

Navan Nugget



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Navan Lions Club - Jerry Calver Memorial Bonspiel Dec. 6-7, 2024



Above from left to right... Lion Luc Picknell
Bonspiel winning team: Brian Sanford,
Suzanne Sanford, Lorelei Farrell,
Steve Farrell (missing) and Lion Brian Moore



NAVAN NOTABLES

John Bradley - Retired

I've been wondering about what the busiest fellow in Navan is doing since he retired about 3 years ago! After the constant flow of clients to his JT Bradley Convenience store, he must be lonesome! Not so, I just learned!! We met at "Sunrise Bites Bistro" on Trim Road recently, to have a chat. In 2021 an offer to buy the store came up and John couldn't refuse! The new owner agreed to the terms and John felt it would be a good fit. So there he was Retired! Not a man to laze around, he became a driver for the CBC President for two years. Loved it. Nowadays he's looking after family, curling, and thinking of travelling the world! Go for it John! His big Navan interest like most of us in the village is the building of this grand "Pavillion", on the Fair Grounds! What a building project Luc and Adele, Dan and Emmanuelle, Tim and Katie, Sarah Zintel have taken on! Take a drive to the Fair property and see the progress they are making. I'm sure John takes a peek at it every day, now that he has a little more time! I feel this will be a meeting place for all of us! Exciting isn't it! We must thank these young couples for taking on this big responsibility that will enrich all our lives!



So John enjoy this era of your life and know that Navan wants you and Linda to have a great retirement. You both deserve it! Sheila Minogue-Calver Navanwomen.com (W. I.)

Navan Lions Club - Jerry Calver Memorial Bonspiel

I would like to thank the Navan Lions Club for the great effort of putting on this Spiel for so many years, in memory of Jerry Calver. He was a brilliant fellow and loved Navan Village. This event at our Curling Club brings together our family and friends once a year to celebrate our Jerry. This year Angela Kurc, formerly Cochrane, sister-in-law to Jerry, came with her team from Napanee for the first time. Her sister Brenda was Jerry's wife and mother of his 2 children. Also Noel from London, Jerry's brother, and Aaron, his nephew, entered the game with Daryl and Dawson son and grandson of Jerry. I am so proud of the Navan Lions Club and how they have honoured Jerry and in doing so our family. Thank you to all who work at it and participate. Hope to see everyone back next year. Hugs galore, Sheila



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THE CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY

NOTICE OF THE ANNUAL MEETING OF MEMBERS

CTAS Members are invited to attend the annual meeting of the Society for the year 2024, to be held on:

Friday, January 24, 2025, at 7:00 pm

Navan Memorial Arena Hall

1295 Colonial Road, Navan ON

In addition to the annual meeting business, we are pleased to offer an educational talk by **Dr. Dave Douglas, Navan Veterinary Services**, who will present on of his "Tales on my Travels in Kenya," a Veterinarians Without Borders initiative. A silent auction will be held throughout the evening with opportunities to take home something special. Donation of items are gratefully accepted.

To ensure sufficient refreshments, please RSVP by January 17 at navanfair@bellnet.ca or 613-835-2766.

JANUARY 2025 OFFICE HOURS

January 6 to 31 – Tuesday to Thursday from 10 am to 4 pm

Please email if you require assistance outside office hours.

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



Cartoon by Jeff Amey



PAVILION PROJECT UPDATE

The new Pavilion is getting closer to completion! Despite less than favourable weather in the month of December, our general contractor C&L Construction persevered with the construction. The trusses, dormers and steel roof were installed, so we now have an actual roof over our heads! The electrical work will be completed in January, where we will see lighting and receptacles installed. Our objective is still to complete the work in January to be able to install the outdoor rink as soon as it's completed. Fundraising for the Pavilion project continues to advance. We are now at 91% of our goal! We are still waiting on the results of 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.

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
- Clydsdale Family
- Simpson Electric
- Eastway Pet Resort
- Karen & Allan Smith
- Lise & Gerry Dust
- RONA J. Lalonde & Fils – Rockland & Hammond
- Barbara Hedman and Murray MacDonald
- Brûlé Entreprises
- Navan Boot Scootin' Line Dancing

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



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
 NCA Membership – Ray Vetter
 Social Media Manager – Sarah Zintel
 Navan Nugget – Tom Devcseri
 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 – Cheryle Houle
 Youth Soccer – Danny Stein-Wilson

Upcoming Pavilion Fundraising Events

- **Navan Boot Scootin' Line Dancing**
- **Dueling Pianos show**
- **Winter Raffle**

For those looking for some fun and exercise, consider joining **Navan Boot Scootin' Line Dancing** for their next 10-week session, being held in the upstairs hall of the Navan Memorial Centre

(Tuesdays, starting on January 7th).

The Beginner session (7-8pm) is currently full (waitlist available), however, there are still spots available in the Beginner+ / Improver session (8:15-9:15pm), which is well suited for those who have taken any sort of dance or aerobics in the past, and are generally able to follow and move their feet to more upbeat songs.

The cost of the lessons is \$100 for 10 weeks. All proceeds from this session will go towards the Pavilion Project! Contact NavanBootScootin@gmail.com for more details.



Upcoming Pavilion Fundraising Events

DUELING PIANOS

After the success of last year's sold out Dueling Pianos show organized by the CTAS, the NCA will be hosting a similar event this winter, on Saturday, February 22nd, in the upstairs hall of the Navan Memorial Centre. Doors open at 7pm for a cocktail hour, followed by the entertainment, which starts at 8pm.

The Dueling Pianos are Tyler Kealey and Dave Kalil on two sets of ivory keys, with guitarist Todd Huckabone in the middle. Each unique show features an endless series of classic hits spanning decades of music. Playing a blend of requests from the audience, blistering guitar and piano

solos, three-part harmonies, and random comedic impromptu moments, their show has won over the crowds they perform for time after time.

Tickets are \$42 for General Admission (standing / dancing room only) or \$480 for a VIP table (with tickets and seating for 8 people). Appetizers / snacks prepared by "Lisa in Your Kitchen" are included in the ticket price, and a cash bar will also be available. Tickets are available at the following link: <https://events.frontdoor.plus/event/1021>

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

Dueling PIANOS

FEBRUARY 22, 2025

Navan Memorial Arena Hall
1295 Colonial Rd.

\$42 - General Admission
(standing room only)

\$480 - VIP Table
(with seating for 8)



www.events.frontdoor.plus/event/1021



All proceeds in support of the
NAVAN PAVILION PROJECT



An Evening With
The Dueling Pianos Ottawa

Doors Open at 7:00pm
Show Starts at 8:00pm



Upcoming Pavilion Fundraising Events WINTER RAFFLE

The NCA and the Cumberland Township Agriculture Society are organizing a Winter Raffle, with all proceeds going to the Pavilion project. The prizes total over \$15K and will include:

1. Hot tub (6-person, refurbished) courtesy of Atmosphere Hot Tubs & Leisure
2. \$2,000 (Cash Prize)
3. Two-night stay in Mont-Blanc Condo (sleeps six)
4. Foursome golf passes, including carts, at Hammond Golf Course

Tickets are \$20 each and are available for sale at the Navan Fair Office, at Castello's Pizza, and at Atmosphere Hot Tubs & Leisure. You can also purchase tickets through a member of the Pavilion Fundraising Committee, or by emailing NavanPavilion@gmail.com. Prizes will be drawn on February 22, during the Dueling Pianos Show.

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Navan Pavilion Project

WINTER RAFFLE

\$20

PER TICKET

DRAW DATE: FEBRUARY 22 2025

PRIZES



REFURBISHED HOT TUB

\$2,000 CASH

2-NIGHT STAY AT MONT BLANC

ROUND OF GOLF FOR 4

(WITH CART)

PURCHASE TICKETS AT

Navan Fair Office
Castello's Pizza
Atmosphere Hot Tubs

FOR FURTHER INFORMATION
CONTACT

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“Welcome to 2025”

The month of December kicked off with a luncheon put on by members of the club and drew a large attendance. The highlight of the afternoon was the entertainment provided by the Heritage school band and their choir. The group received thunderous applause from the appreciative audience. The Nifty 50 Chairperson surprised the school band teacher with a monetary donation from the club in support of their musical program. What a talented group of young students, so energetic and full of the Christmas spirit. The other exciting part of the day was the conclusion of our food drive for the OCCRC food bank. There were numerous boxes filled to overflowing, with non-perishable food items. The following day the load of non-perishable items as well as a monetary donation were delivered to the food bank to the delight of the staff at the OCCRC. We look forward to welcoming everyone back on January 8th to welcome in a New Year 2025!

Happy New Year to all the Nifty 50 plus Senior's club members and those who support the group with catering, hall rental etc.

Cheers, Chairperson and Co Chair
Nifty 50plus Seniors club!



Become an NCA Membership holder!

It has been some time since we had a membership drive and with all our new residents and many of our current residents who may not be up to date with a membership, what better time than a new year to sign up!

Hurry now and get your NCA membership!

If you sign up before March 31st, 2025 you'll get an extra 3 months free.

- \$5/1 year expiring on June 30th, 2026.
- Or better option \$20/5 years expiring on June 30th, 2030.
- And best community option \$50/Lifetime.

You can get your membership by:

- going to the website www.navan.on.ca/membership/ to fill out and submitted the application online
- email us at membership@navan.on.ca
- at any NCA monthly meeting in person

What do you get as a member?

- voting privilege at the NCA Meetings
- your membership fees go towards NCA community driven events (e.g., Music in the Park, Remembrance Day, The Nugget, and more)
- being part of the NCA team!
- allows you to bring issues relevant to the village onto the agenda
- opportunity to get actively involved in projects that are of interest to you or where you feel your expertise would add value

The Navan Community Association (NCA) Executive encourages all residents to become members of the community association. NCA meetings are held on the third Monday of the month from September to June at the Navan Memorial Arena (upstairs) at 7:30PM.

We hope you start by coming out to your first meeting on January 20th.

The NCA provides the community link to our city representative. It is the umbrella organization for:

- Production and distribution of the Navan Nugget
- The Nifty 50plus Senior's Club
- The Remembrance Day Committee
- The Navan Builders Wall Committee
- The Fall Fest Committee
- The Winter Fest committee
- The Outdoor Rink Committee
- The Floriculture Committee
- Music In the Park
- The Soccer Registration Group

The NCA has successfully completed projects such

- the Cenotaph Restoration
- the Shade Structure Park project
- the Clock Tower / Builders Wall project
- the Navan 150th Celebration
- the Outdoor Skating Rink

It is currently finalizing the Navan Pavilion project which is the largest project ever undertaken by the NCA and will provide benefits to the community for generations to come.



EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, Sommelier at Large

More Busting Myths

and Dispelling Magic in the Wine World



Happy New Year! My wish is that this year will bring good fortune to us all. A couple of years ago, as the new year descended on us and we were kicking it off with a dry spell, I focused on and wrote about myths and magic in the world of wine, then expanded further throughout the spring. In keeping with this initiative, to start off this year, I wanted to catch up and explore further myths and magic in the wine world. So, join me as we dissipate a few mythical, magical misunderstandings.

To recap our previous discussions (see navan.on.ca/nugget/) we covered the following topics:

- February 2023: Fish guts in filtering wine, aerating wine, wine headaches and sulphites (biogenic amines), and different types of wine glasses.
- March 2023: Natural wine, hipster wines – funky but with staying power.
- April 2023: Reserve wines – does this mean they're better quality than regular wines?
- May 2023: Low-sugar wines – how does this make sense?

In this article, we'll explore the purpose of the punt at the bottom of wine bottles, de-alcoholized wines, tannins, and how long an opened bottle of wine can be stored. Let's dive in!

1. **Should I stick my thumb in the punt of wine bottles as I pour?** Much as I hate to dispel this bit of magic, sorry, but the punt at the bottom of the bottle did not get there so we could stick our thumbs in to pour the wine. This would be a good way to risk dropping the bottle all over your guest or onto the floor. Historically, punts were a function of wine bottles being made by glassblowers. The seam at the bottom of the bottle was pushed up to ensure there wasn't a sharp or rounded point so the bottle would be stable enough to stand upright. Today, the punt is a non-functional, decorative aspect of the bottle.

2. **This de-alcoholized wine tastes like, well, watery grape juice. Are there any good ones out there?** It's hard to predict what wine will taste like after removing the alcohol. Most often, it tastes like plain grape juice. This happens because removing the alcohol strips away much of what gives the wine its character, including its body and weight (the wine becomes thin and watery), sweetness, flavour (many of the aromatic compounds are lost), and the burn or warmth. As a result, the wine tends to become thin and watery. It takes a lot of blending to rebuild the wine's structure and balance out tannins and fruit notes. Some winemakers use additives to compensate, but I have not found any de-alcoholized wines I genuinely enjoy. I'd like to hear if you've encountered any you liked.

3. **What are tannins? How do you know if a wine has tannins? Are there tannins in champagne / white wine?** Tannins are one of the main phenolic compounds of wine. They naturally exist in the stems, skins, and seeds of grapes and in the wooden barrels used to age wines. They contribute to the structure and balance of the wine. It's what makes your mouth pucker (like lemons) or what gives you a drying, astringent sensation in the mouth. Tannins in wine can be gentle and flowing (especially in aged wines) or aggressive and drying. Generally, red wines have way more tannins than whites, as the grapes used to make them are macerated and fermented with skins, stems, and seeds. There are minimal tannins in white wines as the skins are

removed during wine-making. What little tannins there are generally come from being aged in wooden barrels. Sparkling wines have the least tannin content as they are made with minimal skin and wooden barrel contact. Rose wines fall somewhere in the middle as far as tannin content, as the grapes are fermented/macerated with some contact with stem, skin, and seeds. Wines with high levels of tannins pair beautifully with bold red meat. Unopened wines can be aged for decades, as tannins also act as a preservative in wine.

4. **For how long can I keep my opened bottle of wine?**

That depends – on the quality and style of the wine and the level of acidity, sweetness, and tannins in the wine. Most wines will remain drinkable for a few days after opening, depending on how they're re-stoppered and stored. The deciding factor is the quality of the wine. The better the quality, the longer it will keep after being opened. Once the bottle has been opened, oxygen is introduced and absorbed into the wine, i.e., the wine becomes oxidized. This generally changes the colour, smell, and taste of the wine. With red wines, the more robust the red wine, the more natural preservatives (e.g., tannins) it will contain, and this protects the wine against oxidization. Simpler, mass-produced wines may last for about two days at best. A good quality wine will comfortably last about three to four days once re-stoppered and stored in the fridge, while a high-quality wine can last up to a week. For example, a delicate Beaujolais may last three to four days, whereas a robust Primitivo may last four to five days.

a. **White and rose wines**, despite not lasting as long as red wines, will not rapidly oxidize if they're well-made. The higher the quality, the longer they will last after opening. So, a good quality Chardonnay or Sauvignon Blanc will last longer – up to three to four days - than simpler, mass-produced ones. A high-quality white or rose wine can last up to a week in the fridge after opening.

b. **Sparkling wines** are a little different in that they are protected by their own carbon dioxide (this is what gives them the bubbles). Open bottles must, however, be adequately closed with specific stoppers that seal the bottle firmly shut, maintaining the pressure inside the bottle. Once properly shut, I have kept sparkling wines in the fridge for up to a week without much loss of flavour – or bubbles!

c. **Fortified wines** such as port, sherry, and Madeira can be long-lasting due to the higher alcohol and sugar content in the wine. These both act as preservatives, allowing the wine to be consumable for up to several weeks after opening. With port, Ruby style will last for up to a week after opening if resealed with a proper tool such as a VacuVin and kept chilled. Tawny style port may last up to several weeks and, in some cases, months. Sherry, Amontillado, and Oloroso styles will typically last longer - up to a couple of months - after opening than the Fino and Manzanilla styles. Madeira, as it has already been exposed to heat and oxygen during processing, can last for a very long time, more likely for months and years, if the bottle is kept away from direct sunlight and stored upright.

I hope this demystifies the intricate world of wine. As I've delved into in previous articles, winemaking is a remarkably complex art, naturally leading to misconceptions. I plan to explore other intriguing topics in future articles, including the effectiveness of wine preservers, the debate on stemless glasses, the science behind palate cleansers, the myth that good wine must be expensive, and the magic of wine legs. Until next time, cheers to the fascinating world of wine!

HIDDEN GEM

RETHINKING HOW WE UNDERSTAND THE HUMAN BODY AND MOVEMENT



For centuries, the human body has been studied as if it were a machine made of separate parts—bones, muscles, ligaments, organs—each working independently. This approach made sense at the time because early anatomists relied on cadavers to learn about the body. But here's the catch: cadavers don't move. They offer a snapshot of structure, not the full picture of how the body works in motion. Even today, this outdated "parts-based" view influences many fields, including fitness, physical therapy, and movement science. We often hear about muscles working as "prime movers" or "opposing forces," but this explanation doesn't capture the whole story. The body doesn't operate as isolated pieces; it works as an interconnected system, with all parts communicating and working together.

A New Perspective: Integration and Connection

So, what's changing? Emerging research is showing us that the body is far more complex than we once thought. At the heart of this new understanding is fascia—a connective tissue network that weaves through every part of the body. Once dismissed as just a "supportive structure," fascia is now seen as vital to movement, coordination, and even pain management. Fascia connects muscles, distributes forces efficiently, and contains 10 times more sensory nerve endings than muscle tissue. It's like a web that holds everything together, allowing the body to function as one cohesive unit. This discovery is transforming how we approach exercise, therapy, and even the way we think about pain.

Movement is More Than Mechanics

Movement isn't just a mechanical process—it's deeply influenced by your personal history, emotions, and environment. Researchers like Dr. Lorimer Moseley are exploring how pain is not just physical but also shaped by psychological and social factors. This biopsychosocial model helps explain why two people with similar injuries can experience vastly different levels of pain.

Similarly, movement patterns are unique to the individual, shaped by experiences, upbringing, and even past traumas. For example, how you walk or lift something isn't simply about muscle strength—it reflects how your body has adapted to your life story.

What Does This Mean for You?

Understanding the body as a connected, adaptive system shifts how we think about health and movement. Instead of focusing solely on strengthening isolated muscles, it encourages a more holistic approach—one that considers the whole person, including their emotional and social well-being. So, how do you define movement? Is it simply the act of going from point A to point B? Or could it be something richer—a blend of biology, emotion, and experience, all working together in harmony?

until next time... ~ breathe ~ move ~ unwind ~



We celebrated the Christmas season with Eli at Castello's again this year! What a Chef Eli is! Such a delicious meal he prepared for us. We were about 25 that night.

Our next meeting is on Wednesday, January 8 at 7pm on ZOOM. A reminder, that we offer a Bursary to young women attending a college or university. Check the web site to see the registration form. The due date is March 31st, 2025.

PS - Some of our members taught Crochet to a group of senior students at Heritage Public school, this month. What a fun time teachers as well as the students had teaching & learning this creative activity!

Lighting of the Christmas Trees Lights

The Navan Town Clock Plaza is ablaze with the lights of three trees. The Firemen have done it again this year! Many thanks!

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
the 2nd Wednesday of each month September to June



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A NOTE FROM COUNCILLOR CATHERINE KITTS

As we say farewell to 2024, I find myself reflecting on how incredible our community spirit truly is. Navan is such a special place, and I feel so fortunate to represent such an amazing community. A heartfelt thank you goes out to the volunteers and community groups that make it all happen—the Navan Community Association, Navan Lions, Navan Women's Institute, Station 71 to name a few.

From Music in the Park to Fall Fest, Remembrance Day Ceremony, the Original Navan Market, Bradley Cup, and the 77th annual Navan Fair, these traditions showcase everything that makes our community so vibrant. Your time, effort, and dedication continue to make Navan shine.

A special shoutout goes to Luc Picknell and the team behind the Navan Pavilion Project. In less than a year, they've raised nearly a million dollars and made remarkable progress. Watching the project come to life has been inspiring, and I can't wait to see it completed.

I also want to thank everyone who participated in the Rural Summit and provided valuable feedback to help shape priorities for our rural communities. A special shoutout to Glen Edwards for contributing to the summit's Resident Working Group—your efforts do not go unnoticed.

Looking ahead to 2025, with the recent approval of the City budget, I can confirm that construction will take place this year on a roundabout at Navan and Milton—a much-needed improvement for traffic flow and safety.

Also on the horizon, starting in April a significant renewal project will begin at Navan Arena. This work includes replacing the arena slab, refrigeration equipment, and rink boards, as well as accessibility upgrades like a new elevator and viewing platform. The facility will be closed throughout the summer, and I appreciate that this will be challenging for impacted community groups. I'm working closely with those affected by the closure to minimize disruptions, as these improvements are essential for maintaining long-term operations of the arena.

Thank you, Navan, for making 2024 a year to remember. I look forward to working with you all to make 2025 another incredible year for our community!

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FESTIVAL DONATES \$2,000 TO COMMUNITY CAUSES

The Navan Fall Fest, one of the village's favourite autumn events, was declared by organizers as the most successful in 2024. The festival was the best-attended, with the most funds collected through donations, silent auctions, bake sales and BBQ lunch.

Thanks to generous contributions, the festival is thrilled to support three incredible local causes. Donations were provided for the construction of the Navan Pavilion Project (\$1,000), extracurricular student activities at Heritage Public School (\$500) and ongoing senior projects with the Navan Women's Institute (\$500).

A special thanks goes out to all who attended, volunteered and donated. All donations collected cover supply and operating expenses and to fund the next year. The remaining funds are used to support the Navan community.

VISITORS TO ZINTEL'S XMAS HOUSE RAISE A HEAVY DONATION

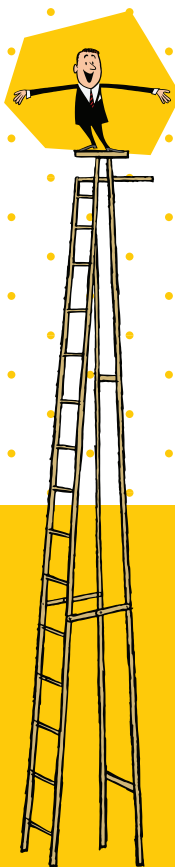


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M.L. BRADLEY "FAMILY" ROLLING WITH THE 2024 FOOD DRIVE



The generosity of the Navan community was once again evident in the numerous clothing donations we collected during the annual Christmas Food and Clothing drive. Your donations were delivered to the new "Thrive Select Thrift" store where 100 percent of their sales will support Big Brothers and Big Sisters youth mentorship in Ottawa and Renfrew County. Many thanks to the volunteers and their families who helped fill the school bus.

Happy New Year from the M.L. Bradley family.

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THE NAVAN NUGGET AND THE POSTAL STRIKE

We were in doubt that the December 2024 hard copy of the Nugget was going to be delivered to homes in Navan. At the last minute, while speaking with Wyatt and Brenna McWilliams we came up with a solution. The promotional material for the food drive that is usually delivered by the McWilliams team door to door was printed on the last page of the December Nugget. The team then delivered the nugget for us, covering most of Canada Posts delivery route. Our surplus Nuggets added to the regular pickup quantity that Bradley's Store generously have been hosting for us for many years. Monica from Sureprint also donated the extra color page cost for us in the printing fee. It just goes to show you how once again this community pulls together to solve problems. Be it from a minor thing like Nugget delivery to Great Ice Storm of '98 and many things in between.



Julia Kaiser, part of the team out on the streets of Navan delivering the Nugget.

The Navan Nugget would also like to thank the all of the advertisers that provide additional help funding its publication. Many have been supporters for quite a few years. In addition to seeing them in the Nugget you can go to navan.on.ca to see their ads. We wish everyone a great and happy new year.

Tom Devecseri - Nugget editor

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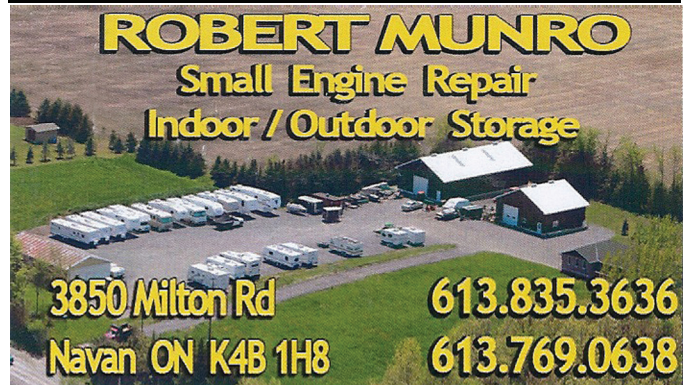
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NAVAN VILLAGE CHRISTMAS FOOD DRIVE

Happy New Year to all!

We had a very successful fifth annual Navan Village Christmas Food Drive where our community donated just under 3000 pounds of food and just over \$5000 cash for The Ottawa Food Bank and the Food Aid program, showing the true Navan community spirit. It was made possible by all of you !

A special thanks to our sponsors RBC, Myers Orleans Chev/Buick/GMC, Myers Orleans Nissan, SurePrint, The New Oak Tree, Costellos Pizza, Navan Community Association.

The teamwork of family, friends and community coming together!

Thank you, from the McWilliams Family.

