

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Navan Notables: November 2015 **Grand openings and an Anniversary**

Saturday, October 17 started out cold and windy. But that didn't stop the pancake breakfast at **Bradley's Feed Store** from being the hottest place in Navan that morning! The Navan Lions Club was there to cook up the wieners and pancakes with all the trimmings. Those coming for this yummy meal and to see John Bradley's latest venture were not disappointed. There was music, bales of hay to sit on at the tables, and free samples of pet food were given out.

To top this all off, Wyatt McWilliams showed up with his beautiful wagon and 2 Clydesdales pulling it. My grandkids and I went for the ride in the first snowfall of the season. Lots of fun with Wyatt telling jokes all the way round. The porch at the Bradley's Convenience Store was filled with Lions members collecting for their Vision Programme.

Following this visit we went off to the **Medici Pharmacy** where Norm Quesnel and his partner Dannielle welcomed us with a great variety of cheeses and fruit as well as water and juices. They were very happy to see everyone who came out to celebrate the grand opening of the latest store in Navan, Medici Pharmacy. They will be giving Flu Shots as soon as they receive the vaccine. I noticed too that their shelves are filled with common health aids and over the counter medicines.

Then across Trim, we ran to Country Moments Spa. Amanda and Amy were celebrating their first anniversary here in Navan. While visitors waited for free make-up applications and manicures there was fresh roasted pork to make bun-wiches and a delicious chili for lunch. Desserts and juices were plentiful too. My granddaughter was so pleased with her nails, makeup and her purchase of a beautiful pink wallet from the Gift Shop located inside the Spa. Doreen Hardiman, a local artist, has many of her paintings on the walls there.

What a great day we had visiting these wonderful businesses! As my grandson said, "Navan is so much fun". Thank you to the owners of these stores for their generosity and for choosing Navan to establish themselves. We sure love it!!!

Sheila Minogue-Calver
navanwi.com

Feed Business Grand Opening



On Saturday October 17th J.T. Bradley's Store celebrated our Grand Opening of the Feed Business that we began back in June of this year. We thought that celebrating with a Stampede breakfast would be a suitable fun way to show off our Feed Store to the community and what a day it was. It was Navan at its very best and we have so many to thank for helping us pull off the special day.

To begin we would like to thank Wyatt McWilliams and Navandale Farms for providing wagon rides for those wanting to take a tour through Navan on a Horse and Wagon. Glen Edwards for allowing us to display his Antique Chuckwagon; what a great addition to the morning. The Girl Guides for coming out to sell their Girl Guide cookies; J&S Disco for providing atmosphere with a great selection of music.

A special thank you to the Navan Lions for serving up pancakes and sausages, this was a great opportunity to raise funds for the White Cane program; the Lions raised over \$850 for this worthy cause.

Most importantly thanks to our customers for coming out and celebrating with us; existing and new customers were able to partake and experience all that we are planning to offer to the community.

Not only Purina Agribrands Feed along with Loyall Pet Food but also Bird Feed, Feeders are now available. Throughout the Store we are very thankful to Tom Devcseri for providing some of his finest photography; all of these photos are available for sale as well.

Sincerely

JT

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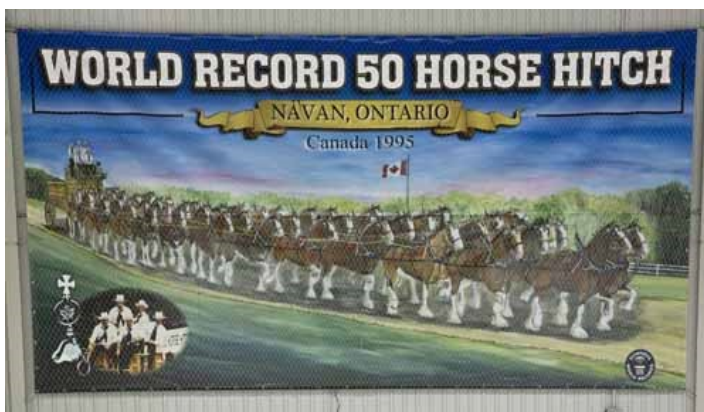
August 6, 7, 8 & 9, 2015

Next time you are in the Navan Memorial Arena check the north end of the arena.

What a sight to see!!

Guinness World Record 50 Horse Hitch Mural

+++++



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Winter Storage available in our buildings.

If you are interested, please contact Ray Lanthier at 613-835-3397 or cell 613-447-3397.

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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.

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OFFICE HOURS IN NOVEMBER Tues - Thurs 9:00 - 4:00

President: Jo-Anne Girard
Admin. Coord: Debbie Newton
1279 Colonial Rd., Navan ON K4B 1N1
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FALLFEST 2015: Another fond memory

Although the wind blew some popcorn and napkins around, it was a beautiful day, which contributed greatly to another fun filled event in Navan.

There were 23 activities for people inside and outside the building to participate in. Faces and nails got painted, scarecrows were built, hot dogs, hamburgers and chili were eaten and the endless ball hockey game went on from start to finish

Again this year the "Navan's Got Talent" show, featuring local amateur performers, proved to be a very popular event at FallFest and showed once again that Navan really does have some young and upcoming talent.

This year the Decorate Navan Challenge had 26 locations in Navan on display. Congratulations to the 3560 Birchtree Cres, whose display, pictured here, was chosen by the people to be the best one in Navan.



It is expected that at the 8th annual FallFest, scheduled for Saturday October 1, 2016, there will be more faces painted, pumpkins decorated and prizes fished for at the kid's pond, plus some new activities to attract the interest and participation of all members of the family.

Many thanks to all the people who helped at FallFest and a very big thank you to the people of Navan who attended, making Fallfest worth the while.

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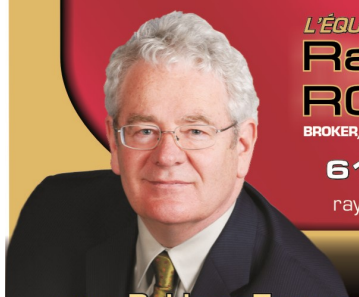
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Navan Lions Report April & May 2015

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

Navan Lions activities this past month have included the Lions Purina® Dog Walk, White Cane day, our barbecue outside Bradley's on the Opening of the Purina® Store and Fall fest activities on October 3rd.

White Cane Day fundraising is directed towards Lions Vision Screening program. This began as screening with simple tests has now includes comprehensive testing by an ophthalmologist.

This program is totally funded and operated by Lions Clubs. We do it because we found out that 75% of schoolchildren have not had their eyes tested before starting school. 20% of the children we test are found to have sight problems. Our program has been responsible for identifying some very serious problems including cancer. We are very proud of this effective program and appreciate the support we received at the Bradley breakfast. The money raised will go towards the purchase of a Health Van which transports our eye testing equipment. Donations at the Bradley breakfast were almost \$850.

The Purina® Walk for Dog Guides is an activity which involves all Lions Clubs in the Ottawa. It is a national fundraising walk held in more than 200 communities across Canada. It raises funds to help train Dog Guides for Canadians with visual, hearing, medical or physical disabilities. Each Walk is organized by local volunteers with support from Lions Foundation of Canada. To date, the Walk has raised more than \$12 million! Communities host Walks in the Spring and Fall. The Ottawa walk raised approximately \$20,000.

As for Fall fest – that was just for Fun for this Community.

Lion David Grattan



NARC dog for adoption - Russell

Russell is a super nice and friendly boy, approx 7-9 months of age. He is great with all other dogs and although a Coon Hound he is more of a house dog and certainly wouldn't be good for hunting! Have to meet! Look at that sweet loving face!!!

For more details please visit our website

Navan Animal Rescue Corp
4388 Navan Road, Navan, ON K4B 1H9
613-834-7005
www.narc-charity.ca

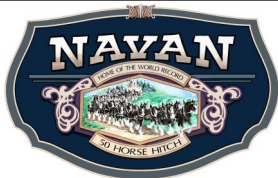
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NAVAN COMMUNITY ASSOCIATION

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, September 21st 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



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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

Tea, Treats & Treasures Annual Sale



2:00 - 4:00

November 14



St. Mary's Hall - Corner of Trim Rd & Smith Rd (Colonial Rd) - Navan

Fort Gospel Sound

Sunday November 1st at 2⁰⁰pm

**St. Mary's Church
3480 Trim Road, Navan**

Light Reception to follow in St. Mary's Hall

Tickets \$15⁰⁰



**Call 613-841-6118 or
email stmarysnavan@rogers.com**



With some ideas in hand, it is now time to start the serious talk about what to do with them. We have a few volunteers who have offered their time and talents to put together a plan and we will be meeting on **TUESDAY JULY 7th** at **7:30 PM** in the **Lion's Den** at the **Navan Curling Club**.

If you think you would have a bit of time to spare and ideas to share, feel free to join us at that time.

Let's get this party started!!!

Ray Vetter 613-835-1744 rvetter@sympatico.ca	Fred Hyde 613-835-3331 fredhhyde@gmail.com (please note the new address)
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Quote of the Month:

"I dream of giving birth to a child who will ask, "Mother, what was war?"

- Eve Merriam

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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. 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.

Orleans Women's Connection

Wed. Nov. 11, 2015

Orleans United Church, 1111 Orleans Blvd

Time: 9:30 am - 11:00 am

Feature: Annual Bring & Buy Fall Fair

Faith Story: "We Are Somebody" by Nadine Fafar, Sherbrooke, Quebec

Bring your gently used donations (no clothes please) and bring lots of cash to buy!

Tables: books, baking, Pig in a Poke, jewellery, knick knacks, dishes, silent auction

Cost: \$6 at the door

Reservations: Shirley Holt, [613-841-5143](tel:613-841-5143)

Women connecting with God and each other.

www.stonecroftministries.org

Contact: Judy Little, [613-863-3562](tel:613-863-3562)

Arts and Crafts in Navan

The Navan Arts and Crafts Group, made up of 27 juried Artists and Artisans, will hold their 37th Christmas Craft Show Nov. 20 (5:00-9:00 p.m.) and Nov. 21-22 (10:00-4:00 p.m.) at the Navan Memorial Centre Hall, 1485 Colonial Road in Navan.

Door prizes & free admission. Donations accepted for the Orléans-Cumberland Community Resource Centre Christmas Program.

Starting November 2nd through til the 20th, Colonial Road will closed from Delson to Henn.

Vars & Area Women's Business Network

Christmas Tradeshaw - Sat. Nov 21, 10-4pm

St Mary's Hall on Smith Road at Trim Road.

The perfect time to purchase those practical Christmas gifts. Pampered Chef, Creative Memories Scrapbooking supplies, Steeped Tea, Mary Kay, Avon, Pure Trim, Scarlet Bijoux, Origami Owl, Jamberry Nails, Aroma Therapy, Thrive Foods, Send Out Cards and much more.

Knotty Knitters

We have returned to the Navan Curling Club Lounge for our weekly meetings on Mondays from 1 to 3PM. JoAnne, the manager of the Club, welcomed our group

"avec les bras grands ouverts"!!

We love coming here because of JoAnne, the comfy chairs, the delicious coffee, and the curlers who are giving us orders for socks, mitts, or just reminiscing about grandmothers and mothers who used to knit.

Come on out and join us. It's a lot of fun!!

Navan Women's Institute

Our meeting this past month went to the dogs!!! Our speaker was from the St. John Ambulance Therapy Dogs programme. Along with the presentation, Borley, the most gentle black lab I have ever seen, joined us. Such a heart-warming programme and so many dogs needed to help disabled adults and children. Our next meeting is Wednesday, November 11 in the Lions Den at 7PM.

Navan Streetwalkers

On Monday, October 12, instead of walking in and around Navan we decided to go to the Mer Bleue Bog. The bog has a board walk where we can walk across it. The fall colours were glorious. I was very surprised to see hundreds of people out here on this beautiful autumn day. There is a huge Gazebo on the site, where one can bring a picnic lunch or just rest and enjoy the scenery. A beautiful spot just off Anderson Road!! Snow seems to be on the horizon so, Streetwalkers, get your snowshoes in working order. We'll soon be using them!!

Navan Knights

Teenagers, who need hours for their high school diploma, email me samc1@rogers.com. There are many seniors who would appreciate help with leaves and cleaning up their yards for winter.

BIRTH ANNOUNCEMENT

Sylvain, Rebecca (St.cyr) and Nicholas Lavallee are excited to welcome Jeremie Kristopher Lavallee born July 19, 2015 at 1829 weighing 8 lbs 2 oz.



Navan Health Tips

In this new Nugget column, Navan's pharmacist Norm Quesnel will present monthly helpful and trending health topics.

With the flu season upon us, now is a great time to consider getting immunized against the flu. While getting the flu shot doesn't guarantee one will not get the flu, in a typical year (last year excepted), we would expect a reduction of approximately $\frac{3}{4}$ of the cases among those who get the shot. In addition, of those of us who still get the flu after being immunized, the symptoms are usually much less severe. The degree of protection depends on how close the selected virus strains (chosen in the Spring to allow time to produce and test the vaccine; mostly based on the most current viruses found in the Southern Hemisphere) resemble the actual viruses spreading around our community during our flu season. This year's vaccine will include 3 or 4 virus strains, depending on the vaccine. The vaccine is available to residents of Ontario at no charge to the patient. It does require a waiting period of 20 minutes after the immunization to ensure you do not develop a life-threatening reaction (extremely rare but must be monitored for to ensure safety).

Most high-risk groups (for example, elderly living in care homes, immunocompromised, those with other health problems, those caring for people at risk, etc.) have already received the flu shot this season. Flu shots for the general public are scheduled to begin on October 26th. In some cases you may get the vaccine at your doctor or other primary caregiver's office. Other options include a number of Flu Immunization Clinics organized by the Health Unit as well as in most pharmacies, including Medici Pharmacy in Navan. We provide the vaccine on a walk-in basis during pharmacy open hours (see www.tawa.ca).

For more information, do not hesitate to contact us (tel: [613-429-4100](tel:613-429-4100)). Norm Quesnel, pharmacist and Danielle Lamoureux.



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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

Beginning again in October 2015. 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, 2015. 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

REMEMBERANCE DAY CEREMONIES

November 11 at the Navan
Cenotaph

Starting at 10:45 am.



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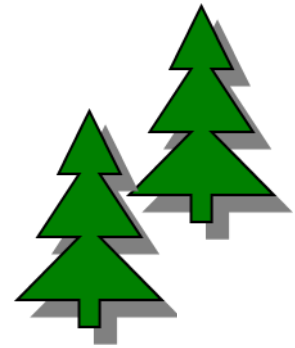
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The Gathering of the Greens

at

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Navan, ON

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briggstrees@hotmail.com



Farm open for tree cutting

Nov. 14 to Dec. 24, 8-4:30

The Canada Goose

Written by David Grattan

Photos by Tom Devecseri



This photo shows the differences between a Canada goose and a Cackling Goose (Richardson's). Note the much smaller body and a stubby bill. These geese were photographed in fields close to Perrault and Milton Roads.

If you had been in Navan in 1900, you almost certainly would not have seen or heard one familiar bird, the Canada goose. The familiar honking 'v' formations wouldn't have been seen in spring or fall. It was almost extinct.

Most owners of golf courses would say good thing! In the early 20th century, programs were developed to reintroduce the bird - and as we well know, they have been spectacularly successful.

There are now 11 subspecies of Canada geese, and their numbers seem to increase every year. This bird is well-named as the Canada goose because its summer breeding range encompasses all of Canada from the Arctic Archipelago to the 49th parallel. It is a very large bird, measuring usually 30 to 40 inches in length, although it gets smaller further north. Canada geese are mostly migratory. They fly in huge flocks and generally migrate through the northern to the southern States for winter.

Most of the time when we see huge 'v' formations the birds are not migrating but merely moving from their feeding to sleeping areas, which is why we often see them in the morning or dusk. In addition, there are some resident flocks that have access to open water year round. They are vegetarian, and eat mainly grasses in the summer, and berries and fruits in the winter.

The oldest known Canada goose was over 30 years old. Numbers continue to increase despite the fact that some 2.6 million Canada geese are harvested by hunters in North America each year. They are particularly dangerous around airports.

They are fond of shorelines, mown grassy areas and wet fields after the corn has been cut. They are monogamous and generally mate for life, although divorce is not unknown. How typically Canadian!



The country bumpkin goose - just chilling gnawing on some straw.

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.