

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: Sylvain Favreau

The new coach of the Cumberland Grads this year played in the league in the 1990's. He earned a scholarship to Utica College and afterwards travelled to France and Germany to play hockey professionally for 7 years. Returning home, he coached the Gloucester Rangers for 6 years; 2 years as Assistant Coach and 4 years as the Head Coach. This is his first year with the Grads and his 7th year in the league.



The Grads are doing very well under his leadership and are one of the elite teams in the CCHL. Earlier this season they had a 10 game winning streak – a franchise record - and are winning still! Not bad for a small town team! In fact, Navan is the smallest community to have a Junior A team in all of Canada!

There are 21 players on the team this season including Navan's own Tyler Barban who after an injury last season has been tough to play against this season and is starting to score. The league's leading scorer is Shawn Cameron while Zachary Salloum is the team captain. Some notable alumni include NHL player, Claude Giroux and retired players Matt Bradley and Stephane Yelle.



Sylvain looks for speed, skill, and hockey sense when he is searching for a new player. They must be fully committed to the team and be serious and responsible as they have curfews and are taught more than just hockey. Professionalism, politeness, team play, and trust are qualities they learn while playing with Grads. Sylvain wants his players to become better people, not just better athletes.

Hockey is a lifelong sport as we see many who continue to play in various leagues throughout their lifetime. In fact,

my stepson met his wife playing ball hockey one autumn evening in Navan! A third jersey is being unveiled at the Sunday January 24th game. It will be black and blue, with "Navan Grads", front and center. It's a salute to the past with shoulder patches honouring the original "Navan Combines" as well as the team's original Junior A logo.

Steve Barban, a long time Navan resident, has been the owner of the Grads for the last 10 years. He is of course very proud of his boys and their efforts.

Junior A Hockey is a dynamic and fast hockey to watch. Come on out with the family and support our team!! Thanks to the Navan Grads, here is a coupon to use at the February 19 game. See you there!

Sheila Minogue-Calver

www.navanwi.com

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The Board of Directors of the Cumberland Township Agricultural Society would like to thank the members who took time out of their busy lives and came out on cold night to attend our Annual General Meeting on Thursday, January 28th at the Navan Memorial Centre Hall. We were honored to have our MP Francis Drouin, Glengarry, Prescott & Russell; MP Andrew Leslie, Orleans and Counciller Stephan Blais in attendance & who extended thanks to the volunteers, Board and sponsors who all make the Navan Fair a success every year.

Navan Fair August 11th – 14th, 2016
President for 2016 will be Jo-Anne Girard
2016 Theme is: “Udderly Awesome”

Awards and Recognition were given to the following people:
Sam & Janet Rathwell Award – presented by Don Rathwell & Counciller Stephen Blais to June and Paul MacMillan for their demonstration of exemplary teamwork, spirit, and creativity at the Navan Fair, for the CTAS & within the community. June exhibited in the Homecraft and Culinary Arts, she was our Baking Queen and Paul showed Heavy Horses.

Ontario Association of Agricultural Societies (OAAS) Award - presented to Madeleine Buckley, by the CTAS Board of Directors for her outstanding contribution as the Culinary Arts Director from 1985-1996 and President of the Navan Fair for 1997 & 1998.

Volunteer of the Year – Doug McNally has volunteered in the Beer Garden for many years helping set up everything in the Beer Garden for the Fair.

Volunteer Youth of Distinction – Megan Foy is this year's recipient. She has helped with the Homecraft division for many years. Megan attends school, has a job, is involved with her church along with the daily college soccer team commitments, she is very busy person.

Navan Fair Parade Award - Lloyd Morison Award for the Best Float was awarded to the Navan Lions Club.

Homecraft Prize List

Get a head start on your homecraft projects for the 2016 Navan Fair!!!

The Homecraft Prize List is available on our web site www.navanfair.com under the Prize List dropdown menu, the office can e-mail you a copy OR you can pick up a hard copy at the Navan Fair office. Can now send your entries to the new homecraft entry email homecraft.entry.navanfair@gmail.com. Check out the new kids, mens and persons with disabilities categories. Please follow the Homecraft division tweets on Twitter @NavanFairHmCrft.

Office hours in February 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
navanfair@bellnet.ca or www.navanfair.com

Navan Health Tips: Did you know?

Did you know the common advice to drink eight glasses of water a day is not based on sound scientific evidence? Furthermore, the notion that water contained in the food we eat doesn't count is likewise unfounded. In reality, the amount of water we require per day depends greatly on our characteristics, our activities, the ambient temperature and humidity, etc. The most common gauge of how much water we should consume is our feeling of thirst. In the absence of fluid restrictions (for medical reasons), we can also get a fairly good idea by the urine we produce (a small volume or dark yellow urine usually indicates that we are dehydrated so we should drink more, while a larger volume of nearly clear urine typically indicates we are overhydrated). And yes, the water contained in the food we eat does count as water intake.

Did you know we are never too old to benefit from exercising? Among the benefits: reverse age-related decrease in muscle mass and strength; improve balance, flexibility and endurance; decrease the risk of falls in the elderly; help prevent coronary heart disease, stroke, diabetes, obesity, high blood pressure, and certain types of cancer, increase self-esteem and self-confidence; decrease stress/anxiety; improve general mental health; and can help control weight. Weight-bearing exercise can help prevent osteoporosis and regular exercise by arthritis sufferers usually improves their capacity to perform activities of daily living. Most types of exercise will do just fine (walking, cycling, house chores, swimming, dancing, etc.). In general we should aim for a total of 150 minutes per week, best divided in at least three sessions that are not all consecutive days. The good news for those who prefer or find it hard to exercise for 50 minutes; breaking the sessions down into smaller sessions as short as 10 minutes provides about the same benefits. Most people can start with a light to moderate level of exercise without concern but those with certain medical conditions should check with their health care provider before undertaking more strenuous exercise.

Did you know that the proper amount of sunscreen lotion to apply is about 30mL (1 oz, as in a shooter glass) to cover sun exposed areas (assuming summer attire)? We generally aim for a minimum SPF of 30 (or could be higher for people with very fair skin, those who have had skin cancer or pre-cancerous lesions, or those taking medications that make the skin more sensitive to the sun). To work properly, the lotion should be applied 15 – 30 minutes before going outside and be re-applied every 2 hours or after swimming or significant sweating.

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.



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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.

Navan Outdoor Rink Hours of Operation

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](https://www.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 Picknell at 613-429-0131 or by email at lpicknell@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

Just a Tip!

Going on vacation and want to leave something for house-keeping staff? A note is sometimes helpful.

For translations go to www.babelfish.com/

Looking for a trust worthy, hard-working and honest person who can help with the cleaning chores of a big house. Please contact Catalina Clifford at [613-799-1624](tel:613-799-1624)

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Cumberland



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Navan Lions Report January 2016

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

January was a quiet month for the Navan Lions Club- so perhaps it is time to take stock and give a progress report on our financial donations.

So far we have given a total of \$8069 in financial support to the following causes:

The Outcare Foundation
 Cumberland Township Agricultural Society in support of the Navan Fair's Ambassador Scholarship and the Navan Fair Parade
 Lions Purina Dog Walk, in support of the Dog Guide program
 Orleans Cumberland Community Resource Centre
 Kevin Frost – Blind Speed Skater
 Jeun' Espoir third world aid projects.
 Military Families Fund - - funds collected at Remembrance Day
 Juvenile Diabetes Research Foundation - Canada
 Shepherds of Good Hope
 Canadian Pulmonary Fibrosis Foundation
 Dave Smith Youth Treatment Centre for Alcohol and Drug rehabilitation.

We feel strongly that all these charities are enormously worthwhile. We do our best to make sure that organizations we support spend their money wisely, and they nearly all have a local dimension.

We have about an equal amount of other planned donations to go for the second part of our program. If you have any comments or suggestions about this – please do let us know.

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/>

Lions Announcement:

Winterfest Spaghetti Supper - Cumberland Lions Club
 Friday, February 12th, 5:00PM to 7:00PM
 Maple Hall, 2552 Old Montreal Road
 Spaghetti, Salad, Buns, Dessert, Tea, Coffee
 Adults \$10.00, Children (Under 10) \$5.00
www.cumberlandlions.ca or like us on FB



Pregnant Beagle in urgent need of a foster home!

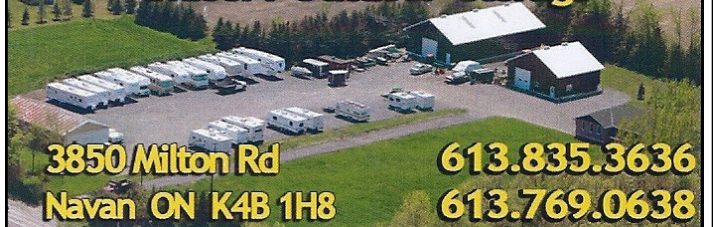
Looking for a foster with a quiet room for her to give birth in, and who will care for her puppies until they are 8 weeks old and/or adopted.

Foster homes also required for other dogs.

For more details please visit our website

Navan Animal Rescue Corp
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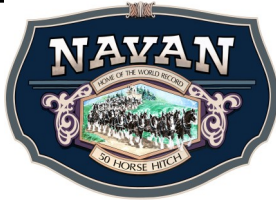
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The NCA Executive would like to encourage all residents to become members of the community association. NCA meetings are held on the third Monday of the month, from September to June at the Navan Arena at 7:30 p.m.

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

Applications are now being received for the Community Builders Wall. If you know someone past or present who has been a great volunteer and visionary for the village, please consider nominating this person or group. Complete details are on the NCA website and forms can be downloaded. Deadline for receiving applications is March 15th. The dedication ceremony will be held Saturday June 4th at 1:00 pm.

The public is invited to attend a presentation by Master Gardener Nancy McDonald on March 9th at St Mary's hall at 7 pm. No matter your age or gardening experience, she will give tips on decreasing work time in the garden, review pre-planting activities and introduce easy care design principles. Nancy will give suggestions for plant choices and container ideas. This free event is sponsored by the Navan Women's Institute as part of their community participation. Mark your calendar!



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



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The party has started!

An informal committee of individuals and representatives from some of the community groups have come together to assist with coordinating of ideas for the celebration of Canada's Sesquicentennial (150th) birthday party in 2017. So far some of the ideas on the table include;

- memorial tree plantings to honor Navan's war veterans
- a street dance type party
- add educational and interpretive features along the old rail bed multi-use trail
- add decorative features around the village
- spruced up entrance signage to the village
- bicycle rally, Victorian tea parties, and many more...

There is the possibility of applying to many levels of governments and other organizations for financial assistance. All of which come with their own set of criteria and deadlines for applications, which may have to be considered when turning a proposal into a plan. To help turning an idea into a proposal, the committee has prepared some guidelines which are designed to help people focus their thoughts. The guideline, proposals, information about financial assistance and plans will all be posted on the Navan Community Association website at www.navan.on.ca, as they become available. Just go to the site and look for "Canada 150", or contact one of the people below.

The next meeting of the committee will be held on **TUESDAY February 16th at 7:30 PM** in the **Lion's Den** at the **Navan Curling Club**. It is not too late to submit proposals or become part of the committee.

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

Fred Hyde
613-835-3331
fredhhyde@gmail.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.

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.



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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 Fine Arts Exhibition & Sale – Mark your Calendar

April 23 & 24, 2016 – 10 am – 4 pm daily – at the Navan Curling Club

- Our Spotlight artist is Janice Moorhead Glass Art
- Welcoming mystery writers Vicki Delany and Rob in Harlick all day Saturday, and Michael J. McCann and Lynn L Clark all day Sunday
- Also welcoming 2 other new artists: Fibre Art by Wendo, and Ima Tree, a multi-wire media artist
- And again this year a special exhibit of works by students of Heritage Public School
- And join us for our new Decorate a Chair Project – listed in the Nugget and on our website at www.navanarts.com

For the full list of artists visit www.navanarts.com

The Navan Fine Arts group is also on Facebook:
www.facebook.com/NavanFineArts

Twitter @NavanArts,

mail at navanfallfest@hotmail.com

Great afternoon at Country Moments Spa with our grand-daughters! We all came out with wonderfully decorated nails!



Grandmothers and granddaughters

Navan Women's Institute

Fred Hyde came out last meeting to discuss plans for Canada's 150th anniversary in 2017. Lots of neat ideas surfaced.

So on **Wednesday, February 10 at 7PM** we'll be meeting to discuss our project for Canada's anniversary year.

Will be a spirited and lively discussion! Come down to the Lions' Den at the Navan Curling Club for the meeting.

Knotty Knitters

We have decided on our Chair for the annual Art Show competition in April. David Grattan will build it for us. We will decorate it. Looking forward to the creation we will come up with!!

Navan Streetwalkers

We are all enjoying snowshoeing again this year. The trees cut the wind and we all feel it's quite balmy - so protected in the bushes! Come join us. It's great exercise and a lot of fun!

Birthday Wishes

The Lawlor family & friends would like to send Happy 80th birthday wishes to Don Lawlor on February 3rd, 2016.

EUCHRE PARTIES

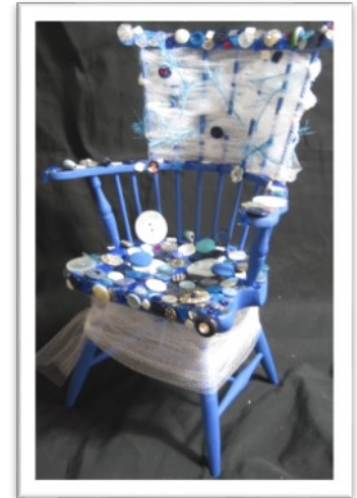
On February 19 and 26 & March 4 and 11 at 8.00 p.m. the Leonard Women's Institute will be holding friendly Euchre Competitions at the Bearbrook Community Centre, 8720 Russell Road near Bearbrook, ON. Friends and Good Company are always welcome. There will be prizes and coffee & tea, sandwiches and desserts will be available after the games. Fee to play is \$5.00.

Announcing Navan's Decorate a Chair Project

Everyone in & around Navan is invited to participate - individuals, families, businesses, organizations, schools, churches and more. You don't need to live in Navan to join in.

Any style of chair - Any technique

Bring your decorated chair to the Navan Fine Arts Exhibition & Sale on the Sunday of our show, April 24, 2016, between 10 am & 12 noon at the Navan Curling Club



Visitors to our show will be invited to vote for their favourite chair in 3 age categories: 13 & under, 14-18, and 18+. Voting will be held from 12:00 noon to 2:30 pm and the winners announced at 3 pm.

All the guidelines are available at www.navanarts.com

After the show, help beautify Navan by displaying decorated chairs outside local businesses and homes - create places around Navan to meet, chat, show our creativity, or simply sit.

While advance registration is not necessary, it is appreciated so we can get an idea of how many chairs to expect. The registration form is available at www.navanarts.com

As of January 20, we have commitments for 15+ chairs from individuals, businesses & organizations. We are targeting 30-40 chairs to be shown on April 24th.

This community project is sponsored by the Navan Fine Arts Group

The Navan Fine Arts Show & Sale, April 23-24, 2016, 10 am – 4 pm daily at the Navan Curling Club

www.navanarts.com
www.facebook.com/NavanFineArts
<https://twitter.com/navanarts>
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Rev. John Wilcox & Rev. Kristy Reimers-Loader

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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



New Contact Info for Bearbrook Parish

twitter account: @bearbrookt

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.

Temporary Art Gallery opens in Cumberland

While awaiting new tenants, the beautifully renovated Haddad S&S Foodliner (2565 Old Montreal Road, Cumberland) will host a weekend art gallery on Feb. 20-21. John Haddad has generously offered the vacant space to showcase the many talented artists in the Cumberland area.

Planning is currently under way. The event will feature paintings, photography, sculpture and fine craft including folk art hooked rugs, stained glass and needle felting by local artists.

Watch for more details soon on the <http://cumberlandvillage.ca/> website. For more info, contact: Rebecca Dufton (613) 833-0276.

We look forward to seeing you there!

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

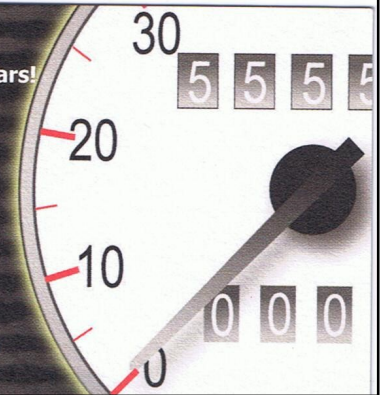
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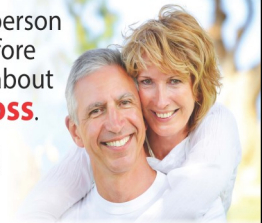
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Trinity Bearbrook: The little Church that could!

On Saturday Oct 24th, 2015 Trinity Bearbrook hosted a successful Ontario Electronic Stewardship (OES) electronic waste collection fundraiser in the church parking lot.



Pictured: Rev. John Wilcox at Trinity Bearbrook Church, Pictured left to right are: Rick Foy (People's Warden) Jacob t'Mannetje, Patrick Magladry (Deputy People's Warden), Brian Magladry, Doug Loader, Rev. John Wilcox.

After a two week advertising campaign word was out! The cars and trucks with trailers loaded with donations began arriving promptly at 8 am and traffic flow was steady right until the noon time cut off.

At the end of the event the full to the brim OES container weighed in at 4.8 tons which resulted in a \$1018 profit. A win, win, win for the community, the church and the environment. Given the fun, interest and success of this event Trinity Bearbrook is looking forward to hosting another e-waste collection in the near future.

Special thanks to the event coordinators and volunteers pictured here as well as Sharon and Glen Armstrong, All Signs and media outlets for their donations of advertising signs, radio and billboard notices .



Many thanks to all who came from near or far too drop of donations!

Horned Lark (*Eremophila alpestris*)

Article and Photos by Tom Devacsari



If you look carefully at fields around Navan you may see it crawling with little brown shapes. When they turn, you may see a neat yellow face, black mask, and tiny black “horns”. Much easier to spot once there is a blanket of snow.

These small birds are Horned Larks, 7-8 inches in length and weight of 1.1 oz. I often find them in fields off of Giroux road. At times they are in the ditches or walking on the road foraging for food. They can be closely approached while driving if you proceed very slowly and do not exit the vehicle.

The fellow pictured with this article had to be driven around since he was too busy going about his business on the snowy road to yield way. I love having models that want to pose for the camera.

They form large nomadic flocks in winter -- often mixing with other bird species, including Tree Sparrows, Dark-eyed Juncos, Lapland Longspurs, and Snow Buntings.

Horned Larks are widespread songbirds native to The Americas, Europe, and Asia, this bird prefers shrubland, grassland, and marine ecosystems. They forage for seeds and insects, and sing a high, tinkling song. Though they are still common, they have undergone a sharp decline of 62 percent between 1966 and 2010. Loss of agricultural fields and suitable habitat is a major factor in their decline but the overall declining trend is not fully understood.

Horned Larks inhabit an extensive elevation range, from sea level to an altitude of 13,000 feet. Carl Linnaeus (a Swedish botanist who laid the foundations for the modern biological naming scheme of binomial nomenclature) named this bird *Alauda alpestris*: “lark of the mountains” (it has since moved to the genus *Eremophila*).

The longest-lived Horned Lark on record in North America was at least 7 years, 11 months old when it was recaptured and rereleased during banding operations in Colorado.
(References: Cornell, Wikipedia and What Bird.com)

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.