

NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Digital color version available on the website navan.on.ca



Navan Fair 2016

Photography by John Ladds
and Tom Devecseri





August 11, 12, 13 & 14, 2016

2016 Navan Fair Ambassador



My name is Britney Keenan and I am Navan Fair's 2016 Ambassador. I am currently a student at St. Peter Catholic High school, and work part time as a supervisor at Shoppers Drug Mart. I was recently selected to attend Algonquin College to obtain my level 1 in Basic Electrical. During the first semester of my grade twelve year, John and Darren McGowan of McGowan Electric were extremely generous and helpful in taking me on as a co-op student as well as an apprentice this year. I will always be grateful for all the support they have given me. In the future I aspire to manage and operate my own electrical company. Some activities I enjoy in my free time are horseback riding, along with many other sports, and spending time with my family and friends.

Being a part of the Navan Fair this year was an incredible experience. I had the opportunity to meet many new people while attending different events around the fair. On Friday night at the horse show, I met the Belgian Queen, awarded ribbons, and rode on three different wagons. I also handed out ribbons to the winning competitors in the 4H barn. On Sunday, I saw some very cute faces when I gave out certificates at the baby show. While backstage before introducing the bands Sunday afternoon, I was lucky enough to meet Chris Labelle and Chris McComb of the Rivertown Saints. At the tractor pull, I had the chance to ride in

one of the tractors and waved the first flag at the truck pull. There were countless events going on at the fair everyday and unfortunately I did not make it to all of them, but I had a wonderful time at the ones I did attend. If I could do it all again, I would in a heartbeat! I look forward to what the rest of the year has in store for me!

NAVAN FAIR - VISITOR SURVEY WINNER **(\$50)**

Anateresa Mendes-Collins, Ottawa, Ontario

CULINARY ARTS WINNERS

BAKING QUEEN: Dominique Deschamps
BAKING PRINCESS: Victoria Coté-Dasilva
Highest Points Overall: Dominique Deschamps
2nd Highest Points Overall: Victoria Coté-Dasilva

New Exhibitor, Highest Points: Kathleen Mellow
New Exhibitor, 2nd Highest Points: John McClelland

Senior Cooks, Highest Points: Yolande Labelle

Jr Cooks, under 8, Highest Points: Martin Deschamps
Jr Cooks, under 8, 2nd Highest Points: Dylan Griffin

Jr Cooks, 8-12, Highest Points: Justus Brown
Jr Cooks, 8-12, 2nd Highest Points: Nora Hendry

Teen Cooks, Highest Points: Keiren McClelland
Teen Cooks, 2nd Highest Points: Ashley Ferreira

FLORICULTURE WINNERS

Highest Points Overall: John Peddie
2nd Highest Points Overall: Kelly Sirvin
3rd Highest Points Overall: Guylaine Lemieux

New Exhibitor, Highest Points: Katie Hodges

Best Dahlia of the Show: John Peddie
Best Gladiolus of the Show: Kelly Sirvin
Best Rose of the Show: John Peddie
Best Arrangement of the Show: Kelly Sirvin

Class 1: Cut Flowers
Highest Points: John Peddie
2nd Highest Points: Kelly Sirvin
3rd Highest Points: Guylaine Lemieux

Class 2: Potted Plants
Highest Points: Guylaine Lemieux
2nd Highest Points: John Peddie
3rd Highest Points: Kelly Sirvin

Class 3: Collection of House Plants
Highest Points: Kelly Sirvin
2nd Highest Points: John Peddie
3rd Highest Points: Anne-Marie Potvin

Class 4: Best Planter
Highest Points: John Peddie
2nd Highest Points: Anne-Marie Potvin
3rd Highest Points: Kelly Sirvin

Class 5: Arrangements
Highest Points: John Peddie
2nd Highest Points: Guylaine Lemieux
3rd Highest Points: Patty Newton

KID'S FLORICULTURE WINNERS**7 Years and Under**

Emma Coté
Kristopher Potvin
Kristopher Potvin

8-11 Years

Rebeka Potvin
Ashley Coté
Rebeka Potvin

12-16 Years

Jordan Sirvin
Sarah Sirvin
Jordan Sirvin

Homecraft Winners

Highest Points Overall: Lucy Mulders
2nd Highest Points Overall: Dora Smits

Homecraft Highest Points in:

Quilting: Lois Woolsey
Painting/Drawing: Victoria Coté-Dasilva
Sewing: Yvette Bernier & Lucy Mulders
Knitting: Carol Booth
Crochet: Dora Smits
Needlework: Pat Savage
Cards: Rita Dessaint
Jewelry: Valerie Clingen
Babies: Lucy Mulders
Miscellaneous Hobby Craft: Lucy Mulders

Organized Groups Best Display: Leonard W.I.
Organized Groups Highest Points: Navan W.I.

Best Overall Photo: Victoria Coté-Dasilva
Colour Photo: Rita Dessaint
B&W Photo: Victoria Coté-Dasilva
Mounted collection of 4 Photos: Caroline Clingen
15 years & under: Jason Clingen

Scrapbooking: Victoria Coté-Dasilva

NAVAN FAIR PARADE

Best Overall Float: Navan Lions Club

Community:

1st Navan Lions Club
2nd Team Cumberland
3rd Station #71

Commercial:

1st Plum Puppet Entertainment
2nd Navan Royal Bank
3rd Puppet Tamer

Family:

1st Sunnymead Farm
2nd Rose & Russell Morin
3rd Morgan Payne

The Lloyd G. Morrison Memorial Plaque will be awarded to the Navan Lions Club for the best over-all float this year. This plaque will be presented at the Annual General Meeting held in January, and then displayed in the Navan Fair Agricultural building.

Multi-Family Garage Sale and Mini-Market

Saturday, September 17 from 8:00am-1:00pm, at the Blue Exhibit Building, Navan Fairgrounds. There will be a table to purchase delicious Baked Goods and a table selling Honey. The Innes Road ScotiaBank Staff will also be holding a fundraiser BBQ. There will be several Garage Sale Tables with many treasures. Contact Wendy Chretien at w.chretien@hotmail.ca or call at 613-824-1439 to rent a table or tables.

Hope to see you there!

September OFFICE HOURS: Tues to Thurs 9:00 – 4:00

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

Community Septic Tank Pumping

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Guest Speaker

Jacquelyn Standing, PFP

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bonnie.bergeron@rbc.com or directly to Joëlle at 613-564-2165

joelle.hall@rbc.com by **September 12, 2016**



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Navan Lions Report July 2016

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

Oktoberfest- Fundraising - Cumberland Lions Club: Saturday, October 22, 2016. Maple Hall, 2552 Old Montreal Rd. Great German food - Great German fun. Ottawa Rube Band -15 piece - One of the biggest German-style band in Canada. Doors open 5:00 PM - German Dinner 6:00 PM. Limited Number of Tickets, **Advance Sale only:**

\$35.00 Charlotte : 613-265-8299. www.cumberlandlions.ca

NAVAN LIONS CLUB TURKEY DINNER

FRIDAY Sept 23rd, at the
Navan Curling Club.
Doors open at 5:30 PM.

Prices: 14 & up, \$20.00, 6 to 13, \$12.00,
under 6, Free

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NAVAN COMMUNITY ASSOCIATION

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

The NCA is the umbrella organization for:

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

The NCA has successfully completed projects such as the Cenotaph Restoration, the Shade Structure Park Project, the Clock Tower and Wall of Fame, the 150th Celebration, and the Outdoor Skating Rink. Your membership entitles you to vote at the AGM, bring issues relative to the village to the agenda, and get actively involved in projects that are of interest to you. The NCA provides the community link to our City representative. Please support the NCA by becoming a member.

Next NCA Meeting:

Please join us for our next monthly meeting on Monday, September 19th 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



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- Clothing/Workwear



The Navan Nifty 50 plus seniors group will begin our 5th season on Wednesday September 7th from 12:30 pm til 4:30 pm upstairs in the Navan arena. We've enjoyed many afternoons of games, cards, knitting, visiting with friends, monthly luncheons, local entertainment and the Heritage School band and kindergarten class. In addition to our Wednesday gatherings, our travel co-ordinator, Betty Johnston arranged trips to wonder-



ful theatre productions at Upper Canada playhouse in Morrisburg and to Kingston for dinner cruises in the Thousand Islands. As in past years, our group has supported the local Service Clubs of the

W.I. and Lions by signing up for the catered lunches which are scheduled for the first Wednesday of every month. The Nifty 50 plus group last season donated \$978.58, as well as books and food items, in support of local community groups/initiatives. These

included the Heritage Public School Band, Heritage School Parent Council, Navan Fine Arts Group, Heritage School Kindergarten, Orleans Resource Center Foodbank, children library book drive and a medical fund raising drive.



The Guiding Principles in the formation of the Nifty 50 plus club was to:

- Create a Drop-in Center for Seniors in our community
- The club would operate as an entity under the Navan Community Association (NCA)
- The club would be self-sustaining and be run strictly by volunteers

These principles have served us well and have allowed the Club to flourish in an atmosphere of friendship and volunteerism. THANKS TO ALL MEMBERS for their support.

If you have reached your 50th birthday you are welcome to join for the season or come out and spend a Wednesday afternoon as a day member. Nifty 50 plus Membership for the year is **\$20.00** or come for a day for **\$2.00**. The annual fee to join the Navan Community Association (NCA) is **\$5.00** and is required. We are looking forward to seeing all our Nifty 50 plus seniors back for another fun season as well as welcoming in new members! See you all **Wednesday September 7th, 2016**.

Quote of the Month:

"I am who I am today because of the choices I made yesterday."

- Eleanor Roosevelt



CANADA 150
1867-2017

Honouring our War Dead, One Red Maple at a Time

One of the proposed projects for celebrating the Sesquicentennial is to enhance the memorial garden around the cenotaph here in Navan.

The plan is to add a brick path, bench and plaque around the north side and to surround the cenotaph with a number of red maples called "Autumn Blaze". It's hoped that more of these trees will be planted in the future at other locations throughout the village, honouring our war dead one red maple at a time. This project is being organized by a small committee led by Ross Bradley, who was instrumental along with his committee in establishing the restored and relocated Navan Cenotaph, as unveiled in October 2010. They're at the stage of working on the contracts and agreements for getting the work done.

If you have ideas or suggestions on how Navan can celebrate Canada's 150th, bring them to the next meeting of the Navan coordinating committee to be held on **Tuesday, SEPTEMBER 6th at 7:30 PM** in the **Lions' Den** at the **Navan Curling Club**.

There is always room for more new ideas.

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

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



Children's Village at Navan

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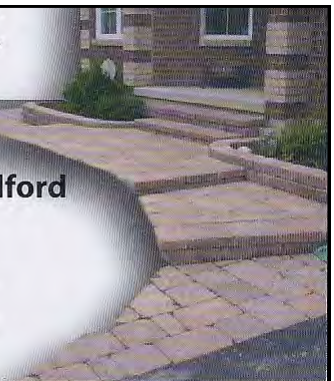
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COMMUNITY

WEEKLY RURAL SHOPPERS BUS

OC Transpo has five routes that provide free once-a-week service from rural communities to urban shopping destinations on 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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Navan Knights! Teens helping Seniors in their homes

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Local 10-year old undefeated in baseball season



Hard work and dedication pays off.

This is something that 10yr old Ben Charbonneau already knows a lot about. Ben, who plays back catcher with the Orleans Red Sox, has been playing baseball since the age of 4.

Ben and his team showed no mercy as they proved who was best, finishing the 2016 summer season undefeated!

But way more important than any record or score is what the boys learned as long the way they formed a baseball brotherhood that allowed them to make lasting memories!

Navan Women's Institute

Wednesday, Sept. 14 at 7PM at the Navan Curling Club we start our new year off. Looking forward to the exciting projects on our plate this coming year. Sunday, September 18 is our "Wine and Art Pairing" afternoon at Perrault's winery. Come on out and taste our delicious appetizers as well as some of Perrault's finest wines. All proceeds go to local charity work that we are involved in.

Knotty Knitters

We will be meeting at Café Latte Cino until the second week in October. Afterwards we return to the lounge at the Navan Curling Club on Mondays at 1PM. I am looking for a knit pattern for a toy horse. If anyone has one could you please email me at samc1@rogers.com. I'll gladly come and get it.

Navan Streetwalkers

This hot weather has sure put a damper on our walking! Fall is just around the corner so we'll be out in full force. Mondays, Wednesdays, and Fridays at 9:30. We meet at the Curling Club

parking lot. I must say the walks at Petrie Island followed by a session of Yoga was a fun two hours this summer. Thanks to Janet who organised these events.

Cairine Wilson Volleyball Team

FUNDRAISING BOTTLE DRIVE: SATURDAY, SEPTEMBER 17TH, 2016

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 **September 17th**. Please leave your empties (wine / beer, including cans) outside your door Saturday morning for pick up during the day. Proceeds will go to the CWSS Volleyball Team. **THANK YOU FOR SUPPORTING OUR STUDENTS AND YOUTH SPORTS!**

Orleans Women's Connection

Wed 14 Sep 9:30-11:00

Orleans United Church Hall, 1111 Orleans Blvd

Feature: Nina LaPage Nordic Pole Walking Coach

Music & Faith Story: "The Main Event" Mary Lynn Foulds

Reservations: Shirley [613-841-5143](tel:613-841-5143), shirleyholt@outlook.ca

Cost: \$6 at door

Navan Notables: Le Clos de Vully, Vignoble



Another winery has opened up in Navan, not too far away from Downtown Navan! Take a trip down Magladary Road, just off Rockdale, and you will find this delightful spot! Jan-Daniel Etter is the proud owner of the new winery. His wines are mostly reds but he does have a couple of delicious whites. He is full of ideas and enthusiasm for his delectable brew. I like his boutique where you can sample the wines and then enter the work area where they are made. It's great to see his barrels and hear about the techniques he is using. He has named his varieties after the women in his life. So after 4 years his vines are producing a full crop. His 5 acres of farm land has given him a wonderful harvest.

Denis Perrault, his mentor from Perrault Winery, is helping him in this exciting endeavour. A great pairing I would say!! Good luck Jan-Daniel!! Bonne récolte cette année!!

Sheila Minogue-Calver

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 : starts up again on **Saturday, September 24**. Drop in for a fair trade coffee or tea, catch up with friends, share some refreshments, or swap a book in this informal community space. 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. We look forward to seeing you there.

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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90 years young, and more to come

Navan-Vars United Church is 90 years young! We are celebrating this significant milestone with a special 90th Anniversary Worship Service on Sunday, September 11, at 10am, and the whole community is invited. Our guest preacher is Rev. Jim Leland, who is well-known to all, having been the minister at Navan-Vars for many years when the church was still part of the three-point charge with Navan, Cumberland, and Rockland. Please save the date, and join the congregation in marking this beginning of the next ninety years of serving the Navan community.

For Rent: 3484 Trim Rd, available September 1st

A cozy, 3 bedroom plus den, 1½ bath, 2 storey home with a new roof, new furnace, updated kitchen and bathroom, and 5 appliances. In the heart of the village, beside St. Mary's Church. Rent is \$1,200 per month plus utilities. First, last, and 1 year lease required. **If interested, call 613-841-6118.**

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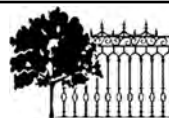
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Back to school means head lice season! With the return to class and head to head contact, this time of year typically means a wave of head lice infestations. Even though head lice infestations are not known to carry diseases and are not an indication of personal hygiene or cleanliness in the home, the louse's bite causes an allergic reaction that leads to itching. Other symptoms include a tickling feeling from the louse moving in the hair, irritability and difficulty sleeping, or sores on the head caused by scratching.

It's common for people to believe there's an infestation when there is none. Nits (eggs) are often confused with other particles found in hair such as dandruff and dirt particles. An infestation can only be confirmed by observing live adult lice on the scalp or hair. Nits attached within about 6 mm (1/4 inch) of the base of the hair shaft suggests an infestation, while nits attached higher up along the hair shaft are almost always hatched or dead. Due to the nits' small size and the fact that lice are small and move quickly, it's best to conduct an examination using a fine-toothed comb under good lighting, preferably using a magnifying lens.

To prevent re-infestation, all actively infested people should be treated at the same time. It is important to follow treatment instructions closely. As none of the non-prescription treatments can reliably kill all of the nits, a second treatment is generally required around 7 - 10 days after the first, when all nits have hatched but before they become adults to lay more eggs. Most treatments should also include fine combing every 2 days to remove nits and visible lice. Following most treatments, hair should not be washed again for 2 - 3 days. If a few live lice are found 8 - 12 hours after treatment, but are moving more slowly than before, do not retreat - the treatment may take longer to kill all the lice - simply comb out dead and remaining live lice. However, if the lice are still as active as before, you should consider an alternative treatment.

Along with treatment, it's recommended that infested persons change clothing and wash objects such as clothing, bedding, etc that has come in contact with the infested person within the last 2 days. Items that cannot be washed and dried using hot temperature may be dry-cleaned or may be isolated using plastic (i.e. garbage) bags for about 2 weeks. Nits and lice on combs, hair brushes, etc. are killed by putting in hot water (at least 54°C for at least 5 minutes). It's also recommended to vacuum carpets, fabric couches and car seats recently used. However, it's not recommended to use insecticide sprays or fumigants.

Questions/com mentaires? 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) Danielle Lamoureux, manager, and Norm Quesnel, pharmacist.

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**2016
Wine & Art Pairings**
Wine tastings, art, artist demos, hors d'oeuvres

PLUS a display of chairs from
Navan's Decorate A Chair Project

**Sunday, September 18, 2016
1:00 PM—5:00 PM**
Domaine Perrault Winery
1000 ch. Perrault Rd, Navan, ON
Artists on site 11:00—5:00 PM

14 Navan & area artists offering demos,
exhibiting and selling their art

Paintings, fibre art, wood turning, soaps,
jewellery, pottery, fabric sculptures and more

Tickets:
\$15.00 each includes 3 wine tastings and
hors d'oeuvres (gluten-free options available)
Tickets & Parking are limited
Rain or shine

For tickets or information
Navan Women's Institute—www.navanwi.com OR info@navanwi.com
Navan Fine Arts Group—www.navanarts.com
Domaine Perrault Winery, Navan
J.T. Bradley's, Navan
Country Moments Spa, Navan

Proceeds from this event support bursaries and local charities



FALLFEST

SATURDAY OCTOBER 1st

At the Navan Fairgrounds from 11 am to 3 pm for lots of fun activities for the whole family. Some of the old favorites will include: Kiddies's Fish Pond, Face and Nail Painting, Pumpkin Decorating, Talent show, Crafts and Colouring, Bake Sale, Scarecrow Making, Ball Hockey, Silent Auction, Navan Fire Fighters, Games and Races. Bring Your Pet at 11 am for the Blessing of the Animals.

Lions Club BBQ **DECORATED PUMPKIN CONTEST:** Bring a decorated pumpkin to FallFest by 12 noon for judging by the People for the best decorated pumpkin.

NAVAN'S GOT TALENT: We like to showcase the young talent living in our community. If you would like to entertain the audience with a song, a dance routine or other activity contact Jill Noakes at jillnoakes@hotmail.com.

JUDGE THE BEST FALL DECORATIONS IN NAVAN
Decorate the front of your home, business or institution in an autumn theme. Our roaming photographer will start around Sept 28th, weather permitting, to photograph your display for the People's Choice Ribbons.

To help you out: STRAW BALES, DECORATIVE GRASSES and CORN STALKS will be on sale in near J.T.Bradley's Country Convenience, Saturday **September 24th**, from 9 AM to 1 PM

Plus some new activities being worked on right now.
Check out previous FallFest activities at: www.navan.on.ca.

This month's Nugget Knee Slapper is by artist Meg Garrioch!
Looking forward to more collaborations to come.





2016 OutCare Golf Classic largest and most successful event yet!

August 22, 2016 (Ottawa, Ontario) – Over 160 golfers gathered for the most successful edition of the OutCare Classic in the event's nine year history. Last Friday, the J.T. Bradley's OutCare Golf Classic presented by Dust Evans Grandmaitre Lawyers/Avocats and Heritage Funeral Complex raised an impressive \$54,000 in support of palliative care across Eastern Ontario.

This sold-out event attracted a record 50 sponsors and over 70 donors. In addition to a great day on the course at the Hammond Golf Club, golfers had the chance to win a weekend get-away to Toronto to see a Blue Jays' game from the unique balloon fundraiser as well as the opportunity to bid on a wide variety of prizes through this year's online silent auction.

"Thanks to a fantastic team of volunteers, this year's event was an overwhelming success. We were fortunate enough to have the largest number of sponsors, golfers, and generous donors this year. It's amazing to see it all come together. Knowing that these funds will help to support the important work of the OutCare Foundation makes it all worthwhile," explained John Bradley, the event chairman and past-chair of the OutCare Foundation.

The funds raised go to the OutCare Foundation which supports palliative care priorities across Eastern Ontario. Whether through its successful telemedicine project, bursaries for palliative care volunteers and students, or by providing equipment for comfort and care, OutCare strives to improve the quality of life of individuals facing end-of-life. With only an estimated 16-30% of those who need palliative care actually receiving it, the needs in our community remain great.

Every year, generous businesses throughout our community show their support by sponsoring this event. Presenting sponsors Dust Evans Grandmaitre Lawyers/Avocats and Heritage Funeral Complex enthusiastically partnered with title sponsor J. T. Bradley's ensuring the event's success. CIBC Wood Gundy and Benchent were the Welcome and BBQ Banquet sponsors respectively. Six golf cart sponsors signed-on including: Stephen Blais, Councillor, Cumberland; Diresco; OakWood Group; Purina; Progressive Waste Solutions; and Taggart Group of Companies.

The impressive list of whole sponsors is as follows: AJ Construction Ltd.; All Signs; Almar Roofing Ltd.; AMPLIFYit; Browns Cleaners; Centaur Riding School; Charette Wealth Management; Child Check-Mate System; Colonial Veterinary Hospital; Core-Mark; Eastway Kennels; Edelson Lawyers; Kyle McDowell, Freedom 55 Financial; Gail McDonald REMAX; Galarneau & Associates; Gentry Capital Corporation; Halpenny Insurance Brokers Ltd.; Home Instead Senior Care; LKQ Canada Auto Parts Inc.; M.L. Bradley Ltd.; Moving Forward Matters; Navan Fair; Navan Veterinary Services; Orleans Carpet; Orleans Veterinary Hospital; Ottawa Valley McDonalds; Parson Refrigeration Ltd.; Paul Macnamara SEO Consulting Services; Rick Ménard Heating & Cooling Ltd.; Robert Munro Small Engine Repair; Russ Keenan Enterprises Inc.; Scrivens Insurance & Investment Solutions; Simpson Electric Ltd.; Surgenor Automotive Group; TD Canada Trust – Sean Rankin; The New Oak Tree; Vezina Opticians; Welch LLP Chartered Accountants.

To view photos from the event please visit <http://outcarefoundation.org/news/>. For media inquiries, contact Lisa Davey, Executive Director, the OutCare Foundation, lisa.davey@outcarefoundation.org, 613-232-7169. For details, visit www.outcarefoundation.org.



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.