

# Navan Nugget

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## NAVAN LIONS HELPING “YOU PUMP IT UP”

Over the past couple of years the City of Ottawa has been installing outdoor bike repair stations throughout the city. The newest one was obtained through the leg work of John Ladds making it a sponsored project of the Navan Lions Club. It is a free-to-use, publically-accessible repair station. It is located by the parking area on the Prescott-Russell trail where it meets Smith road near Milton road. Although there are many stations in the city this is the first for the Navan area.



The station consists of a makeshift repair stand and various tools that are permanently attached to the stand with a thin cable. The tools often include a variety of hex keys, a philips screwdriver, tire levers, some cone wrenches, and a pedal wrench. The stations also have a good air pump that can be used with both Presta (smaller) and Schrader (larger) valves.

These stations generally have everything necessary to make minor repairs and adjustments such as changing the height of the seat or tightening the handlebars. They will certainly make repairing a flat tire easier, although you'll still have to bring your own tube or patch & glue kit.



Thank you to John Ladds and Councilor Catherine Kitts for supporting this project.



Navan Lions Club President: Tony Fiorentino  
 Secretarial Team: Mark O'Donoughue and Chris Macpherson  
 Treasurer: Bob Noakes

Navan Lions are pleased to announce the installation of a bicycle repair station on the multi-use trail at the Harold H. Dent Rest Area on Smith Road, as shown on the cover of this Nugget. This installation enables any cyclist to add some air to their tires or make minor repairs and adjustments for a safer and more comfortable ride. The location, at the junction of Smith Road and the Prescott & Russell Link Pathway, was selected because of its proximity to Bradley Estates, NDC, Orléans and Navan. There are no other bicycle repair stations on the pathway. Sponsored by the Lions, the City of Ottawa owns the installation and will be responsible for the maintenance.



You may notice that the Navan Lions now have a new logo. We decided to update our old "A4" logo with a more modern look that gives more prominence to our name and our affiliation with Lions Clubs International. It is also more reflective of the styling used for our website, which received a major redesign in October last year. The basic logo is the Lions International symbol plus the Navan Lions name in yellow and blue. This may appear with transparent backing (as on the bike repair stand) or with frame and solid colour backing as used on our website header and footer.

If you have not visited our website at <http://www.navanlions.ca> since the redesign, you will find a great deal more information there about our local activities and the tremendous work done globally by our parent organisation. We know that when you drop some money in our donation jars, or donate another way, you are trusting us to use it carefully and for a good cause. The Fundraising page of the website tells you how we raise the money, how much we get and where it goes. The page has been updated with the results for our 2023-2024 financial year, which has just finished.

Did you ever wonder how many eyeglasses get recycled through the Lions Club. We now have a number – 11,201! That's how many pairs of eyeglasses were recently packed up and sent to the Lions Canada recycling centre in Calgary by the Navan Lions a month ago. This backlog had accumulated since before the pandemic, so it looks like we are averaging over 2000 pairs each year. Keep 'em coming, folks. Someone out there is very grateful for their improved vision and we thank everyone who has contributed!

The Navan Lions look forward to seeing you at the fair and wish you a happy and relaxing summer.

## HELP! VOLUNTEERS NEEDED!

Please note that we depend on the assistance of many friends and family to help us with the Navan Fair parking. This is one of our biggest fundraisers for the year and you can be a part of it. Students can get volunteer hours credit. Volunteers will be paired with a Lion member. Each shift lasts between 2-3 hours. If you have helped in previous years, you should have received an email inviting you to participate again and providing more details. If you have not received that email and require more information, you can request a copy or contact Tony Fiorentino at [navanlionsclub@gmail.com](mailto:navanlionsclub@gmail.com).

We are now registering volunteers online through the link on our website [www.navanlions.ca](http://www.navanlions.ca). Once registered, you will receive an acknowledgement of your registration and timely reminders of your shift booking(s).



## THE ORIGINAL NAVAN MARKET

1279 Colonial Road - 10am - 3pm  
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### 2024 Season Dates

July 28th  
 August 25th  
 September 22nd  
 October 20th  
 November 10th

**Local Produce**  
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**Pickled Veggies**  
**Fresh Bread**  
**Baked Treats**  
**Fresh Meats**





President: Andrew Williams

Office Administrator: Cheryle Watson

1279 Colonial Road, Navan ON K4B 1N1

Tel: 613-835-2766 Fax: 613-835-4008

navanfair@bellnet.ca www.navanfair.com

## **PUBLIC NOTICE FOR RESIDENTS OF NAVAN VILLAGE**

The Cumberland Township Agricultural Society would like to advise you in advance of planned street closures during some of the 2024 Navan Fair activities. On Saturday, August 10 the traditional Fair Parade will take place. Participants will congregate on Smith Road just south of Meteor Street. The Parade commences at approximately 10:45 am and will proceed along Smith Road east to Colonial, crossing over Trim and continuing east on Colonial until Delson. The Police and volunteers will be directing motorist and spectators as the Parade proceeds along its route. Restricted parking signs will be posted on Fairgreen and Delson for emergency access to the Fair grounds and livestock trailers specifically on Delson. Additional community policing has been requested for the village during the Fair. For life-threatening or crimes in progress, call 911. For all other non-emergency issues, please call Ottawa Police at 613-236-1222.

### **ADMISSION PASSES AND RIDE TICKETS**

#### **AVAILABLE AT THE FAIR OFFICE**

**Exhibitor Membership (includes 1 day pass) - \$15.00**

**Senior Exhibitor (includes 1 day pass) - \$10.00**

**CTAS membership sales ended July 31.**

#### **PASSES**

Gate passes available at the Fair Office, online at:

at: <https://events.frontdoor.plus/event/611>,

and at the gate during the fair.

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| <b>4-day adult pass \$35</b>         | <b>1-day adult pass \$15</b>        |
| <b>4-day senior pass \$25</b>        | <b>1-day senior pass \$10</b>       |
| <b>4-day children (6 to 12) \$10</b> | <b>1-day children (6 to 12) \$5</b> |
| <b>Children under 6 No charge</b>    | <b>Children under 6 No charge</b>   |

*The above will be sold until August 8, 9:00 pm*

Methods of Payment: Debit, Visa, MasterCard, Cash (Cheques until August 1 st only). Passes may be purchased in advance and online at: [navanfair@bellnet.ca](mailto:navanfair@bellnet.ca).



### **MIDWAY**

We are happy to once again have Robertson Amusements back at our 77th fair.

#### **Midway Accessibility time slot**

Thursday, August 8 from 2 to 3 pm – No charge.

#### **Toonie Thursday - August 8**

All rides for a toonie. Tickets are purchased directly from the Midway on August 8.

#### **Bracelet Day – Friday, August 9 only (11 am to 11 pm)**

Pay one price \$40 purchased directly from the Midway on August 9.

#### **Regular price ride tickets during the fair**

single coupon \$2, 16 coupons for \$30 or 26 coupons for \$45. Available from the Midway only August 8 to 11.

All rides take 1 to 3 coupons. Robertson Amusements accepts cash, debit, credit card, and apply pay.

### **AUGUST OFFICE HOURS**

#### **Fair week**

Monday, August 5 – 10 am to 4 pm

Tuesday, August 6 – 9 am to 5 pm

Wednesday, August 7 – 9 am to 9 pm

Thursday, August 8 to Saturday, August 10 – 8 am to 9 pm

Sunday, August 11 – 8 am to 6 pm

August 12 to 30 - Monday to Friday from 10 am to 4 pm.



### NAVAN FAIR PARADE - CALLING ALL KIDS TO JOIN OUR NAVAN FAIR PARADE

1. Children's costumes. - \$6. and a ribbon will be awarded to each worthy entry. (Entrant must participate in the Fair Parade, but NOT as part of a float.)



2. Decorated bikes and wagons, 3 -12 years of age. - \$4. and a ribbon to each worthy entry.



3. Decorated pets, 3 -12 years of age. Must be on a leash, or in a cage and on a wagon if required. - \$4 and a ribbon to each worthy entry.



Note to entrants and parents: Due to the nature of classes 1,2 and 3, late entries will not be refused. However, every effort should be made to phone in entries at (613) 799-1624 by Friday, August 2 nd . Provide the child's name and age, and parents' names and contact number. Visit [www.navanfair.com](http://www.navanfair.com) for more information and the rules and regulations for the annual parade. We hope you can participate or come out to watch!

### 2024 SCHEDULE OF EVENTS

This year's theme for the fair is  
**"The Sweetest Things in Life".**

Special attractions include Ultimutts stunt dogs, Capital Cowgirl Drill Team, Meet the Keepers, and the Canadian Lumberjacks and others are returning this year. Livestock shows take place throughout the four days, including dairy and beef shows, heavy, light and western horse shows, an alpaca show, 4-H achievement day, and the agriculture education barn, petting farm and pony rides. As always, there are crop competitions, homecraft and culinary science, floriculture, education, and many commercial exhibits and vendors. Come out and see our antique tractor displays, demo derbies, truck, tractor and horse pulls, and watch or participate in our Saturday parade and other fun activities like the baby show. Enjoy all the fair food favorites. The full 2024 Schedule of Events are online at: [www.navanfair.com](http://www.navanfair.com).



## NAVAN FAIR ENTERTAINMENT UNDER THE DOMES

Come on out for some excellent entertainment and good times with friends and family.

*(Times are approximate and subject to change)*

|                      |          |                         |
|----------------------|----------|-------------------------|
| THURSDAY, AUGUST 8   | 9:00 PM  | NEW VINTAGE             |
| *FRIDAY, AUGUST 9    | 9:00 PM  | THE TIMBER LINE         |
|                      | 10:30 PM | TEBEY                   |
| *SATURDAY, AUGUST 10 | 9:00 PM  | SUSSEX                  |
|                      | 10:30 PM | BIG SUGAR               |
| SUNDAY, AUGUST 11    | 1:00 PM  | THE BARROW GANG BUSKERS |
|                      | 2:30 PM  | TERRY MARCOTTE          |
|                      | 4:00 PM  | KEITH GLASS             |

\*\$12.00 COVER CHARGE FRIDAY AND SATURDAY NIGHTS TO ENTER THE DOMES

Must be 19 or over to enter the Domes on Friday and Saturday nights

### NAVAN FAIR - HELP WANTED

Before, during and after the Navan Fair takes place there are many volunteers and workers required to make this event a success. If you are interested in getting involved and joining our team, please email [navanfairvolunteers@gmail.com](mailto:navanfairvolunteers@gmail.com). Please include your name, time availability, and what Division you would be interested in helping with.

#### Grounds

Our Grounds Division is another area where help is needed and has specific requirements. Paid positions are with the Grounds Division only. The Grounds Division starts setting up for the Navan Fair on Monday, August 5. Work continues during the Fair and for the week following the Fair. Students can either obtain their 40 hours of volunteer work and/or can be hired to be part of the Grounds Division. Workers will be paired up during their allocated shift(s). **Safety Footwear (such as steel toed boots)** is mandatory for all persons working in the Grounds Division. Workers must supply their own footwear. It is hard but rewarding work. You will learn a lot while working alongside some great people – please come join our team!

#### Job Description

- Designated individuals at least 16 years old may operate Navan Fair equipment.
- Collection of garbage and recycling materials within and around Fair grounds.
- Table/chair setup and tear down in the different divisions before and after the Fair.
- Cleaning barns, buildings, and rest areas. Moving picnic tables, chairs, etc. and erecting and tear down of fence.
- General maintenance functions including painting. Other related duties as required by the Grounds Directors.

#### Shifts

We are hoping to schedule three (3) different shifts during the Fair, however, this will depend on the number of people interested. The morning shift will start around 6:00 am and the night shift ending around 10:00 pm. Workers must have their own transportation to and from the fairgrounds. The Lunchroom/Break Area is available with a fridge so workers can bring their lunch and refreshments.

#### More Information

If you are interested in working with the Grounds Division, please email ([navanfair@bellnet.ca](mailto:navanfair@bellnet.ca)) or fax (613-835-4008) a copy of your resume to the attention of the Grounds Directors and we will be in touch.



### PAVILION PROJECT UPDATE

The Navan Pavilion Project is just about set to start construction! The current plan is for deliveries of major building materials (e.g., steel, trusses) to begin the week immediately following the Navan Fair. This will help to ensure that the project is substantially completed before Christmas, and the outdoor rink will be covered for the 2024-25 winter season! Residents will be able to follow progress of the project on the Navan Community Association website ([www.navan.on.ca/navan-pavilion-project/](http://www.navan.on.ca/navan-pavilion-project/)) and social media accounts. In terms of financing for the project, we are currently at 72% of our funding goal. We are still hopeful that we will receive a second City of Ottawa grant this fall, however we are counting on the community's generosity to help see this through to the finish line! If you are interested in supporting this legacy project, NOW is the time! All donations will receive a charitable tax receipt. Donations above \$1,000 will be recognized with a plaque on one of the Pavilion posts, where you can inscribe your business or family name to be seen for generations to come.

#### Three ways to donate:

- E-transfer to [ctas.finance@gmail.com](mailto:ctas.finance@gmail.com)
- Cheque to Cumberland Township Agricultural Society - Attention Pavilion Project
- GoFundMe
  - donate by scanning the QR code (*see right side column*)

#### A SPECIAL VISIT

Thank you to Councillor Catherine Kitts and Mayor Mark Sutcliffe for visiting the Pavilion site in July, as part of the Mayor's ongoing involvement and outreach to rural communities.

During this visit, they spoke with NCA President

Luc Picknell about the status of the project, and the benefits it will have for Navan and for surrounding communities. The Mayor signalled his strong support for the project, and indicated that it is easy for the City to support projects with such strong community leadership and involvement. We promised to keep them apprised of project progress, and invited them both to the opening ceremonies next spring!



### Upcoming "Raise the Roof" Barn Dance

Mark your calendars for the "Raise the Roof" Barn Dance to be held in the Navan Fair Sheep Barn on Saturday, September 7th! All funds raised will go directly to the Navan Pavilion Project. The night is sure to be rockin' with feature band The Young Bucks, and opening act The Wooden Nickels. Music starts at 7pm! Tickets are \$30 each, and available online at <https://events.frontdoor.plus/event/709> (age of majority required).

Thank you to the major donors of the Pavilion project!

- Seguin-Reid Family
- Gloucester Electric
- C&L Construction
- CTAS
- Maurice Yelle Excavation
- Heritage Funeral Complex
- Urban Quarry
- André Taillefer Ltd.
- ML Bradley Ltd.
- Navan Lions Club
- GVE – Grandmaitre Virgo Evans
- Moore Family
- Top Grade Enterprises
- Navan Nifty 50
- Moore Investments & Insurance Group



gofundme

### NCA Monthly Meetings

NCA meetings take a break over the summer months. The next meeting will be taking place on September 16th, at 7:30pm. Meetings are held monthly on the third Monday of the month, in the upstairs hall of the Navan Arena. All members of the community are welcome to participate and learn about new initiatives taking place, City of Ottawa news that affects our community, and more. We are always happy to welcome new faces and new ideas at these meetings!

### NCA Directors and Volunteers

|                                                          |                                    |
|----------------------------------------------------------|------------------------------------|
| President – Luc Picknell,                                | Vice President – Brian Moore       |
| Secretary – Christina Macpherson,                        | Treasurer – Dale Borys             |
| Past President – Fred Hyde,                              | Safety – Bob Price                 |
| NCA Membership – Ray Vetter,                             | Navan Nugget – Tom Devcseri        |
| Friends of Mer Bleu – Erin Zintel,                       | Recreation – Luc Picknell          |
| Social Media Manager – Sarah Zintel                      |                                    |
| Horticulture – VACANT – please contact us if interested! |                                    |
| Navan Cenotaph – Erin Zintel                             |                                    |
| Nifty 50+ Senior's Drop In – Juanita Vetter              |                                    |
| Music in the Park – Jill Noakes and Heather Monkman      |                                    |
| Minor baseball – Phil Grandmaitre,                       | Healing Forest – Catalina Clifford |
| Fall Fest – Cheryl Houle,                                | Youth Soccer – Danny Stein-Wilson  |

### Lots of ways to check us out;

NCA website - [www.navan.on.ca](http://www.navan.on.ca), NCA email - [nca@navan.on.ca](mailto:nca@navan.on.ca)  
 NCA Facebook Page - <https://www.facebook.com/NavanCommunityAssociation/>  
 NCA Facebook handle - @NavanCommunityAssociation  
 Navan Helping Hands Network Facebook (Private Group - Search for Navan Helping Hands to request access)  
 NCA Instagram link - [www.instagram.com/navannca](https://www.instagram.com/navannca)  
 NCA Instagram handle - @navannca

## NAVAN NOTABLES

### Yolo Café "You Only Live Once"

Just around the corner from Trim and Navan Road, past Milton Road, is the beautiful Plante Greenhouses. And in that space, surrounded by gorgeous flowers is the Yolo Café! This new spot is filled with drinks, wraps, hot dogs, ice cream, cookies, etc!! I stopped in the other day. A smiling friendly woman served us. The bright cheery Food Truck she works from makes for an attractive welcoming ambiance! As well, are the variety of areas to sit in. We sat and enjoyed Latte, and cold treats! So ecstatic to have a place to go to so close to home! Try it out for yourselves!



The web site is <https://www.robertplategreenhouses.com/yolo-coffee-truck> Take a look! You will find out that Mr. Plante's 2 grand daughters are in charge! What an opportunity for these young entrepreneurs! I hope to see Navanites by the numbers enjoying this little jewel!

Sheila Minogue-Calver [www.navanwomen.com](http://www.navanwomen.com)

### Navan Women Inspired (W.I.)

This July, the Company of Fools put on Macbeth for our pleasure. Thanks to Nyam Bann who organises this event. Thanks too, to Bradley Convenience Store whose back yard is a perfect setting for these Shakespearean plays. I believe that over the years we've had at least 5 different shows put on here in Navan. Costumes were novel and this year it was an all women cast! What a delightful evening under the stars!

### Navan Women's Institute



*Serving the Navan community since 1931*

New members welcome. Please consider joining us.  
To learn more please visit [navanwomen.com](http://navanwomen.com)

Meetings are held at 7:00 pm  
the 2nd Wednesday of each month September to June

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## A NOTE FROM CATHERINE KITT'S – COUNCILLOR, ORLÉANS SOUTH-NAVAN

August is here, and in Navan, that means one thing: the Navan Fair! This year marks the 77th edition of our cherished tradition, running from August 8 to 11. I can't wait to see you all there. Make sure to come by my booth on Saturday and say hi!

I'm pleased to say that road rehabilitation work continues across the ward, including on Wall Road between Tenth Line and Mer Bleue, and on Frank Kenny. Both projects are progressing smoothly and have anticipated completion dates end of August and end of September, respectively. Your patience is appreciated as we work to improve our infrastructure.

I want to extend my gratitude for your involvement in various engagement sessions that have taken place recently. I have a positive update to share with respect to the provincially directed Wetland Mapping exercise that raised significant concerns in our community. Thanks to the combined efforts of myself and other rural councillors, we have successfully pressed the province and conservation authorities to rethink their approach. We now understand that the Ontario government is intending to cancel the update, and conservation authorities, including South Nation, are awaiting further direction from the province in that regard. Your voices made a difference. On a more challenging note, the City reached a settlement with Ashcroft Homes over ongoing litigation concerning the storm water connection for its Eastboro subdivision. While a settlement is positive, the connection needed requires a multi-month full closure of Navan Road, which I have maintained will have a devastating impact on our community. I have spent countless hours with staff and consultants exploring alternatives, but disappointingly, geographic and operational constraints have made it unavoidable. I have done everything possible to ensure our community receives ample support during this period, and I encourage you to read a more fulsome update on my website (catherinekitts.com), where I will continue to post updates on timelines and detours as I receive them.

To end on a positive note, I'd like to extend congratulations to the Navan Lions Club for their fantastic new communal bicycle repair station on the Prescott-Russell Trail link at Smith Road. It was a pleasure assisting John and the Lions with this project, and I'm thrilled to see it completed.



The summer is rolling by quickly and we are only one month away from starting a new Nifty 50 Plus Seniors Club season. We are hoping for nice weather during August, especially during the week of the Navan fair.

See you all soon! Chair and Co-Chair,  
If you have reached the age of 50 plus and would like to join, the Nifty 50 Plus Seniors Club meets on Wednesday afternoons from 12:30PM to 4:30PM from the first Wednesday in September to the last Wednesday in June upstairs in the Navan Memorial Arena

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*Hana Bland*

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## WHY WE LOVE NAVAN...

After living in Navan for a few decades, it's not hard to figure out why so many people/families choose this wonderful community to live in. Navan is a beautiful village and community in large part because of the dedication and coming together of its volunteers on multiple projects that continue to benefit its residents. What we love the most about Navan is its community spirit and its ability to come together to support large and small projects and community events through good times and in times of hardship, such as during the aftermath of the recent derecho storm.

The Navan community of today was built by dedicated and involved villagers, many of whom were part of local groups such as the Navan Women's Institute, the Navan Community Association and the Navan Lions' Club, as well as various church groups.

A few examples of past projects where community volunteers and donations played a key role include:

- the reconstruction of the arena in the early 1980s (volunteers helped tear down the old building and funds were collected for the new arena);
- the founding and building of the Navan Curling Club ice sheets and lounge around 1990 (the community was canvassed for donations and they came through);
- the 50-Horse Hitch in 1996, which put Navan in the Guinness Book of World Records, celebrated the 50th anniversary of the Navan Fair;
- the donation of meat by farmers to the Food Bank;
- the Hay West project, initiated by Navan farmers, which shipped donated hay to Prairie farmers, who were experiencing severe draught;
- the ramp between the Pharmacy and Post Office;
- the Navan Beautification Project (2001) including the two lead-horse statues, the accessible curbs on the sidewalks, the



painting of the tin garage on Colonial Rd, the flowers at the entrance of the village, and later more flower and raised garden beds;

- the beautiful Town Clock Plaza (2012) and the Navan Community Builders' Wall that honours volunteers;
- the upgrading of the children's park and tennis courts;
- the striking new Cenotaph honouring veterans, which is the site of annual Armistice Day ceremonies;
- the annual support for the Cumberland Township Agricultural Society's Navan Fair, which is run by numerous hard-working volunteers;
- the many, many organized social, sports, musical and community events run by volunteers;
- the Original Navan Market, which we all love;
- and the list could go on and on...



All of the above, and much more, were only made possible through the hard work of dedicated volunteers and the financial donations from members of the community. Today, the Navan Community Association is soliciting YOUR support and is seeking donations for their latest and current project, the Navan Outdoor Pavilion Project. The Pavilion Project was described in detail in the May, the June and the July Nugget editions.

Three ways to donate (charitable tax receipts are provided in all cases):

- E-transfer to [ctas.finance@gmail.com](mailto:ctas.finance@gmail.com)
- Cheque to Cumberland Township Agricultural Society - Attention Pavilion Project
- GoFundMe – donate by scanning the QR code :



gofundme

THANK YOU all for your generous support and for doing your part in creating a project that will have a lasting impact for years to come, in this wonderful place that we have chosen to live in.

Sheila Minogue-Calver and Gisèle Acheson



## Filii CHOIR



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## EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

*Nyam Bann, Sommelier at Large*

### MATCHING UP WINES WITH DIFFERENT CULTURAL FOODS PART VI



Over the past few months, we have been exploring the art of pairing wines with foods from diverse cultures, each offering a delightful blend of flavours, spices, and textures. We have unearthed unique pairings with Chinese, Caribbean, Thai, and Japanese foods. Now, I'm excited to delve into the final chapter, which promises delectable diversity in every bite—Indian cuisine.

The typical drink with Indian food is usually beer, complexly spiced fruit juices and smoothies, or nutty, milky concoctions. With these blends of flavours in both food and beverages, it's a given that pairing Indian dishes with wines is a challenge. To which I say, bring it on! When pairing wines with Indian cuisine, many swear by sweeter- or spicier-style aromatics such as Riesling or Gewürztraminer. The issue with this is that if you pair a highly spiced dish with a spicy or perfumed wine, your palate can become overwhelmed. While it may be a complementary match, neither the dish nor the wine will shine. And in my book, contrast is always more interesting and fun than striving for matchy-matchy.

There is a wide range of contrasting tastes to explore when it comes to pairing up Indian cuisine and wine - from crisp, dry whites to fuller-bodied rosés and fruity reds. The bigger question is: how do we choose just a few dishes from the vast array found throughout the subcontinent? Perhaps we can start by selecting from the ones we already know and love right here. Additionally, I will be showcasing wines from Magnotta Winery here in Ottawa where I had a very pleasant time sampling their wines. Let's get started!

We're savouring **Chicken Tikka Masala** made with tomato puree, butter, coconut cream, and spices such as cinnamon, peppercorn, cumin, coriander, mace, and cardamom; **Vegetable Vindaloo** made with tofu, vegetables, curry paste, coconut milk, vinegar, spicy chilis, garlic, onions, and spices such as garam masala, turmeric, cayenne pepper, and paprika; **Palak Paneer** made with cottage cheese, spinach, onions, spices, and herbs; and **Fish Curry** in an onion-tomato based masala with ginger, cilantro, green chilis, and lemon juice.

**To enjoy with Chicken Tikka Masala: 2017 Carmenère Gran Reserva. Priced at \$31.95**, this Chilean Carménère is from Magnotta's flagship collection of their finest wines. It is a delightful, dry, medium-bodied, fruit-forward wine with gentle tannins and moderate acidity. Luscious blackberry, plum, and black cherry flavors are prominent on the palate, with a hint of sweet, smoky oak on the finish. The spicy, sweet notes reminiscent of red-pepper jelly and the pleasant smoky, toasty undertones of this wine beautifully complement the tomato-cream sauce and heady, warming spices in this dish.

**To relish with Spicy Vegetable Vindaloo: 2021 Pinot<sup>2</sup> Rosé Venture Series VQA. Priced at \$14.75**, this premium wine is a well-balanced blend of Pinot Noir and Pinot Grigio. It is dry and medium-bodied with bright acidity, delivering juicy red berries, peaches, rosemary, and cherry notes with a zesty citrus finish. It is slightly sweet and tart, which makes it stand up beautifully to the spiciness in this vindaloo dish. The high acidity and lower alcohol levels in this wine also ensure that it can handle the heat flawlessly, as it tones down the heat without overpowering the spices and flavours in the dish. Notably, a portion of the sales of this wine goes to support the G. Magnotta Lyme Disease Research Lab at the University of Guelph.

**To pair with Palak Paneer: Pinot Rosé Sparkling 1925 Series VQA. Priced at \$14.95**, this elegant sparkler is more of a blush rosé. It's a dry, medium-bodied, crisp wine delivering refreshing acidity and aromas of fresh strawberries and cherries. It is flavourful on the palate with a

hint of citrus, subtle minerality, and delicate bready notes. The finish is clean and lively. This wine contrasts fabulously with the Palak Paneer as the zesty acidity and delicate minerality cut through the creaminess and savoury umaminess of the cottage cheese and the richness of the herbaceous sauce.

**To accompany Fish Curry: 2024 GOLD Winner: 2020 Chardonnay Limited Edition VQA. Priced at \$20.95**, here's a Chardonnay that's full-bodied, dry, and rich in buttery notes. It's moderately acidic, with fresh green apple, pear, and pineapple flavors, and a hint of caramel and oak. The subtle stone minerality and the long, buttery finish add to its unique character. This wine's rich creaminess is a perfect match for the onion-tomato-based masala, spices, herbs, and lemon in this Fish Curry. And it's not just me who thinks so—it was a GOLD Winner at the 2024 Chardonnay du Monde wine competition in France.

As Kaushal Khairnar, Winemaker at Chandon India explains in his article 5 Indian Dishes That Pair Beautifully With Your Favourite Sparkling Wine, "Pairing Indian food with wine doesn't need to go by the book. By considering the elements of your meal, the spice level, the sauce, and creaminess, persistence and volume, you'll find the perfect accompaniment that balances the dish and takes your meal to a whole new level. Go beyond traditional norms of pairing; explore your own unique taste and palate to match with your favourite sparkling wine. Grape varieties offer a huge potential to deliver various wine styles for consumers to experience and introduce to the textures of Indian cuisine."

I had a blast diving into the world of cultural foods and wine for this series! It was like going on a flavour adventure, exploring beyond the usual pairings and discovering wines that shake things up when paired with diverse, multi-layered dishes. It's like I was on a mission to break free from the confines of traditional pairings and venture into uncharted territories of taste! And no offence to beer, but there's a whole world of flavours out there waiting to be explored! Cheers to that!



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## 2024 OCPA PLOWING MATCH



The Ottawa Carleton Plowmen's Association (OCPA) Plowing Match is set for August 23 & 24, at Ferme Chrétien located at 2808 Dunning Road, Sarsfield. On Friday, Aug. 23, there will be an opening ceremony at 10 a.m. with the VIP Plowing Competition commencing at 11 a.m. followed by a light lunch and awards ceremony. On Saturday, Aug. 24, rain or shine, the OCPA Plowing Match starts at 10 a.m., with competitors from across the region vying for a spot to move on to the next level

of plowing perfection using both modern and vintage tractors, as well as horses.

Award presentations will be in the field at 4 p.m.

The day will also showcase an antique tractor display. All are welcome, and admission and parking are free.

Plowers must compete at local matches to be eligible to plow at the International Plowing Match (IPM) and Rural Expo in Kawartha Lakes, Lindsay, Ontario, October 1 – 5, 2024, which is celebrating the 106th anniversary of the IPM.

Ferme Chrétien is owned by Natalie Chrétien and Christian Baumgartner and their children (Clodine, Tomas, and Emile) and William Baumgartner with his partner Marguerite Hébert and their children (Julia and Roman). The family farm has a milking herd of 150 Holstein and Brown Swiss cows on 700 acres where they also raise 100 laying hens for farm gate egg sales along with sweet corn and a few other vegetables. They are also developing an on-farm cheese making plant.



Cartoon by Jeff Amey

## HIDDEN GEM

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



### SHIFTING PERSPECTIVES ON HEALTH CARE

Preventative healthcare and reactive healthcare represent two fundamentally different approaches to health. While we do have subsidized “healthcare” in Canada, what we really fund is “sick care” which mostly addresses issues as they arise, waiting to treat symptoms of disease after onset. What many countries, like Finland, Japan and Singapore, have begun to focus on is preventative healthcare, which focuses on averting disease and injury before they occur. This dichotomy between sick care and health care is critical to understanding a broader healthcare landscape and its impact on individual well-being, especially in the context of manual therapy like Fascia Stretch Therapy (FST).

#### Sick Care vs. Health Care

Sick care addresses existing health problems with interventions that diagnose and treat illnesses, injuries and conditions AFTER they manifest. For example, someone with chronic back pain might seek medical attention for relief through medications, surgery, or physical therapy. In contrast, preventative healthcare emphasizes maintaining health and preventing disease. This approach includes lifestyle modifications and health screening & monitoring, in an effort optimize the person. Routine exercise, global stretching, a balanced diet, meditation, and proper sleep are integral.

#### Normal vs. Optimal

Achieving normal health means being mostly free from disease or significant injury. Normal does not always mean healthy; it is simply an average range based on the general population's health. Optimal health involves striving for quality physical, mental, emotional, and digestive well-being, thus enhancing performance and quality of life.

FST can play a significant role in moving from normal to optimal health. By addressing the fasciae, and the nervous system, FST helps calm the mind, improve mobility, reduce pain, and enhance performance. Regular sessions can aid in preventing injuries and maintaining prime physical condition, embodying the essence of preventative healthcare.

#### Prehab vs. Rehab

Prehabilitation (prehab) involves proactive measures to prevent injuries and prepare the body for strenuous activities. Prehab aims to strengthen muscles, improve flexibility, balance, cognitive function and management of stress to enhance overall fitness, thus ensuring optimal performance, preventing injuries, and even to delaying

surgical interventions. FST, as a prehab method does this by keeping the fascial system pliable and resilient, and the hips and other joints in optimal alignment. Rehabilitation (rehab), on the other hand, is the process of recovering from an injury or surgery. It involves therapeutic interventions to restore function and alleviate pain. Rehab is also essential but reactive, focusing instead on recovery. FST™, in this context, can reduce scar tissue, muscle soreness and improve mobility post-injury.

#### How Do We Shift?

So how do we shift our focus to preventative healthcare without abandoning those who are already sick? It doesn't happen overnight, yet that must not be a deterrent and cannot be met with apathy.

It begins with a fundamental shift in perspectives, in valuing true health. Our demand for longevity and optimal health is what can drive government policy, to address prevention. It begins with small changes: for example, tax subsidies for programs like physical fitness, personal training, and manual therapies. Outcomes for optimal health need to be monitored as sick care requirements diminish over time. Ultimately this type of initiative could reduce the demand on our health care system as it exists and save the taxpayer millions in caring for illness. What are your thoughts?

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