

NOVEMBER

2024

Navan Nugget

BUSINESS CARDS ROTATED BI-MONTHLY

DIGITAL COLOUR VERSION AVAILABLE ON NAVAN.ON.CA

IMAGES FROM FALL FEST 2024

and Station 71 Navan Volunteer Firefighters Pancake Breakfast.

More of Tom's photos can be seen at www.navan.on.ca/fall-fest/



FESTIVAL-GOERS FLOCK TO NAVAN FAIRGROUNDS TO CELEBRATE VILLAGE'S FALL TRADITION

A large crowd of local residents gathered on October 5th to welcome the beauty of autumn as a community.

The Navan Fall Fest is a walk-through style event, capturing the rural nature of the region by bridging the past with the present, through old-fashioned harvest decor, homemade crafts and games, food and social interaction. Since its inception in 2008, the festival has expanded and grown in popularity, but its core mission remains the same – to provide free family fun for all Navan residents. During this year's event, as in prior years, three generations of the same family were spotted wandering the grounds and having fun playing together on a beautiful autumn day. The event featured a new family photo booth and pie auction, plus popular favourites such as the silent auction, kid's crafts, scarecrow making, costume displays, baked goods, games and contests, free table, tug of war, races, face and nail art, ball hockey and delicious barbecue lunch. While admission and participation was free, donations were greatly appreciated to cover supply and operating expenses and to fund next year's event. The remaining amount of funds will be donated to support those in need within our community.

As a committee of the Navan Community Association, the fall fest also appreciates the ongoing support and contributions provided by the Navan Lions Club, Navan Women's Institute, Navan firefighters of Station 71 and Navan Grads. The time and effort offered by volunteers and donations provided by local businesses and supporters is highly valuable. Working together as a community, for our community, is what makes this event successful. For festival highlights and photos, visit the Navan Fall Fest Facebook group. If you would like to contribute financially to next year's event, donations can be sent by e-transfer to navanfallfest@gmail.com.

Cheryle Houle - Lead Coordinator

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NCA "Day of the Dead" Halloween Costume Youth Dance Friday November 1st 7:30 to 10:30pm.



The dance will be held in the upstairs hall of the Navan Memorial Centre and is open to youth from grades 6-9.

Admission is \$15 in advance

(e-transfer to mkejess@yahoo.com)

or \$20 at the door.

All proceeds will go to the Navan Pavilion project.



SAVE THE DATE

COMMUNITY INDIGENOUS RECONCILIATION MEETING

MONDAY DECEMBER 2, 6.30pm to 9pm, St. Mary's Hall

When we held our first Community Reconciliation meeting in May of this year, we chose to show the film Secret Path and feature the residential schools' story. There was a very meaningful discussion after the movie during which we were asked to do another meeting and to feature Indigenous speakers, so we are now planning our next Community meeting to do just that. This time we are planning to have speakers that will present both Inuit and First Nations perspectives. We have speakers lined up from our friends at Isaruit Inuit Arts (www.isaruit.ca) and the Legacy of Hope Foundation (LHF - www.legacyofhope.ca) with the theme "How To Be An Ally". The meeting will also feature a 10 panel display of Indigenous Youth Art entitled Youth on Reconciliation – Imagine a Canada from the LHF. There will be much to see and discuss and some to take away, so plan on coming early and join us in the spirit of Reconciliation.

Further information will be available on our website www.navanlions.ca/causes and in the December edition of the Nugget as our plans progress. We hope to see you there.

BONSPIEL

Your Navan Lions continue to remain busy preparing for the Curling Bonspiel (6-7 December), in honor of Jerry Calver, a once proud and active member of the Navan Lions Club, who sadly lost his fight to pulmonary fibrosis roughly ten years ago. Part of the proceeds from the bonspiel will be given to the Canadian Pulmonary Fibrosis Foundation (CPFF). Lions Luc Picknell and Brian Moore are leading the charge and are still looking for teams and sponsors. Anyone interested in participating and/or supporting the event is encouraged to visit our website at <https://navanlions.ca/>.

CHARITABLE DONATIONS RECENTLY AWARDED BY YOUR NAVAN LIONS

Many organizations, both locally and regionally, continue to benefit from our fundraising efforts. Recently, financial support was offered to the Shepherds of Good Hope as well as to the Ottawa Mission. The following organizations have also recently been awarded a donation from the Navan Lions Club:

The Orléans-Cumberland Community Resource Centre
Make-A-Wish Canada
The Hannah-Billings Fund
The Navan Pavillion Project
Campfire Circle
Isaruit Inuit Arts
Quick Start Autism

As long as we have the support of our community and the necessary funds, your Navan Lions will continue to provide assistance to organizations and people in need. Anyone interested in learning about lionism and becoming more involved in the community as part of our club are encouraged to contact us through our website or to speak to a member.

NAVAN NOTABLES LUC PICKNELL

After 12 years of shovelling the outdoor rink, Luc and his outdoor rink

teammates have an idea to cut out a lot of work for the winter months. Build a pavillion over the rink. What a great idea! Luc is familiar with big projects as he works for the Federal Government on the Hill. As a Senior Director with Public Works, just this year he is in charge of 70 projects going on up there. He has



been involved in construction since he was a boy. Loves it. So with all his skills, he and his team are hoping to get the Pavillion up by the end of November.

He says the new structure will be 185' by 85' and will cover the whole rink. His thanks go out to Jeff Amey who drew up the plans, the Seguin-Reid Family, who jumped right in there at the beginning of the idea, Adele Acheson-Picknell who is looking after the books. Then all the other volunteers on his team who are taking active roles in this building. It's an exciting time for all involved.

Grants for this job have been received from Catherine Kitts so far as well as donations from villagers. Fair Board is keen on this addition as much of the drainage on the property will be repaired. It's a plus for the Fair Grounds. So we are going to have a wonderful area to help protect our outdoor ice rink + a multitude of various events that will be held under this roof. I have seen similar pavillions in other towns around here. Even in summer there are people enjoying the structure. A lot of our activities during Fair Time will be held there. Music in the Park, Navan Markets, and community events will have a shady spot to be under. Already a concrete slab has been installed and the official ground breaking ceremony has taken place. Luc and his team are off and running with 90% of the funding received. I am excited about this project and what it will be for all our people, young and old! Bravo Luc and your team!!

Sheila Minogue-Calver - www.navanwomen.com



PAVILION PROJECT UPDATE

The construction of the Pavilion has begun! A groundbreaking ceremony was held on Sunday October 20th to mark this momentous occasion. Our city councillor Catherine Kitts was in attendance, as well as many of our project partners, volunteers and major donors. As you may have noticed, excavation, concrete footings and columns have now been completed. The steel structure will soon be erected, followed by installation of the trusses. Construction is progressing as planned, with an objective of completing work by winter in order to install our yearly outdoor rink.



Fundraising for the Pavilion project also continues to gain momentum! The Station 71 Navan Volunteer Firefighters raised \$4,000 for the Pavilion project at their Pancake Breakfast on Oct. 5th, and we recently received a new City of Ottawa Major Capital Grant, which brings us to 90% of our goal! We are also still waiting to hear back about another grant through the Gov. of Canada. And of course, we are still 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



Thank you to the major donors of the Pavilion project!

- Waste Connections/ Friends of the Mer Bleue Community Fund
- City of Ottawa
- Seguin-Reid Family
- Gloucester Electric
- C&L Construction
- Cumberland Township Agricultural Society
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- Barbara Hedman and Murray MacDonald

NCA Monthly Meetings

NCA 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.

Lots of ways to check us out

NCA website - www.navan.on.ca

NCA email - nca@navan.on.ca

On Facebook - www.facebook.com/NavanCommunityAssociationNCA/

On Instagram - [@navannca](https://www.instagram.com/navannca)

A NOTE FROM COUNCILLOR CATHERINE KITTS

As we enjoy this final stretch of beautiful fall weather, I want to thank everyone who came out to our recent community events. It was wonderful seeing so many of you at the Navan Fall Fest, Station 71's Anniversary Celebration and Pancake Breakfast, and the Original Navan Market. These events remind me how much our community does for each other, and I'm always proud to be a part of it.

One of the highlights of the year has been the groundbreaking ceremony for the Navan Pavilion. I want to congratulate Luc Picknell and the Navan Community Association on this significant milestone. It has been a pleasure to support their efforts behind the scenes as they worked through getting the proper permits and in advocating for grant approval through the Major Capital and Rural Community Building programs. The Pavilion is not only going to improve our outdoor hockey facilities, but it will also serve as a hub for community events all year long. I look forward to seeing the construction progress!

Switching gears, it's full speed ahead with budget season at city hall. Thank you to those who came out to either the rural consultation and/or the east-end consultation to have your voice heard. One of my top priorities continues to be road improvements, particularly in rural areas that have experienced years of neglect. While I've been able to make significant progress, we still have more work to do.

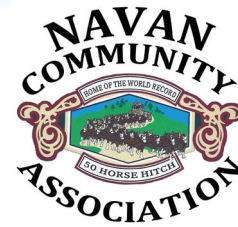
On that note, I want to acknowledge the recent truck traffic on Trim Road. I know it's a significant concern for many. At the time of writing this update, I am working directly with the contractor to find a solution that is less impactful for the village. The issue of trucks accessing dumping sites, caused in part by provincial changes to excess soil regulations, is affecting several communities across the city, including our neighbouring community of Sarsfield. I appreciate the community's patience.

Residents may also have heard some upgrades are required at the Navan Arena. Timelines and impact to community groups is still being discussed, and I will share more information when it's available.

REMEMBRANCE DAY CEREMONY

Nov. 11th at the Navan Cenotaph
Starting at 10:45 am

For those who can not attend the ceremony a video of the Navan virtual services is available to view on the NCA website
www.navan.on.ca/remembrance-day/



NCA Directors and Volunteers

President – Luc Picknell
Vice President – Brian Moore
Secretary – Christina Macpherson
Treasurer – Dale Borys
Past President – Fred Hyde
Horticulture – Shelley Cotton
Safety – Bob Price
Navan Nugget – Tom Devcseri
NCA Membership – Ray Vetter
Social Media Manager – Sarah Zintel
Friends of Mer Bleu – Erin Zintel
Recreation – Luc Picknell
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

catherine.kitts@ottawa.ca

613-580-2489



CATHERINE KITTS COUNCILLOR
CONSEILLÈRE
ORLÉANS SOUTH—NAVAN • ORLÉANS-SUD—NAVAN



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NAVAN FAIR PRIZE LIST RECIPES - COOKBOOK AVAILABLE

The 2nd edition of the collection of receipts from our Culinary Arts division is now available and would make a wonderful Christmas gift. This edition is dedicated to the exhibitors who baked for more years than most can imagine. We are grateful that today the division and our annual Navan Fair continues to expand with entries from talented exhibitors of all ages.

You can purchase the \$10.00 cookbook through the Navan Fair Office at 1279 Colonial Road. Proceeds are returned to The Cumberland Township Agricultural Society.

LOOKING FORWARD TO 2025

The Navan Fair is organized by a dedicated volunteer Board of Directors whose top priority is to provide a safe, fun and rewarding experience for all.

If you are interested in getting involved and being part of a rewarding experience with your community fair, whether it be in a Director role or as a committee member or division volunteer, please send an email to navanfair@bellnet.ca. Include your name, contact information, and areas of interest. You may also contact the fair office at (613) 835-2766 if you have questions. Thank you!

NOVEMBER OFFICE HOURS

Nov. 1 to 30 – Tuesday to Thursday from 10 am to 4 pm

President: Andrew Williams

Office Administrator: Cheryl Watson

1279 Colonial Road, Navan ON K4B 1N1

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

navanfair@bellnet.ca

www.navanfair.com

NAVAN FAIR FUNDRAISER

Support the CTAS by purchasing gift cards!

Visit <http://www.fundscrip.com> and use code **U67UNN**; the CTAS will receive a percentage of all sales.

For more info and support, contact the Navan Fair Office:

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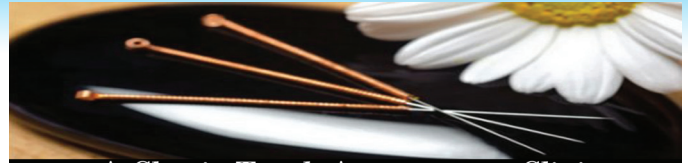
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Cartoon by Jeff Amey

EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, Sommelier at Large

OTTAWA BOTTLE SHOPS

Following on from last month's column, I paid another visit to La Bottega Nicastro on the Byward Market (www.labottega.ca), this time to try some wines produced by Spain's Altolandon Winery (<https://altolandon.com/en/winery/>), which is situated at high altitude in Spain's Manchuela region. Grapes grown at high altitudes produce fine wines with complex flavours. The cooler nights at high-elevation sites allow the grapes to conserve acidity, leading to more elegant, age-worthy wines. Cooler nights also help lengthen the growing season, allowing the grapes more time to develop on the vine. The wines produced here are not only of high quality but also respect sustainability and the environment. All vineyard plots are cultivated organically, and all wines are vegan. The vegetation enjoys excellent health thanks to the absence of pesticides, and only natural fertilizers are used to stimulate soil fertility in these vineyards.

The wines presented were brought in by Lifford Cellars (<https://lifford.com/>), a Toronto-based agency known for its personal approach to wine curation. As the largest consignment wine agency and importer in Ontario, they've built a diverse portfolio of top wines from around the world, including those from exceptional producers they've personally visited. These unique wines, likely not available on LCBO shelves, carry the individualised touch of their selection process. Now onto my picks of the wines I tried/ordered. **They are all delightful and, as of today, are not available via the LCBO website.** Altolandon Mil Historias White/Amber/Orange 2022. Available at <https://lifford.com/>. \$22.99.

If you're on the hunt for a wine that's truly one-of-a-kind, look no further! This is a complex blend of several white grape varieties, fermented with a bit of skin contact. It's unique yet easy-drinking, and what truly sets it apart is its exceptional balance. This medium-bodied, dry wine (actually perceived as semi-sweet) delivers just the right amount of juicy acidity. Aromas of violets and rosemary lead to citrus, peach, and apple flavours, with a hint of pineapple and lemongrass on the finish. This wine is perfect as an aperitif or paired with smoky cheeses and briny marinated olives. It's a guaranteed hit with Olive and Smoked Gouda Gougères.

Altolandon Enblanco 2022. Available at <https://lifford.com/>. \$26.99. Crafted from 100% Grenache grapes, this exquisite wine is entirely fermented on the skins, so it's an authentic orange wine. It is bold, medium-bodied, and dry, with orange-tinged hues and fragrant aromas of ripe mangoes, zesty oranges, and apricots. On the palate, it presents succulent tangerine, hints of lemon peel, toasted almonds, and subtle herbaceousness, balanced with mouth-watering acidity, leading to a refreshingly dry, mineral-tart finish. Because of the natural acidity and tannin in orange wines they match up well with a wide diversity of foods. This wine ideally complements richly spiced dishes, especially those with Asian influences. It pairs superbly with Chicken Satay served with flavourful, spicy peanut sauce or with Shrimp/Vegetable Tempura served with intense, umami-rich Tentsuyu dipping sauce.

Altolandon Biodiverso 2020. Can be ordered from <https://lifford.com/>. Currently in transit. \$31.99.

This is another genuinely unique wine made with 100% Petit Menseng grapes. It is medium-bodied, dry, and moderately acidic. An intense, refined white wine, it is matured for 2 years in amphoras, under flor (a type of yeast cap that prevents oxidation), so it has those rich,



bittersweet characteristics of a dry Fino sherry. Because the wines fermented and aged in amphora are exposed to more air, they develop a deep, rich texture. Natural micro-oxygenation, as occurs with amphora, reduces bitterness, softens tannins, and improves the overall stability of the wine. It also accelerates the aromas of more mature wines, delivering scents such as nuts, baked fruit, butter, and spices. On the palate, it presents honey, caramel, oranges, and roasted coffee, ending with a delightfully salty finish. Divine with either Coconut Shrimp or a Strawberry and Goat Cheese Salad with salted Marcona almonds.

While these wines are perfect for casual sipping, it's their unique, distinct personalities that truly set them apart. The natural wine movement is producing some truly intriguing and amazing wines, no longer confined to the fringes but now claiming a place in the mainstream. And they truly shine! I encourage you to experience them for yourself. Ordering on-line could not be easier. This wraps up my exploration of bottle shops. Stay tuned next month for a selection of festive wines to grace your holiday table. Cheers!

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Navan Women Inspired (W.I.)

Our October meeting was a pumpkin painting session. Trudy Irwin, a Navan W.I. member, led us in this fun activity. In November, at the Blue Building, on Wednesday, November 13 at 7pm we will have the next gathering. It will be on Skin Care with Megan Harvey from Shoppers' Drug Mart!! We'll all come out with the smoothest skin in town! Looking forward to the event!

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 pm
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If you have reached the age of fifty plus and would like to join the club, we meet every Wednesday afternoon upstairs in the Navan Memorial Arena from 12:30 PM - 4:30PM beginning the first Wednesday in September thru to the last Wednesday in June.



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ABOUT TOWN

Thanks goes out to the women who looked after the flowers on Colonial, Smith, and Trim. They make the entrances to the village so welcoming. The Navan Market was on Sunday, October 20. It was a bright sunny warm day. It seemed like everyone was smiling and bringing some kind of a bag full of goodies home!! Great. The next Market will be the Christmas one!!



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HIDDEN GEM

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



EXCITING NEWS FROM MY TRIP TO ARIZONA!

I'm incredibly excited to have just returned from Arizona, where I spent a power-packed week diving deep into hands-on fascial stretch therapy techniques. Unlike most continuing education courses, which may span a few hours here and there or at best a weekend, this was an intensive 38 hours over five days, culminating months of self-study and preparation. It was an amazing experience to practice alongside like-minded professionals—physiotherapists, dance coaches, massage therapists, nurse practitioners, personal trainers, and pro athletes—all developing and refining our skills together. The energy was incredible. Not only did I have the opportunity to work on practitioners from all walks of life to elevate my understanding and capabilities, but there was also a strong sense of camaraderie, fostered by an environment of sharing and empowerment.

A Level 4 & Sports Fascia Stretch Specialist

In the world of sports and rehabilitation, fascia stretch therapy is a powerful tool for enhancing performance, preventing injuries, and supporting recovery. Fascia, the connective tissue surrounding muscles and organs, is vital for maintaining mobility, flexibility, and function. Currently, 'Level 4 & Sports Fascia Stretch Specialist' is the highest level one can achieve, and as of this month, I am proud to have reached this elite level of expertise in the field.

FST: The Gold Standard

Although relatively new in the field of manual therapies, Fascia Stretch Therapy (FST) has quickly become a standout practice. While massage has been around for centuries and physiotherapy was developed in the late 1800s, FST is the youngest modality, just shy of 30 years old. Fascinatingly, fascia was historically discarded during human dissection and overlooked in anatomy books until recent years. It's no surprise that fascia stretch therapy is a newer practice, but its impact is undeniable. Today's research into fascia—this living tissue—is a hot topic. While its role in the nervous system and its response to both physical and emotional factors are still not fully understood by many doctors and therapists, fascia stretch therapists are at the forefront of integrating this knowledge. FST, with its blend of science and intuition, is pure alchemy for clients and has quickly become the gold standard of the assisted stretching industry. Many practitioners are now moving away from traditional therapies in favour of this powerful modality.

So, Why Levels?

Level 1, 2, and 3 specialists provide essential services in maintaining fascial health, but Level 4 takes it to an entirely different level. Level 1 practitioners focus on foundational techniques aimed at improving general flexibility and mobility. To be accepted into Level 2, practitioners must demonstrate specific proficiencies, and from there, they learn better techniques that allow for greater variety and adaptability in more complex cases. By Level 3, specialists work closely with clients to address specific performance issues and aid in injury

recovery. At Level 4, practitioners are equipped to assess and address much more complex fascial challenges, often succeeding where other practitioners have been stumped.

Level 4: The Elite of FST

Level 4 & sports fascial stretch training is the highest level of certification available, placing practitioners in an elite group of specialists worldwide. At this level, we work deeper into the joint capsule, address sport-specific functions, and target the sympathetic nervous system to prepare athletes for peak performance. We also focus on stretching for proprioception, not just lengthening. With new insights—from sacroiliac joint (SIJ) assessment and advanced techniques for the foot and lower legs to address neck issues (as well as working on the neck directly), to techniques for the ribs and spine in sports performance—it's no wonder this is an exclusive level.

As a Level 4 specialist, I can pinpoint and address deeper issues that may limit an athlete's speed, strength, or endurance, or contribute to chronic injuries that have resisted other treatments. This level of expertise is particularly valuable when working with elite athletes, individuals recovering from surgery, or those managing long-term conditions.

Globally, there are currently fewer than 25 certified Level 4 & Sports Fascia Stretch Specialists, making it an exceptionally rare qualification. This scarcity highlights the challenge of attaining this level and the high standards of expertise required. I am proud to be the first Canadian to achieve this certification—and the only one in the Ottawa area.

I'm thrilled to bring these new skills back to my clients and community, applying the advanced techniques I've practiced to help others reach their highest potential, whether at an elite level in sport or simply striving to live a healthier, pain-free life. I look forward to sharing the benefits of Level 4 & sports fascial stretch therapy with everyone I work with.

Until next time...

~ Breathe ~ Move ~ Unwind ~

Fall
BAKE SALE

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Saturday, Nov 16 2024 9 'til Noon

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SANDHILL CRANES

My 1st fall sighting of the migrating Sandhill Cranes off of Trim road was on Sept. 22. The largest number I recorded was 52 on Oct. 2nd. They are feeding for their flight down to the southern USA. They tend to stay until mid Nov. On Sept. 29th there was a report from Bourget of an amazing sized flock of 1200 Cranes.



6 bonus pages with large sized color images of the Sandhill Cranes at the end of this issue . Tom Devecseri

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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.













Super moon rising over Navan fields Oct. 16, 2024



Fading rainbow with spectacular cloud formations over Navan fields Oct. 26, 2024