

Navan Nugget

Navan Remembrance Day Ceremony 2023



The 2023 Navan Silver Cross Mother wreath was presented by Eileen Vaillancourt. She is a daughter of Annie McFadden, a former Silver Cross Mother and the sister of Trooper Cecil McFadden, 1st Armoured Personnel Carrier Regiment RCAC who died February 13, 1945. Eileen lost her son Captain Gary Robert Vaillancourt April 24th, 2000. Gary passed away very suddenly when he was stationed in Ottawa. His death was attributed to his military service. He is remembered at Navan Cenotaph where his name is inscribed under UN NATO.



REMEMBRANCE DAY SERVICE 2023

Our Remembrance Day Service in Navan this year took place on a cool, clear day, with enough of a breeze that, as someone said, “the flag was kept perfectly horizontal.” Our community came together to reflect on the sacrifices made on our behalf in wars and peacekeeping missions all over the world. The service was emceed by Colonel Marilynn Chenette, CD, and started with the singing of O Canada, led by Sarah Zintel. Rachel Grattan read *In Flanders Fields*; prayers were presented by The Reverend Nancy Best and Deacon Pierre Bélanger; and Wally Smyth read the Honour Roll of local men who lost their lives in service. The 632 Phoenix Royal Canadian Air Cadets Squadron provided us with a full marching band and a trumpeter who played the Last Post and Reveille. The cadets escorted people to the cenotaph where many wreaths were laid on behalf of various organizations and in memory of family members who had served or made great sacrifices to help others.

A touching addition to the Cenotaph this year are two soldier silhouettes that have been permanently installed on each side. These were graciously donated last year by Dinah Smith in memory of her husband, Squadron Leader Eric George Smith, who passed away in March of 2019. Squadron Leader Smith was a fighter pilot in WWII and the Korean War. He was born and raised in Navan and now the silouettes, donated in his memory, provide sentry watch on our Cenotaph.

As a member of the organizing committee for the service I would like to thank the many people who contribute every year to make the service successful. We are very grateful to the City of Ottawa arena staff who set up the chairs; people who lay wreaths; the cadets from the 632 Phoenix Squadron who march us in and out; those who set up the sound system; the people who read poems and prayers in the service; the Cumberland Grads who assist with handing out the programs and cleaning up; the members of Ottawa Police Services, Ottawa Paramedics and Ottawa Fire Services who provide safety measures for us; and the many community members who come out and share in the service. Special thanks to Monica Alongi of Orleans Sureprint and Design for donating the printing of the programs, and to JT Bradley's Country Convenience for storing our wreaths from year to year. A very special thank you to Sam Dagg who always, without being asked, maintains the area around the Cenotaph. To see more pictures of the day or watch a video of a past service, go to: www.navan.on.ca

Jill Noakes



Photos: Tom Devecseri Photography



President: Bob Noakes

Secretarial Team: Mark O'Donoghue and John Ladds

Treasurer: Hal MacPherson

The Navan Lions are holding our annual Jerry Calver Memorial Bonspiel on Friday December 1 and Saturday December 2 when teams of local curlers will be battling it out on the Curling Club ice. At the same time, we expect over one hundred items to be up for bids in our silent auction which is held downstairs in the Lion's Den, and which is open to everyone. Don't miss out on some great bargains. Proceeds from this event will be donated to the Canadian Pulmonary Fibrosis Foundation. Our club has recognized that there are major needs and opportunities for service among the indigenous communities with whom we share this land, so we have begun to establish contacts and find ways in which we can contribute to reconciliation. Our first monetary donation has gone to an Inuit organization, Isaruit Inuit Arts. They are based in the old Rideau



High School and provide a drop-in centre for over 6,000 Inuit currently living in Ottawa, with sewing circles and a workshop for such cultural traditions as preparing sealskins and soapstone carving.

You can find out more about them by visiting <https://isaruit.ca> and expect to hear more from us about Indigenous Reconciliation.



[Home](#) [About Us](#) [Services](#) [Causes](#) [Fundraising](#) [Lions Worldwide](#) [Contact Us](#)



We Serve



The Navan Lions are also pleased to announce the arrival of our totally rebuilt website at <https://navanlions.ca>. We hope that you will find it a regular source of information about our upcoming events, together with easier navigation around our ongoing causes and activities. There is also a comprehensive look at the worldwide impact of Lions and the Lions Clubs International Foundation. If you want to know us better or have ever wondered how to get involved in volunteering and service to your community, we invite you take a look.

Ottawa Fire Station 71
1246 Colonial Rd. Navan
Dec. 1 @ 6PM

Join our Firefighters and Sparky for a Lite the Nite celebration!
Tree Lighting, Hot Chocolate & Carollers!
PLEASE BRING A TOY FOR THE HELP SANTA TOY FOUNDATION.
Rejoignez nos pompiers et Sparky pour une célébration Lite the Nite!
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NAVAN ROAD CONSTRUCTION DISRUPTIONS

Construction set backs have delayed the work by Ashcroft Home near Bradley Estates so the traffic disruption on Navan Road will continue for a while longer. As winter sets in, the single lane, light controlled, detour may get messy so alternate routes may be longer, but quicker to travel. Plan accordingly.

OUTDOOR RINK

The boards are up and ready for action. If the temperature continues to drop, work will start as soon as possible to create the ice surface. Hopefully Mother Nature will be more cooperative than last winter and we will have a usable rink for longer this year.

Fred Hyde - President

Past President – John Ladds
 Vice President - Luc Picknell
 Secretary - Christina Macpherson
 Treasurer - Dale Borys
 Safety - Bob Price
 NCA Membership - Ray Vetter
 Social Media Manager – Sarah Zintel
 Navan Nugget - Tom Devcseri
 Recreation - Luc Picknell
 Horticulture - Anne-Marie Potvin
 Navan Cenotaph – Erin Zintel
 Nifty 50+ Senior's Drop In – Juanita Vetter

Lots of ways to check us out;

NCA website - www.navan.on.ca

NCA email - nca@navan.on.ca

NCA Facebook Page - [https://www.facebook.com/](https://www.facebook.com/NavanCommunityAssociation/)

NavanCommunityAssociation/

NCA Facebook handle - @NavanCommunityAssociation

Navan Community Outdoor Skating Rink - [www.facebook.com/](http://www.facebook.com/NavanCommunityOutdoorSkatingRink/)

NavanCommunityOutdoorSkatingRink/

NCA Instagram link - www.instagram.com/navannca

NAVAN FALL FEST UPDATE

As a sub-committee of the Navan Community Association, the financial aim of Navan Fall Fest every year is to bring in enough money to allow us to put the event on the following year. Money is set aside each year to pay for the prizes, balloons, pumpkins, face painting materials, and other items needed to make the day successful. This year, after paying expenses, reimbursing the Lions Club for the food they provided for the BBQ, and setting

aside enough for next year, we were pleased to be able to donate the following amounts to our local community:

- \$1000 to the Cumberland Resource Centre (Food bank)
 - \$1000 to Heritage school. (\$500 for their student baking program or another similar initiative and \$500 to be set aside to assist the family of any student who has difficulty meeting school-related expenses.)
 - \$500 to the GoFundMe account which was set up after the fire at Country Moments Spa
 - \$500 to Team MuggleMorr (for the Canadian Cancer Society)
- We were able to make these donations because of the generosity of Navan Fall Fest attendees who bought silent auction items, goodies from the bake table, or put money in one of the donation jars. Thank you to everyone who contributed! If you have any feedback or would like to join the Navan Fall Fest committee, please contact Cheryle Houle by email at cheryle@rogers.com.

NAVAN NUGGET 2024 ADVERTISING

First of all we would like to thank all of our Nugget advertisers for their support over many years. Without your support we could not publish and distribute the Nugget. In December we will be sending out letters with offers to renew current advertisements. We would be very grateful to any new advertisers willing to help support the Nugget. The new increased monthly print run of the Nugget is now 800 copies with 690 mailed locally.

Please send an email to navannugget@navan.on.ca if you are interested in advertising in the 2024 Nugget issues.

NAVAN NUGGET ADVERTISING RATES as of Jan 1st 2024

(email inquiries to: navannugget@navan.on.ca)

Business Cards

- \$150.00 (single 3.5x2 in) for 6 issues printed bi-monthly plus ad on NCA website.

AD space

¼ page Ad-	\$60.00/1 issue	\$275/ 6 issues
	3.75 wide x 4.7 inches tall	
½ page Ad-	\$120.00/1 issue	\$500/ 6 issues
	7.5 wide x 5.5 inches tall	
1 page Ad-	\$200.00/1 issue	\$1000/ 6 issues
	7.8 wide x 9.4 inches tall	

*Color printing of any size ad is
a full color page charge of \$250.00*

NAVAN-VARS UNITED CHURCH

1129 Smith Road, Navan
Rev. Nancy Best

Join us for in-person services
 Sundays at 10:00 a.m.

or live-stream the service on Facebook.

See our website at www.navan-vars-united.org
 for the link to our Facebook page.



Songs and Stories with

Terry Marcotte
 in concert with Rob Dillon, and Don
 Marcotte

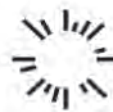


**Sunday, December 17
 @ 2 pm**

Navan Vars United Church
 1129 Smith Road, Navan ON

Admission: \$20 at the door
 or e-transfer – navanvarsunitedchurch@gmail.com

All welcome! A community event and church renovations fundraiser.



St. Mary's Anglican Church

3480 Trim Rd Navan

REV. LINDA WHEELER

Sunday Service: 10⁰⁰ am

Pastoral Care: 613-216-2200

Hall Rental: stmarys.navan@outlook.com

St. Mary's Anglican Church, Navan

Ottawa Carleton Male Choir

Christmas Concert

with guest soloist

Cara Gilbertson



December 15th at 7³⁰ pm

St. Mary's Anglican Church

1080 Trim Rd

Reception to follow in the hall

Tickets \$20 at the door

or call 613-841-6248



Baking by the Box

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Featuring highlights
 from White Christmas, Operatic
 favourites and other holiday classics!

Two Concerts Two Locations

-Wednesday-
 December 20th
 7:30 pm

Trinity Presbyterian Church
 1817 Richardson Side Rd, Kanata

-Thursday-
 December 21st
 7:30 pm

Navan-Vars United Church
 1129 Smith Road, Navan



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NAVAN NOTABLES

EILEEN VAILLANCOURT

Our recent addition to our Community Builders Wall!

Eileen was one of seven children born to the McFaddens on Trim Road. She went to the Navan Schools until she was a teen. Then off to the High School of Commerce to learn typing and shorthand. She started working for the Federal Department of Labour upon graduating. She soon met Bob Vaillancourt, got married in 1957. Eileen had 4 children. After raising her and Bob's children, she worked at

Canadian Tire for awhile. Eileen decided to stay home and become a caregiver. She cared for her Mom. Then lucky



Eileen accepting her and Bob's Builders Wall plaque from Laurie.

little Navan children started coming to her to be cared for! Jeremy Grimes was her first young lad followed by his brother, Johnathan G. It wasn't long before Eileen became the busiest lady in the village! She cared for half the Navan tiny ones over the years! Along the way she became interested in Family Histories. That led to the publishing of her first book "St. Mary's Cemetery"! With the help of Laurie Watson, "The Cenotaph of Navan Ontario", was written. The biographies of all the Navan soldiers listed on the Cenotaph were researched and are now waiting for you to pick up the book and read these stories of the Navan men we owe our wonderful village life to!

Eileen was a very involved, dedicated member of our village. She could type so she helped out the Navan W.I. with all kinds of typing projects. She takes part in the Navan Lions Club activities. She is a very devoted member of St. Mary's Church. She is on the Remembrance Day Committee, the Cemetery Board, and is an active member of Nifty Fifty+! She welcomes everyone with a kind word and a beautiful smile. Aren't we fortunate Eileen never left her beautiful Navan! Thank you for all you've done, Eileen Vaillancourt!



Navan W.I. (Women Inspired)

Our November meeting was another fun one. Doreen and Trudy introduced us to painting tiles with alcohol. Now it wasn't the drinking kind of alcohol. Just in case you thought it was a nice Pinot Grigio or Chardonnay! It was called Alcohol Ink at 99%!. After painting the tiles with sharpies, alcohol was dripped over the painted surface of the tiles and like magic the colours were more vibrant! Each member made 4 coasters. What fun! Our next meeting is in December. We are joining Eli at his newly renovated Castellors restaurant. The outside of the building is outstanding!! And we know he treats us to a delicious meal inside! Looking forward to an evening out in Navan. See you members on Wednesday, December 13. Wear something Christmasy!



Navan Women's Institute

Serving the Navan community since 1931

New members welcome. Please consider joining us.
To learn more, please visit navanwomen.com

Meetings are held at 7:00
the second Wednesday of each month from September to June
at the Navan Curling Club in the Lions' Den.

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HIDDEN GEM

*Tips from Hana Bland, owner of
Unwind Holistic Health, 245 Vanguard Drive
(Inside CrossFit Fortis) Orléans*



Can Manual Therapies Targeting Fascia Help Slow Cancer Progression?

This is exactly the question that researchers have begun to explore. During a recent lecture to members of the Fascia Research Society (of which, this author is a member) Dr. Stephanie Otto, PhD of ULM University Hospital in Germany, explained how some manual therapies are showing benefits to helping cancer patients. Specifically, the therapy must target the fascia and the practitioner must use a global approach to overall stiffness and not a local approach to the tumor. To understand how this type of treatment could be an effective adjunct, we first need to understand a few facts about fascia, the mechanisms of how cancer grows, and how it affects the fascia around it.

Fascia

1. Fascia is the largest sensory organ in the body. Emotional and physical stressors can rearrange and damage fascia.
2. Healthy fascia is maintained through regular movement in several planes, as well as through mindful practices to reduce stress. Stress is not inherently bad as long as it is not sustained long-term.

Cancer

3. While the body rests, cancer spreads more aggressively.
4. Tumors thrive in stiff tissue for growth. When tumors grow, they realign the fascia surrounding it and therefore stiffen the fascial tissue. (When I asked if the cancer causes the tissue to stiffen or whether the stiffer tissue causes the cancer to spread more readily, Dr Otto responded that the answer is both. Since cancer spreads in stiff tissue more readily; it stiffens the tissue surrounding it, creating an environment for faster growth. So not only does it stiffen the tissue but tissue that is already stiff provides a great host for its growth.)
5. Hypoxia (lack of oxygen to tissue) is a driver of cancer metastasis (growth of the cancer to secondary sites).

So, Dr Otto hypothesizes that part of an overall cancer treatment option prior to surgery should be to preserve fascial health in the following ways:

1. Movement or Exercise Therapy as an effective way to keep fascia healthy. Healthy fascia needs movement to stay supple and to glide and slide as it should.
 2. Global Fascial Therapies (like FST®, Osteopathy, structural integration, etc. which keep the fascia supple, help oxygenate the tissue and keep inflammation down) should be effective in counteracting some of the effects of cancer.
 3. Mind-body interventions (like meditation, yoga, LifeStretch, etc.)
 4. Naturopathic interventions to help aid in self efficacy of treatment side-effects at home.
 5. Nutritional counselling to set good habits prior to cancer treatments.
- Dr. Otto's pilot study, "Prehabilitation in an Integrative Medicine Day Clinic [PRIME-DC] for Patients Undergoing Neoadjuvant Treatment: Single-Center Feasibility Pilot Study" concluded that it "is a promising concept to address many unmet needs of patients undergoing neoadjuvant treatment, combining aspects of movement therapy, naturopathic treatment, naturopathic counseling, dietary advice, and other lifestyle modifications like stress management."

She further indicated during her lecture that her next steps would be to study manual therapies and their full effects on treating cancer patients via fascial health. Until next time... ~ breathe ~ move ~ unwind ~



Our Guiding Principles in the formation of the Nifty 50 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 will be self-sustaining and be run strictly by volunteers

November was another active month for Nifty 50 plus starting with a great luncheon catered by St. Mary's Church ladies. The Nifty 50 group held a raffle to raise funds to provide a Christmas dinner for a family. This program is run by the Orleans Cumberland Community Resource Centre. Thanks to all the members for their generosity. We are nearing the end of another year and would like to wish everyone a very Merry Christmas and best wishes in the New Year. The Nifty 50 plus Senior's Club meets Wednesday afternoons from 12:30pm to 4:30pm upstairs in the Navan Memorial arena from the first Wednesday in September until the last Wednesday in June.
Chair/Co-Chair, Nifty 50 plus Seniors Club

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EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, Sommelier at Large

A Sublime Wine Born on the Pearl of the Atlantic & Adventures in Wine-making Part III

As we continued our journey into winemaking, it became increasingly difficult to keep track of what was happening to the wine as it matured in the carboys, as well as what needed to be done. With an abundance of information to sift through and many processes to learn about, it was becoming more challenging to stay on top of things. However, I was determined to persevere. Before delving further into my winemaking experience, I would like to share my pick of the month - a precious gem gifted to me by awesome friends who visited a small island paradise across the Atlantic.

Pick of the Month: Blandy's Bual Madeira 10 years

Closest match at LCBO: Blandy's Madeira Single Harvest Verdelho Medium Dry. LCBO: 31818. \$46.95

Madeira is a highly complex and intense fortified wine from Portugal's Madeira Island, known as the Pearl of the Atlantic. With a unique taste achieved by repeatedly heating the wine, Madeira can be preserved for over a hundred years. It's produced in different grades, from dry to sweet. Bual is a medium-sweet Madeira that is elegant, juicy, and lush with captivating roasted walnuts, caramel, orange peel, raisins, and toffee flavours. It is perfect on its own or paired with Black Cake, a must-have dessert during Christmas time in the Caribbean. It's packed with rich flavours of rum-soaked fruit, warm spices, and a velvety smooth texture that is sure to impress. Get ready to dance to the rhythm of the islands with this epic wine matched up with this much-loved dessert that's perfect for special occasions.

Continuing on With Our Winemaking Journey. Malolactic (second) Fermentation. Picking up from last time, I let the wine go through malolactic fermentation for about 4 weeks at 20-22 degrees Celsius. This would enhance the wine's flavours, aromas, and complexity. I checked on the wine every few days to ensure that it was fermenting correctly and that no bacterial growth was forming. I also checked the temperature of the wine to confirm that it was between 20 and 22 degrees Celsius.

Stuck Fermentation? As the outside temperature cooled off, the room temperature dropped, and I woke up one morning to find that the temperature of the wine had fallen to 19.5 degrees Celsius. I thought fermentation had stopped, so I added a portable heater to the room to raise the temperature and see if fermentation would proceed. I also took specific gravity readings, which told me that the wine was continuing to ferment. All was right with my world.

Racking and Clarifying. With the help of my fellow winemakers, I racked the wine into new, sanitized carboys. This was to clarify the wine further by pumping it into new, sterilized carboys, leaving the sediment behind. This is an essential process that clarifies and enhances the flavour of the wine. In effect, it defines the quality of the wine. This is the point at which wine-making becomes both a science and an art - with a bit of magic thrown in. Experience and an almost sixth sense will help winemakers tease out the specific nuances of the vintage and see how the wine is aging. Having neither experience nor a sixth sense about these things, it was pure guesswork for me.

First Impressions. And so, well, you saw it coming - a taste test! We poured ourselves one and stood around sipping. First impressions? Dry but young, flabby (lacking structure), no punch, no depth of flavour. Like a salad dressing without lemon or vinegar. Et voila, I

found my sixth sense! It told me to add acid to the wine.

Adjusting pH Level / Acidity. Tartaric acid is used in the wine industry to reduce the pH value and provide tartness. It helps control the wine's acidity and plays a crucial role in enhancing the taste, feel, and colour of wines. I checked the pH level. As I suspected, it was a little high - This would also make the wine vulnerable to spoilage. So, I added the prescribed amount of tartaric acid to bring the pH down to its ideal level. More importantly, the wine smelled great - no rotten eggs or burnt rubber smells. So, there was no oxidization. This made my world even better.

Beyond this, I will do more testing to verify that the wine matures as expected. Then, it will be time to filter the wine, clarify it further to remove sediments, and get it into bottles. How long will I let it mature? Well maybe we'll give it a taste by Christmas - cheers and happy celebrating!



CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY AGM

Annual General Meeting:

All general members of the CTAS are invited to attend the Annual General Meeting on Thursday, January 18, 2024 in the Navan Memorial Arena hall at 7:00 PM
Light refreshments will be served.



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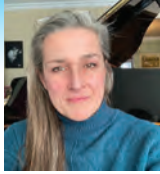
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MUSIC NOTES

from Marie Claude Bourque,
owner of OPUS Academy

1223 Colonial Road, Navan, Opusacademy.ca



THE JOYFUL HARMONY: BENEFITS OF SINGING AND LISTENING TO CHRISTMAS MUSIC

As the holiday season approaches, the air becomes filled with the sweet melodies of Christmas music, bringing joy and warmth to hearts everywhere. Beyond the festive ambiance, engaging in the act of singing and listening to Christmas tunes offers a myriad of physical, emotional, and social benefits. We've talked about the immediate advantages of singing having a positive impact on mental well-being. The act of singing releases endorphins, the body's natural mood enhancers, promoting a sense of happiness and reducing stress levels. Christmas carols, often filled with uplifting and nostalgic lyrics, can remind us of cherished memories, fostering a sense of connection and emotional well-being. Listening to Christmas music can have similar effects, as it triggers the release of dopamine, the "feel-good" neurotransmitter. The familiar tunes of holiday classics can evoke positive emotions and create a festive atmosphere, making mundane tasks more enjoyable. I'm sure some of you have baked Christmas cookies to Christmas music! Engaging in singing, whether alone or with others, provides a sense of community and social connection. Group singing has been linked to increased feelings of bonding and belonging, making it an excellent activity for family gatherings, community events, and church services. The shared experience of singing Christmas carols creates a sense of unity, fostering relationships and creating lasting memories. Look for events in your area. Don't be shy and join in. A great place to be this season will be at the Navan Firefighters Tree Lighting, December 1st at 7:00, right in the centre of Navan. Find local talent and go listen to beautiful music to put you in the Christmas mood. Opus' Stage Door will be having a Christmas concert December 2nd at 7:00. There are lots of people who will tell you Christmas music is cheesy. Well, cheese has been around for a long time and it's not going anywhere. Same goes for Christmas Music! Let the magic of Christmas music envelop you in a harmonious celebration of joy, love, and togetherness.

VISITORS WELCOME TO ZINTEL'S XMAS HOUSE



Once again the Zintel's at 1215 Henn Drive have created a mini holiday display of lights. They are inviting everyone to walk up the driveway and on the lawn to have a closer look. (Please watch your step for extension cords.) They are collecting non-perishable food items for the Orleans-Cumberland CRC food bank. Just drop in the bin or scan the QR code on the poster. Last year we delivered 250 lbs to the food bank! Please note for everyone's safety and security the property is monitored 24/7 by several cameras.



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A NOTE FROM COUNCILLOR CATHERINE KITTS

I wanted to share how I continue to be in awe of how our community comes together in good and tough moments. It was heartbreaking news in late-October when we learned about the devastating fire at Country Moments Spa and Wellness Center. Amanda gives so much to this community, and it is heartwarming to know in return we continue to rally around her as she looks to rebuild. My thanks to all those who continue to support this beloved Navan small business.

I also want to thank all who came out to either the east-end or rural budget consultations. While the line items in the budget are still being negotiated, I can confirm that one big ticket item is that the final section of Frank Kenny (from Russel to Colonial Road) will be resurfaced in 2024. Speaking of roads, as the City gears up for another winter season, ensuring the safety and accessibility of our roads and sidewalks is a top priority. A reminder that crews strive to achieve an initial cleanup of residential roads within 10-16 hours from the end of a significant snow event (7 cm or more). If you have a winter maintenance related request that exceeds that timeframe, your best bet is to first call 3-1-1. My office is also more than happy to help should complications arise. You can also register to

receive e-notifications whenever a winter weather parking ban is announced at ottawa.ca

I also wanted to share that while there's interest from members of our community to create a National Indigenous Healing Forest on Smith Road, which has been discussed at Navan Community Association meetings, this project is still in a very preliminary stage. Currently, the Anishinabe Algonquin Nation Consultative Culture Circle is looking into the request. Their review will inform potential next steps, which would absolutely include a public consultation process before any decision is made. Finally, as December begins, I'm wishing you a very happy holiday season!

catherine.kitts@ottawa.ca

613-580-2489



CATHERINE KITTS
COUNCILLOR
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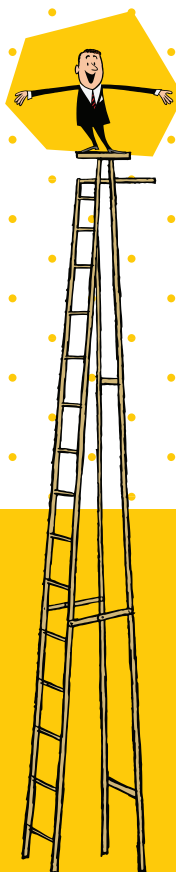
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GREEN IN NAVAN

Tips for going green by Jackie Lane Moore, nature-loving Navan resident and zero-waste blogger at thelovenlife.com

GO LOCAL-

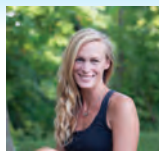
FIRST THIS HOLIDAY SEASON

This holiday season, more than ever, small local businesses need our support.

Instead of supporting the big box stores, Amazon, Costco, Walmart, etc, why not order direct from makers and creators right here in Navan, Ottawa, or across Canada?

Ideas on how to support local this holiday season:

- Buy local gift cards – for yoga or fitness sessions, spa treatments, services, or to your favourite local restaurants
- Support multiple businesses at once by creating your own “locavore” gift basket -- pick up some delicious local treats & preserves and package them in a pre-loved basket
- Order from local farms to make a special holiday meal – local eggs, meat, & seasonal veggies!
- Pick up a locally made dessert from your favourite bakery to enjoy with family
- Visit local craft markets to find unique handmade mittens, art, candles, lip balm, jewelry, books, etc.
- If you're more of an online shopper, check Etsy or directly on other Canadian retailers' websites for things like locally made



clothing, products, sports equipment, books and games – anything! Check local first!

Small, local businesses help to make our community a wonderful place to live – let's give them some love.

Happy Holidays Navanites!

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DID YOU KNOW...

The Navan Grads partnered up with Quaker Oats & Sportsnet for a special project with Grads Alumni and current Ottawa Senators forward Claude Giroux

Scan the QR-Code above to watch your Navan Grads featured on Hockey Night in Canada

WATCH NOW



The Navan Grads had 5 players & 2 staff represent CCHL Team Yzerman at the 2023 Eastern Canada Cup; and Team Yzerman ended up winning the Championship!



DECEMBER 2023 HOME SCHEDULE

ALL GAMES AT NAVAN MEMORIAL CENTRE!!!



NAVAN GRADS vs. RENFREW WOLVES

7:30PM @ NAVAN MEMORIAL CENTRE



NAVAN GRADS vs. HAWKESBURY HAWKS

3:30PM @ NAVAN MEMORIAL CENTRE



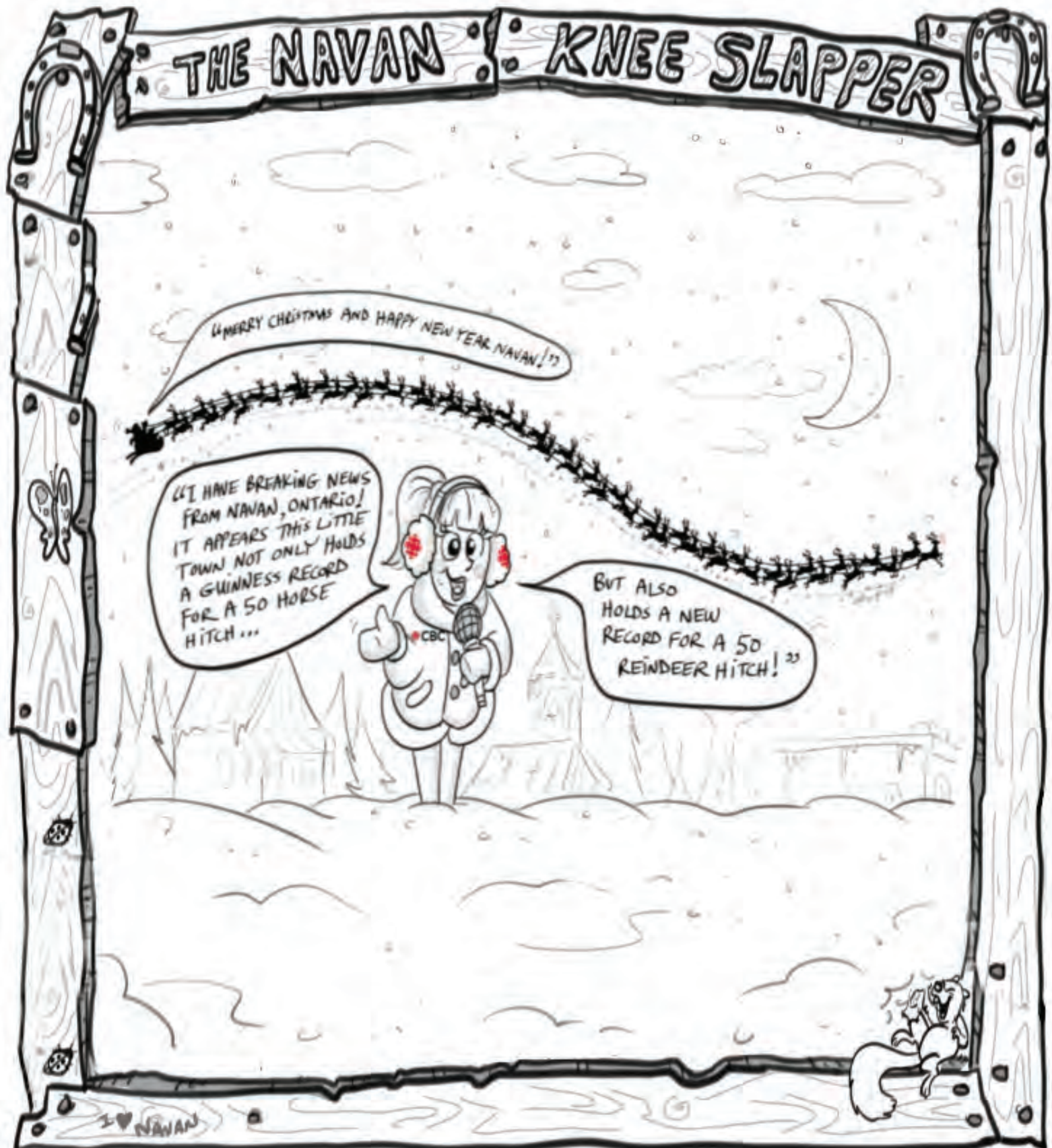
NAVAN GRADS vs. CORNWALL COLTS

3:30PM @ NAVAN MEMORIAL CENTRE



NAVAN GRADS vs. OTTAWA JR. SENATORS

3:30PM @ NAVAN MEMORIAL CENTRE



Cartoon by Jeff Amey

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.