Navan Winterfest 2016
Navan Notables: Laurier Lachance

Laurier is an enthusiastic young man who knows what he wants and where he wants to go in life. He lives right here in Navan, the oldest of three children. He remembers seeing the cartoon, Babar, the Elephant, when he was young. In one segment Babar was learning the piano. Laurier was only 4 years old but that cartoon made him want to learn the piano. So he did!

Then, at 12, he took up the guitar. After high school and taking part in the school’s wind and ensembles playing the alto sax, as well as rocking out in the school’s rock shows, he went off to St. Lawrence College in Kingston to take a two year course in Music and Digital Media. Now he is back and actively pursuing his goal to make a living making music! His YouTube Channel [youtube.com/laurierlachance] is filled with his music. Take a look and enjoy this young man’s talent.

He and his videographer, Félix Desroches, post a new video every two or three weeks. A handful of these videos were shot right here in Navan. It was delightful to listen to his music while picking up on the background scenes from Navan. He does a duet with an Orleons singer, Karine Touchette, called “Fast Car”, filmed mostly in our lovely Centennial Park near the Domes. Beautiful voices! Another video entitled, “Disney Channel Flashback” is a medley of 21 theme songs of the various shows he watched on Family Channel as a young boy! I loved it. In this video, he includes his two sisters. What a musically talented family!

He says he wants to collaborate with others as well as do many jobs to allow him to make a living making music. “The more I am able to diversify my skill range, the more doors will open for career opportunities!” He is to be admired for his work ethic and the energy he is putting into his career. He feels he was born to make music. He gave a performance, the other day, at our local “Nifty Fifty + group! Buddy Holly never sang so well! Made me dance to Laurier’s acoustic guitar and exuberant voice. Loved Laurier’s “Holly Hiccough”!

So let’s follow this young fellow from Navan. Catch him on his YouTube Channel. Invite him to parties to get people up and having fun. He loves all kinds of music and has trouble choosing a favorite genre. Go Laurier go! Navan is pulling for you!

Sheila Minogue-Calver
Www.navanwi.com

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Tel: 613-837-1019 Fax: 613-837-9670
www.dustevans.com

Eric Smith’s 95th Birthday

January 26th 2016 was not only Eric Smith’s 95th birthday but it was also Eric Smith Day in Ottawa. Mayor Jim Watson and Councilor Stephen Blais announced at Eric’s birthday celebration that in honour of Eric’s service to the country and his community. Eric was a fighter pilot in both WWII and the Korean War.

Thank you to all who came out and celebrated Eric’s birthday.
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.

Memberships
CTAS Navan Fair Memberships on sale for $20 until April 29th, 2016 at the Navan Fair Office.

March Office Hours: 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

Betsy, the pregnant Beagle we rescued last month, has had her puppies - 9 healthy and beautiful bundles of joy, 6 females, 3 males.

They will be de-wormed every 2 weeks and have their 1st DA2PP before being ready for adoption.

For more details please visit:

Navan Animal Rescue Corp
4388 Navan Road, Navan, ON K4B 1H9
613-834-7005
www.naro-charity.ca
www.facebook.com/NavanAnimalRescueCorporation

Call 613 .445.5200
475 Church Street, Russell, Ontario
www.russellmeadows.com

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**Navan Health Tips:**

**Placebo the misunderstood**

Did you know that when speaking about medications, the “placebo effect” refers to a usually beneficial effect we get not from an active ingredient in a product we use, but rather from our expectation we will get a benefit from taking the product? Think “positive thinking”, or “the power of the mind”, etc. Studies have often found people stated they found benefit from products containing no active ingredients. The reported rate of positive responses has often been around 30-40%, but has sometimes been even higher.

Several factors may influence how many people will report a benefit from an inactive product. For example, some medical conditions we try to treat ourselves will resolve on their own, with or without treatment. Most viral infections fall in this group: a cold from a virus may last close to a week without treatment, or will be gone in about 5 to 7 days with treatment. Typically, the person will have noticed it come on for a day or two, endured the symptoms for a few more days, and then decide to treat for the last few days (total of 5 to 7 days; the time it takes for the body to produce antibodies to fight the virus). We might help it along by eating well, keeping well hydrated and well rested. We may also want to control some of the symptoms, for example fever or pain, but we can’t do much more to fight the virus.

How successful the product is at looking “legitimate” also influences how strong the placebo effect, for example whether it is endorsed by celebrities – remember Don Cherry promoting Cold-FX? Another trick is to make associations that reflect people’s beliefs, such as medicine that is good for you even though it tastes bad. “It tastes bad, but it works.” Really? In 2016, the company still has not figured a way to make their product not taste so bad, like all of the other companies? For those interested, that brand of cough and cold products had previously been using lower quantities of active ingredients in some of their products and less effective ingredients in their other original products. It was only in the last few years that they changed some of their formulations to more closely match the active ingredients in other companies’ products.

That is the placebo effect.

To avoid being unnecessarily drawn to products that don’t offer a true benefit other than the placebo effect, it is advisable to look at products with at least a little skepticism and ideally be aware of biases that so often influence “study results”. There are at least 10 – 12 levels of quality of “study results” from among the worst (advertising or infomercials) to medium (single-blind studies), to among the best (double-blind, controlled, cross-over studies with many thousands of participants). Testimonials are near the bottom of the scale as they are influenced by many types of biases (including random luck, recollection, etc.).

Vous avez d’autres exemples? Faites nous en part; il nous fera plaisir d’en discuter!

For more information or comments, 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.
Navan Lions Report
February 2016
President: Chris MacPherson
Secretarial Team: Mark O’Donoughue and Tony Fiorentino
Treasurer: David Grattan

Thank God that this year’s Winterfest on Feb 6th was somewhat warmer than last year. Navan Lions helped as usual by providing a barbecue and a mascot (me!) We enjoyed it and thank all those who contributed donations to the Lions Fund.

Lions have been busy conducting Vision screening of children in various Ottawa schools. The program has been very successful.

Lions community dinners for 2016 will start soon.

ROAST PORK AND BEAN SUPPER FRIDAY 29TH APRIL, NAVAN CURLING CLUB – TICKETS $20 FROM ROSS BRADLEY AT 613 835 2199 OR FROM ON NAVAN LIONS WEBSITE AT http://www.navanlions.ca/

ALSO MARK ON YOUR CALENDAR THE HAM AND SCALLOPED POTATOES SUPPER 27TH MAY

All are welcome – we guarantee good food, a full meal in a fun evening with open bar, trivia quiz, prizes etc. it is also a good way of supporting our charitable causes.

Navan Outdoor Rink

The rink will remain open as long as the weather cooperates; however, in the case of mild weather, we ask that you please keep off the ice, to avoid damaging the lining underneath (information on the status of the rink is available on our Facebook page, facebook.com/NavanCommunityOutdoorSkatingRink). Signs will also be posted on-site.

A big shout-out to the rink maintenance volunteers!

Thank you to those who have braved many cold nights and helped to keep the rink in such great shape all winter:

Brian Acheson, Tyler Barban, Dave Bennett, Jeff Cotton, Phil Grandmaitre, Frank Lahache, Mike Lahache, Martin Lalonde, Paul Leveque, Brian Moore, Luc Pichette, Luc Picknell, Eric Poirier, Bob Price, Daniel Reid, Guy Souligny, Danny Stein-Wilson, Peter Stolze, Fred Waldner, Kevin Woodward
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 Centotaph 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, March 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!

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

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!

Women’s Institute Announcements:
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!

Lions Club Announcement:
MAPLEFEST 2016: 47th ANNIVERSARY
Cumberland Lions Club (2552 Old Montreal Road)
April 2nd and 3rd – 8 am to 3pm
Pancakes, Sausages, Maple Syrup, Beverages
All The Pancakes You Can Eat. Adults $7
Children (Under 10) $4, Seniors (65 & over) $6. See you all at this popular event.
Got an idea? Not sure how to fund it?

There may be financial assistance for your idea from a number of sources. Here are a couple to consider:

The OTTAWA CIVIC EVENTS FUNDING PROGRAM for 2017 is being increased to $5,000 per event. Requests must be for an event or an activity open to all and does not include monuments, decorations, banners etc. Applications will be accepted this coming summer with decisions on who will get funding made in the fall. For full details on this program check out the website; www.ottawa2017.ca/get-involved/plan-your-own-community-event/2017-civic-events-funding-program

Federal funding opportunities may also be available from Heritage Canada through the CANADA 150 FUND. The requirements for support from this fund are less limiting and open to just about any idea. The full application details can be found at; www.magazinescanada.ca/uploads/File/Membership/Canada150FundGuideEN.pdf

If you have an idea and would like some financial support, please let the Canada 150 committee here in Navan know. There may be an advantage and have greater impact, if a number of small requests can be combined.

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

Fred Hyde
613-835-3331
fredhhyde@gmail.com
WEEKLY RURAL SHOPPERS BUS
OC Transpo has five routes that provide free once-a-week service from rural communities to urban shopping destinations. Tuesdays: Napano • 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.

WANTED: Empty LCBO Bottles and Cans
Are you still stock piling empty LCBO bottles and cans in your recycle bin from the holidays? Is it too cold and miserable to return them to the Beer Store? If so, please consider donating them to the Heritage Public School Concert Band. The Concert Band continues to fundraise to buy instruments and to offset costs for its June 2016 band trip. If you have “empties” to donate, and would like to arrange for a pick up or drop off, contact Neil or Heather Monkman at monkpeople@gmail.com. Please title your e-mail “LCBO EMPTIES”.

WANTED: Campbell’s Food Labels
If you are a consumer of Campbell’s soups, juices, sauces and snacks, please consider removing the labels from these consumed products and dropping them in to the Heritage Public School front office. Called Label’s for Education, Heritage is awarded points for each Campbell’s label they collect and these points can then be used to “purchase” educational materials for the students. The following is a list of Campbell’s products that Heritage collects:

CONDENSED SOUP, SOUP AT HAND, HABITANT SOUP HEARTY NOODLES, CHUNKY SOUP OR CHILI, GAR-DENAY, CHUNKY BOWLS, READY TO SERVE SOUP, V-8 SOUP, CRÉATIONS SOUP, HEALTHY REQUEST BOWLS, PREGO SAUCE, EASY COOKING SAUCE, READY TO USE BROTH, PACE ALSA, GOLDFISH CRACKERS, V-8 VEGETABLE COCKTAIL, V-FUSION, V- SPLASH

Artistic Opportunity
Heritage Public School is celebrating its 10th Anniversary this year and the school is looking for a local artist or team of artists who would consider working with students to create an installation to celebrate the occasion. If you have a unique idea and you think you could lend a hand, contact Heather Monkman at monkpeople@gmail.com. Please title your e-mail “10th ANNIVERSARY ART”.

10th Anniversary Spaghetti Supper
Mark your calendars!!! Heritage Public School is celebrating its 10th Anniversary this year and plans are underway for a celebratory birthday party on Thursday, April 28th.

The school is hosting a family friendly Spaghetti Supper and we hope current and former students and teachers and their families will want to join us.

Watch for more details in the April Nugget. Additional information and tickets are available by calling the school at 613-835-1700 or contacting Heather Monkman at monkpeople@gmail.com. Please title your e-mail “10th ANNIVERSARY SPAGHETTI Supper”.

Navan Community Walk
This walk is to be held Sunday, May 29 at noon at the Town Clock Plaza. Mark your calendars. Come on out with family and friends, as well as your dogs, to walk a 5km route through the village. Donations will be accepted and turned over to the Navan Lions Club’s Hannah Billings Fund, a fund that helps other families with severely ill children in our area.

Volunteers are needed to help plan the event. Call 613-835-4296 or email samc1@rogers.com to help out. Promises to be a fun event with surprises as you walk the course!

Navan Streetwalkers
The record snowfall on February 16 made for excellent conditions as the women snowshoed into the forest! The snow was soft, so clean and sparkling, and our tracks made a meandering, snake like trail! The forest is just a radiant and glorious place to be after such a snowfall!

Knotty Knitters
We celebrated Gail Craig’s 90th birthday this February 15th. She was delighted.

We meet every Monday at 1PM in the Lounge of the Navan Curling Club. Come on out!

Navan Women’s Institute
Next meeting is Wednesday, March 9 at 7PM at St. Mary's Hall. A master gardener, Nancy McDonald, will be speaking. Come on out and get some tips for your garden!

Need help sleeping?
Walnuts are said to be a great source of melatonin. Melatonin not only improves sleep but also offers antioxidant protection and relief from seasonal-affective disorders.

www.mayoclinic.org
THE THIRD SPACE
Join us to catch up with friends and neighbours, share some refreshments, or swap a book. Fair-trade coffee and tea. As always, we 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.

Walter Henn
Navan and area has lost a very prominent citizen. Walter came here from Germany at 21 years of age. He worked on his parents’ dairy farm in Leonard. He came here to give his family a better slice of life. A few years after his arrival, he bought his own farm on Frank Kenny Road, where he raised hogs and invested in land deals. This led him to develop “Skyview Estates”. His work is remembered in the streets, named after him and his family: Henn Drive, Inge and Heidi Streets.

Later he established a fantastic exotic meat shop on Russell Road near Bearbrook. His ambitions extended to the creation of a wild animal park, where I took my grandchildren. What beautiful memories we have of that little zoo! He also built a Bed and Breakfast, where in 1996, our guests for our wedding all enjoyed comfy beds and delicious food, served by Inge. The swimming pool was a bonus!

The B and B had 72 rooms and in its prime hosted over 200 tour buses. There was a staff of over 80 to work this resort. During the ice storm the Henns cooked for emergency shelters. In their 3 banquet halls they catered an “All you can eat” wild game buffet which was extremely popular! A large party tent was erected on their grounds, where birthday, ball parties as well as weddings and other gatherings took place. Bearbrook Farms was a grand place to visit. I remember parties there where I first tasted ostrich and emu meat! Mmmm good! He brought his Food truck to many Navan Fairs where sausages in a bun, Buffalo and Venison burgers were a favourite of many Fair goers. He also set up booths in at least 10 local markets. Walter Henn got involved in refrigeration, selling units internationally. He had a dream and he went after it! Such a memorable character!

Later in his life, after the Farm was closed, he opened up a Meat Shop on Dunning Road. For a tasty and exotic adventure take a drive there and roam around the store and the little lake on the property. Lovely restful spot! Those wishing to taste Bearbrook Game Meats can do so by purchasing online. Also sold at this store are beef, pork, chickens, ducks, turkeys, and free range eggs. Home cooked dinners and fabulous homemade pies, supplied by the Anglican Church ladies are also sold there.

The family wishes to thank the Anglican Church ladies and the Leonard Women’s Institute for all the desserts for the many guests who attended Walter’s celebration of life. Thanks to Brian Coburn, Peter Clark, and Pastor Denke who all made the service very special. Walter is gone. I doubt we’ll ever see such a dynamic and friendly go-getter as Walter was! We’ll miss his verve, his visions, and his sharing of his dreams. As Ross Bradley said, “Walter Henn was a very good business man in all of his endeavours, not only here in the Ottawa Valley, but sometimes in the turbulent international business world as well. He was a man to be admired.” Sympathies to his family and dear friends.
**The American Crow**  
Written by: David Grattan

The Crow is a fascinating bird - although to some of us, it is a confounded nuisance. Perhaps its most obvious characteristic is its gregarious behaviour. When I worked at the Canadian Conservation Institute at the junction of St Laurent Blvd and Innes Road in the east of Ottawa, we would see crows by the thousand or even the hundred-thousands, gathering in the wasteland to the NE of the Junction at dusk of a winter evening. It was a spectacular sight.

Crows are well known to roost communally in vast numbers. Where all the Innes Road crows came from is a bit of a mystery, particularly when you consider that this was far from being the only spot where crows congregate in the east end of the city. Finding enough food for all those mouths to feed must be a challenge but crows will eat just about anything from worms to grain to discarded pizza or French fries. It is surmised that they have tended to roost more in urban areas for several reasons, including better access to food, the fact that cities tend to be a bit warmer than their rural surroundings and that artificial lighting helps them see night predators such as the great horned owl.

Only a minority of crows live beyond a year. We often see scavenging groups of crows in the vicinity of Navan – they seem to have a fondness for road salt. Crows are reputed to be among the most intelligent of birds, if not the most intelligent. For instance, they are known to crack shellfish open by dropping them from a great height on to rocks. In fact they have a reputation for problem solving.

According to the Cornell University All About Birds website: “The American Crow, *Corvus brachyrhynchos*, displays more human-like traits than perhaps any other animal: intelligence, adaptability, sociability, and caring, with strong family values and lifelong bonds. In some cases, offspring from previous years stick around to help raise their younger siblings. They help feed the female on her nest, feed the nestlings and fledglings, defend the territory and the nest, and stand guard over other family members while they hunt for food. This kind of cooperative breeding behavior is rare in birds.”

What is the difference between a crow and a raven? Crows and ravens, although in the same genus along with Blue Jays and Grey Jays (*Corvus*), are different birds. Common Ravens can be distinguished from American Crows mainly by size difference. Ravens are as big as Red-tailed Hawks, and crows are about half the size. The other notable distinguishing feature is that the tail of the raven is wedge-shaped.

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**The Bradley Cup**

The Bradley Cup is the oldest known Cumberland Township hockey trophy still in existence. It was donated in 1929, by J.T. Bradley, a local Navan merchant who was an avid hockey fan. According to local dources, in the early days the Bradley Cup was competed for as a challenge cup, usually in an exhibition game series.

Although the Bradley Cup sat idle for a period during World War II, in 1946 it was revived as the championship trophy for the Cumberland Township Hockey League, until 1956.

In spite of passing through many hands over the years, this silver plated cup has managed to survive its journey well. The Bradley Cup will always remain as a symbol of local hockey supremacy, in memory of the pioneers of hockey in Cumberland Township.

Stan Kowala (1995)

This year’s event will be held March 25th. Refreshments and food will be served, with proceeds going to local resident Gerry Lalonde, who has recently been diagnosed with chronic myeloid leukemia. Stay tuned for more details in store at J.T. Bradley’s!

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.