

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca



Top people's choice award winner of the Decorate a Chair Project from the Navan Fine Arts Show: **Knotty Knitters Chair made by Dave Grattan**

Thank you to all who came out and supported our art show and the Decorate a Chair Project. The Chair Project exceeded all our expectations and we were awestruck with the variety of concepts everyone came up with. Winners of the People's Choice Awards for the chairs are posted on our website at www.navanarts.com. We hope to see many of the chairs displayed around our village in the weeks to come.

Our show continues to grow and we have new ideas for the future and for 2017 in celebration of Canada's 150th birthday. The Navan Curling Club has been our home since 2011, their hospitality and support have been superb. We have now outgrown the space and so will be moving our show to the Navan Arena in 2017.

Our next event is the Wine & Art Pairings at Domaine Perrault on Sunday, September 18, a fundraising event for the Navan Women's Institute. Information on tickets will be available in the summer. We hope to have 10 new artists this year, for a total of 14.

If you are a Navan artist and would like to be involved with the Navan Fine Arts Group and its activities as either a volunteer or possibly to show some of your work, please email annewarburton@hotmail.com. We have various opportunities that may be of interest to you.

Anne Warburton
Chair, Navan Fine Arts Group, www.navanarts.com

Navan Notables: Noah and Ken Harrison

Hola! Recently, Noah, 10 years old, and his Dad went on quite the adventure. They flew to Guatemala to help the The Hope of Life International Foundation. Ken wanted his son to learn about the world and its differences. They arrived at the Village of Transformation where the hotel was located. There is also an 8 story hospital, 50 homes for rescued families, 2 Senior homes, and Kelly's House, a home for disabled kids. All were suffering with stunted growth from malnutrition. A staff of 100 treat them lovingly, and serve them good food. The Foundation serves 4000 meals a month!

Everyday there was an excursion. Noah and his Dad's first job was to help in the construction of a Mothers' place, to be near their children in hospital. They used wheelbarrows and carried sand to the site. Another day they rescued a 2 year old who was very sick from malnutrition. A bus took them up the mountain as far as it could go, then into a pickup truck for about 40 minutes and finally walked for half an hour to the baby's home. They saw beautiful scenery up and down the mountain and all kinds of little villages scattered along the way. Noah was impressed with all the banana trees. Just before they left to come home they heard the baby was doing better. A plan was made to help the family. Noah's group gave the family 10 chickens so they could have eggs to eat and sell. The chickens could be eaten when needed. They painted the hospital walls another day. All kinds of groups go there to help out. There were 8 in the Harrison's group.

The village men go to landfills to dig and get stuff to sell. Others work in the fields. Because of the warm weather there are 3-4 harvests a year, but should there be droughts or floods then work halts until all clears up. The villagers live in solid mud huts with dirt floors. Some have electricity. They cook over open fires, have small gardens. Noah had fun pushing young ones on the swings, playing catch with the disabled kids, and seeing this new world. He would like to go back and do and help more.

Ken said everything was so well organized and efficient. Hammocks let these two view the beautiful scenery in the valley, and rest. Before leaving, as they were packing, a scorpion dashed out of the suitcase. They bite!! Locals always check their shoes before putting them on.

If anyone is interested in going to help, contact Ken at kharrison@absoluteresults.com. This trip was a rewarding Dad and son time. A trip neither of them will ever forget! Adios Amigos!

Sheila Minogue-Calver
www.navanwi.com



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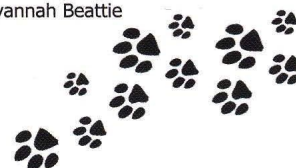
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Quote of the month:

**"I think it's very healthy to spend time alone.
You need to know how to be alone
and not be defined by another person."**

- Oscar Wilde



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 [@NavanFairHmCft](https://twitter.com/NavanFairHmCft).

May Office Hours: Tuesday, Wednesday & Thursday
9:00am – 4:00pm

President: Jo-Anne Girard
Admin. Coord: Debbie Newton
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Navan Health Tips: Sun Stuff

Did you know Denis Chiasson is a quitter? By the time this edition of the Nugget appears in print, it will have been 12 weeks and counting that Denis has stopped smoking – after smoking for 68 years! He started when he was 17. After a brief hospital stay in February, Denis decided it was time to quit. He has stuck with his decision since. When asked about it, he says it is all in the head: you have to decide for yourself, and then it is “mind over body.” About the occasional cravings, he is prepared with distractions and says they pass quickly. Well it sounds like a success story to me. Hats off to you Denis for accomplishing this after smoking all those years! Now, you will have to show us how you fly that helicopter.

With this nice weather, we'll be spending more time outdoors. It's also a good time to remember safe sun practices. This includes getting exposed to the sun gradually, limiting the amount of direct exposure during peak sun intensity (10 AM to 4 PM) when possible, and using some form of protection. Other than loose fitting clothing and a wide brimmed hat to provide shading, sunscreen agents can provide useful. For most of us, an appropriate sunscreen should have an SPF of 15 or more and should block both UVA and UVB rays. While sprays are easier to apply, they provide less protection than lotions.

To get the full benefits, it's also important to apply the sunscreen according to the product directions: the quantity to apply, 30ml, the time of application prior to sun exposure, 20min, and the need for periodic re-application, every 2 hours. Some formulations are better suited for particular uses, such as swimming and application to the face. It is important to avoid extreme sun exposure since, in addition to causing sunburns, will accelerate the skin aging process and can lead to skin cancer. It's good practice to monitor your skin for one particular lesion called actinic keratosis which may appear as a rough, dry or scaly patch of skin, usually less than 2.5 centimeters in diameter, a flat to slightly raised patch or bump on the top layer of skin, or in some cases, a hard, wart-like surface.

Color varies from pink, red, brown or flesh-colored and the affected spot often causes an itching or burning sensation. Actinic keratoses are found primarily on areas more exposed to the sun including our face, lips, ears, back of our hands, forearms, scalp and neck. As these can go on to develop into skin cancer, you should report those to your doctor in order to receive timely attention. And don't forget the UV-blocking sunglasses!

Vous avez d'autres suggestions? 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, pharmaciemedicipharmacy.com 1200 Colonial Rd, Navan. Norm Quesnel, pharmacist and Danielle Lamoureux.


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Annual

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Saturday June 4, 2016

10-2pm

@ The RBC Royal Bank, Navan

Little Ray's Reptiles, 11-12

Popsicles, treats, etc.

On this day ONLY, RBC Navan, will deposit \$5
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Navan Lions Report April 2016

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

As mentioned in our last report, The Navan Lions Club has embarked on a revitalization process called the Club Excellence program. We're looking at ways to be more relevant in our community and better serve its needs. Navan has changed since the Club was founded and one question we have is what is the specific area we should emphasise in our local financial support. What do you think -- should we include Vars, or Notre Dames des Champs -- for example. Should we include Orleans south of Innes Rd? Please send us your thoughts.

I must apologize for misspelling Jerry Calver's name when I mentioned the Jerry Calver Navan Lions science scholarship at Ottawa University in the last issue. But I'm also very happy to announce it's been awarded to Ms. Sojung Lee! We hope to see her in Navan at some point so we can offer her our congratulations.

Note that Lions community dinners for 2016 will start soon:

Roast pork and bean supper will be over by the time this issue arrives in your mailbox but - - on Friday 27th May, at the Navan Curling Club, the Ham and Scalloped potatoes dinner will take place. Tickets are \$20 from Ross Bradley at 613 835 2199 (Children 6 -13 \$10, under 6, free) You can also reserve tickets on the website at <http://www.navanlions.ca> 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.

GOLF TOURNAMENT. As you may have heard, Navan Lions Club is organizing its first golf tournament on Friday June 10th in aid of the Children's Wish Foundation. The tournament will be at the Mer Bleue 9-hole course and registration begins at 8 am with a shotgun start at 10am. The Registration deadline is Wed June 1st - Early bird entry fee (by May 6th) is \$300 per team of four or \$75 individual. Afterwards this fee rises to \$340 (\$85 individual). For more information contact don.macartney@rogers.com or simply register with the form below and send it to Navan Lions Club, (c/o Golf Tournament Organizers), 127A Colonial Road, Navan (ON) K4B 1N1. Please make cheques out to the Navan Lions Club.

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: We've got 38 (96" X 30") wooden tables and 185 plastic stacking lawn chairs for rent for personal / community events. For personal use the tables are available for \$3.00 each, up to a week and the chairs for \$1.00 each, up to a week. Special deals can be made if using them all, or if used for community charitable events. The Club also has a popcorn machine, an 18" X 36" propane griddle and a wheelchair available for a suitable donation. For more info or to make reservations contact Lion Fred Hyde at 613-835-3331 or fredhyde@gmail.com or go to our website <http://www.navanlions.ca>.

Navan Walk of Hope

Sunday, May 29th 2016
Noon
At the town clock on Colonial Road in Navan

Pets Welcome
 Light refreshments to follow

Donations to the Hannah Billings Fund
Helping sick children and their families deal with the unexpected expenses that can occur following a major illness, disability, or accident.

"I love the world and everyone in it" - Hannah Billings

Country Moments
We don't remember days...we remember moments!

613-590-9999
Spa & Wellness Center

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Team Entry Player 1 (Name): _____ (Tel): _____

Player 2 (Name): _____ Player 3 (Name): _____ Player 4 (Name): _____

Individual Entry (Name): _____ (Tel): _____



NAVAN COMMUNITY ASSOCIATION

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

The NCA is the umbrella organization for:

- The production and distribution of the Navan Nugget;
- The Nifty 50 Plus Senior's Club;
- Canada 150 Celebrations;
- The Navan Youth Ball league;
- The Navan Tennis Club;
- The Soccer Registration Group;
- The Fall Fest Committee;
- The Winterfest Committee;
- The Outdoor Rink Committee, and
- Members of the NCA maintain the floral gardens at the entrance of the village.

The NCA has successfully completed projects such as the Cenotaph Restoration, the Shade Structure Park Project, the Clock Tower and Wall of Fame, the 150th Celebration, and the Outdoor Skating Rink.

Your membership entitles you to vote at the AGM, bring issues relative to the village to the agenda, and get actively involved in projects that are of interest to you.

The NCA provides the community link to our City representative. Please support the NCA by becoming a member.

Next NCA Meeting:

Please join us for our next monthly meeting on Monday, May 16th 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



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!

LUNCH ON US!

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Navan's Sesquicentennial Planning Continues!

There have been no new proposals put forward since the last report so work continues on the ones in hand. However, there is still lots of time for new ideas and proposals.

The proposal for a "Memorial Garden" honoring the deceased Veterans, who came from the Navan area, is progressing nicely with a small committee of people interested in this project, putting together a plan and working out the details.

Planning for the "Street Dance" is progressing again focusing on the details and logistics of putting together such an event. Work on the "Interpretive Features" along the Multi Use Trail has exposed a few pitfalls to be filled and hurdles to be jumped in order to turn this idea into reality. It always seems to get more complicated when you are involving other people's property, especially when one of those "people" is the City.

The coordinating committee has decided to set aside the first Tuesday of each month for a meeting to update on the progress of the various proposals. The next meeting of the will be held on **TUESDAY May 3rd** at **7:30 PM** in the **Lion's Den** at the **Navan Curling Club**.

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

Fred Hyde
613-835-3331
fredhyde@gmail.com



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- COMMUNITY -

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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".

Cairine Wilson Volleyball Team

FUNDRAISING BOTTLE DRIVE: SATURDAY, MAY 28TH

The CWSS Volleyball Team is raising funds to help cover costs for an out-of-country tournament and tour. Students will be visiting neighbourhoods during the day on **May 28th**. Please leave your empties (wine/beer, including cans) outside your door Saturday morning for pick up during the day. Pre or post pick-ups are also available by contacting cheryle_watson@xplornet.ca. Proceeds will go to the CWSS Volleyball Team. **THANK YOU FOR SUPPORTING OUR STUDENTS AND YOUTH SPORTS!**

Navan Women's Institute

The new executive has been sworn in, last month. Anne Marie Potvin is the new President. Our Branch has put in over 2800 volunteer hours doing good works in our community!! Well done ladies! Looking forward to the Honourable Sharon Carstairs, our speaker on May 11th at the Curling Club. She is the Chair for the OutCare Foundation, the charity that our JT Bradley supports. Come on out and hear some good news of what this group does for the residents in need of help in the East End.

"Volunteers are the roots of each community." How true that is in Navan!

Navan Streetwalkers

These ladies along with the Navan Lions Club are organising a community Walk of Hope on Sunday, May 29 at noon, meeting at the Town Clock Plaza. Bring your family, pets and friends. Hot dogs and drinks will be served after the walk. Alison Billings will speak about the Hannah Billings Fund at the start of the Walk. Donations will be accepted for this charity, run by the Navan Lions Club.

Knotty Knitters

We have been working day and night to enter the Chair Contest put on by the Navan Arts Guild. David Grattan built us a BIG Adirondack Chair, Doug McNally gave us the wood, milled on his land. The Knotty Knitters have painted it. Vincent Clifford will be pushing and pulling this chair to the Curling Club for us. Great effort by all and much appreciated. We sure have had fun decorating the chair with hand knit wooly articles!

Navan Knights! Teens helping Seniors in their homes

Earn your volunteer hours and feel good about helping a Senior in their home! Call 613-835-4296 and ask for Sheila, or email samc1@rogers.com for more information.

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

Navan Curling Club

Summertime and the kids are out and about. We ask that they stay away from the Club House. We are very proud of our Club building and wish to keep it in good condition. Thanks to all who watch over the place.

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!

Builders Wall ceremony

The Navan Community Builders Wall ceremony will be held on June the 4th at 1 p.m. Three names will be added. Light refreshments will be served after the ceremony at the fire hall. Everyone is welcome to attend.

Hat Lady

Come and see "The Hat Lady!" Monday, June 6, at 7:00 pm at St. Mary's Hall.

St. Mary's ACW is hosting a presentation by Cheryl Bunda, from Edwards, who has a collection of vintage hats and accessories (items found on a 1920's lady's dressing table), hat pins and holders, gloves, a mix of summer and winter hats and outfits best suited for some of the hats. All are welcome to come and see this interesting presentation!

E-Waste Drop-Off fundraiser!

Where: Trinity Bearbrook Church, 8785 Russell Rd, Bearbrook, ON (corner of Dunning and Russell rd)

When: Saturday May 14th, 2016

Time: 9am-1pm

Contact Church Warden Rick Foy [613-835-3784](tel:613-835-3784)

Will take all electronics working or not, the heavier the better!

A Huge Shout-Out to the Sponsors of the 2016 Navan Fine Arts Show:

4 Season Window Cleaning Inc., Navan, AMPLIFY it, Screen Printing & Embroidery, Dancing Don, Domain Perrault Winery, Farm Boy, Tenth Line, Orleans, J.T. Bradley Country Convenience, Laverne Western Beef, Maureen Jacobs, in Memoriam, M.L. Bradley Ltd., School Bus Lines, M.J. Melenhorst, Hair Stylist, Navan Auto Pro, Navan Dental Clinic, Dr. Mirfarsi, Navan Lions Club, The New Oak Tree, Nifty Fifty Plus Seniors Club, Navan, Pharmacie Medici Pharmacy, RBC Royal Bank Navan, Sheryl Berube Esthetician & Electrologist, Talin Designs, Unique Jewellery, Orleans, Vars & Area Women's Business Network, Wholesale Outlet, Ladies Wear, Ottawa

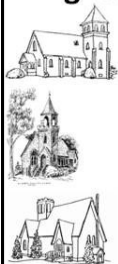
And thank you to our volunteers who helped make this year's show and the Decorate a Chair Project a success.

Anglican Parish of Bearbrook, Vars & Navan

Rev. John Wilcox & Rev. Kristy Reimers-Loader

Sunday Worship

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



THE THIRD SPACE

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.

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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And the Navan Women's Institute Presents

The Honourable Sharon Carstairs, P.C., Chair, OutCare Foundation at the At Navan Curling Club, Wednesday, May 11, 7PM. "Ensuring you receive the care you need at end of life." Come along and learn about Advance Care Planning and this foundation that helps people in need of care. Information on "La Maison de l'Est," a hospice in the east end of Ottawa, will be featured. Bring a friend! Drinks and treats will be served at the end of the presentation. Donations will be accepted for the OutCare Foundation's good works! Women Inspired! Women Involved! Women Interested & Interesting!

May 5 – June 30th – An exhibition of works by **Joanne Beaubien and Norm Goddard** at the Mini Art Gallery at Country Moments Spa & Wellness Centre. Joanne exhibits her work in fine art shows and galleries around the area. Her paintings show a joyfulness of colour, and her strong drawing skills provide a sound base for having fun with a wide range of subjects. Norm's paintings emphasize the effect of light on landscape and the human figure. Several of his paintings have received awards at juried exhibitions. He has sold works to customers in Canada, the USA and Great Britain. The Mini Art Gallery is run by the Navan Fine Arts Group in partnership with Country Moments Spa.



- * Iron fencing, railings, and gates
- * Wood/PVC fencing and decks
- * Water features and landscape lighting
- * Glass railings, interior railings
- * Interlock patios, stonework, etc.
- * Custom welding / repairs

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Feeding the Frenzy

A spectacular spring. Though I have seen reports of a decline in bird migration this year – in Navan, quite the opposite seems to have been the case. In late March, the waterfowl migration in the fields along Milton and Rockdale Roads etc. was very busy – not to say stunning. And along with trillions of Canada Geese we observed Tundra Swans and Pin tailed ducks. For me that was very exciting as I had not knowingly seen them before. But the really interesting thing as far as I am concerned was the explosion in numbers around our feeders in early to mid April.

Feeders in Navan have been simply swarming with hundreds of small



birds, sparrows of various kinds, finches – gold and purple, redpolls, pine siskins (pictured above), occasional nuthatches and all kinds of woodpeckers including the pileated variety (although the latter was seen on a dead ash tree across the road from our house). We have had to completely refill our bird feeders up to three times per day. I can't remember ever having to do that before. Does anyone have any theories as to why this happened this year? I'd be interested to know what others think about this.

As this was all going on – I can't help but observe that the arrival of redwing blackbirds was delayed and was somewhat sparser than normal. Robins arrived in force only to be snowed upon by the late recurrence of winter. They looked awfully annoyed as they struggled to find bare patches of grass to feed upon. Once more, spring seems to have sprung.

Introducing the Navan Kneeslapper



This new comic will be featured monthly, courtesy of Jeff Amey. An exciting new venture for the Nugget!



Gorgeous pets for adoption.

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Articles or announcements must be submitted to navannugget@navan.on.ca by the 20th of the month to be included in next month's issue of the newsletter.

What a wonderful place in which we have chosen to live.