lounge for our weekly meetings. Come and join us.

Navan Knights

High School students needing volunteer hours, there are many seniors in the village who would love to have some help getting their yards ready for winter. If you wish to help out please contact me at samc1@rogers.com and I'll match you up.

THANK YOU

I want to thank Sara Ericsson who took over the Navan Notables article in January this year. She did a marvelous job! I wish her much success in her future endeavours.

Eileen Vaillancourt is turning 80

Please join our family as we celebrate our mother's 80th birthday on **Saturday, October 24, 2015 from 1 - 4 p.m.** at St. Mary's Hall. Best wishes only please as your presence is gift enough.

Euchre in Bearbrook

EUCHRE PARTIES, OCTOBER 16, 23, 30 AND November 6, 2015 at 8 p.m.
BEARBROOK COMMUNITY CENTRE, 8720 RUSSELL ROAD, near BEARBROOK, ONT.

The Leonard Women's Institute will be holding their next series of Euchre parties at the above noted times and location. Come and enjoy friendly competitions with friends and neighbours. There will be prizes for competitors and refreshments will be served following the games. Fee to play is \$5.00



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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

THE THIRD SPACE starts up again in October. We are back after the summer break: Join us to catch up with friends, share some refreshments, or swap a book. Fair-trade coffee and tea. As always, we will meet on the last Saturday of the month from 10 am – noon at St. Mary's Parish Hall, on the corner of Smith and Trim Roads. 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.

Women's Connection

Orleans Women's Connection, Wed. Oct 14th 2015
 at The Orleans United Church, 1111 Orleans Blvd from 9:30 - 11:00.
 Feature: Marka Fashions with Marka
 Music and Faith Story: Suzanne Baresich "What Not To Wear"
 Cost: \$6 at the door. Reservations: Shirley [613-841-5143](tel:613-841-5143)
 Women connecting with God, each other and their community
www.stonecroftministries.org

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

M-J MELENHORST

LICENSED HAIRSTYLIST



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Sat October 17, 2015



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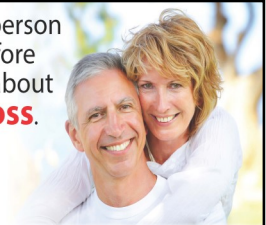
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Red-tailed Hawk

Written by: David Grattan

Photos by: Tom Devecseri



We were introduced to the Red-tailed Hawk in a most spectacular way. One Sunday morning there was a loud thump which emanated from our sunroom. A Red-tailed hawk had crashed into a window, knocked itself unconscious and was lying, out cold, on our deck. Happily, about 30 minutes later, it staggered to its feet and shakily flew off. We assume it recovered. It was lucky to have escaped the attention of the neighbourhood cats.

It is a beautiful creature when seen close up, with its signature ruddy tail feathers being very evident. Recently we have been seeing Red-tailed hawks perching at the top of dead trees on the old railway line, presumably to have the best possible sight lines for hunting prey. Hawks eat small animals such as mice, frogs, voles and small birds. The Red-tailed hawk is the most common and most widely distributed

Juvenile Eastern Red-tailed Hawk - They usually molt into adult plumage (including the red tail) at the beginning of their second year.

hawk in North America. It can be found all across the continent except for in the Arctic. The Red-tailed hawk likes to hunt in open country, so the area around the old tracks in Navan is ideal. It's a relatively large bird: about 2 feet long with a wing span of up to 4 feet 3 inches. It's also long lived, up to 21.5 years, and has the ability to drop its body temperature up to 7 degrees to save energy in cold temperatures.

So if you are walking around Navan, have a look at the top of any dead trees you pass. You've got a good chance of seeing one.

(Note: For all of our backyard bird feeding enthusiasts, we have found out that JT Bradley's Purina feed store will be carrying the Brome squirrel buster line of bird feeders along with bird seed supplies. These feeders are great for keeping the bird seed just for our preferred feathered friends. Check them out at the store's grand opening on Oct. 17.)

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.