

DECEMBER

2016

Navan Nugget

BUSINESS CARDS ROTATED BI-MONTHLY

DIGITAL COLOUR VERSION AVAILABLE ON NAVAN.ON.CA



Photos: Tom Devecseri

REMEMBRANCE Day - NAVAN 2016

NAVAN NOTABLES

The Reverend Margo Whittaker



Pictured left to right : Rachel Grattan, The Reverend Margo Whittaker, Pam O'Donoghue, Eileen Vaillancourt

The Reverend Margo Whittaker met me at her office with a big smile and told me she loves how she has been welcomed by the Navan community. "It is a privilege to be the pastor in this charge". She drives all the way from Barrhaven to serve at three Anglican churches; St. Mary's in Navan, Trinity in Bearbrook, and St. Mary the Virgin in Blackburn. The Christmas Season is special as it brings back nostalgic memories of Christmases Past. Each Sunday, during Advent, a message of Love, Joy, Peace, and Hope is given. Candles are burning, decorations are put up, families gather, feasts are prepared, and singing familiar carols are all part of this time. "We mustn't forget that Jesus is the reason for the season"!

Christmas Eve is an adventure with lots of people attending the service while the Christmas Morning one is much quieter. Lots of great happenings occur over this wonderfully anticipated month. Margo is looking forward to the big day and the message she wants to bring to the congregation; one of patience, love, peace, faith, generosity, and kindness. She realizes too that Christmas can, for some people, be a hard time. So come everyone and gather at church this Christmas to honour Jesus together. A warm and happy way to begin your Christmas this year!

For more information on The Reverend Margo Whittaker see the write-up online at www.bvnanglican.ca/about.

Sheila Minogue-Calver

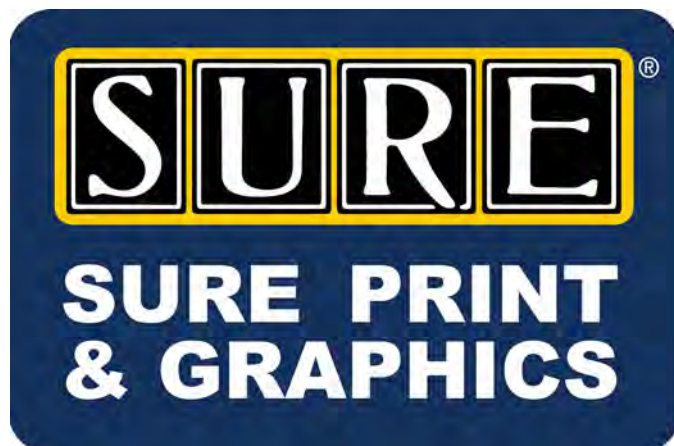
www.navanwi.com

Remembrance Day 2016

The Navan 2016 Remembrance Day ceremony was once again a success. We were blessed with a clear cold but windy day. A large crowd took part in our special remembrance of our veterans. The Orléans 632 Air Cadet (Phoenix) Squadron did an excellent job of accompanying the wreath layers up to the cenotaph and the addition of their cadet band providing background music was wonderful. We also had unplanned flybys of two fighter planes and two helicopters. After the ceremony, light refreshments were enjoyed by all in the arena gathering room. The committee would like to thank the Navan Lions Club, Navan Women's Institute (WI), St. Mary's Anglican Church Women (ACW), United Church Women (UCW) and community members who dropped off baked goods and other treats. Donations of \$1,033.00 were collected for the Military Families Fund. The fund provides emergency financial assistance to military families faced with unforeseen and often immediate needs that resulted due to conditions of service.

If you would like to be part of the committee for 2017 please contact Kenda St. Amour kendamae1@hotmail.com

****Special thanks to Monica Alongi of Orléans Sureprint and Design for donating time and supplies for the pamphlet printing.



Cartoon by: Jeff Amey and Danny Stein-Wilson



The entire Cumberland Township Agricultural Society Navan Fair Board of Directors and Office Staff wish everyone a very Merry Christmas and a prosperous New Year

The CTAS Board of Directors invites all 2016 CTAS Members to our Annual General Meeting to be held on Thursday, January 19th, 2017 upstairs at the Navan Memorial Arena at 7pm. We will present an overview of our 2016 fiscal year, cover business items and give some highlights of our future plans. During the evening you will have an opportunity to meet the different Division Directors and pass along any ideas you might have for the 2017 Fair. 2017 Membership will be available for \$20. Fair office hours in December - Tues to Thurs 9:00 - 4:00 Office will be closed December 22 to January 2nd inclusive.

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

POSITION AVAILABLE

Administrative Coordinator Position

Cumberland Township Agricultural Society
Host of the Navan Fair

We are looking for a part time contract Administrative Coordinator who is community minded, computer literate (Microsoft Office), independent worker looking for part-time employment to support our Board of Directors.

If you are interested, please fax your resume to 613-835-4008 or by email it to navanfair@bellnet.ca by January 4, 2017.

A full Job description is available upon request

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.

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, December 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.

Chair: Philippe Grandmaitre
Secretary: Christina Macpherson
Treasurer: Dale Borys
Safety: Bob Price
Navan Nugget: Tom Devecseri
NCA Membership: Ray Vetter
SEASONS GREETINGS /JOYEUX TEMPS DES FETES



located at,

3-1229 Newmarket Street, Ottawa.

-613-244-0030 **Wood Finishing Products**

Lacquer, Stains, Spray Equipment

www.airfast.ca



HOME CLEANING

Brenda Grimsley

(613) 304-8427

brendashomecleaning1@gmail.com

Navan, Limoges, Vars, Orleans



Vitamin D helps our body use calcium and phosphorus to build and maintain strong bones and teeth. Tools such as the Canadian Health Measure Survey suggest that a high proportion of Canadians do not get enough vitamin D from the food we eat. For those affected, the extra vitamin D produced by the skin when exposed to the sun usually ensures they meet their daily requirements. Colder weather and shorter days means some of us won't get much sun exposure over the next 4 months. As a result, some people may become deficient in vitamin D. This is therefore a good opportunity to assess whether we still meet our daily requirements.

The recommended dietary allowance (RDA) per day is based on the assumption of minimal sun exposure and varies according to age. Health Canada indicates that the RDA for vitamin D is 400 international units (IU) during the first year of life, 600 IU from 1 to 70 years of age, and 800 IU for age over 70. The tolerable upper intake level (UL) per day is 4000 IU for those 9 years and over (lower and according to age for younger children). Significant food sources of vitamin D include fish, fortified milk, fortified ready-to-eat cereals, egg yolk, and to a lesser extent, some fortified orange juices as well as yogurt and cheese made with fortified milk. If you do not meet your daily requirements through your diet, a vitamin D supplement for the winter months may be worth considering. Health Canada suggests Canadians 50 years and over should take a vitamin D supplement of 400 IU per day (this is based on population average data; individual requirements may vary). A supplement dose does not have to exceed 1000 IU unless it is supported by low 25-hydroxy-vitamin-D blood levels.

On another note, did you know it is not too late to get the flu shot for protection during the peak of this flu season (the holiday gatherings and the colder months)? As it takes up to 2 weeks for an adequate level of antibodies to develop following the shot, it is best to get the shot as soon as possible.

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.



NAVAN WOMEN'S INSTITUTE

The Biggest Small Investment You Can Make
www.navanwi.com

At the last meeting, a presentation by one of our members was made of the trip she made to the triennial conference of the Associated Country Women of the World, in England. Over 600 women from all over the world were in attendance at Warwick University Conference Center in Coventry. Many projects are put forward to this Association to help in developing countries. Our Women's Institute "Pennies For Friendship" donations sponsor many of these projects. It was a great learning evening!

Next meeting will be held December 14, for our Christmas supper together. Don't forget to come out sparkling ladies!

The Navan Women's Institute cordially invites all former members to join them in celebration of the 120th anniversary of WI, in conjunction with Canada's 150th. This event will be a Tea and will take place on Sunday February 18th 2017 at St Mary's Hall from 2-4pm. If you know anyone who was once a member of this branch please let them know about our invitation.

We request that you confirm your attendance to Pamela O'Donoghue at pamodon@yahoo.ca. before January 10th 2017. Looking forward to seeing many of you there!

 Children's Village at Navan	
1375 Colonial Road Navan, ON K4B 1N1	
Licensed Childcare Spaces Available	
Location: Heritage Public School	
Tel: 613-835-1583 navan@childrensvillage.on.ca	Preschool Program 2- 4 years Before/After School
Dale Borys, CPA Former CRA Auditor & Senior Technical Auditor Officer Personal, Business and HST Tax Returns Special Rates for Seniors and Students 613-897-9947	

 Carsmetics	
✓ Scrapes and Scratches ✓ Minor Touch-ups ✓ Cracked or Dented Bumpers ✓ Stone Chips ✓ Headlight Restoration	Convenient same day service! Contact for a free estimate
Mike or Tom Lawlor 613 296 2879 carsmetics.ottawa@gmail.com	



NAVAN LIONS CLUB

President: Chris MacPherson

Secretarial Team: Mark O'Donoughue and Tony Fiorentino,

Treasurer: David Grattan

It always seems that Remembrance Day follows quickly on the heels of Halloween. We transition from the silly to the profound in a matter of a few days. Nevertheless as someone who likes to dress up and make costumes, I'd like to mention Halloween briefly. This year, I was a Sputnik when dressing up was called for. Some of the other Lions also have the urge to dress up when there is an occasion to do so— so our Halloween meeting is always fun. This Halloween we also had the pleasure of having Don Corbett as our guest speaker. He spoke about the bagpipes. We learned a great deal about this fascinating musical instrument its history and its many forms. He also played them for us. Don is a very experienced and accomplished musician and he is a great asset to Navan. He has played all over the world from the Netherlands (in celebration of the liberation of the Netherlands by Canadian Forces in World War two), to Edinburgh Castle at the annual Tattoo. We really enjoyed our evening with Don and look forward to hearing him play once more at the annual Navan Lions Jerry Calver Bonspiel which is coming up in early December.

On the actual Halloween night- our President Chris MacPherson held an executive meeting of the club. I turned up in ghost costume – ready for serious discussion. But we did conduct some planning for the forthcoming year. As 2017 is the 65th Anniversary of our Club we decided to hold a Charter night celebration. This will take the form of a banquet at the Curling Club with a well-known guest speaker – who will be announced on his (or her) confirmation that he or she can attend. There will no doubt also be a few high jinks. We also discussed our contribution to Canada's 150th birthday

celebration in Navan - a Bicycle Rally. It will be our second such event on the multi-use trail. It will be aimed principally at families (it will be on Father's Day) and as it is being supported financially by the City as well as some local sponsors - there will be no registration fee. All participants will receive a free T shirt and will be invited to take part in a Trivia Quiz. There will also be a BBQ after the event. Two routes have been planned – one will be about 10 km and the other about double that distance. So please mark June 18th in your Calendar for 2017. No doubt we will be reminding you regularly about this fun event.

We also discussed the results of our annual audit – and I'd like to take the opportunity to publicly thank Don Clysdale for doing such a great job and for giving us so much useful advice. Don is a well-known member of St. Mary's Anglican Church – and although a resident of Orleans, holds honorary Navan Citizenship. (At least he does now!)

I always find Remembrance Day to be a very moving occasion. The wars of the 20th Century were devastating for my own family and I for one recognize how much we owe those veterans who fought to save our country from Nazi domination – especially those who gave up their lives or their health. I know that other Lions feel the same way I do. Thank God for veterans! So it is with great pleasure that the Lions Club had the honour of hosting the reception after the Navan Ceremony. We welcomed all participants in the ceremony – and it was a wonderful ceremony this year. As a result of the bitterly cold weather our hot coffee supply was sorely taxed to keep up with the demand. But for me it is the day on which we make sandwiches - and we do make copious quantities. By ourselves we'd never make enough – so it is with great gratitude that we thank other organizations – notably the Anglican Church Women of St Mary's Church, United Church Ladies and the Navan Women's Institute - who contribute astonishing amounts of food. And there is always enough.

If you were at the reception, you may have noted a collection for the Military Families fund. This year we collected a record amount of \$1033. These funds will help provide financial assistance to members of the Canadian Armed Forces or their families who may face unforeseen or immediate needs that are directly related to the conditions of military service.

In the meantime – Navan Lions still continues to be heavily involved in our Vision Screening program.

David Grattan



DUST • EVANS • GRANDMAITRE
LAWYERS | AVOCATS

Real Estate, Wills, Powers of Attorney, Estates, Estate Planning,
Business Law

Phil Grandmaitre
Home: 613-835-2984

Immeubles, testaments, procurations, successions,
planification successorale,

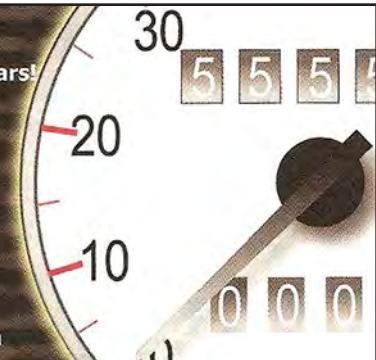
2589 boul. St. Joseph Blvd, Orleans, Ontario, K1C 1G4
Tel: 613-837-1010 Fax: 613-837-9670
www.dustevans.com

G&M Auto Sales
Serving Clients for 15 Years!

Ken Harrison

Vehicle Sales, Locating
Financing, Warranties

cell 613 295-8087
fax 613 835-2908
kenh12425@hotmail.com
www.gmautosales.ca





Cordially invites you to join us for our
Holiday Social

December 10th, 2016

11:00am – 3:00pm

.holiday goodies.

.holiday makeup tutorials.

.giveaways.

.local vendors.

.exclusive pricing.

Country Moments Spa

3470 Trim Road Navan, Ont 613.590.9999 www.countrymomentsspa.ca

CANADA'S 150th IN NAVAN



UPDATE

Save the Date June 17th 2017 - Canada 150th Celebration, A Parade Through Time and Street Dance Canada 150. There are more projects in the planning and once the dates are solid, they will be detailed here. The next meeting of the coordinating subcommittee, will be held on Tuesday December 6th at 7:30 PM in the Lion's Den at the Navan Curling Club.

Ray Vetter	Fred Hyde
613-835-1744	613-835-3331
rvetter@sympatico.ca	fredhhyde@gmail.com

HONOURING OUR FALLEN SOLDIERS ONE RED MAPLE AT A TIME

This is a project I learned about when an article appeared in the Ottawa Citizen in mid August of 2015. It concerned two families from London Ontario whose family members served in the Canadian Armed Forces. It was to honour Canadian soldiers who paid the supreme sacrifice at the Battle of Vimy Ridge and to commemorate the 100th Anniversary of that battle in April of 1917. In so doing red maples would be planted near the Canadian National Vimy Memorial in France.

In January of 2016 the NCA advertised an open meeting to seek out ideas from Navan residents to celebrate Canada's 150th. I submitted an idea for a project based on that of the two London Ontario families. It was welcomed. It would honour residents of the greater Navan community who served during the Boer War (South Africa, (1899 – 1902); World War 1 (1914 – 1918) ; World War 2 (1939 – 1945); and UN/NATO Operations. Twenty three of our residents paid this supreme sacrifice. The project would see red maples (autumn blaze) planted at the newly unveiled (2010) Cenotaph and in front of the Navan Arena. Its name would be as you see it in the heading above.

A committee of six was set up in late winter/early spring of 2016 including the following members. Fred Hyde; Ray Vetter; Murray Gauthier; Robert Serafin; Dale Borys and Ross Bradley. Their deliberations bore fruition on November 1, when five red maples were planted by J.A. Laporte Flowers and Nursery, Orleans; an interlock walkway and lovely bench installed (mid October) by Yves Potvin Interlock, Navan where one could sit, rest and gather one's thoughts; and a descriptive plaque installed (November 8) by Eastern Memorials, Kemptville.

Please come and see the first completed project of Canada 150th celebrations in Navan. Hundreds and hundreds have already seen it at the Remembrance Day Ceremony in November 11, 2016.

Ross Bradley

New Nugget Column

We are pleased to welcome a new columnist to the Nugget, Amanda Watson.

She will be providing us tips about health and wellness in the coming months. She is the owner of the Country Moments Spa here in Navan and her personal expertise is in the area of esthetics and well-being.



COUNTRY MOMENTS

Get your skin ready for winter!

The winter season is upon us, and just like you get your house or car ready for winter you should do the same for your skin. The skin is the biggest organ on our bodies and needs to be treated differently depending on the season we're in. Here are a few tips to make sure you are giving your skin what it needs for this cold season.

1. Change up your skincare routine. A change in skincare plays a huge part on how your skin will react to the bitter cold. Giving your skin more exfoliation and hydration to help combat dryness is very important. Take a visit over to your fave Esthetician to get a feel for what your skincare needs are!

2. Stay hydrated. This is true for any season but even more so in the dry months of winter. Making sure you get your 8 glasses of water a day will help keep your skin hydrated, increases elasticity and helps rid your body of toxins. Also remember for every 1 cup of coffee you should combat that with 2 glasses of water!

3. Use a sunscreen DAILY. I cannot stress enough the importance of using your SPF on a daily basis during all 12 months of the year. Especially during the winter months where the harmful effect of the sun is reinforced because of the cold and wind. Make sure you are applying your sunscreen 30 min before any outdoor activities.

Getting your skin ready for winter and maintaining that beautiful summer glow is a challenge but can be done! With just a few changes to your daily routine you can help your skin and your body transition into these winter months and keep your skin radiant!

Amanda Watson – Owner, Country Moments Spa



COMMUNITY ANNOUNCEMENTS

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.

SEVENTH ANNUAL FUNDRAISING BREAKFAST WITH SANTA CUMBERLAND LIONS CLUB

Maple Hall, 2552 Old Montreal Road

Saturday December 3, 2016, 8:00 AM to 12:00 PM

Special Christmas Breakfast Menu Adults: \$8.00 Children (12 and under) \$5.00 or Free with the donation of a gift, marked for boy or girl, and age range. Non-perishable food items will also be accepted.

Visit with Santa when he stops by Maple Hall, you can be Santa's helper, and help him fill his toy sack. Special activities for the children throughout the morning. In the spirit of giving, we will be accepting gifts and donations on behalf of the Orleans – Cumberland Community Resource Centre
www.cumberlandlions.ca or our FB page.

BEARBROOK - VARS ACW CHRISTMAS BAZAAR

Saturday December 3rd, 12pm - 1:30pm. Bearbrook Centennial Centre, 8720 Russell Rd. Bearbrook ON

Baking, Crafts, Silent Auction and Hot Lunch. Adults \$10.00 6-12 \$5.00, 5 and under Free.
Everyone Welcome!

INVITATION - TREE DECORATING IN NAVAN

The tree decorating at the village clock tower will be held on Sunday December 4th at one o'clock.

Everyone is invited to help out at this event. Home craft decorations are welcomed.

The following Sunday, on December the 11th at 7 pm. the NCA will host a sing a long around the tree.
Please join us in this wonderful tradition.

KNOTTY KNITTERS

Such busy women, never without a couple of needles in their hands, especially around this time when Christmas presents must be completed! We will go out on Monday, December 19 to celebrate at the Mandarin. Reservations are for noon. Every Monday from 1 to 3PM we meet to knit together and help one another, in the lounge at the Navan Curling Club.
New knitters are always welcome.

NAVAN STREETWALKERS

Dust off the snowshoes! We will soon be hitting the snowy trails. Don't forget the party Friday, December 9. It's always a lot of fun!!

CHRISTMAS SING-ALONG - SUNDAY, DECEMBER 11

Meet at the Town Clock Plaza around the beautiful Christmas Tree at 6PM and join in on the carol singing. It always puts you in the Christmasy mood

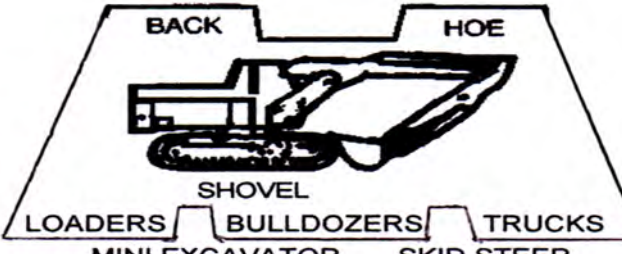


Kyle McDowell, B. Commerce
Financial Security Advisor
613-292-0751 | kyle.mcdowell@f55f.com



Freedom 55 Financial
A Division of London Life Insurance Company

Freedom 55 Financial and design are trademarks of London Life Insurance Company. 66-1079 03/14



McWilliams Construction Limited
P.O. BOX 1, 3853 TRIM ROAD, NAVAN, ONTARIO K4B 1J3
TEL: (613) 835-2971 FAX: (613) 835-3565
Exterior Basement Moisture & Drainage Repairs

M-J MELENHORST
LICENSED HAIRSTYLIST



613-835-3947
BY APPOINTMENT ONLY

944 GALAXIE AVE.
NAVAN, ONTARIO
K4B 1M5

Navan Women's Institute



Serving the Navan community since 1931

New members welcome. Please consider joining us.
To learn what we do, please call 835-4296

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.

Anglican Parish of Bearbrook, Vars & Navan

Rev. Margo Whittaker

**Sunday Worship**

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 COMMUNITY SUNDAY SCHOOL**

Ecumenical Sunday School
 Sundays from 9:45am - 11:15am
 St. Mary's Hall - 1170 Smith Rd
 Children ages 3 & up welcome.
 Youth Group ages 12 & up
 Information & Registration email:

CLOTHING COLLECTION

The Navan Community Sunday School will be collecting clothing donations for the Salvation Army fundraiser.

All donations can be dropped off at Sunday school during regular hours.

Info at: 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.

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 NEW
OAK
 TREE

Your Solid
 Wood
 Furniture
 Specialist

613-835-9792

3495 Trim Road, Navan ON K4B 1N2 www.thenewoaktree.com

trust OakWood,
Mike Holmes does!



OakWood
 DESIGN • PLAN • BUILD

OakWood.ca 613 236-8001**Paul Boyer Insurance Inc.****Paul Boyer**

Financial Security Advisor
 by Referral

1210 Henn Drive
 P.O. Box 295
 Navan, ON
 K4B 1J5

Tel: 613-835-2439

613-835-4261

Fax: 613-835-2441

Toll Free: 1-866-404-2439

paulboyerfinancial@rogers.com*Domaine
Perrault**Hours of Operation*

*May Long-Weekend
 to
 December 24*

Winery/Vignoble
 1000 chemin Perrault Road
 Navan ON K4B 1H8
 613 835 3925

www.domaineperrault.ca

*Friday, Saturday, Sunday
 11 am - 5 pm*

**RIVINGTON
 CARTAGE**



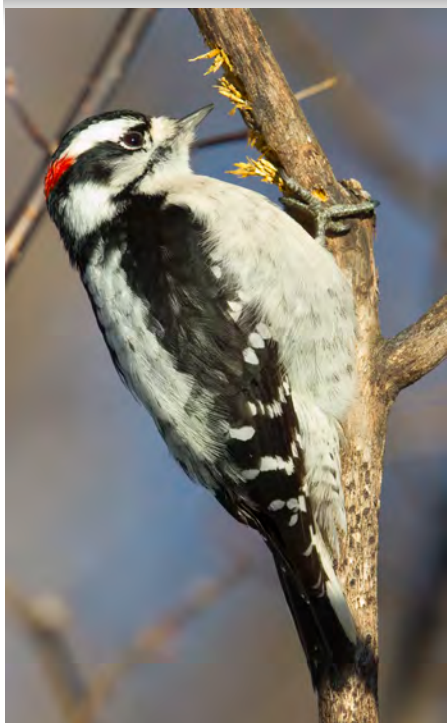
SAND • FILL • TOP SOIL • CRUSHED STONE • DUMP TRUCK
 BULLDOZER • BACKHOE • EXCAVATION & BACKFILLING
 SEPTIC SYSTEMS • INSTALLED & REPAIRED

1708 Colonial Rd., Navan, Ont.

(613) 835-3369

ROBERT MUNRO
 Small Engine Repair
 Indoor / Outdoor Storage

**3850 Milton Rd****Navan ON K4B 1H8****613.835.3636****613.769.0638**



Male Downy

Downy Woodpecker

by Tom Devecseri

The Downy looks very similar to our other solid white backed woodpecker the Hairy. Primary identification differences are the size 6.5 - 7.5 inches vs the larger hairy at 8.5 - 10.5 inches, the presence of black spots on its white tail feathers and the bill is more conical and shorter in length than its head whereas the hairy woodpecker's bill is approximately equal to head length. The males will have the red colorization on their heads.

The Downy Woodpecker is our smallest woodpecker in North America and you can find it year round in Navan. It is common and widespread in most wooded regions. It forages not only on trunks and major limbs of trees but also on minor branches, twigs, weeds stalks and shrubs. The Downy's diet is composed of mostly a variety insects of insects, especially beetles and ants, also gall wasps, caterpillars, others. Also eats seeds and berries and enjoy treats from your suet bird feeders. With our recent return to winter don't forget to keep your feeders topped up. (I just checked and John Bradley is still carrying the line of Squirrel Buster feeders and a good variety of bird seed).



Female Downy

Birds and Trees

by David Grattann

Navan's environment is greatly enhanced by the trees in the village – Navan is in effect an area of woodland containing houses. The interesting and diverse bird population which we so much enjoy is completely dependent on this treed environment - the presence of trees is vital for their survival. There is a symbiotic relationship between them. More specifically this can be described as a commensalistic relationship that is a relationship in which two organisms share the same environment, where one benefits and the other is unharmed. Experts have listed nine ways in which birds depend on trees: (1) perches many purposes including displaying, mating, and sleeping; (2) display to announce territories and seek mates; (3) supports for nests; (4) insect habitats including bark, flowers, fruit and leaves that are food sources; (5) food, as apples, berries, buds, flowers, nectar, nuts, sap, or seeds; (6) nooks and crannies in which to store food; (7) watching and listening platforms; (8) shelter from weather, and predators; and (9) cavities for nesting. A result of this very complex relationship is that the particular assemblage of birds we observe has evolved as a response to the particular assemblage of trees – and what an assemblage of trees we have. At the top of the list are tall white pines – some of which have been planted – and others have germinated from the original pine

forest that covered this area. We also have an interesting assemblage of hardwoods including beech, white oak, red maple, sugar maple and silver maple – and well above their northerly limit we find a number of black walnuts. We also had a lot of white ash trees – all of which have now died, and elms – some of which struggle. Basswood and birches (white, paper and yellow) are abundant as is Manitoba maple. Our hedges are almost universally composed of Eastern White cedar – a close cousin of western red cedar which was used by all North West coast cultures for totem poles and longhouse construction. There are a number of larches (or tamaracks if you prefer). There are also some exotics – there is at least one gingko and in our front garden and we have successfully grown a hawthorn which is native to Europe.

One of our projects for the coming 150th anniversary of Canada is the planting of a number of red maples in memory of those who gave their lives as a result of military service. This project is being organized by Ross Bradley – and if you wander around the arena/cenotaph area you will see a number have already been planted. These are a fitting tribute to those who gave their lives as well as a benefit to our bird population.

SIMPSON
ELECTRIC LTD
SHAWN SIMPSON

1241 Colonial Rd.
PO BOX 127
Navan, ON K4B 1J3
Email: simpsonelectric@rogers.com

Office: 835-2808
Cell: 223-3416
Fax: 835-3358
Licence: ESA7000358

Stephen BLAIS
Councillor • Conseiller
Cumberland

Can I help?
Puis-je vous aider?

T: 613-580-2489
F: 613-580-2697
E: stephen.blais@ottawa.ca

stephenblais.ca

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.