

Navan Nugget

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NAVAN'S REMEMBRANCE DAY SERVICE 2024

goto www.navan.on.ca to view more photos



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

OUR FALL SEASON

The Fall season is a period of great contrasts going from the fun of October with Halloween (and yes, the Lions do dress up) and Fall Fest and progressing into the bitter sadness of Remembrance Day on November 11th. During this season we are planning for the club's year ahead – especially those things which were not completed last year. Nevertheless, enough happened to gladden the hearts and minds of anyone associated with our community. The ribbon cutting ceremony for the Navan Pavillion which took place on October 20th is a major step forward and the driving forces Luc Picknel and Brian Moore are members of our Club. Though I hasten to add that this is not a Lions project. We (they?) will no longer have to keep shoveling snow off the outdoor ice rink, and no longer will (we) they fill the waiting rooms of chiropractors in search of relief for their back pain. Joking aside, of course the Lions Club has supported and will continue to support this most worthy project.

It would be churlish to move on to other news without mentioning how much we enjoyed Fall Fest. What a wonderful day it was. I think practically all of Navan and the surrounding area came for breakfast at the firehall. I seem to remember at least 6 or was it 9 barbecues going at full blast. Expertly piloted by firemen, they produced a constant stream of flawlessly cooked pancakes, bacon and sausages I can still taste that bacon - mmmm! At 11 am the main Fall Fest activities began. There were outdoor games of all kinds, the Lions were once more producing popcorn, hot dogs and hamburgers in record numbers – has there ever been a better fed crowd? I was wandering around in a pumpkin costume and found myself swarmed by small children. This particular costume has a large nose to dispense candy. Disgusting you say! Yes, it was totally disgusting but the children enjoyed it greatly. And I soon had a loyal following long after the candy was all gone. Who could imagine you could have such fun! Well done Fall Fest organizing committee.

RECONCILIATION

Navan Lions have been particularly active in our ongoing Reconciliation project. We have been influenced by the report of the Truth and Reconciliation Commission and its 94 calls to action. We realized that if we the ordinary people of Canada did not show some initiative you could be sure that few of the 94 recommendations would be adopted. And yet a reconciliation with the Indigenous population is vital for the future of this country. Why Lions? Because Lions is an organization dedicated to serving others. And what the TRC report tell us is that the indigenous population needs help.

So what have we been able to do?

A number of activities are gaining momentum as our club continues to develop relationships through various organizations including: the Ottawa Aboriginal Coalition, The Legacy of Hope Foundation and the Odawa Native Friendship Centre. We have discovered that the world of the indigenous population is much

more complex than we had imagined, so one of our early goals is to educate ourselves and try and grasp the complexities of that landscape.

Nevertheless, we have tried one or two practical responses. We provided Popcorn at the International Inuit Day celebrations in Ottawa on November 3. Though relatively simple it reflects a growing relationship with the Isaruit Inuit Arts group. We fed approximately 100 customers. Popcorn may seem an unlikely initiative for reconciliation – yet we believe it sends a message - Yes, we have listened, yes, we want to help and yes, we are with you. We have been very actively planning our second Community Reconciliation meeting on December 2nd. In St. Mary's Hall. We are welcoming two or three indigenous speakers and will be setting up associated exhibits including display panels. The theme of the meeting is "How to be an Ally" an idea adopted from The Legacy of Hope Foundation. It follows on directly from our first evening's theme (in May) which dealt with the impact of Residential Schools. All residents of Navan and area are cordially invited, and we hope that you take this opportunity to come out and meet some of your local Indigenous neighbours.

BONSPIEL

The next major event on our calendar is our annual Jerry Calver memorial bonspiel. This takes place on the 6th and 7th of December and is already fully booked and our silent auction - open to everyone - is well stocked. Additional curling teams will need to go on a waiting list. This is a wonderful event which primarily raises funds for the Canadian Pulmonary Fibrosis Foundation. Pulmonary Fibrosis is an incurable disease which fatally affected Jerry Calver, one of our members. Further details of all our activities are available on our website www.NavanLions.ca



FREE COMMUNITY MEETING INDIGENOUS RECONCILIATION

"How to be an Ally"

MONDAY, DECEMBER 2, 6.30 PM

St. Mary's Hall, Navan

Guest Speakers * Discussion Opportunities

Indigenous Youth Art Display

Presented by Navan Lions

Legacy of Hope, Isaruit Inuit Arts,

Ottawa Aboriginal Coalition &

Odawa Native Friendship Centre



More Information
www.NavanLions.ca





NAVAN NOTABLES

BRIAN COBURN

Brian Coburn, a Legend in his own Time!

Brian had a birthday recently! What a delightful evening it was! Family, Friends, political allies, were all on hand to wish him well! I certainly loved listening to his Grand kids playing their musical instruments for their Grandfather! The evening was filled with stories and more! Happy days ahead!

Brian was born on the family farm on Dunning Road. He learned to work hard there, do his chores, be polite, and help out whenever he saw something needing done. His parents, Wilma and Haydon did their parenting well! Becoming a Cumberland Councillor put him in the limelight. It was a tie vote! To save money, all involved agreed to pull a name out of a hat. Brian won that election! Then the rest is great history making! He was the mayor of Cumberland for 3 consecutive terms, unopposed! Oversaw the International Plowing Match in Navan. Had the Frank Kenny Road built. Went to Moscow and met Mr. Gorbachev! Saw Cumberland become a city! Then a part of Ottawa. In 1999, the province called him and he became our MPP. He was the Minister of Agriculture and Tourism. In 2006 he was appointed a Citizenship judge! What a heartwarming position! So many immigrants wanting to be Canadians, becoming involved in their communities, getting opportunities they couldn't even dream of in their birth countries. He found it was a privilege and a joy to help them.

Brian gives credit to his wife MJ for keeping him well grounded in his different roles in politics. She was proud of the fact that in any public meeting he would chat with many Seniors in the crowds! Lots of wisdom in that section of the population! Today he is a retired man, enjoying his family and friends. As well, he is a wood worker and loves to make all kinds of toys, games! Most of these he gives away to grateful groups and friends. So Brian, you have had many titles in your life; son, husband, father, entrepreneur, councillor, mayor, Minister of Agriculture, Tourism, Citizenship Judge, Grandfather! You will be remembered for all these roles but the favourite one for many will be as a Friend! It has been a pleasure!

Sheila Minogue-Calver



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REMEMBRANCE DAY SERVICE 2024

Our Remembrance Day Service in Navan this year took place on a cool, cloudy day. As the wind blew around us, our community came together to reflect on the sacrifices made on our behalf in wars and peacekeeping missions all over the world. In the minute of silence we honoured those who served, those who are still serving, and those who lost their lives in combat. The ceremony was emceed by Brigadier-General Marilyn Chenette, CD, CHE, and started with the singing of O Canada, led by the Heritage School Band. Danny Stein-Wilson read In Flanders Fields; Reverend Nancy Best, Reverend Felix Longdon and Deacon Pierre Bélanger presented prayers; and Wally Smyth read the Honour Roll of local men who lost their lives in service. The 632 Phoenix Royal Canadian Air Cadets Squadron provided us with a colour guard and a trumpeter who played the Last Post and Reveille. The cadets escorted people to the cenotaph where many wreaths were placed on behalf of various organizations and in memory of family members who had served or made great sacrifices to help others. As a member of the organizing committee for the service I would like to thank the many people who contributed to make the ceremony successful. We are grateful to the City of Ottawa arena staff who provided the chairs and podium; the Navan Grads hockey players who helped us with set up and tear down and gave out programs; the people who came to lay wreaths; the cadets from



632 Phoenix RCACS; Dave Tubbe and Holtz Productions for the sound system; the people who read poems and prayers in the service; piper Don Corbett; members of Ottawa Police Services, Ottawa Paramedics and Ottawa Fire Services (Station 71) who provided safety measures for us; and Tom Devecseri for taking photos to commemorate the day. Special thanks to Monica Alongi of Orleans Sureprint and Design for donating the printing of the programs, and to Krista, Andrew, Felix and Lawrie at JT Bradley's Country Convenience for storing and caring for our wreaths from year to year. We were pleased to have all of the students from Heritage Public School, along with their teachers and parent volunteers, come to join us this year. Thank you to Angela Clarke and Erin Zintel who worked to keep the Cenotaph surface and gardens clean; and a very special thank you to Sam Dagg who always, without being asked, maintains the area around the Cenotaph. Thank you to the Navan Curling Club for opening their lounge area this year so that anyone who wished could go for a drink after the service. And, thank you to everyone who came out to join together as a community in shared remembrance. All of us on the organizing committee (Erin Zintel, John Ladds, Marilyn Chenette, Fred Hyde, Tom Devecseri, Eileen Vaillancourt, Jill Noakes and Adele Acheson Picknell) were pleased to see so many people there. To see more pictures of the day or watch a video of a past service, go to: www.navan.on.ca Jill Noakes



Public Health
Santé publique

Immunization Clinic

COVID-19 and Flu Vaccines

No appointment necessary

Clinique d'immunisation

Vaccins contre la COVID-19 et la grippe

Aucun rendez-vous nécessaire

**Centre commémoratif
de Navan Memorial
Centre**
1295, rue Colonial Road
Navan, Ontario

December 9, 2024
1-7 pm

Le 9 décembre 2024
de 13 h à 19 h





ALIGN HOLISTIC STUDIO

A Vision of Wellness and Community

In September 2024, the former Bwell Holistic Studio, located in the heart of Navan at 1200 Colonial Rd, fell under new ownership and has since been re-open as Align Holistic Studio.

The new owner, Shannon Watson, has taken over this beautiful studio, with the vision of creating a safe and inclusive space that will provide wellness opportunities to meet the needs of the community.

Shannon, who is a certified personal trainer, fitness instructor and clinical nutritionist, is an advocate for health and wellness and the prevention of chronic illness. The team at Align Holistic Studio strive to empower clients to take control of their physical and emotional wellness and quality of life and align them with the tools they need to succeed.

The studio offers a variety of yoga classes, tai chi, qigong, meditation and strength-based classes, as well as many wellness workshops.

The Align Holistic Studio Team extends a warm welcome to join their wellness community and encourage you to reach out to let them know how they can support you to achieve your wellness goals.

For more information about Align Holistic Studio please visit their website www.alignholisticstudio.ca or email shannon@alignholisticstudio.ca



The Team pictured left to right: Kim John, Top Jade Fournier, Bottom Emma Rogers, Nathalie Paquette, Shannon Watson



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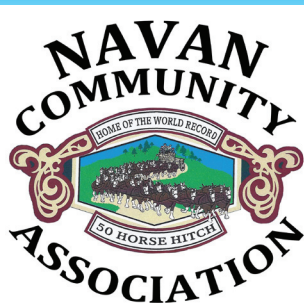
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PAVILION PROJECT UPDATE

The construction of the Pavilion is going strong! The foundations were completed in early November and the steel structure was erected shortly after. By the time you read this article the project team is hopeful that the trusses will be installed and roof work will be ongoing. The next steps after that will be electrical work, where you'll see lighting and receptacles installed. Construction is progressing as planned, with an objective of completing work by winter in order to install our yearly outdoor rink early in the new year.

Fundraising for the Pavilion project also continues to gain momentum and we are now at 91% of our goal! We are still waiting to hear back about another grant through the Government 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.

Upcoming Community Events

The NCA and Cumberland Township Agriculture Society will be organizing a raffle starting in December. The prizes total over \$15K and will include:

1. Hot tub (6-person)
2. Two-night stay in Mont-Blanc Condo (sleeps six)
3. Foursome golf passes, including carts, at Hammond Golf Course

All proceeds will go to the Navan Pavilion project. Stay tuned for more info on how to purchase tickets!

Keep your eyes open for two other Pavilion project fundraisers coming up in the New Year! After the success of last year's Dueling Pianos show organized by the CTAS, the NCA will be hosting a similar event this winter, on Saturday, February 22nd. And for those looking for some fun and exercise, why not join the next line dancing 10-week session, being held in the upstairs hall of the Navan Arena (Tuesdays, starting on January 7th). Contact NavanBootScootin@gmail.com for details.

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.

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



gofundme

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
- Maurice Yelle Excavation
- Heritage Funeral Complex
- Urban Quarry
- André Taillefer Ltd.
- ML Bradley Ltd.
- Eric & Dinah Smith
- Navan Lions Club
- GVE – Grandmaitre Virgo Evans
- Moore Investments & Insurance Group
- Top Grade Enterprises
- Moore Family
- Navan Nifty 50
- Embrun Energy
- Dion Home Comfort
- D. Ross Bradley & Family
- Clysdale Family
- Simpson Electric
- Eastway Pet Resort
- Karen & Allan Smith
- Lise & Gerry Dust
- RONA J. Lalonde & Fils – Rockland & Hammond
- Barbara Hedman and Murray MacDonald

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



NCA Directors and Volunteers

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

COMMUNITY SAFETY ZONE

Welcome to the Safety Column for December.

We would like to start this month's article by reminding all who travel in and out of the village to be mindful of the posted speed limits. Some have written in to ask for a reminder to be shared that Trim Rd, north of the village, has a stretch that is a 60 km/ hr zone. Please respect each other driving and the posted speed limits to ensure safety for all our residents and visitors.

This month we will also be providing some general tips for the holiday season.

Many of us enjoy decorating our home and welcoming guests over the holidays.

To help with safety please remember to:

- Keep your walkaways clear of ice and snow
- Ensure your 9-1-1 address indicator or home address display is visible
- Ensure your light strings and extension cords are in good working order and are not frayed and do not have have exposed wires
- Check the rating of the lights and ensure indoor rated lights are used inside and exterior rated lights are used outside
- Avoid plugging in too many lights/decorations into an outlet. Overloaded circuits can overheat and start a fire
- When using a real tree please ensure it is kept watered and placed away from high traffic areas in your home, heating vents and fireplaces



- Keep metal, sharp or breakable tree ornaments out of the reach of children and pets
- Turn off the lights when you are not home or when you go to bed
- Check your smoke alarms and carbon monoxide detectors to ensure they are in good working order.

When travelling in your vehicle please ensure:

- You drive according to the weather conditions and plan accordingly. Plan on accelerating and decelerating more slowly over greater distance
- Your wiper blades are capable of working well in winter conditions
- That vehicle fluid levels are topped up and that you have sufficient gas or charge
- To clear your vehicle of snow and ice. You need to be able to see and be seen
- To keep your cell phone and portable charger with you
- An emergency kit is kept in your vehicle (i.e. flashlight, spare batteries, booster cables, 1st aid kit, reflective vest, candle and lighter, water, blanket and kitty litter for traction, etc)
- If you drink alcohol, please don't drive.

Wishing everyone a very happy and safe holiday season !

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EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, *Sommelier at Large*

10 FESTIVE SPARKLERS TO ENJOY

Last month, I promised to discuss wines for the festive season, so let's focus on sparkling wines! With various styles available, choosing the right one can be daunting. First, we know that the refreshing bubbles in sparkling wines come from carbonation. This is achieved through different processing methods, ranging from the traditional Champagne method to simpler techniques, each offering unique flavour profiles. Additionally, the labelling can often be confusing. So, how do you choose the right one without feeling overwhelmed or spending too much? Don't worry; I've got you covered! The most well-known sparkling wines include Champagne, Prosecco, and Cava, but there are many others to explore, such as Crémant, Franciacorta, and Lambrusco. To truly appreciate these wines, it's important to understand that they are among the most technically challenging to produce, typically involving two fermentation cycles, resulting in distinct styles. To find your preferred sparkling wine, it's essential to familiarize yourself with four primary production methods: the Champagne method (Méthode Champenoise), the Tank (Charmat) method, the Transfer method, and the Carbonated (Soda) method.

1. **Champagne or Méthode Champenoise.** This is the most common method for producing sparkling wines, involving a first fermentation in open containers and a second in the bottle. These wines are rich, creamy, and acidic, with flavours of lemons, apples, citrus, pastry, toast, brioche, and nuts. They range from dry to sweet, labelled Extra Brut, Brut, Extra Dry, Dry, Demi-sec, and Doux, and include white and rosé styles. Champagne's complex production method makes it pricy. There are two main types: Vintage wines, made from grapes harvested in a single year and aged longer for complexity and richer flavours, and Non-vintage (NV) wines, which offer consistency and affordability. Wines made in this style include:

a. **Champagne.** This is the most recognized style of sparkling wine in the world. A strict set of parameters guides its production, and the wine must mature longer than the periods required for other sparkling wines. The flavours develop appealing biscuity and yeasty notes with extended time in the bottle.

To Try: Piper Heidsieck Brut Champagne LCBO#: 462432 \$71.60 (11 g/L sugar)

b. **Crémant.** Produced across eight regions of France, this sparkling wine is renowned for its quality and as a cheaper alternative to Champagne. While Champagne is crisp and effervescent, Crémant is creamier. It is also richer than Prosecco. Crémant de Bourgogne is most similar to Champagne.

To Try: Veuve Ambal Crémant De Bourgogne Grande Cuvée Brut LCBO#: 429688 \$22.75 (10 g/L sugar)

c. **Cava.** This is Spain's response to Champagne. It is produced in specific regions and is usually lower in acidity than champagne, resulting in a more approachable, easy-drinking style. It tends to be less sweet than Prosecco, with zesty lemon, lime, and tart apple flavours. Aged Cava resembles Champagne, delivering nuts and baked apple notes.

To Try: Vilarnau Barcelona Reserva Brut Organic Cava VINTAGES#: 515254 \$16.95 (9 g/L sugar)

d. **Franciacorta.** This is Italy's answer to Champagne. It delivers more minerality than Champagne and has a fuller, fruitier scent with less acidity. It is usually cheaper than Champagne but more expensive than other Italian sparklers. In contrast, Prosecco uses a different method and tends to be younger, with a lighter, more fruit-forward flavour profile.

To Try: Ca' del Bosco Cuvée Prestige Extra Brut Franciacorta VINTAGES#: 105353 \$46.95 (3 g/L sugar)

e. **Cap Classique.** This refers to South Africa's traditional sparkling wine. While it's made using the same method as Champagne, the grapes of origin are South African, making Cap Classique unique to that wine region. It delivers a creamier, nuttier taste than Champagne.

To Try: Krone Cuvée Cap Classique Brut Rosé Cuvée Sparkling 2021 VINTAGES#: 130047 \$21.95 (8 g/L sugar)

f. **Other types of wines in this category** include English Sparkling Wine (not yet available at LCBO), California Sparkling Wine/Champagne (lots to



discover at LCBO), a few German Sekt, and a few Sparkling Rosé.

2. **Tank or Charmat Method.** With this method, fermentation occurs in low-oxygen environments using pressurized stainless-steel tanks and inert gases, producing carbon dioxide bubbles. Compared to Champagne, Tank-method wines have less contact with lees, making them cleaner, more youthful, and fruit-forward. They feature flavours of flowers, green apples, melon, lime, and lemon zest, resulting in a light and refreshing palate. This process is also more industrialized, lowering production costs and prices. Wines made in this style include:

a. **Prosecco.** This is the most well-known wine produced using this method. It is made in northeastern Italy and is typically young and fresh, with more sweetness than you'd find in Cava. It is lighter, fruitier, and sweeter than Champagne and Crémant, and is meant to be consumed within the first few years of production rather than aged.

To Try: Zonin Valdobbiadene Extra Brut Prosecco Superiore VINTAGES#: 39647 \$23.95 (5.5 g/L sugar)

b. **Sparkling Rosé.** This style is now deliciously coming into its own. It is produced globally. Most popular styles of sparkling wines are available in rosé formats and can range from dry to sweet. Depending on the grape variety and production style, it typically delivers a juicy, fruity flavour.

To Try: Louis Bouillot Perle d'Aurore Rosé Crémant de Bourgogne VINTAGES#: 48793 \$26.95 (13 g/L sugar)

c. **Asti.** This style and related wines are low-alcohol, refreshing sparkling wines from northern Italy. They are distinctly sweet yet refreshing with fruity and fragrant notes that include pineapple, peaches, spice, pear, and apricot. Crisp acidity somewhat balances the sweetness, but this style is sweeter than most sparkling wines.

To Try: Martini Asti LCBO#: 253948 \$16.40 (89 g/L sugar)

d. **Sekt.** This wine comes from Germany and Austria, ranging from tart and crisp to juicy and sweet. For the best experience, choose higher-quality selections with citrus, jasmine, pear, and melon notes. Affordable options undergo secondary fermentation in large tanks, while premium Sekt is bottle-fermented like Champagne.

To Try: Frank John Sekt Brut 36 Sparkling Riesling 2019 VINTAGES#: 33291 ON SALE \$52.75 (4g/L sugar)

e. **Lambrusco.** This red sparkling wine from central Italy is recognized for its fruit flavours and light effervescence. It ranges from pale red and lighter-bodied to dark and full-bodied, with sweetness levels from bone dry to semi-sweet. Its flavour profile includes cherries, strawberries, and plum, with some varieties featuring hints of violet, rhubarb, and lemon.

To Try: Ceci Otello Lambrusco VINTAGES#: 32488 \$21.95 (27 g/L sugar)

3. **Transfer Method.** This method combines the Champagne and Tank techniques for sparkling wine production. The wine undergoes a second fermentation in the bottle, then moves to a tank for sediment removal and aging before returning to bottles. This process saves time and labour but results in wines that are generally less intense and creamy than those made using the Champagne method. Styles produced include Champagne, California Sparkling wine, Sekt, Sparkling Rosé, Prosecco, Asti, and Lambrusco. See above for my recommendations on wines to try.

4. **Carbonated or Soda Method.** This is a cost-effective way to produce sparkling wine. It involves injecting carbon dioxide into a still base wine in a pressurized tank and is often used for bulk-produced, lower-quality wines. Examples are Argentinian New Age, Portuguese Espumoso, and German Schaumwein (a type of Sekt). These are not yet available at the LCBO.

This column only touches the surface of sparkling wines available today and the techniques by which they are produced. While my recommendations are generally drier, I urge you to experiment with sweeter styles (e.g., Asti and Lambrusco) that best fit your palate. I must admit that I am not a fan of sparkling red wines, but you may like this type of wine, so do try it and decide for yourself. All the above wine styles pair beautifully with just about any food, primarily those described in my previous series on Cultural Foods. I encourage you to try them with any of your favourite dishes as well, from appetizers, to mac and cheese, to seafood, to a full-fledged turkey dinner, and on to dessert. *Cheers to a fabulous Christmas!*



The Navan Nifty 50 Seniors Club

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 Wed. in June.

Fred Hyde surrounded by a few Halloween cuties on Oct. 30th



VIRTUAL/ZOOM WINE TASTING PACKAGES

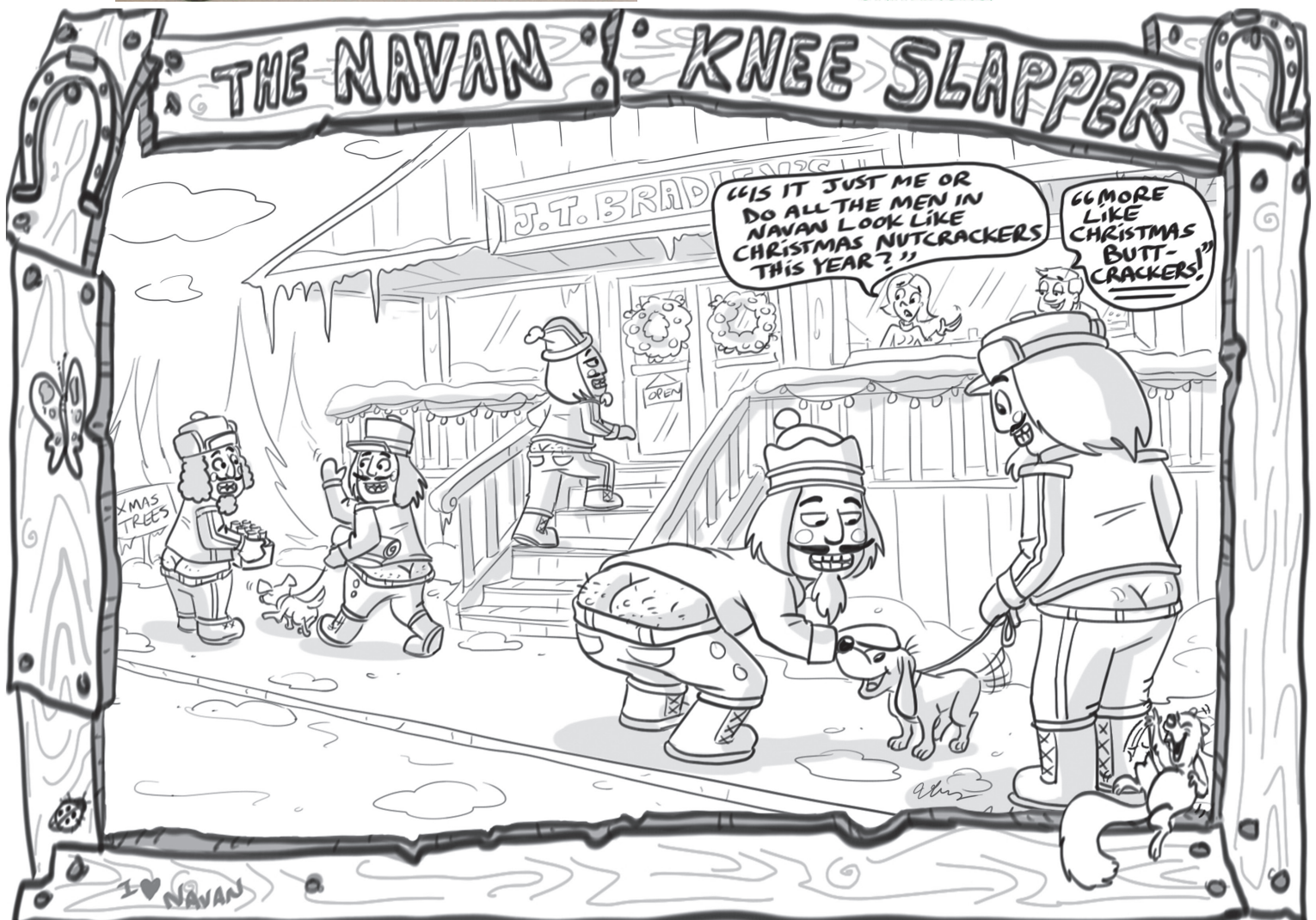
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Cartoon by Jeff Amey



A NOTE FROM COUNCILLOR CATHERINE KITT'S

I want to extend my gratitude to the Navan Community Association for organizing another meaningful Remembrance Day ceremony. It was a privilege to join the community in reflecting and honouring the incredible sacrifices made by those who have served and are serving our country.

Early November marked a significant milestone for rural Ottawa with the successful conclusion of the 2024 Rural Summit. Alongside Mayor Sutcliffe and my fellow rural councillors, we heard from community members on their priorities, challenges, and vision for rural Ottawa. We made it clear: it's time for City Hall to acknowledge the distinct character and needs of communities like Navan.

The summit outcomes represent the collective voices of rural Ottawa, backed by months of engagement. A special thanks goes to Ward 19's own Glen Edwards and Caroline Etter for being part of the summit's Resident Working Group.

Here's a brief overview of the outcomes:

- Doubling the budget for ditching and drainage in 2025.
- Enhancing the Rural Affairs Office, ensuring a "Rural Lead" in every City department and a strengthened mandate for the Agricultural and Rural Affairs Committee.
- Improving rural paramedic response with the hiring of 23 new paramedics over the next two years.
- A "rural lens" will now be part of our infrastructure planning, with

input from rural councillors on road renewal and traffic projects.

- Starting in 2025, the city will simplify the planning process for rural rezoning applications.
- Creating a strategy to guide growth in our villages, with an eye on preserving rural character.
- Advocacy to the provincial government on critical rural priorities, including officially recognizing Ottawa as a "rural municipality" which would have an impact on funding and disaster relief.
- A Commitment to holding the next Rural Summit in 2027 or 2028 to ensure that rural residents' voices continue to be heard.

Thank you to everyone who attended and shared ideas.

Thanks also to everyone who attended the 2025 budget consultations, and to those that shared feedback about the Milton/Navan roundabout design—your insights, especially from the farming and trucking community, have helped shape the roundabout's design and usability.

As December begins, I'm wishing you all a joyful holiday season!



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HIDDEN GEM

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



MOVING THROUGH THE HOLIDAYS: TIPS FOR STAYING FLEXIBLE AND ENERGIZED

The holiday season while filled with joy, can also bring its share of challenges—physical and emotional. With shopping, decorating, and social events, it's easy to let movement and self-care fall by the wayside. Here are a few tips to keep your body feeling its best this season:

1. Mind Your Posture & Stretch Between Tasks

Standing for long periods or sitting hunched over a project can lead to tension in your back, neck, and shoulders. Reset your posture by relaxing your shoulders and imagining your head floating up from your body, while taking a few slow breaths to melt the tension away. Follow up with gentle stretches to reduce stiffness, improve circulation, and help avoid the fatigue.

2. Breathe to Reboot

If holiday stress starts to creep in, bring your attention inward, focussing only on your breath. A few moments of mindful breathing can recenter the mind on the present. If you're at home, an easy way to refocus is to unplug from electronic devices and stare at a lit candle for a few minutes. You'll be surprised how this can help calm your nervous system and ease tension, leaving you feeling rejuvenated and refocussed.

3. Take Short Breaks to Move

The extra flurry of activities over the holidays often has us skipping physical activity. A quick 5–10-minute walk after a meal or a few simple mobility exercises can do wonders for keeping your joints happy. "Motion is lotion" isn't just a cute expression; movement helps the viscous fluid in the joints become more fluid, reducing friction and easing pain. Small, consistent movements are better than none.

5. Balance Activity with Proper Rest

While movement is essential, so is rest. Be sure to carve out time for recovery, whether it's a nap, a warm bath, or just a quiet moment to yourself. It is especially important to maintain consistent sleep and wake times. It's during post-exercise rest that the body is in full cellular repair. That's when muscle builds, fat loss occurs, soft tissue repairs and brain health improves. Deep sleep typically occurs within an hour of falling asleep. The more time we allow for that to happen, the more likely we are to have long bouts of restorative sleep. This is when the magic happens!

6. Unwind Holiday Tension with Expert Care

Long hours standing or sitting combined with holiday overwhelm can trigger the onset of sudden pain flares. Fascia Stretch Therapy helps unwind your fascia to unlock your body, so you can unleash your full potential. This is the ultimate stress reliever to help you to tackle your holiday tasks. Think of it as your secret weapon for staying energized through the season.

7. Gift Yourself or a Loved One with Mobility

Consider giving (or asking for) a gift card for a FST session. It's a meaningful way to encourage loved ones to prioritize their own health and movement in the new year. The key to a joyful holiday season is balance—between activity and rest, excitement and calm. Staying active and mindful doesn't require a big time commitment—it's about weaving small, intentional moments into your day. This holiday season, take care of yourself by making movement a joyful part of your celebrations.

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

Unwind Holistic Health
245 Vanguard Dr, Orléans, ON K4A 3V6

Hana Bland

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VISITORS WELCOME TO ZINTEL'S XMAS HOUSE



Once again the Zintel's at 1215 Henn Drive have created a mini holiday display of lights. They are inviting everyone to walk up the driveway and on the lawn to have a closer look. (Please watch your step for extension cords.) They are collecting non-perishable food items for the Orleans-Cumberland CRC food bank. Just drop in the bin or scan the QR code on the poster. Last year we delivered 370 lbs to the food bank! Please note for everyone's safety and security the property is monitored 24/7 by several cameras.



Navan Women Inspired (W.I.)

Thanks to the Shoppers Drug Mart Estheticians who came to show us how to apply make up! They had many tips for us. It was a very informative and enjoyable evening. Plans were made to go out for a Christmas supper together to celebrate the season! Business meeting was completed around 8:30pm. A reminder to apply for the Bursary we give to successful candidates who are attending University or College. navanwi@gmail.com

Navan Pavillion

It is going up quickly and looks terrific. It's a real addition to our village when it is finished! Thanks to all working on this project!

Remembrance Day

Erin Zintel did a great job on the Town Clock Plaza for this occasion. She placed the poppies on the wall a week before the ceremony and they stayed there! Her mother, Dinah donated 2 sculptures to stand guard at the Cenotaph. What a generous gift, Dinah.

St. Mary's
Anglican Church

3480 Trim Rd Navan

REV. FELIX LONGDON

Sunday Service: 10⁰⁰ am

Pastoral Care: 613-216-2200

Hall Rental: stmarys.navan@outlook.com*Baking by the Box*

Decorated boxes (8" x 6" x 3½")

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To learn more please visit navanwomen.comMeetings are held at 7:00 pm
the 2nd Wednesday of each month September to June



NAVAN FAIR PRIZE LIST RECIPES - COOKBOOK AVAILABLE

***** HOLIDAY SALE PRICE - \$5.00 *****

For the month of December, you can purchase the \$10.00 cookbook at the DISCOUNTED PRICE OF ONLY \$5.00. Books are available through the Navan Fair Office at 1279 Colonial Road. Proceeds go to The Cumberland Township Agricultural Society.

The 2nd edition is a collection of receipts from our Culinary Arts division and would make a wonderful 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.

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.

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 information and support, contact the Navan Fair Office:
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JOINING FORCES ON A SPECIAL DAY IN NAVAN



M.L. Bradley Ltd. is excited to join forces with the McWilliams family for their food drive on December 15th. MLB will be collecting gently used clothing, shoes and accessories. Donations will go to a new thrift store in Ottawa, Thrift Select Thrift. This store is run by Big Brothers Big Sisters Canada with 100 percent of their profits supporting local youth membership in the Ottawa and Renfrew County.

Big Brothers Big Sisters asks that donations be clean and presentable, without stains or tears. Spread the holiday love by leaving your donations on your door step on December 15th labelled "MLB," or by dropping them at M.L. Bradley Ltd. at 3406 Frank Kenny Road.



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DECEMBER 15TH, 2024 - FROM 1-3PM.



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- DONATE NON-PERISHABLE FOOD
- MONETARY DONATIONS TO THE OTTAWA FOOD AID PROGRAM
- DONATE CLEAN, PRESENTABLE CLOTHING, WITHOUT TEARS OR STAINS

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DONATIONS (AROUND
NAVAN) FOR THE
OTTAWA FOOD BANK
FROM 1PM TO 3PM ON
DECEMBER 15TH,
2024 OR DROP OFF AT
OTTAWA FIRE
STATION 71 NAVAN.**



Ottawa Food Bank
La Banque d'Alimentation d'Ottawa



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COMMUNITIES HELPING COMMUNITIES**