

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

Navan Winterfest!

Saturday, Feb. 6th

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



Lots of fun to be had by all!



Navan Notables: Gerry Dust



After 38 years as a renowned Orléans lawyer, Gerry is hanging up his shingle. As of January this year he is an independent and free man: ready to travel, go to the cottage, babysit the grand kids, and enjoy a quieter lifestyle in Navan. Pick up a book a little more often, walk the dog, golf and curl, ski, cook. He now has time to enjoy it all.

Gerry Dust opened up his own law firm 37 years ago in Place d'Orléans mall. After 10 or so successful years, he moved the office to St. Joseph Boulevard where it is currently located. He loved law and the challenges involved in the settling of affairs. While he has had a general solicitor's practice for most of his career, he has focused primarily on wills and estates for the last few years. His work brought him into teaching at the Bar Admission Course, being a director on many Boards across Ottawa's east end, enjoying his role as a patron of the arts, and being involved in many other community activities. He was also a pro-bono counsel for a variety of local sports and artistic groups. His most noteworthy and fascinating achievement was working as a lawyer for children, which gave children independent access to a lawyer. No wonder the youngsters are so smart!

His firm volunteered for Legal Aid, Cumberland Community Resource Centre "Caring Club," at the International Plowing Match in Navan in 2001, and many other worthwhile causes. I always admired the involvement of Gerry's firm in so many important functions in and around Navan.

Gerry has lived in Navan since 1990. When asked how he came to make his home here, he told me that he drove his

daughter to Centaur Riding School and discovered this little village while driving through it. Navan has benefitted from his living here. Gerry is the chair of the Board of Trustees of the Navan Vars United Church. He is a founding member of the Navan Curling Club. His pro bono work here included incorporating and advising the Navan Community Association, advising the Navan Curling Club, and doing the legal work for the relocation of the new Cenotaph.

In 2002 he was presented with the corporate award on the occasion of the Navan Lions Club's 50th anniversary. In 2013, he received the Queen Elizabeth 11 Jubilee medal for Community Service and, in 2014, Ottawa lawyers recognized his contributions to the local lawyers association (the "CCLA"), the profession in general, and the community with the Abe Feinstein Solicitors Award.

Gerry and his wife, Lise, have 2 children and 5 grand kids. I can see where he will spend a lot of his free time now!

Here's to a very contented and fun filled retirement! Thank you for a life filled with good works and kindnesses to others. You have made a difference to many and I know you will continue to do so.

Sheila Minogue – Calver

www.navanwi.com

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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 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.
Hope to see everyone there!

Office hours in January will be:
Tuesday & Wednesday 9:30 am – 4 pm

President: Jo-Anne Girard
Admin. Coord: Debbie Newton
1279 Colonial Rd., Navan ON K4B 1N1
Tel: 613-835-2766 Fax: 613-835-4008

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Navan Health Tips: Quitting Smoking

Here we are at the end of the year: a time to reflect on our lives, and an opportunity for New Year's resolutions. One popular one is, of course, giving up smoking. From a health point of view, this is certainly a good choice, since it is often identified as the most important thing one can do to improve their health.

Since smoking is a very difficult habit to break, quitting success rates are generally not very high, and relapse rates are significant. Several attempts are typically required for someone to kick the habit permanently. It is not uncommon for someone to make up to six attempts. You can significantly increase your chances of success by planning/preparing your strategy, and choosing an approach that works for you.

However, some key elements are present in almost all of the success stories. One of the most important things to consider is why you want to quit. These reasons should be important to you, and should be positive life changes such as fewer health issues, greater feelings of self and well-being, a more disposable income, and more. These will serve as re-enforcement to stay on course as you feel cravings or withdrawal effects.

Another point to consider is to identify triggers that make you want to light up. Identifying these helps in planning alternative responses to those triggers. It may also help identify approaches that are more likely to help you quit. This is also a good time to identify potential roadblocks to success, such as the commonly expected weight gain, and decide on how to deal with them.

The main generally recognized approaches used to stop smoking are: "cold turkey" (suddenly, and without nicotine replacement or other therapy), "reduce to quit", counselling therapy, nicotine replacement therapy (patches, gum, lozenges, spray under the tongue, etc.), bupropion (Zyban), and varenicline (Champix). Other treatments lack clearly demonstrable results, and in the case of e-cigarettes, may even cause long-term effects of their own.

At Medici Pharmacy, we can help you with selecting and implementing a strategy to fit your needs. Why not increase your chances of success by teaming up with another smoker in your attempt to quit; the challenge usually increases your commitment and even makes it fun. We can even post your team members' names on a bulletin board in the pharmacy – now talk about motivation!

For more information, do not hesitate to contact us at Medici Pharmacy (tel: 613-429-4100; www.tawa.ca; 1200 Colonial Rd, Navan) Norm Quesnel, pharmacist and Danielle Lamoureux.

Colonial Veterinary Hospital

Dr. Paul Brown, Dr. Denene Clifford,
Dr. Kasia Hering, Dr. Catherine Sin, Dr. Savannah Beattie

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Navan Lions Report December 2015

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

The Navan Lions have had a very active month around several events including vision screening, the Jerry Calver Memorial Curling Bonspiel and our Tour of Lights for seniors.

While vision screening at Carson Grove School, it was pointed out to us by the principal, Mrs. Irene Cameron, that the school was very short on books for their library. Our club, along with the Navan Women's Institute and Navan Nifty-Fifty Plus club, decided to hold a book drive to help them out.



From left: Vice-Principal Todd Saunders, Vision Chair Chris MacPherson, Principal Irene Cameron, Region Chair Hal MacPherson

It was very gratifying to see such wonderful community support for this project, and on December 15th, Vision Chair Chris MacPherson and Region Chair Hal MacPherson made a delivery of the books to the school principal and vice-principal, who were so grateful for our donation.

Navan Outdoor Rink



With the mild weather, it is not known when the rink will be operational. We will try our best to get the rink up and running as soon as possible!

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).

General Hours of Operation (weather permitting)

- 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

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NAVAN COMMUNITY ASSOCIATION

The NCA Executive would like to encourage all residents to become members of the community association.

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;
- Canada 150 Celebrations;
- The Navan Youth Ball league;
- The Navan Tennis Club;
- The Soccer Registration Group;
- The Fall Fest Committee;
- The Winterfest Committee;
- The Outdoor Rink Committee, and
- 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, January 18th 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 Deveseri
 Safety: Fred St. Pierre
 NCA Membership: Ray Vetter



On Wednesday December 2nd, the Navan Nifty 50plus group celebrated their fourth annual Christmas lunch. Nearly 60 folks sat down to enjoy a full Christmas meal catered by Desjardins. Thanks to Dave, Rachel, and Fred for setting the mood by coming dressed as Elves.



The members appreciated the entertainment provided by Harvey Rule and we would like to thank Harvey for a job well done!

The Nifty 50plus organizing committee would like to wish everyone a very MERRY CHRISTMAS and HAPPY NEW YEAR.

The Nifty 50plus drop-in centre invites all adults who are 50 plus to come out and join in the fun every Wednesday afternoon from 12:30pm to 4:30pm **upstairs** in the Navan Memorial Arena.

Activities commence annually from the first Wednesday in September and end the last Wednesday of June.

To become a member all that is required is an annual membership fee of \$20.00 per person and a current membership in the Navan Community Association. The NCA membership fee is \$5.00 annually. Guests are also welcome to attend for a small fee of \$2.00 per visit.

Throughout the year there are numerous special events including luncheons on the first Wednesday of each month. (Advance sign-up is required) Additionally, live theatre outings and bus trips are planned.

COME AND CHECK US OUT!



It is now just one year to the start of the big Canada birthday party, so it's time to start making some serious plans as to how we here in Navan will be part of the celebration. There are a few ideas on the table but we can always use more.

The next meeting of the committee will be held on **TUESDAY JANUARY 19th** at **7:30 PM** in the **Lion's Den** at the **Navan Curling Club**. If you have some ideas to share, or would like to be part of the committee, please join us then.

Let's get the party rolling!

Ray Vetter
613-835-1744

rvetter@sympatico.ca

Fred Hyde
613-835-3331

fredhyde@gmail.com



Quote of the Month:

"This is a wonderful day.

I've never seen this one before."

- Maya Angelou

Orleans Women's Connection

Wed. 13 Jan 9:30 - 11:00 a.m. at the Orleans United Church hall, 1111 Orleans Blvd

Music: Valerie Campbell

Faith Story: Sue Fergusson "Dare To Dream Again."

Refreshments will be served. For reservations, contact contact Shirley at [613-841-5143](tel:613-841-5143), or shirleyholt@outlook.ca

Cost: \$6 at the door.

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- COMMUNITY -

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.



**HERITAGE
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The sunshine and warm weather is upon us and that means lots of back yard entertaining! As your beer and liquor bottles accumulate in your garage, please keep the Heritage Public School Concert Band in mind. We are continuing to collect "empties", throughout the summer, and will happily arrange for a pick up or drop off at your convenience.

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

We celebrated Christmas this year at Dantessa Restaurant. A fun time was had by all.

The next meeting will be **Wednesday, January 13, 2016** at 7PM at the Navan Curling Club in the Lions' Den. All women in the Navan area are welcome.

Tip of the Month

Have fun in the snow! It will come, have no fear!

Knotty Knitters

We all went off to the new Mandarin for lunch. A few of us even knitted as we rested between servings!

A Christmas Exchange, "Knitting Presents", took place.

Some pretty knitted goods were given out!

Next meeting is in the Lounge at the Navan Curling Club on Monday, January 4 at 1 PM. Come out and join us.

Thank You

The Navan Streetwalkers placed beautiful wreaths with bright red ribbons along the Fair Grounds fence, facing Colonial Road. Looks so festive!

Luc Picknell and his father-in-law, Brian Acheson, put up the Christmas Tree this year at the Town Clock Plaza. Then a bit later in the month we had a fun evening singing Christmas carols around the Christmas tree. Thanks to Joanne Griffin who led us in song! Following the singing, we went to Costello's Restaurant for Coffee and Hot Chocolate. It was a nostalgic Christmas time evening!

I wish to thank the Potvin Family for the three years they set up the tree. So much appreciated. Any volunteers for next year? Let the Navan Community Association know please.

Navan Lions Bonspiel: "The Jerry Calver Memorial Spiel"



From left: Steve Roberts (skip), Tony Grunwald (3rd), Sheila Minogue-Calver, Sandra Clark (lead), and Bernie Dumontier (2nd).

A delightful two days in friendly competition. There were 3 full draws and Steve Roberts team, from Navan, was the overall winner. The meal the Lions served this year was delicious. The Lions' cooks get better every year. Ross Bradley and Tony Fiorentino were great hosts of the affair. The Silent Auction was a big success, enabling the Club to donate to the Pulmonary Fibrosis Society.

Eric Smith's 95th Birthday Celebration

All are welcome to join in celebrating Eric Smith's birthday on **Sunday January 24th 2016** from 2:00 to 4:00pm at St Mary's Hall.

Best wishes only please.



Children's Village at Navan

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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 started 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.

NAVAN-VARS UNITED CHURCH

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Sunday Worship 10:00 a.m.

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Little Christmas: January 6, 2016



The children of Navan Vars United Church put on a delightful production of the Christmas story on the last Sunday before Christmas. The costumes were wonderful. The smiles of the congregation were big and bright just like the stars that led these wise men to the stable. Little Christmas is January 6.

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.