

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca





Hey Kids.. Come out and join us at our
RBC Christmas for Kids DAY!

Saturday, December 12, 2015

10am-2pm

RBC Royal Bank, NAVAN

Bring your parents, and come join the fun..

Christmas Tree Ornaments, decorate gingerbread
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**On this day ONLY, RBC Navan, will deposit \$5 into
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**For every RESP opened, each beneficiary will
receive a RBC PIGGY BANK (this day only)**

Space is limited, please sign up!

NAVAN NOTABLES:

Navan Volunteers

What makes Navan such a lively and friendly community? I think it is the Volunteers that come forward, every time there is an event, to accomplish the work.

Let's see, there is the Navan Fair. These Volunteers work all year long, every year, preparing for the best little Fair in the Valley. Then there is the Navan Community Association who meet every month. The Navan Lions Club get together twice a month to plan and execute many fundraisers for charity.

Navan Women's Institute members are busy promoting and helping in our village. The Anglican Church Women (ACW) and the United Church Women (UCW) help the elderly and the sick in our town. Scouts, Cubs, Girl Guides, and Brownies groups are run by Navan volunteers. The Sunday School, every Sunday, is carried on by volunteers.

The Navan Curling Club, though it has a paid manager, operates with the help of volunteers. Then there is the Nifty Fifty+ group that meets every Wednesday. An enjoyable place to spend an afternoon if you are over 50!

Heritage School has volunteers to help the teachers and students. Navan Fall Fest and Navan Winter Fest are delightful times in the year where the community comes together and plays together. Volunteers organize these events.

The Grads Hockey Team have volunteers. Navan Knights are all Volunteers that help out Seniors around their homes. Then there are special events or tasks to be done that bring out more volunteers. The Arthritis Society, the Kidney Foundation, the Cancer Foun-

ation rely on volunteers to go door to door. It's usually one of your neighbours that do this. We've also had Volunteers that got the Arena built; the Cenotaph and Town Clock Plaza were done by Volunteers. The City Park was restored with the help of Volunteers. The Tennis courts were established by the Lions Club, all volunteers. Our winter ice rink near the Domes is cared for by Volunteers.

So **thank you** to everyone that helps out in our village and makes it the busy and fun place it is. I wish everyone a very Merry Christmas and a Happy and Healthy New Year!! I am so pleased I live here!

Sheila Minogue-Calver

www.navanwi.com



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*The entire Cumberland Township Agricultural Society -
Navan Fair
Board of Directors and Office
Staff
wish everyone a very Merry
Christmas
and a prosperous New Year.*



The CTAS Board of Directors invites all 2015 CTAS Members to our Annual General Meeting to be held on Thursday, January 28th, 2016 upstairs at the Navan Memorial Arena at 7pm. We will present an overview of our 2015 fiscal year, cover business items and give some highlights of our future plans. During the evening you will have an opportunity to meet the different Division Directors and pass along any ideas you might have for the 2016 Fair. 2016 Membership will be available for \$20.

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

Navan Health Tips: Travelling to Sunny Destinations

Some of us will escape the Canadian winter for sun, beaches, warmth and to experience interesting foreign cultures. A little preparation will help ensure your vacation is a pleasant experience. Some of the more useful websites for planning your vacation are: Centers for Disease Control and Prevention (wwwnc.cdc.gov/travel/), World Health Organization (www.who.int/ith/en/), Public Health Agency of Canada (www.phac-aspc.gc.ca/tmp-pmv/index-eng.php), Foreign Affairs, Trade and Development Canada (www.international.gc.ca/cip-pic/mission-info-info_mission.aspx?lang=eng), Canadian Air Transport Security Authority (CATSA) (www.catsa.gc.ca/home).

Before you go: Discussing your planned vacation with your pharmacist approximately 4 months before leaving for a long vacation may minimize your out-of-pocket medication expenses. This is because you can typically optimize the medication billing cycle to match insurance regulations. Depending on the destination and type of vacation, you may want to check out security or other cautions for the region. Also important to consider early is the need for vaccines, as these must generally be administered ahead of time. For some destinations, it may be advisable to consult a travel clinic to ensure adequate health protection and advice.

For most southern destinations, one must consider the need for some form of protection against malaria (ie. limiting exposure to exterior at dusk, using a mosquito repellent such as DEET, using an anti-malarial prophylaxis, or preventative, treatment) and, of course, sunscreen. Depending on the size and makeup of your group, it may also make sense to bring a small supply of over-the-counter medications to treat the more common ailments (ie. sufficient to treat at least one person). Examples may include travellers' diarrhea, nausea/vomiting, and pain/inflammation.

When going: If going by plane, most medications should be packed in your carry-on luggage in their original containers, since they are exempt from liquid volume limitations. If taking narcotics or other controlled medications through the U.S., it may be advisable to bring a properly documented photocopy of your prescription. When possible, it would be advisable to split supplies of critical medications as this would allow time to source additional supplies at destination in the event of a portion getting lost.

While there: In at-risk regions and outside of reputable resorts, remember to only consume liquids from sealed containers and avoid food that was washed with untreated water. Also avoid ice cubes unless water was from a safe source. Likewise for water when brushing teeth.

When you return: You should remember to complete anti-malarial treatments prescribed for the trip. In addition, if any health issues appear up to a couple of months after your return, you should try to remember to mention your trip to health care providers you consult.

We wish you a pleasant trip! For more information, do not hesitate to contact us at Medici Pharmacy (tel: 613-429-4100) Norm Quesnel, pharmacist and Danielle Lamoureux.

NAVAN OUTDOOR RINK

The purpose of the outdoor rink is to provide an opportunity for local families to have greater access to an ice surface for pick up hockey and recreational skating. Weather permitting, the committee is hoping to have the skating rink open for the Christmas holidays. The Navan outdoor rink will be located in the Domes area of the Navan Fair Grounds.

Hours of Operation (once open):

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

Keep Informed!

Keep up with all the details by following us on Facebook (facebook.com/NavanCommunityOutdoorSkatingRink) or by visiting the Navan Community Association website (www.navan.on.ca).

A Call to Volunteers: The Navan Outdoor Skating Rink Committee is looking to set up a schedule of volunteers who would be available to help open and/or close the rink. The aim is to assemble enough volunteers to keep the time commitment for each to a minimum. Volunteers would be assigned one night a week (1-2 hours) when they would be responsible for clearing and flooding the ice surface, and turning on/off the lights. If you are able to lend a hand with this fun and worthwhile project, please contact Luc Pick-

nell at 613-429-0131 or by email at lpicknell@rogers.com.

SKATEBOARD FOUND on Delson Dr.

Please call 613-325-6830 if you've lost yours. You will be asked to describe it before picking it up.

Save the Date: Navan WinterFest:

This year's Winterfest will be held on Saturday February 6th 2016. Anybody interested in helping out with this event is asked to contact Adele Picknell (adele.acheson@rogers.com).

NAVAN COMMUNITY BUILDERS WALL

Nominations for 2016 are now being accepted till March 15 (note change), 2016.

This is a way to honour and recognise residents past and present who have lived in Navan and who generously and freely gave of their time and talents to promote Navan. It is a lifetime honour that will be publicly recognized on Saturday June 4th 2016 at the Community Builders Wall. See further info at navan.on.ca.

Navan Women's Institute

We are celebrating Christmas this year by heading out to supper. Don't forget your can of food and a little sparkle please! Our next meeting will be in the new year on January 16, held at Navan Curling Club in the Lions Den downstairs at 7:00 PM.

We give out 2 scholarships each year to a deserving female student, living in Navan and going on to college or university. Please see our website at www.navanwi.com for the application form.

Blue Christmas Service: December 20, 2015 at 4 pm, Navan-Vars United Church will be holding a Blue Christmas Service for those who find the Christmas season difficult. All are welcome.



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Navan Lions Report **November 2015**

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

Vision screening in a number of elementary schools has recently been a major activity for the Navan Lions Club. We now do this with the aid of an optometrist, as well as members of other Lions clubs in the Ottawa area. We have conducted clinics in schools in the poorer areas of Ottawa. We all come from such privileged areas, so it is a shock when we encounter poverty. And yet, it is there. There are many in our wider community in need of help.

In one instance, we encountered a child suffering from double vision. Imagine having to cope with that while trying to learn at the same time! It turned out to be a repeat diagnosis, and the child had been recommended a piece of software that teaches the brain to recognise only one image. This software cost \$150, but was financially beyond the reach of the family. After some discussion, the Orleans Lions Club was able to purchase the software and the Optometrist was able to teach the family how to use it. The gratitude of the family was overwhelming. This will hopefully resolve the issue.

We encountered another school in need of help. This particular school needs help stocking their library. If you have books in reasonably good condition that are suitable for children up to Grade 5, perhaps you might like to donate them to Navan Lions. You can drop them off to any member of our Club, or take them directly to Lion Chris MacPherson at 3646 Trim Road. Chris has put a box on her doorstep to receive books.

Navan Lions was once again honoured to support our veterans by organising the reception that followed the November 11th Remembrance Day Service. We also collected donations for the Military Families Fund. As a result of this collection, we were able to donate \$1,130 to the fund.

Our next event is the Curling Bonspiel at the Navan Curling Club Dec. 4th and 5th. Please note there is a silent auction at the Bonspiel with some GREAT STUFF being offered. This auction is open to everybody – you can just drop in and bid, even if you are not curling.

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:

**“Christmas waves a magic wand
 over the world,
 and behold everything is softer
 and more beautiful.”**

- Norman Vincent Peale

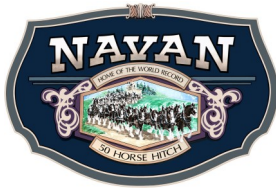


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NAVAN COMMUNITY ASSOCIATION

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, December 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



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

Stephen BLAIS
Councillor • Conseiller
Cumberland



Can I help?
Puis-je vous aider?

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E: stephen.blais@ottawa.ca

stephenblais.ca



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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)




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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.

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.



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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 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.

Knotty Knitters

Thanks to all the members who are knitting the dolls for overseas and the knockers for breast cancer patients. Have fun at the Christmas luncheon at the new Mandarin, on December 7!

Navan Streetwalkers

Get your Snowshoes all ready for the snow that is coming soon. We'll have fun on the trails again this year! Don't forget to round up your Ugly Christmas Sweater too for our party!

Christmas Sing-Along

Come on out to Navan's Town Clock Plaza to sing Christmas carols in the snow! Dress warmly!

Friday, December 18 at 7PM. See you there!

Sixth Annual Fundraising Breakfast with Santa

Cumberland Lions Club, Maple Hall, 2552 Old Montreal Road

Saturday December 5, 2015, 8:00 AM to 12:00 PM

Special Christmas Breakfast Menu

Adults: \$7.00 Children (12 and under) \$4.00 or Free with the donation of a gift, marked for boy or girl, and age range. Non-perishable food items will also be accepted. Visit with Santa when he stops by Maple Hall, you can be Santa's helper, and help him fill his toy sack. Special activities for the children throughout the morning.

In the spirit of giving, we will be accepting gifts and donations on behalf of the Orleães – Cumberland Community Resource Centre

www.cumberlandlions.ca

Cumberland Lions Christmas Party

December 12, 2015 at Lions Maple Hall, located at 2552 Old Montreal Road.

Meet and greet 6:00 pm, Dinner 7:30 pm

Hip of beef buffet with dessert and tea/coffee

Dance to the music of Bobby T's DJ Service

Door prizes to be won

\$35.00 per person – Limited number of tickets

Contact: Frank at [613-833-1581](tel:613-833-1581) or Betty at [613-833-2925](tel:613-833-2925)

Reserved tables for up to 10 persons are available

Navan Curling Club



Navan Curling Club's Dream Team

"Women 4 Women Bonspiel" was held on Saturday, November 21. It was the 2nd annual Spiel to raise funds for Harmony House, a women's shelter.

16 teams from all around Navan entered. Prescille Goodrich and her Dream team organized and hosted the event. Draw A was won by Sandra Chisolm's team from the Ottawa Club and Draw B, by Carol Lawless and her team, from the Ottawa Hunt Club. Margo Jeske, our Club President, presented the awards. Many activities kept the ladies busy in between games as well as the great food prepared by members of the Dream team. It was a very successful event with \$4000.00 raised for Harmony House. Well Done Prescille and her helpers!!

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, 2015. Looking for Teachers For info email:

navancommunitysundayschool@gmail.com.

Orleans Women's Connection

Wed. 9 Dec 9:30 - 11:00 a.m.

Location: Orleans United Church hall, 1111 Orleans Blvd

Special Christmas Music: A'Chord East

Faith Story: Verena Diefenbacher "What Is the Reason For The Season?"

A donation to the Orleans-Cumberland Food Bank appreciated

Reservations: Shirley 613-841-5143 shirleyholt@outlook.ca

Cost: \$6 at door

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

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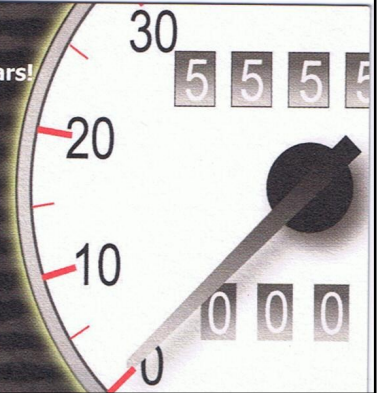
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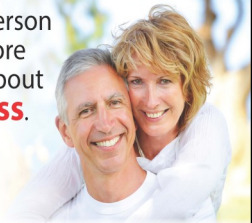
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Before/After School

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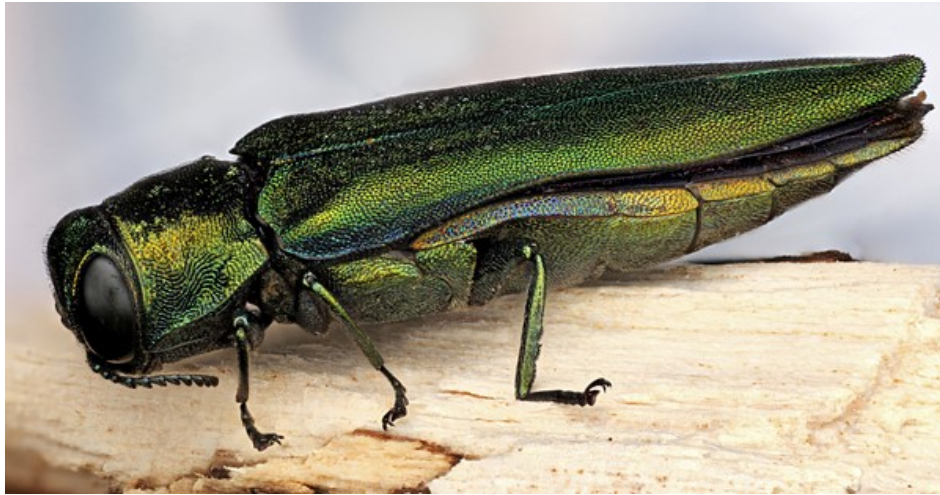


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66-1079 03/14

The Emerald Ash Borer **David Grattan**



It is now quite clear that the Emerald Ash Borer has had devastating effects in Navan. We had four beautiful large ash trees on our lot. We noted that they had been infected about two years ago. By the past summer – it was clear they were finished and now they have been removed. It seems to be pretty much the same story everywhere. The borer was first noted in Windsor Ontario in 2002. Since then the advance has been unrelenting. It is estimated by Natural Resources Canada, that the economic damage in Canada will be at least 2 billion dollars. So far all attempts to slow the spread have been futile. The following is taken from the Natural Resources Canada website:

What tree species are susceptible to attack by the emerald ash borer? In North America, the emerald ash borer has been found to attack and kill all North American species of ash (*Fraxinus* spp.). The mountain ash (*Sorbus* spp.) is not related to ash trees and the insect does not attack that tree.

Infested ash trees in North America generally die after two to three years, but heavily infested trees have been observed to die after only one year of beetle attack.

How serious a threat is the emerald ash borer? The emerald ash borer poses a very serious threat to all species of ash trees throughout their range in the United States and Canada.

During the relatively short time that the emerald ash borer has been in North America, it is believed to have killed millions of trees in the United States and Canada, with billions more across North America at risk of infestation and death.

What is the importance of ash trees? Ash trees are an important part of Canada's urban and rural landscape. They are commonly found on city streets, in woodlots, in windbreaks and in forests across southern Canada. In many areas of western Canada, ash trees are one of the few suitable for planting in urban areas. Ash wood is also used to make furniture, hardwood floors, baseball bats, tool handles, electric guitars, hockey sticks and other materials that require high strength and resilience.

Where did the emerald ash borer come from? How did it get to Canada? How long has it been here? The emerald ash borer is native to China and eastern Asia. It was found in North America in 2002. In May 2002, it was discovered in southeastern Michigan in the United States and in July 2002 it was found in Essex County in Ontario. Like some other exotic pests that affect plants and trees, it is believed to have been accidentally introduced to North America in imported wood packaging or crating material.

How is the emerald ash borer spread? The most common way for the emerald ash borer to spread is through people moving infested materials such as firewood, logs, branches, nursery stock, chips or other ash wood. The emerald ash borer also spreads naturally through beetle flight. Research indicates the adult can fly up to 10 kilometres, but generally does not stray from the immediate area when it emerges.

How do you recognize if your tree is infected? The City of Ottawa website states:

Top branches of ash trees usually die off first. Trees can lose half their branches in a single year. Once larvae finish feeding under the bark, they mature into adult beetles that chew their way out of the tree. Evidence for infestation is provided by S-shaped grooves under the bark and D-shaped exit holes 3.5 – 4 mm wide caused by adult beetles, also look for loss of leaves and dead branches in the upper part of ash trees, unusually thin tree crowns branch and leaf growth in the lower part of the stem where growth was not present before unusually high woodpecker activity look for bark splitting.

In our trees the exit holes were hard to see, and the most noticeable phenomenon was the peeling off and shedding of strips of bark, and then death of the crown. Once this happens it is advisable to get the trees down as quickly as possible. Professional tree removal experts will not be able to climb the trees if the tops begin to rot and this will necessitate expensive solutions involving cranes. Please note that if you do cut an ash, the wood cannot be shipped as firewood into communities outside the Ottawa Gatineau area. Reputable tree removal companies will remove the wood and dispose of it safely.

So if you have a dead or infected ash tree on your property it is time to say goodbye and get it professionally removed.

Country Moments Spa Christmas Specials

Get Your Glow On - \$250

Glowing Facial

Lash Lift

Shellac Manicure with Nail Art

Santa Baby - \$120

Candy Cane Pedicure

Shellac Manicure with Nail Art

Delicious glass of Eggnog

**Gift certificates available for these
packages and for all other services offered!
Registered Massage Therapy now available.**



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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.