

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

THE BRADLEY CUP



Top: Eric Smith with Bob Burns and Basil McFadden - official Puck Drop.

Below: Winning Team Cumberland.



What a day it was; The Bradley Cup Hockey Tournament including Cumberland, Navan, Orleans, Sarsfield and Vars was played Friday March 25 in front of a large boisterous crowd along with undreds celebrating up in the Arena Hall. This was Communtiy at its best having fun battling it out for a 9-0 yeat old Cup while raising funds for a local resident who was diagnosed with chronic myeloid leukemia in early January.

The Tournament Committee headed up by Frank Boyer along with the 5 team Captains, Brad Neil and Stan Kowala were so much fun at our planning meetings. his tournament was planned in less than a month and Cumberland was victorious in the end. Special thanks go to Kelly Oka for heading up the bar ticket sellers along with a great serving crew in Anita Lawlor, Luc Bergeron and others. The Navan Lions and Margaret MacNeill deserve so much for food preparations.

Jackson Bender greeted everyone as they entered the arena and outlined to fans and players alike what was happening on the ice and up in the hall. Thanks also to Hans Lysterfor selling 50/50 tickets all day long.

On behalf of the Bradley Family it was a pleasure reviving this rich historical tradition and who knows this could become an annual event.

Regards,

JT

** A special thank you from Marg MacNeill for all the support and generosity of the Navan Lions, Women's Institute, and community members who help prepare, serve and clean up over this great day. Also for the wonderful sweets that was provide by many of the community cooks. All of this great work would it have been possible in providing nourishment for the hockey fans. And a special thank you to ML Bradley Bus Lines for providing transportation to The Tartan Pub, to DESystems for providing the technology in the hall and to Barry Johnston and Mike McFadden for collecting Silent Auction items, and to Tom Devecseri for the great pics throughout the day.

Navan Notables: the Navan Art Show

By: Anne Warburton



Wood turner Ross Elliot

The Navan Fine Arts Group wants your used wrapping paper and greeting cards, and will be collecting these items at their annual exhibition & sale April 23-24 at the Navan Curling Club. These arts & craft materials will then be donated to Heritage Public School's Primary program. Other items that are welcomed include crayons and coloured pencils.

Heritage School has been part of the annual show for a few years now, showing the artwork of budding artists in various grades. Many proud parents drop by the show to see the work of their children, with camera in hand. The school will be part of the show again this year.

The Navan Fine Arts show started in 2011 in celebration of Navan's 150th birthday, and has grown from 11 artists that first year to 16 this year plus 4 authors. The core group is from Navan, Hammond, Vars, Cumberland and Orleans, with different guest artists each year anywhere from Ottawa and Gatineau to Prescott to add variety and new items. As an aside, the fall/Christmas Navan arts & craft show at the Arena is managed by a different group.

Our Navan Fine Arts Group is the Decorate a Chair Project – members of the community are invited to bring a decorated chair to the curling club on April 24, details at www.navanarts.com - and are hearing some very imaginative ideas coming forward. What a hoot it will be to see all the chairs on display outside the curling club on April 24th.

This group of artists has also been privileged to team up with the Navan Women's Institute, in support of their fundraising events: The N.W.I. Garden & Art Tour (2015) and the Wine & Art Pairings at Perrault winery (2014 and 2015). This latter event will be held again this year on September 18, with tickets for wine tasting & hors d'oeuvres going on sale in August. The 2016 wine & art pairings will include 12-14 artists, up from 8 the first year, targeting established and new artists in Navan, Orleans, Cumberland, Metcalfe, Embrun, Vars and other villages and neighbourhoods in the area.

The group also has an affiliation with Country Moments Spa,

who have donated space for the Navan arts group to exhibit works of Ottawa and area artists. A variety of painters in various mediums are recruited by the Navan group and shows are rotated every 2 months. Spa owner Amanda Watson is a definite champion of including handmade items at the spa.

What's next? With birthday celebrations starting in January for Canada's 150th, the seeds of creation have already been planted in the collective creative minds of this group – who knows what they will come up with for next year.

For all the details on the 2016 Navan Fine Arts Exhibition & Sale, including videos of some of the artists, visit

www.navanarts.com.

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August 11, 12, 13 & 14, 2016

Ambassador Competition
Contact Sara McFadden at
sara_mcfadden13@hotmail.com or the Fair
Office at 613-835-2766
(navanfair@bellnet.ca).

Rules and Regulations

Competition is open to any male or female between 18-23 years of age at the time of the CNE in August 2016.

Contestants will be disqualified if any of their qualifications are found to be in contravention of any of the competition regulations herein set out and may also be disqualified if they fail to observe any of the instructions and regulations which may be set out by the supervising official of the competition.

Entries will be accepted starting May 1st, 2016 and the deadline is Jul 1st, 2016. Please forward all entries to Sara McFadden (sara_mcfadden13@hotmail.com) or the Navan Fair Office, 1279 Colonial Road, Navan, ON K4B 1N1 (navanfair@bellnet.ca).

The ambassador will be required to attend all fair days. They also must fulfill obligations outlined by the committee. Example: OAAS convention, CTAS Annual Meeting, Annual Navan Fair Parade, Community events, etc.

Interview date will be Wednesday, July 20th at 7:00, Navan Fair Office Boardroom (1279 Colonial Rd).

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. You 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.

April Office Hours: Tuesday, Wednesday & Thursday
10:00 am – 5 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: Have you taken your vitamins?

We are constantly bombarded by advertising that promotes the use of vitamin/mineral supplements, a multi-billion dollar a year industry in Canada for vitamin/mineral supplements alone. In the past it was often reasoned that it's a vitamin, so it can't hurt you – since the cost was not too high, why not take them just to be sure that you would have enough? However, it is wise to weigh the pros and cons of vitamins and mineral supplements. In health care, we often use tools such as a risk/benefit analysis. On one hand, we consider all risks or costs of taking the supplement and we compare those with a list of benefits.

Navan Health Tips continued...

Let us first look at the risks or costs. One factor to consider is the cost to purchase supplements. While the cost was moderate 10 – 15 years ago, we have seen a trend over the last decade where manufacturers try to differentiate their product by claiming it's more pure, better quality, or is formulated specifically for women or men. This is so they can ask a higher price. The advertisement will typically stress a positive quality while ignoring the fact that the product might be less desirable on other points. Other costs include the risk of negative reactions (i.e. allergies, stomach upset, dizziness, rash, the possibility of dying earlier if using very high doses of antioxidants, etc.) or drug interactions (for example, if taken together, several minerals will bind to certain medications so those medications can't be absorbed and therefore will not have the intended effect).

These supplements can also have expected benefits. Just because a vitamin is essential for a particular function doesn't mean we must take it as a supplement. Chances are we already have sufficient levels in our body. If not, we need to know why we don't have enough. If we believe a supplement is required, what is the best source? dose? etc. Food is often the best source of vitamins and minerals. We must also consider the source of the information promoting the supplement (is it the same as the seller of the product?), the quality and size of study, whether it was replicated by other independent researchers, etc.

Another area of ongoing concern is assumptions that may not hold true. Many ads promote the use of B vitamins to feel more energetic. In most cases, a lack of vitamins B1, B2, B3 and Pantothenic acid is not the reason for people feeling tired or without energy. Furthermore, if the lack of energy is the result of a vitamin B12 deficiency, the amount of vitamin B12 in multivitamins is insufficient to raise B12 levels in our body. Over-reliance on assumptions is widespread when talking about supplements and other "health" products such as probiotics, products for chronic pain, elevated bad cholesterol, weight loss, etc.

Here are some examples of a clear benefit for specific vitamin/mineral supplementation:

- When bloodwork ordered by a medical doctor analyzed by a provincially funded laboratory shows a deficiency.
- When a person does not eat certain types of food which leads to a deficiency in the diet – could be because of allergies, lifestyle preference (i.e. strict vegetarian who develops a vitamin B12 deficiency), or dislike for some types of food.
- When a person suffers from a condition that reduces absorption of certain nutrients (i.e. short bowel syndrome, inflammatory bowel disease)
- When a person takes a medication that causes a deficiency in a vitamin or mineral.

There are also a few vitamins and minerals that tend to be deficient in certain groups of people. Examples would be vitamin B6, vitamin B12 (especially the elderly and strict vegetarians), folic acid, vitamin D (especially when little or no exposure to sunlight), calcium (possibly in women after menopause), and iron (very young children, and women of childbearing age).

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.fawa.ca; 1200 Colonial Rd, Navan) Norm Quesnel, pharmacist and Danielle Lamoureux.



Ontario Senior Games



East Ottawa



MAY 2016

For more information visit http://www.ontarioseniorgames.ca/district_page.asp?id=38

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Feature Artists/L'artiste de fonction: Janice Moorhead, New/Nouveau Fibre Art by Wendo & Ina Tree
Beaurina/Da Letour: Bernadette Alcock, Shirley Browley, Richard Charlebois, Ross Elliot, Liz & Francois Fournier, JP Fournier, Janis
Fulton, Doreen Hordiman, Kerstin Peters, Ken Klopelle, Threaded Metal Designs, Tally Design, Anne Warburton, Heritage Public School
Authors/Auteurs: Vicki Delany, R.J. Harlick, Michael J. McCann and Lynn L. Clark



Navan Fine Arts Exhibition & Sale Vente et exposition de beaux-arts

April 23 -24, 2016 / 10 AM - 4 PM

Navan Curling Club/Club de curling de Navan
FREE Admission and Parking /Entrée et stationnement GRATUITS

For more information/Pour plus de renseignements
www.navanarts.com

Navan Fine Arts Group FB page
@NavanArts



Featuring New Artists & Authors, Wine Tastings & Chair Project Voting

Doré de nouveaux artistes et auteurs, Dégustation de vins et vote du projet de chaise



Navan Lions Report March 2016

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

The Navan Lions Club is currently undergoing a self-examination process through the Club Excellence program. We are looking at ways we can be more relevant to our community and better serve its needs. Do let us know if you have any suggestions as to how we could improve.

Other news is that the first Gerry Calver/ Navan Lions science scholarship at Ottawa University will be awarded at the end of March. There were 31 applicants.

We are also happy to announce that local student; Colleen Fleming has been awarded this year's Deavy bursary. In addition to academic excellence, this bursary is aimed at students who support the community. Colleen has helped the Navan Lions Club at fund-raising events as well as the Navan Community Association.

Note that 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 (Children 6-13 \$10, those under 6, free)

Or you can reserve tickets on the website at <http://www.navanlions.ca/>
 Also mark on your calendar the ham and scalloped potatoes supper Friday 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 great way of supporting our charitable causes.

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:

The Lions Club has 38 (96" X 30") wooden tables and 185 plastic stacking lawn chairs that it is willing to rent out for personal or community events. For personal use the tables are available for \$3.00 each for up to a week and the chairs for \$1.00 each for up to a week. Special deals can be made if you are using them all or they will be used for community charitable events. The Club also has a popcorn machine, an 18" X 36" propane griddle and a wheel chair available for a suitable donation.

For more information or to make reservations, contact Lion Fred Hyde at 613-835-3331 or fredhhyde@gmail.com or go to our website <http://www.navanlions.ca.>



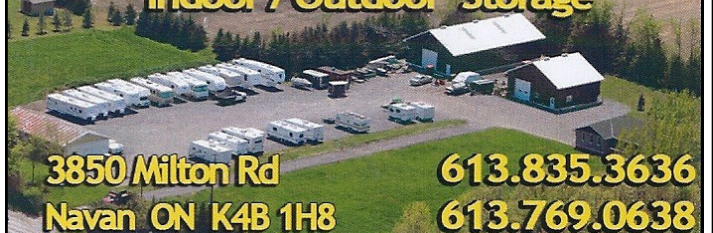
Teddy is a 5-year-old Bishon Frisé who is being neutered with Rabies, DA2PP, etc... He will be ready for adoption after his recovery. Very sweet boy, super calm and although shy with strangers at first, he does come around quickly! Great with other dogs in the household and clean!

For more details please visit:

Navan Animal Rescue Corp
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 613-834-7005
www.narc-charity.ca
www.facebook.com/NavanAnimalRescueCorporation

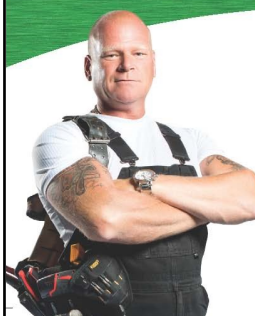
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The NCA Executive would like to encourage all residents to become members of the community association. NCA meetings are held on the third Monday of the month, from September to June at the Navan Arena at 7:30 p.m.

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, April 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 Devecseri
Safety: Fred St. Pierre
NCA Membership: Ray Vetter



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



ONTARIO SENIOR GAMES ASSOCIATION / ASSOCIATION DES JEUX DES AÎNÉ(E)S DE L'ONTARIO

May we introduce ourselves? We are a dedicated group of Volunteers in District 6 – Ottawa East (www.ontarioseniorgames.ca/6) working to provide 55+ adults in Ontario with an opportunity to increase their social interaction with others, increase their physical and mental well-being, through participation in recreational activities and sports, and promote active living among 55+ adults in Ontario. For more information, visit us at <http://www.ontarioseniorgames.ca/6>

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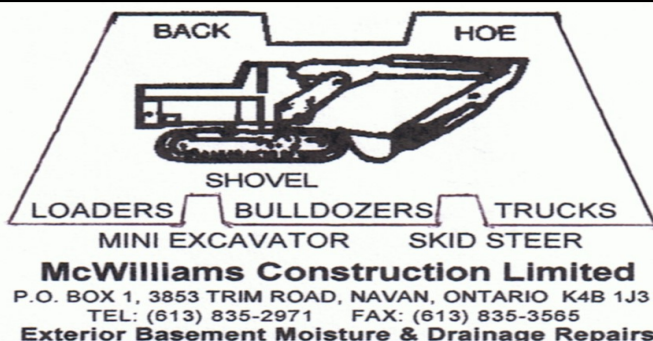
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The celebrations are being planned!

There have been a number of proposals and ideas put forward for the celebration of Canada's Sesquicentennial celebrations here in Navan.

At this time, there two proposals on the table which are going to need a lot of work. They are (1) creating a Memorial Garden honoring the deceased Veterans who came from the Navan area and (2) enhancing the Multi-purpose Trail, that traverses across the south side of the village. The thoughts, for the latter, which still needs clearance from the City, envisions number of benches, a shade structure, plaques of historical significance and identification of natural elements. Both of these proposals will require a lot of detailed planning and in particular the costs and how to pay for them. These will be the prime topics for discussion at the next meeting of the committee.

There is a "Street Dance" in the works, for which the planning is well underway. A Victorian Tea is already in the discussion stage and the details will be put together over the next few months. A "pop up" museum of vintage clothing and artifacts is being planned and if you have items to loan that might be of interest, please let us know.

There have also been a number of ideas and suggestion of thing we could do including adding decorative features around the village, spruced up entrance signage to the village, a bicycle rally, a period dress dinner dance, information sessions on the history of Navan and Cumberland township, and a Victorian Picnic in the Park.

The next meeting of the committee will be held on **TUESDAY April 5th 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
fredhyde@gmail.com



Quote of the month:

"Kindness is the language which the deaf can hear and the blind can see."
- Mark Twain



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Navan Women's Institute 

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New members welcome. Please consider joining us.
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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.



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COMMUNITY ANNOUNCEMENTS

WEEKLY RURAL SHOPPERS BUS

OC Transpo has five routes that provide free once-a-week service from rural communities to urban shopping destinations Tuesdays Navan • Sarsfield • Cumberland. These routes arrive at urban shopping centres around 10 a.m. and leave at 2:30 p.m. Buses are fully accessible and have space for two customers using wheelchairs. These routes do not operate on holidays. Contact OC Transpo for additional details and travel planning assistance.



**HERITAGE
PUBLIC SCHOOL**
Where City meets Fields

Four Grade 8 students from Heritage Public School were recently afforded a unique opportunity when selected to represent the school at the 2016 Skills Canada - Ontario Technological Skills Competition. Hosted by Longfields-Davidson Heights Secondary School in Barrhaven, the day saw elementary Ottawa Carleton District School Board students from across the city compete in categories as varied as Health and Safety, Robotics and Animation. Spearheaded by teachers Isabelle McKinney and Patricia Leclair, the Heritage team competed in a Green Energy Challenge that required them to build a functioning wind turbine with measureable components. The foursome was also very fortunate to have the mentorship of community member, Fred Hyde, who once worked at the National Research Council's Wind Tunnel.



From left: Anamika Nagra, Zack Lecuyer, Fred Hyde, Jordan Sirvin, Caelan Monkman, and Patricia Leclair.

Heritage P.S. 10th Anniversary Celebrations

Heritage Public School would like to invite former students, teachers, and the community at large to join them in celebrating the school's 10th Anniversary. To honour the occasion, a **Spaghetti Supper** (catered by Vittoria Trattoria) & **Sock Hop Dance** will be held at the school on Thursday, April 28th beginning at 5:00 p.m.

Menu includes: Spaghetti in a Tomato Basil Sauce, Meatballs, Caesar Salad, Rolls, Beverages and Birthday Cake. Tickets may be pre-ordered until April 8th by calling the School Office at 835-1700 ext. 0 or e-mailing monkpeople@gmail.com. Please title your e-mail "10th ANNIVERSARY SPAGHETTI SUPPER".

Adult/Alumni/Youth - \$12
Current Heritage Hawks - \$8
Pre-Schoolers - \$2

Concert Band BOTTLE DRIVE: Saturday, April 2, 2016

Please place your empties by your front door for pick up. Students will be canvassing neighbourhoods between **8:30 A.M.** and **NOON**. Pre or post pick-ups/drop-offs can be arranged by contacting monkpeople@gmail.com. Please title your e-mail "BOTTLE DRIVE". * Proceeds to Kingston Band Trip and Purchase of Instruments. *

Yard and Bake Sale

The Navan-Vars United Church Women is pleased to once again invite you to its annual Yard and Bake Sale on Saturday, May 7, from 8:00 a.m. to noon. Please note the change of time for the closing of the sale. We welcome you to enjoy a coffee and muffin as you browse our gently used items and attic treasures. Church members donate delicious, fresh home baking such as rolls, pies, squares, cakes, and other sweet treats. This event is the UCW's major fundraiser of the year, and proceeds help support a variety of community charities and other church initiatives. Items will be displayed outdoors, in front of the church, and in the church basement hall. Children are welcome, as many have found affordable Mother's Day gifts and toys for themselves in past years. We also often have a selection of good children's clothing. We are located at 1129 Smith Road in the village of Navan (west of Trim Rd). Call [613-835-2372](tel:613-835-2372) for more information. We look forward to seeing you there.

Navan Minor Ball League 2016 - Ligue mineure de balle molle de Navan 2016

Registration for minor ball will continue until April 9th, 2016. The registration form is available on the www.navan.on.ca website and is in this month's Nugget (back page). Please ensure that your form is submitted by April 9th to allow teams to be organized etc...
navanminorfastball@gmail.com

Navan Streetwalkers

Snowshoeing is finished for this year so you will be seeing us on the streets of Navan. Let's be careful on the roads.

Knotty Knitters

Our last meeting at the Curling Club will be April 4. From April to October we will be meeting at Café Latte Cino on Mondays at 1PM to 3PM. Come join us. David Grattan has built us some chair to enter into the Navan Art Guild's competition on April 24. Looking forward to decorating this chair up!!!

Community Walk

Watch for the posters about our Community Walk on **Sunday, May 29** starting at the **Town Clock Plaza at Noon!** It promises to be a fun event for the whole family. Donations will be accepted for the Hannah Billings Fund. Treats and drinks will be available at the end of the 5KM walk. See you then! Volunteers needed. Contact Sheila at [613-835-4296](tel:613-835-4296) or samc1@rogers.com

Navan Knights

Students needing volunteer hours please contact Sheila at [613-835-4296](tel:613-835-4296) or samc1@rogers.com. Many Seniors need help in spring time cleaning yards and garages. We need your help. And you need hours. Perfect match!

Room for Rent

Shared accommodation is available in a 3 bedroom house in the center of Navan. Cat in residence. Female preferred. Interested persons please call [613-835-9581](tel:613-835-9581) or email chicozoe6@gmail.com

M-J MELENHORST

LICENSED HAIRSTYLIST



613-835-3947

BY APPOINTMENT ONLY

944 GALAXIE AVE.
NAVAN, ONTARIO
K4B 1M5

Navan Fine Arts Show & Decorate a Chair Project

Will you be bringing a decorated chair to our show on April 24? Drop off your chair between 10 am and 12 noon, voting for people's choice award starts at noon, with winners announced at 3 pm. Categories are age 13 & under, 14-18, and 18+. Details are at www.navanarts.com. Our show runs Saturday and Sunday April 23&24, 10 am – 4 pm at the Navan Curling Club. Local writers will be on hand signing and reading from their works: Saturday includes crime and mystery writer **Vicki Delany**, current President of Crime Writers of Canada, and mystery writer **R. J. Harlick** whose book *Artic Blue Death* was a finalist for the Arthur Ellis Award for best novel. Sunday we welcome crime and supernatural suspense writer **Michael J. McCann** and supernatural suspense writer **Lynn L. Clark** of Oxford Mills.

We have 3 guest artists this year, available all weekend: **Janice Moorhead** creates stained glass "paintings" of landscapes and whimsical vistas that interact with light. Guest artists are **Fibre Art by Wendo**, a former animator who now makes whimsical felted animals, and **Ima Tree**, who sculpts 3D trees from wire. Rounding out the show are another 13 artists from Navan, Hammond, Cumberland, Vars, and Orleans.

Cumberland Lions

Rock & Roll Dinner & Dance: Cumberland Lions Club
May 14, 2016 at Maple Hall, 2552 Old Montreal Road. Cocktails 5:00 PM, Dinner 7 PM
Music & Dance with a Live Band – Great Rock & Roll Tunes from the 50's & 60's.
Limited Number of Tickets and Advance Sale Only: \$35.00
Contact: Charlotte 613-265-8299
Or email charlotte.kerluke@sympatico.ca

Orleans Women's Connection

Wed 13 Apr 2016 9:30 - 11:00 a.m.
Location: Orleans United Church hall, 1111 Orleans Blvd
Feature: Peddling Purses & Pies Auction
Music: Ann Coupland
Faith Story: Linda Sprunt "Making Mountains into Molehills"
Reservations: Shirley 613-841-5143 shirleyholt@outlook.ca
Cost: \$6 at door
Women connecting with God, each other and their community.
www.rsvpministries.com

Navan Storytime - Spring Has Sprung!

March 20, 2016 - It is a bright cool-ish day. Mom tells her two kids, ages 4 and 6, "Let's celebrate spring and go for a swing ride at the Park". So they all bundle up because, though most of the snow is gone, it is still pretty cold. Off they stroll over for their special treat. It's icy at the park with crackly snow, ice, and bare pavement. As the little family enters the park what do they see and must dodge? Piles and piles of POOP! Of all sizes! Mom has a hard time keeping the kids up and out of the frozen POOP. Thank goodness most was still frozen! She goes into the

park dragging the children, hoping the messes will clear up. But no, no, no. They turn around and go home to Daddy and their clean yard.

This is 2016. Why do people hate dogs? They not only can bite they can also POOP wherever the owner lets them. Navan is a friendly, caring village. Please loving dog owners pick up the POOP, because this is 2016!

Sheila Minogue-Calver and Buddy



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Anglican Parish of Bearbrook, Vars & Navan

Rev. John Wilcox & Rev. Kristy Reimers-Loader

Sunday Worship

Trinity (8785 Russell Rd, Bearbrook) 8:30 am
St. Mary's (3480 Trim Rd, Navan) 10:00 am
Navan Community Sunday School 9:45 am
St. Andrew's (1900 Devine Rd, Vars) 11:30 am
613-216-2200 or www.bvnanglican.ca



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 Women's Institute



Nancy MacDonald, Master Gardener, came to St. Mary's Hall to get us all in the gardening frame of mind. She gave us many tips on how to enhance our gardens. Over 50 attendees were keen on her presentation and asked many questions. She was a big hit. Emily Keenan and Colleen Fleming were this year's recipients of the Navan W.I. Scholarships. If any woman is pursuing education after secondary school and lives in the area, she can apply.

See navanwi.com for more info.

Top:
Nancy
MacDon-
ald, Master
Gardener.

Right:
Sheila pre-
senting the
W.I.
scholarship
to Emily
Keenan.



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

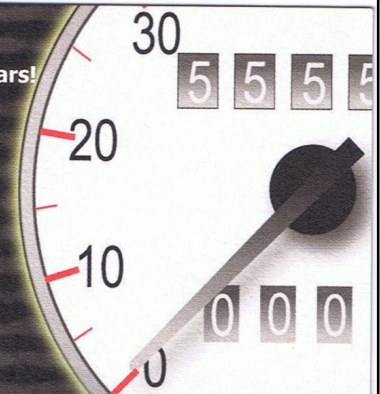
THE THIRD SPACE: Join us to catch up with friends and neighbours, share some refreshments, or swap a book. Fair-trade coffee and tea. As always, we meet on the last Saturday of the month from 10 am - noon at St. Mary's Parish Hall, on the corner of Smith and Trim Roads. Sponsored by the Parish of Bearbrook, Vars, and Navan.

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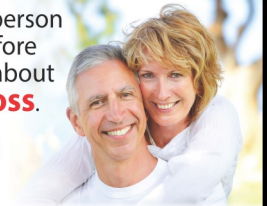
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66-1079 03/14

The Common Redpoll

By: David Grattan

Photos by: Tom Devcseri

Every month I am faced with the same question – what bird to write about? I often ask for suggestions because as time goes on it becomes increasingly difficult to think of new birds. So a couple of weeks ago I happened to be walking back from church alongside Margaret Struthers, and during our conversation she suggested the Redpoll.

Good suggestion Margaret!

It turns out to be an interesting bird, and as you probably know is quite common in Navan at our feeders. There are two kinds of Redpoll - the Common and the Hoary. The Common Redpoll occurs more frequently here in Navan - we are part of its southern range. The Hoary which closely resembles the Common has a smaller bill, a "frostier" paler

appearance, and no streaks on its undertail coverts. Both varieties have a red patch on their heads ("poll" is an ancient word for head) and the male Common Redpoll also has a rosy breast. The Redpoll has a winter range which at its southern boundary roughly coincides with the US Canada border.



On the other hand – the summer breeding range is in the far north of Canada along the arctic coast. The redpoll has a curious way of eating – it favours the seeds of the birch. So it first knocks the birch catkins on to the snow, then gathers the seeds up into a diverticulum (a sac in the digestive tract) from which it later regurgitates them to eat later in a secure location. The Redpoll also consumes the seeds from conifers, sedge, willow and alder as well as insects and spiders. Also interesting is that the range alters on a two year cycle coinciding with the production of birch seeds. Every second year birch trees have a stronger harvest. The Redpoll is a very hardy bird – apparently harder than any other songbird. It likes nesting in spruce or other shrubs, (for the covers and security) and builds its nests from twigs and mosses etc. and lines them with ptarmigan feathers! it is one of the very few arctic birds that does not nest on the ground.

So thanks Margaret – if you have any other suggestions I'd be very interested.

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.**

Navan Minor Ball League 2016 / Ligue mineure de balle molle de Navan 2016

Player's Name/Nom du/de la joueur/euse: _____

Date of Birth/Date de naissance: _____

Parents' Names/Noms des parents: _____

Email/Courriel: _____

Contact Number/ Numéro de téléphone: _____

Shirt size/grandeur du gilet: _____

Year of Birth / Cost / Division / Season Length / Mixed /

Année de naissance Coût Division Durée de la saison Équipe mixte

2011-2010.... \$ 50 T-Ball May/mai 6 to June/juin 22 Yes / Oui

2009-2008.... \$ 60 Atom May/mai 6 to June/juin 22 Yes / Oui

ALL TEAM ENTRIES SUBJECT TO SUFFICIENT REGISTRATION**THE FOLLOWING SHOULD REGISTER WITH THE ORLÉANS FASTBALL LEAGUE OR VARS SOFTBALL.**

2007-2006.... ? Mites May/mai 6 to June/juin 22 No / Non

2005-2004.... ? Squirts May/mai 6 to June/juin 22 No / Non

2003-2002.... ? Peewee May/mai 6 to June/juin 22 No / Non

2001-2000.... ? Bantam May/mai 6 to June/juin 22 No / Non

1999-1998.... ? Midget May/mai 6 to June/juin 22 No / Non

1997-1996.... ? Junior May/mai 6 to June/juin 22 No / Non

Rebate: \$5.00 per child for 3 registered children - \$10.00 per child for 4 or more registered children**Rabais:** \$5.00 par enfant pour 3 enfants enregistrés - \$10.00 par enfant pour 4(+) enfants enregistrés**Registration includes:** t-shirt, hat, medal, and year-end picture**L'inscription inclus:** t-shirt, chapeau, médaille et photo de fin d'année

I can help as / J'aimerais offrir mes services en tant :

Head Coach / Entraîneur-chef ☐ Assistant Coach / Entraîneur-adjoint ☐

Name: _____

I acknowledge and agree that the Navan Minor Fastball Association, including its organizers, coaches, assistants and volunteers will not be held responsible for any incidents or injuries that may occur during practices, games or any other activities related to the Navan Minor Fastball Association.

Je reconnais et j'accepte que le Navan Minor Fastball Association, ses entraîneurs, ses assistants ainsi que ses volontaires, ne sont pas responsables en cas d'accidents ou de blessures qui pourraient survenir durant les pratiques, joutes ou durant toutes autres activités reliées au Navan Minor Fastball Association.

Signature: _____ Date: _____

Method of Payment: (please make cheque payable to: **Navan Minor Fastball Association**)

Cheque #: _____ Cash: _____ Not Paid: _____

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REGISTRATION DEADLINE – APRIL 9th // DATE LIMITE D'ENREGISTREMENT – 9 AVRIL