

NOVEMBER

2016

Navan Nugget

BUSINESS CARDS ROTATED BI-MONTHLY

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NAVAN Fallfest October 1st, 2016

Photos: Tom Devcseri



NAVAN NOTABLES

Paralympian Coach, Andrzej Sadej

Andrzej and his family came to Canada in 1989. They came from Poland via Germany. As new immigrants to our country, Andrzej and his family found the settling- in time difficult. Finding a job to support his wife and four children, a job that would support them all, was not an easy task.

In Poland, he had been involved in Judo since the age of 11. While in Germany he worked in Judo. This sport held him in good stead as he secured a position with Judo Canada. He started as a National coach, later he became a Sport Director, and finally a Director General for 7 years. In recent years he was asked to coach the Paralympic Judo team. The two Paralympians that made it to the 2016 Paralympics are Tommy Walby, from Ottawa and Priscilla Gagné from Québec. These two athletes are classified as visually impaired. In fact both are completely blind. They did very well in Rio. Andrzej was proud of his competitors. Being their Judo coach is so rewarding, as the Paralympians have such a high degree of desire, enthusiasm, love of life, and a brilliant work ethic. Coaching these young people has made his career rewarding and exhilarating. It was a privilege for him to accompany his athletes to Rio!



Tommy Walby-Andrzej Sadej-Priscilla Gagné

I learned so much from this informative interview. Andrzej is a keen and distinguished Canadian citizen, living here, just around the corner from me. So glad you chose Navan for your home!

Sheila Minogue-Calver



FALLFEST 2016

Just another fond memory

With 22 activities to participate in, there was something for just about every member of the family.

The non stop ball hockey game went from beginning to end. No one knows who was on the teams and no one kept score, but a lot of fun was had. Faces and nails got painted, scarecrows were built and many little "fish" were pulled from the pond. A scavenger hunt led people on a merry chase around the building to find an assortment of hidden treasures. Robert Leuenberger's display of an active honey bee hive was all a buzz the whole day. And of course lots of hot dogs, hamburgers and popcorn, prepared by the Navan Lions Club, was consumed.

Our neighbors at 3586 Tyburn were selected as the house with the best autumn decorations this year.



Julia Buske, Zoe Martin and Maddy Griffin brought in the three best decorated pumpkins. With the imagination and ability of people this competition gets more intriguing every year.

The 9th annual FallFest is scheduled for Saturday September 30, 2017; the Saturday before Thanksgiving weekend.

Many thanks to all the people who helped make FallFest possible and a great big thank you to the people of Navan who attended, making Fallfest all worth the while.

Fred Hyde

360renos

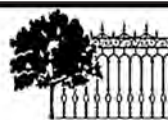
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navanfair@bellnet.ca or www.navanfair.com

POSITION AVAILABLE

Bookkeeper/Accounting Manager

Cumberland Township Agricultural Society – host of the Navan Fair – is looking for a part-time contract Accounts Manager who is a community minded, computer literate, independent worker, looking for part-time employment to support their Board of Directors. The applicant should have several year's experience in all aspects of bookkeeping and accounting and experience with Sage 50 Software.

If you are interested, please fax your resume to 613-835-4008 or email it to navanfair@bellnet.ca by December 1, 2016. A full Job description is available upon request.



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November is Cardiopulmonary Resuscitation (CPR) Awareness month. The Heart and Stroke Foundation reports that knowing how to respond to a cardiac emergency can increase a person's odds of survival and recovery by 30% or more. Why not consider taking a CPR course? Half a million Canadians do every year. Courses are available from many sources, for various skill levels and in a number of different formats including a self-help version for home use. Courses typically include First Aid training and CPR and may include Automated External Defibrillator (AED) or more advanced training. For those interested in the lighter version, some of the courses will train participants to perform hands-only CPR (chest compressions without mouth-to-mouth breaths) until more advanced help arrives.

On a different note, do you or someone you know struggle with the cost of prescribed medications? Did you know everyone with a valid Ontario Health Card who's medication costs are not already covered by medication insurance (work or privately purchased insurance, Ontario Drug Benefit insurance, etc.) may apply for coverage under the Trillium program. There is no cost to join; only a simple form to fill out.

The Trillium program covers the cost of prescribed medications (except \$2 per prescription) once your paid medication expenses exceed approximately 4% of your previous year's net income. It covers the same medications and applies most of the same rules as for other ODB plans (for example, as for people 65 years of age and older).

Application forms are available in pharmacies or can be downloaded from the internet (see "Application for Trillium Drug Program". Questions/commentaires? 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; 1200 Colonial Rd, Navan)
Danielle Lamoureux, manager
Norm Quesnel, pharmacist.

REMEMBRANCE DAY CEREMONY

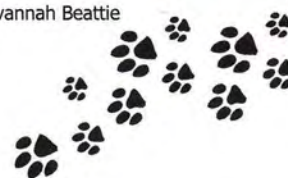
November 11th
at the Navan Cenotaph
Starting at 10:45 am

Colonial Veterinary Hospital

Dr. Paul Brown, Dr. Denene Clifford,
Dr. Kasia Hering, Dr. Catherine Sin, Dr. Savannah Beattie

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NAVAN LIONS CLUB

Navan Lions Report October 2016

President: Chris MacPherson

Secretarial Team: Mark O'Donoghue and Tony Fiorentino

Treasurer: David Grattan

Thanks to the generosity of this community, and in particular all the Saturday customers at Bradley's – we collected nearly \$500 on White Cane Day (October 15th). Although we tried to explain the purpose of our collection to each customer in the space of a few seconds, we mostly had almost no chance to do this as there just wasn't enough time as customers passed through the door. So what is this collection for? One of the main concerns of Lions Clubs everywhere is to address vision problems – hence the name "White Cane Day" as white canes is the universal symbol of blindness. These funds will be earmarked to support our vision charities and programs. Our main activity in this regard is our Vision Screening program, in which we take teams into schools and screen the vision of children whose parents have given their consent. In a typical school our team consists of 4 Lions Club members or volunteer screeners, an optometrist and two assistants. The Lions collect the children from their classrooms and perform a basic screening in which we evaluate near and long distance vision (or visual acuity), stereoscopic vision and colour blindness. We find a consistent percentage of about 20% children have problems. Mostly these problems are easily correctable with glasses, but occasionally we find a very serious and previously undiagnosed problem such as cancer. We have been invited into many schools in Ottawa and a very full testing program is planned for this year coming. Our message to parents – please make sure that the eyesight of your children is tested – even if you believe that they have no problems.

David Grattan



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In October we sponsored a public session, "Protection from Fraud". Stephanie Burns and her colleague, from the Ottawa Police Fraud Department, were our speakers. Listening to them describe the many ways we can be trapped into illegal scams, is scary! Those attending went out with a much better awareness of the many ways that one can be duped! Caution in all our dealings, especially financial, should be our top priority.

Thanks to these well trained specialists who shared their knowledge with us. November meeting is on Wednesday, November 9 at 7PM in the Lions' Den at the Navan Curling Rink. Our topic for the evening is a report on the Associated Country Women of the World Convention in Coventry, England, that one of our members attended this summer. All are welcome.

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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, November 21st at 7:30 PM, upstairs at the Navan Arena. Check out the link at www.navan.on.ca. To send us your community events to include on our Facebook page, email your event to webmaster@navan.on.ca.

Help spread the word! 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
 Safety: Bob Price
 Navan Nugget: Tom Devcseri
 NCA Membership: Ray Vetter

NAVAN OUTDOOR RINK

The purpose of the outdoor rink is to provide an opportunity for local families to have greater access to an ice surface for pick up hockey and recreational skating. Weather permitting, the committee is hoping to have the skating rink open for the Christmas holidays. The Navan outdoor rink will be, as per usual, located in the Domes area of the Navan Fair Grounds.

Hours of Operation (once open):

- Monday to Sunday: 8am to 10pm
- Family Skating times (no hockey nets on the ice):
- Wednesday: 8am to 10pm
- Saturday: 8am to 12pm
- Sunday: 12pm to 4pm

Keep Informed!

Keep up with all the details by following us on Facebook (facebook.com/NavanCommunityOutdoorSkatingRink) or by visiting the Navan Community Association website (www.navan.on.ca).

A Call to Volunteers:

The Navan Outdoor Skating Rink Committee is looking to set up a schedule of volunteers who would be available to help open and/or close the rink. The aim is to assemble enough volunteers to keep the time commitment for each to a minimum. Volunteers would be assigned one night a week (1-2 hours) when they would be responsible for clearing and flooding the ice surface, and turning on/off the lights. If you are able to lend a hand with this fun and worthwhile project, please contact Luc Picknell at 613-429-0131 or by email at lpicknell@rogers.com.

NAVAN FLOWER BEDS

The NCA would like to thank volunteers Nancy Toonders, Wendy Blue and Donna Jensen for doing such a wonderful job of planting and maintaining the flower beds at Trim and on Frank Kenny. They have spent numerous hours working to keep the entrances to Navan in wonderful shape throughout the summer. By the time this edition goes to print, they will have continued their dedicated work and planted 150th tulips for all to enjoy come spring time.

Volunteer work is always appreciated by your community association or other volunteer groups in Navan. If you have a few hours to give to make this a better place to live, please contact us through the Nugget site.



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. The 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.

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

CANADA'S 150th IN NAVAN



OUR CELEBRATION IS
UNDERWAY

By the time you are reading this, work on the enhancement of the Cenotaph called "Honouring our fallen soldiers one red maple at a time", will have already started.

There will be an interlocking brick path leading from the front of the Cenotaph, around the north side where it will lead to a bench and a plaque recognizing the project. There will be two "Autumn Blaze" maple trees, which are green all summer and turn a brilliant fire engine red in the fall, will be planted along the north side of the Cenotaph and another in the south east corner. In addition two more will be planted in front of the Arena, along Colonial Road. There is a hope to plant a few more in other locations near by.

If the weather cooperates, this project will be completed in time for the annual Remembrance Day Ceremony on November 11.

As noted in previous issues, there are a number of other activities in the planning for Navan during 2017 and the weekend of June 17 – 18 (Father's Day) is going to be a big one here in Navan. So note it on your calendars.

There is still time for new ideas. If you have thoughts of something that would be good for our community, the Navan Community Association has set up a subcommittee to help co-ordinate events, to avoid schedule conflicts, guide people to possible funding opportunities, to help share resources, and to encourage participation. The next meeting of this subcommittee, will be held on Tuesday November 1st 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
fredhhyde@gmail.com

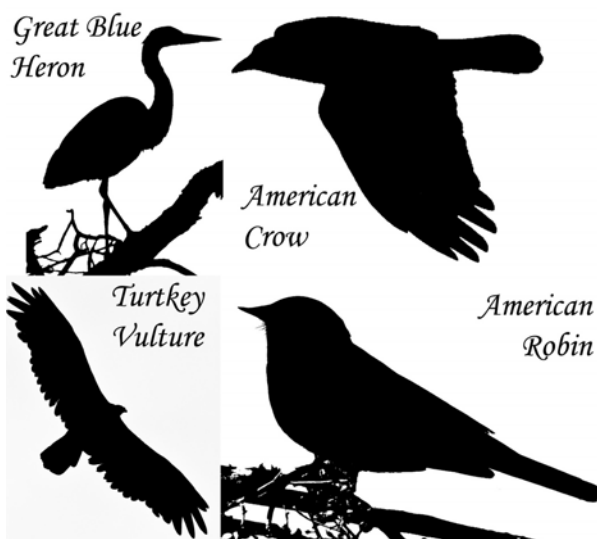


Navan Nugget 10th Anniversary Contest

Winners are: Gisèle Acheson, Amanda Devecseri, Nora Hendry, Juanita Vetter

Thanks to all participants. And to the Southwell family for judging. Special thanks to Bradley's Convenience Store, Country Moments Spa, Navan Autopro Garage and the Navan Colonial Veterinarian Hospital for their support.

BIRD ID CONTEST: Answers



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COMMUNITY ANNOUNCEMENTS

OPEN HOUSE FOR BRUCE STAAL

Come help celebrate Bruce's 80th birthday on November 26th, from 2:00 to 4:00 pm at St. Mary's Hall in Navan. Best wishes only please!

38TH ANNUAL CHRISTMAS CRAFT SHOW

Navan arts and crafts group

Friday, November 18th from 5 to 8 pm

Saturday and Sunday, November 19th and 20th from 10 am to 4 pm
27 artists and artisans, free admission, bake sale and door prizes
Queenswood United Church ladies will provide a soup and sandwich lunch. Location is upstairs in the Navan arena, 1485 Colonial Road. Donations accepted for the Orleans-Cumberland community resource centre Christmas program.

Facebook.com/NavanArtsandCrafts

WEEKLY RURAL SHOPPERS BUS SERVICING NAVAN

OC Transpo Route 202 provides free Tuesday only bus service from rural communities to urban shopping destinations (Cumberland • Sarsfield • Navan • Notre Dame des Champs). This route arrives at urban shopping centres around 10 a.m. and departs 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

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SCHOOL COUNCIL EVENT—DECEMBER 16TH, 2016

An upcoming fundraiser that is being planned by School Council at Heritage Public School is the Toy and Bake Sale. The date has been set for Friday, December 16th, 2016. This is a very exciting day for the students! On this date each student will have the opportunity to visit the gym with their class and purchase some used toys, games, and books. To make this fundraiser a success we are looking for donations of gently used toys, books, games, and movies. Keep this in mind if you are doing a fall clean-up. Donations can be dropped off at the school starting December 1st, 2016. Any questions you can contact Virginia Lowe, at gvlowe@sympatico.ca or 613-835-3389.

KNOTTY KNITTERS

We meet every Monday now at the Navan Curling Club Lounge, 1PM to 3PM. We are knitting tuques and scarves for the Homeless Back Packs that Nifty Fifty+ are supplying.

If you want to try knitting come on out and join us.

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Rev. Margo Whittaker

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Trinity (8785 Russell Rd, Bearbrook) 8:15 am

St. Mary's (3480 Trim Rd, Navan) 9:45 am

Navan Community Sunday School 9:45 am

St. Andrew's (1900 Devine Rd, Vars) 11:15 am

613-216-2200 or www.bvnanglican.ca**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**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 Started as of Sunday,

Sept.14th, 2015. Looking for Teachers For info email:

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.

Cartoon by Meg Garrioch

Community Safety Zone

One of the great benefits of living in Navan is the ability to go for walks on quiet residential streets without the traffic and noise of larger urban centers.

As we move further into the fall season, however, it begins to get darker out much earlier. Walkers and joggers should take some time to think about being more visible to vehicles on our village streets.

When out at night, consider wearing reflective or brightly coloured clothing. The carrying of a flashlight used to signal your presence and route also helps to indicate your presence for drivers.

Walk on the side of the road opposing traffic or walk on the sidewalk if one is available.

Pet owners should consider attaching a reflective tag or a light on the collar of their dogs to assist with visibility.

Taking the time to make yourself more visible when out at night will help make our community a little safer.

We appreciate hearing your comments, receiving your concerns and taking suggestions for future Community Safety Zone topics. Please feel free to email us at safety@navan.on.ca



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céad míle fáilte

One Hundred Thousand Welcomes, and that's exactly what we received. About 2 ½ years ago a campfire discussion on numerous shared and mixed family trees and our mutual Irish resulted in a suggestion that we should go to Ireland to experience and discover the land where our ancestors came from. Thus was born the idea of an Irish pilgrimage. Over the next year and a half, numerous calls back and forth to Jamieson Travel & Tours in Beachburg saw our group grow from 8 to 44 and our wheels from a 10 passenger van to a full sized coach. Cindy at Jamieson's searched until she found Royal Irish Tours who were willing to accommodate our desire to not only visit the key tourist attractions but to visit the "off the beaten path" villages where our ancestors came from. Many of these villages are accessed by the lowest class of road in Ireland known as Bóthar Áitiúil which translates, literally into cow path.

On September 28th, we arrived in Dublin, 41 strong including Art Jamieson & his lovely and energetic wife Dot as our escorts. We were greeted by 3 more family members at the airport duly attired in elf ears, giant shamrock glasses and wavy antenna's and various welcoming signs to restore our energy after a long overnight flight. One hundred thousand welcomes. There we were, in Ireland, finally. Forty four strong, most of us related from first to second and possibly further cousins, many by marriage and a few wonderful "others". Rule #1, don't go to a family reunion looking for a date! The names of our travellers reflect the history of Cumberland Township; Walsh, Armstrong, Marshall, Lowe, Griffith, Lough, Millar, McTeer, McWilliams, Dale, Nolan, Tanner & more. The cemeteries in Bearbrook, Navan and Cumberland are full of these names and check out where they're from: Meath, Longford, Westmeath, nearly every corner of Ireland.

Our official itinerary included the Book of Kells in Dublin, the Irish National Stud horse farm, the famine ship at Newross, kissing the Blarney Stone, the magnificent scenery of the Ring of Kerry, thatched cottages in Adare, the Burren, the Giant's Causeway, Belfast & the Titanic Museum, the Neolithic age monuments at Brú na Bóinne, numerous castles, churches & abbeys and countless beautiful and historic sites. There were numerous old and colourful pubs many of which were complete with local musicians and lots of Craic. Dinner venues ranged from a quaint old farmhouse to a medieval castle; we felt that famous céad míle fáilte wherever we went. Distant relatives became close and friends became family. On the personal side many of us were able to visit the towns &

villages where our ancestors came from, some found family graves and in a few cases even finding living relatives. "Hi, is your name McWilliams?" "Yes, I'm James McWilliams". "Well, I'm a McWilliams too". Incredible good luck and a whole lot of time researching paid off in spades.

We had an incredible tour of the walls of Derry (or Londonderry; but be careful) by an amazing guide named Rowan who was extremely knowledgeable and very well spoken. His Reader's Digest version of the history of the Country, the City & of "the troubles" was extremely helpful in our attempt to understand Ireland's complicated history. He told us the population of Derry was 70% Roman Catholic, 30% Protestant and one Buddhist....him. We were greeted by Hilary McClintock, Mayor of Derry City and given a tour of their beautiful city hall.

Finally, how could a visit from the Vars/Navan area be complete without a visit to Navan, Ireland? After more adventures on their Bóthar Áitiúil roads we arrived at the lovely Newgrange Hotel, right opposite St. Mary's Anglican Church and who is waiting for us? None other than Paddy Pryle. Wearing his Navan ball cap and bright yellow Navan, Hockeyville jersey. He and his lovely wife, Pam then took us a short distance (just a hockey puck shot down the road according to Paddy) to the Central Pub where there was a ceilidh going on. A warm welcome from Navan's Mayor Francis Deane (replete in Ceremonial chains) kind of put you in mind of John Bradley welcoming folks to our Navan (got to get John a ceremonial chain). We had a wonderful evening of traditional Irish music, some dancing, storytelling and making even more wonderful new friends; real Craic. Paddy had us in stitches with his many tales although it occurs to me that they may not all have been 100% true. His father's farm was 1,200 acres.....when the tide was out. It was a perfect ending to an amazing two week pilgrimage. So, we're home now, readjusting to our own time zone, exhausted yet our hearts & minds filled with wonderful memories and we find ourselves looking forward to welcoming Paddy & some of his friends when they come to join us for the 2017 Navan Fair and to help us celebrate Canada's 150th birthday.

Sláinte,

Ivan Tanner





Northern Pintail

In recent years, Northern Pintail ducks have been seen regularly in the open fields south of Navan during the spring and fall migratory periods. It is a very elegant duck in appearance and the male, unsurprisingly, is distinguished by a very long pointed tail. The male breeding plumage is quite spectacular. The Cornell "All About Birds" website describes it in the following words: "Chocolate-brown head. White neck and underparts, white extending up back of neck in thin line. Very long black central tail feathers. Black rear end bordered by yellowish tan patch. Sides and upper back gray. Lower back feathers long and black with pale edges. Rear of wing (speculum) bronzy greenish with black band and white rear edge. Bill black with bluish gray stripes. Eyes dark brown. Legs gray."

This duck spends its summers in northern Canada and winters in the USA. Whether it will continue to do so if Donald Trump is elected President, remains to be seen. Joking apart it is a very beautiful duck and rewards those who happen to have brought binoculars with them. Unfortunately, its numbers have been declining at the rate of 2.6% per year and the population is only 28% of what it was in 1966. There is, however, little concern at the moment that it will disappear.

And there are some in Navan right now!



Boxelder bug

The other little creature I want to write about is the Boxelder bug. We have been seeing particularly large numbers this year in Eastern Ontario and also in Toronto. So what is it? Is it deadly poisonous? Does it have a vicious sting? Is it damaging your house? The answer is "no" to all three questions. The Boxelder Bug - (*Leptocoris Trivittatus*) is harmless and lives specifically on Manitoba Maple (which in some parts of the world is known as "Boxelder"). In the fall they tend to enter houses. Pest Control Canada states "Box Elder Bugs cause concern in the autumn when they gather in considerable numbers on the warm outside walls of homes and sometimes find their way into houses looking for a suitable place to over winter."

When they gain entry to buildings through cracks or other openings they remain in wall cavities and will occasionally emerge inside the home in the spring. They will not breed indoors, so there is no danger of starting an "infestation".

They cause no structural damage whatsoever but they can "spot" interior furnishings with their droppings. They can't bite, they don't eat anything on the inside your house, including house plants, and they won't harm you, your family or your pets. When you look at them closely, they are quite exquisite. So there is no real need to kill them or do anything about them – although if they are inside it could be a clue that your house is not well sealed.

Article by: David Grattan Photos by: Tom Devecseri

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.

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