

Navan Nugget

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NAVAN FAIR 2024







“Raise the Roof” BARN DANCE

September 7th, 2024

7pm – 1am

Navan Fair grounds, 1279 Colonial Rd. Navan



Featuring *The Young Bucks*
with opening act,
The Wooden Nickels



Tickets \$30

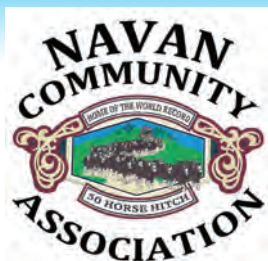
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<https://events.frontdoor.plus/event/709>

Tickets are exclusively
available for purchase
through our official ticket site.



Must be 19+ (proof of age required)



Navan Fair Parade Float

The NCA / Pavilion Project team was proud to be part of the Navan Fair parade, with a small-scale model of the future Pavilion. This was a wonderful way to spread the word about the project, and was a lot of fun to put together. Thank you to all involved!



Pavilion Project Update

By the time this article is published, you should have started seeing some action around the future Pavilion site. There will be a small groundbreaking ceremony held in early September. Please keep an eye on the Navan Community Association website (www.navan.on.ca/navan-pavilion-project/) and social media accounts for further details and project updates.

In terms of financing for the project, we are currently at 76% 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
- Cheque to Cumberland Township Agricultural Society - Attention Pavilion Project
- GoFundMe – donate by scanning the QR code



Builders Wall

Due to this year's new revised evaluation process and the fact that the NCA has multiple initiatives on the go at the same time, we have decided to slightly extend the submission evaluation period. The Navan Builders Wall annual ceremony will therefore take place towards the end of September or early October. Those who have submitted nominations have been advised and the exact date of the ceremony will be communicated via social media and the NCA website, as well as through the Nugget to the extent possible.

Upcoming "Raise the Roof" Barn Dance

A foot-stomping "Raise the Roof" Barn Dance will 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!

- Waste Connections/ Friends of the Mer Bleue Community Fund
- City of Ottawa
- Gloucester Electric
- Cumberland Township Agricultural Society
- Maurice Yelle Excavation
- Urban Quarry
- ML Bradley Ltd.
- GVE – Grandmaitre Virgo Evans
- Moore Investments & Insurance Group
- Top Grade Enterprises
- Embrun Energy
- Seguin-Reid Family
- C&L Construction
- Heritage Funeral Complex
- André Taillefer Ltd.
- Navan Lions Club
- Moore Family
- Clysedale Family
- Navan Nifty 50
- Dion Home Comfort

NCA Monthly Meetings

NCA meetings will resume in September. 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!

Navan FALLFEST SATURDAY October 5th

*Start the day off with a Pancake Breakfast hosted by Station 71 Firefighters & Sparky. Then come on over to the Navan Fairgrounds from 11 am to 3 pm for NCA's **FALLFEST**. Lots of fun activities for the whole family.*

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, NCA email - 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
NCA Instagram handle - @navannca

NAVAN NOTABLES

JOYCE BRADLEY

Joyce Bradley, wife, mother, grandma, teacher, community volunteer, organist, business woman, President of M.L. Bradley School Bus Company.

Joyce recently passed away. She lived a long life in Navan after marrying Lorne Bradley. She was a determined woman! Her saying as her children grew up "Anything worth doing, is worth doing well"! How right she was. For years she was a stay-at-home mom. But when her youngest girl turned 3 she went back to teaching right next door at Meadowview Public School. Many



Navan children were taught by her. Joyce's life in Navan was filled with all kinds of activities, Piano (She sure could play) Church, Navan W.I., Queen's Silver Jubilee Medal in 1977, Curler, Baker, and Cook, a keen reader! Now when her husband died Joyce took over the top position at their Bus company. She would bake muffins for the bus drivers! I can just imagine how welcomed these treats were on a cold wintry morning! The other day I was speaking with a former teacher. She knew and worked with Joyce. This woman gave credit to Joyce for getting her a job. Joyce phoned her brother who was interviewing for a new teacher in his school and as he told the teacher looking for this job "I am hiring you. You come well recommended. My sister told me to hire you and I always do as she tells me"! Joyce loved her family. In her latter years the grand children were very important to her. She would just love it when anyone of them stopped in. There would be a meal or their favourite cookies on the table in no time flat. Joyce may be gone but she will be in the minds and memories of many of us for a long time!



The next meeting will be held on Wed. September 11, 7pm in the Blue Building on Navan Fair Grounds. We have much to discuss. Heart checks initiative, Military Whist card party, plans for this coming year, honour long time members. A busy night. See you there. navanwi@gmail.com

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Navan W.I. Event

MILITARY WHIST CARD PARTY COMING IN SEPTEMBER!

Thursday, September 26 at 7 p.m. sharp
Doors open at 6:30 p.m.
1171 Smith Rd - St Mary's Hall



Military Whist is a fun exciting card game! Beginners welcome. No experience necessary. If you don't know the game come early at 6:30 and we'll get you in the know. It's a team game, similar to Hearts, where you move from table to table. And get to meet everyone in the hall. The winners of each game take a flag to the next table with them. The top 3 teams with the most flags at the end of the game win a cash prize!

Admission \$20.00/participant

Players are encouraged to make a foursome

Refreshments and door prizes included

(light pasta meal, coffee, tea, dessert)

Soda and water available to purchase

To reserve your spot, purchase a ticket by eTransfer or for enquiries, eMail to: navanwi@gmail.com



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NEW NAVAN BISTRO

We welcome our newest Navan business located at
3417 Trim Rd, *Sunrise Bites Bistro*.



Here is an introduction note sent from the owners Claire Dubois and Reza Mirfarsi (seen in the photo above)

“ Hello Navan Community!

We are thrilled to introduce our new bistro, Sunrise Bites, to this wonderful community! First and foremost, we want to extend our heartfelt thanks for the warm welcome and incredible support we've received from all of you. Your kindness and encouragement mean the world to us.

At Sunrise Bites, our mission is to create a cozy and welcoming space where everyone feels like family. We are committed to serving delicious, wholesome meals made with love and quality ingredients. Our vision is to become a beloved gathering spot in Navan, where friends and families can come together to enjoy great food and even better company.

Our Promise to You:

- We will always prioritize quality and freshness in every dish we serve.
- We will treat each of you as part of our extended family, with warmth and respect.
- We will continuously strive to support and give back to this amazing community.

As well we want to let you know that we are working on our vegan menu, along with more gluten-free options. These additions are designed to offer fresh, flavorful choices for everyone.

Thank you once again for your support. We look forward to serving you and becoming a cherished part of the Navan community.

With gratitude, Reza and Claire *the Sunrise Bites Bistro Team*

THE ORIGINAL NAVAN MARKET

1279 Colonial Road - 10am - 3pm
originalnavanmarket@gmail.com

2024
Season Dates

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

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The summer has moved along quickly! We will be starting the 2024-2025 Nifty 50 plus Seniors Club season on September 4th. We hope to see all of our past members return. We also welcome new comers who may be interested in joining. The club meets on Wednesday afternoons from 12:30pm to 4:30pm upstairs at the Navan Memorial Arena from September to June.



is holding auditions for its **MUSICAL THEATRE** program

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Contact us for your August audition time!

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Starting September 2024

Saturdays
10:00am to 11:00am



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EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, Sommelier at Large

OTTAWA BOTTLE SHOPS

So, bottle shops—let's talk! It's wonderful to have options beyond the wines available at the LCBO. That's why I'm on a mission to check out the bottle shops in Ottawa. But first, listed below are some key points about the LCBO and bottle shops.

The LCBO's Vintages collection, which features higher-quality, limited-quantity products, is gradually transitioning to online availability and being given less shelf space. With the emergence of bottle shops, consumers can expect a wider selection of wines carefully chosen by experts to ensure diverse and top-grade options. Bottle shops pride themselves on selecting and bringing in first-rate, smaller-lot wines from regions other than those from which the LCBO sources its wines. This exclusivity is a privilege for wine enthusiasts. You embark on a wine journey when you enter a retail bottle shop. You can look forward to a tasting bar, often with food options, knowledgeable staff and a well-curated selection of products. Additionally, you can take advantage of personalized consultations and educational sessions. This month, I'm excited to take you to Somerset Street's Buyers + Cellars Tasting Room. The focus of our visit will be on the exquisite selection of wines they offer. They serve a tantalizing array of appetizers made with high-quality, locally-sourced ingredients which you can check out on their website. From the small plates and delicate artisanal cheeses to the savoury charcuterie, every bite pairs perfectly with their exceptional wine selection. OK, let's get to the wines I tried! I sampled several different wines at different times, with the following ones making a deliciously lasting impression.

Simpsons Chalklands Classic Cuvée NV (Magnum)

From the sunny, sheltered slopes of the North Downs of Kent in England – yes, England! – comes this medium-bodied, dry sparkler. It's a rich tapestry of green apples, limes, and lemon peel aromas, with mouth-watering acidity and hints of toast, brioche, and caramel. The slight minerality and lively bubbles lead to a long, slightly salty finish. But what truly sets this wine apart is its versatility. It's not just an aperitif, but also a perfect match for cheeses and charcuterie, inviting you to embark on a culinary adventure. And did you know? A magnum bottle of wine is 1.5L, or 50 ounces (double the standard), so you can get about 10 glasses from this bottle.

Erzetic Rebula 2021

This exquisite white wine is derived from Rebula grapes cultivated on the terraced hills of Primorje, Slovenia, overlooking the Adriatic coast. It boasts a medium-bodied profile and is dry with invigorating acidity. Captivating aromas of sun-ripened cherries and fragrant dried apricots abound, with a touch of warm vanilla spice. The luxurious palate reveals notes of ripe peaches and juicy pears, while hints of salted lemon gently linger on the finish. It can be savored as a sophisticated aperitif or paired magnificently with an array of dishes, including crispy vegetable tempura, oven-baked fish, and grilled or roasted poultry.

Cantina Kurtatsch Schiava 'Sonntaler' 2021

This light, lively red wine is from Alto Adige, Italy and is made with various types of schiava grapes that are native to the region. It enchants with tastes similar to cotton candy, but it also commands serious attention. The wine is elegant, easy to drink, dry, and light-bodied, with enticing acidity. It features intense aromas of



strawberries, raspberries, cranberries, and rose petals. On the palate, it offers tart cherries with bright berry flavors. Schiava pairs well with light fish, shrimp, and Asian cuisines with ginger and basil.

Mauritson Cabernet Sauvignon 'Positas' 2016

This is a refined, robust Cabernet Sauvignon from Sonoma, California. It is full-bodied, dry, and moderately acidic, with charming scents of dark chocolate-covered cherries, succulent blueberries, enticing baking spices, and a hint of dried sage. The palate features luscious black cherries, rich mocha notes, a subtle touch of minerality, and elegantly textured tannins. The wine culminates in a long, mineral-tinged finish. It will age gracefully for the next 10-15 years and pairs well with hearty beef dishes such as Beef Bourguignon.

Tenuta Olim Bauda 'La Villa' Barbera 2021

This wine, made with the robust Barbera grape, a mainstay of the illustrious Piedmont region in Northern Italy, is a medium- to full-bodied and dry delight with naturally high acidity. The nose is a treasure trove of rich and concentrated aromas, bursting with black cherry, blackberry, and raspberry notes. The palate delivers rich, tart red cherry and mixed berry preserves. The vibrant acidity, a hallmark of this bold wine, offers a revitalizing start to each glass. Pair it with pizza, or a flavourful plate of pasta with meat sauce for a truly satisfying experience.

If you plan on going, you can check out their menu at <https://buyersandcellars.ca/>. **Prices are reasonable but you'll need to check and see if/when prices and selections change.** Currently, tastings range from \$3 up to \$26; small plates from \$5 to \$20; and either an artisanal cheese selection, charcuterie selection, or vegan board from \$30 to \$60. To see the wine-tasting and food selection options, choose Tasting Room Ottawa from the main menu bar, scroll down to the FAQ section, click the "Do you have a menu?" question, and then click on the Wine & Food Menu. **To shop for wine or check prices by the bottle or case**, select Shop from the main menu and choose from the following options: All Wines, By the Case, By the Bottle, Buy Wine Online. Cheers!



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



NAVAN'S MULTI USE PATH

There has been some issues on the multi use path express by residents. Once again it is the litter and animal droppings. Cigarette butts: Cigarette filters, or the plastic part of butts, can take up to 10 years to completely degrade, the chemicals they release can remain in the environment for many more years beyond the life of the cigarette butt itself. The poop and scoop bylaw. This applies to all animals including horses. (not too much fun riding your bike through a fresh pile!). If you brought it with you, please don't leave it on the trail.

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**& Potluck please bring a salad,
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NAVAN COMMUNITY SUNDAY SCHOOL

begins October 20, 2024 10-11am

at Navan-Vars United Church

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ages 4 and up

Contacts - Roberta Cotton - 613-835-2780

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Booking begins
on Thursday,
September 5,
2024.



Navan Clinic coming soon! Sponsored by
The WI: Navan Women Inspired

Tuesday, October 8 & 15, 2024
St. Mary's Hall, 1171 Smith Road, Navan
8:30 a.m. - 4:00 p.m.
An appointment is necessary.

Les maladies valvulaires, vous connaissez?

Les maladies valvulaires affectent les petits « clapets » qui régulent le débit sanguin dans le cœur. Des centaines de milliers de personnes en sont atteintes au Canada.

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Vos résultats seront examinés par un cardiologue et vous recevrez des recommandations à la fin de votre visite.

Les places sont limitées. Prenez rendez-vous dès aujourd'hui!

**Centre des maladies valvulaires
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HIDDEN GEM

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



TREAT YOURSELF LIKE AN OLYMPIC ATHLETE

With the Paris Olympics having left us with indelible memories, we are left in awe at what these athletes accomplished. Their dedication to their sport is of singular focus. What can we, as mere mortals, learn from these near gods of Olympus? Perhaps we should begin with the behind-the-scenes support. From families to coaches and trainers, from medical and rehab professionals to corporate sponsors, equipment manufacturers, and fans, these athletes surround themselves with a team with a singular goal: Ensure this human performs at their peak, at the right time, to earn glory for their country.

How can we apply these principles to our lives? It starts the same way the athlete does—with a passion. In their case, a passion for sport; in ours, a passion for our well-being.

1. Planning/Goal Setting

Just as an athlete and their coach begins with a clear vision of what they want to achieve, we must start by setting goals. Identify areas of our lives we want to improve—whether it's physical health, mental well-being, or professional success. Goals provide a roadmap, allowing us to focus our direction effectively.

2. Preparation/Prevention

Athletes don't just train; they prevent injuries by preparing their bodies for sport. Preparation for us can be as simple stretching in the morning, staying hydrated and planning time for self-care and nutritious movement.

3. Habits/Maintenance

Athletes achieve high levels of performance through consistent training, nutrition, rest and optimized focus. For us, daily habits such as exercising, eating well, and sleeping enough are crucial. The foundation of long-term success is through consistent habits.

4. Recovery/Rehab

Athletes understand the importance of recovery in training to avoid burnout and injury. In our lives, recovery prevents stress and fatigue. Incorporate rest, reflection in nature, or manual therapy as needed to rejuvenate and stay at your best.

Optimize Your Efforts!

Athletes optimize every aspect of their lives with the following core values. Each of these terms can be applied in our daily lives.

- **Fuel:** Focus on balanced, nutrient-dense meals. Use food as fuel instead of for stress relief.
- **Mobility:** Incorporate regular stretching and mobility exercises to make sure you have the ability to move well during planned activities.
- **Training:** Goal-based physical activity keeps us strong and energetic. We do hard things, so life is easy!
- **Sport Psychology:** Engage in activities like meditation to manage stress or journaling to envision your goals and stay on track.
- **Recovery:** Prioritize consistent sleep and incorporate recovery days as a non-negotiable part of your routine.
- **Support:** Surround yourself with social connections who support your goals and let go of those that create drama.

Rely on a Team of Experts

Even the greatest athletes rely on experts to guide them. In our lives, this might mean seeking advice from mentors, nutritionists, trainers, or manual therapists. Surrounding ourselves with knowledgeable and supportive experts can make all the difference in reaching our goals. By applying principles from the world of elite sport, we can structure our lives in a way that leads to a healthier, more fulfilling existence. Treat yourself like an Olympic athlete—you deserve it!

Until next time... ~ breathe ~ move ~ unwind ~

A NOTE FROM

COUNCILLOR CATHERINE KITTS

What an amazing 77th edition of the Navan Fair! A heartfelt thank you to the Navan Fair Board and all the volunteers who made it such a success. It was truly special to connect with so many of you—whether at the opening ceremonies, conversing with you at my tent, during the parade, or simply while taking in the festivities. Navan's community spirit was on full display, and I'm always grateful to have been part of such a memorable event.

It's great to see the Pavilion Project chugging along at full steam! I'm looking forward to this new community amenity being ready for us all to enjoy. Residents will start to see it take shape at the Navan Fairgrounds in the coming months.

I also want to extend a warm welcome to Sunrise Bites Bistro! It's always exciting to see a new business open their doors in Navan, and I officially have a new spot to meet with constituents in the area.

As the legislative agenda at City Hall picks back up, I'm looking forward to tackling challenging files ahead, including continuing our momentum with the Rural Summit, drafting the 2025 Budget, Transportation Master Plan Part 2, and several others. I'm also actively looking into the persistent flooding that farmers in the area experienced this season. As always, your feedback is invaluable, and I encourage you to stay engaged and share your thoughts with me.

I want to remind residents that the City's new curbside waste policy takes effect on September 30. Starting then, residents will be limited to three items of garbage (i.e. three 140L containers) for curbside pickup on collection day. Over 85% of Ottawa households that receive curbside waste collection already set out only three items or fewer. However, I'm keeping a close eye on issues of concern like illegal dumping. I will continue to work closely with waste inspectors, staff, and by-law to ensure our community does not become a dumping ground.

Finally, with school back in session, please remember to slow down for our kiddos, especially in school zones! Installation of the new automated speed enforcement camera in front of Heritage Public School has begun. The camera is anticipated to go live in early October.

For regular updates, sign up for my digital newsletter at catherinekitts.com.

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613-580-2489



CATHERINE KITTS
COUNCILLOR
CONSEILLÈRE
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Cartoon by Jeff Amey





On behalf of The Cumberland Township Agricultural Society membership and Board of Directors, thank you for participating in and attending our 2024 Navan Fair. As many know, 2023 and 2024 have been difficult years for our fair due to the wet weather. That said, adversity shows true colours and we came together as a community. We were able to move forward with almost all scheduled activities this year. The planning for 2025 has already begun. Feel free to provide your ideas to navanfair@bellnet.ca.

Thank you and congratulations to our impressive exhibitors. Some division results follow:

Culinary Arts

2024 Baking Queen: **Dominique Deschamps**

2024 Baking Princess: **Kim Dupuis**

Highest points for kiddie cooks: **Arie Mollema**

Highest points for junior cooks: **Rylee Coburn**

Highest points for teen cooks: **Taylor Hodges**

Highest points for new exhibitor: **Erin Fitzgerald**

Floriculture

Kelly Sirvin won the "Best arrangement of the show"



Commercial Features and Crops

This year, the Navan Fair introduced Honey and Maple Syrup into the Commercial Features Division. It was an astounding success! The community rallied behind this awesome event and many entries from both backyard and hobby enthusiasts to commercial farms entered the competition.



The Judge presiding over the competition this year was none other than Laura Boyd from the Ontario Association of Agricultural Societies (OAAS). She brought all the specialized tools required to accurately judge the maple syrup categories and provide key feedback for all the entries.

Both the Commercial Feature and Crop Divisions had amazing sponsorship this year from Coop Embrun, Wilmead Farms, Timac Agro, Ottawa Beekeeping Supplies (Gees Bees), Almanac Grains, SeCan, James Cotton, agent for International Stock Food and General Seed Company, and Navanda Farms (Steve Kenny and Jennifer Schenkel)!

A huge shoutout to our winners Rena Bronsema (Spring Haven Farms) and Hans Brouwer (Wilhaven Ridge Alpacas) who placed **FIRST** in the Amber Maple Syrup Category and the White-Liquid Honey Category. Both winners can go on to compete at

the District 1 Level in the OAAS Competition this Fall. Congratulations to all the winners and participants!

The Fair also introduced the first Awards Ceremony held in the Agriculture Education Barn next to the iconic 50-Horse Hitch Carriage. Vice President Shannon McInnis hosted the event and President Andrew Williams, City Councillor Catherine Kitts and Education Director Jill Noakes handed out the beautiful rosettes, prizes and prize money to all the **WINNERS** in the Commercial Features and Crops Division and the Education Division. Looking forward to 2025.



Midway accessibility time slot

Again, in partnership with Robertson Amusements, the Navan Fair was pleased to offer a special time slot for persons with disabilities.

This provides the opportunity for attendees to enjoy the midway and fairgrounds during a quieter time. During the designated Thursday Midway Accessibility Time Slot, several families were thrilled with the true fair experience without the lights and sounds. The Board was inspired to receive positive comments and look forward to 2025.



**** A slide show video of more photos from the 2024 fair can be viewed on Youtube at https://youtu.be/g_kT2zNt0VA or google "navan fair 2024 slide show" for the link. ****

SEPTEMBER OFFICE HOURS

Sept. 3 to 30 - Mon. to Thurs. from 10 am to 4 pm. (Closed Sept. 2)
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

THE CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY NOTICE OF A SPECIAL MEETING OF THE MEMBERSHIP

All general Members of the CTAS are invited to attend a special meeting of the Society on Wednesday, October 9th, 2024, at 7:00 pm to be held in the Navan Memorial Arena Hall. Light refreshments will be provided.

Ontario's Not-for-Profit Corporations Act, 2010 (ONCA) has been updated. Provincially incorporated nonprofits have until October 18, 2024, to ensure their governing documents comply with the ONCA. The purpose of this meeting is to review and approve the Society's amended Constitution and new By-Laws, and to transact such other business as may properly come before the meeting. Copies of the proposed amended Constitution and new By-laws will be available for review after September 25 and prior to the meeting. Please contact the fair office at (613) 835-2766 or navanfair@bellnet.ca if you would like more information.

2024 NAVAN FAIR AMBASSADOR

During the 77th Navan Fair Opening Ceremonies held on August 8th, our 2023 Ambassador Cheyanne Ash had the privilege of crowning our 2024 Navan Fair Ambassador, Brooke Graham.

Brooke is a local Navan resident, currently attending school at St Lawrence College. She grew up on Milton Road with her parents, Nicole and Bob Graham, owners of Eastway Pet Resort. Some of Brooke's previous involvement with the Navan community includes volunteering with Fall fest, the Lions Club, fundraising with Heart and Stroke,

as well as a member of 4H. We were happy to see Brooke representing the CTAS throughout the fair, participating in many of the activities and shows, and look forward to working with her over the next year.



Navan Women's Institute



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