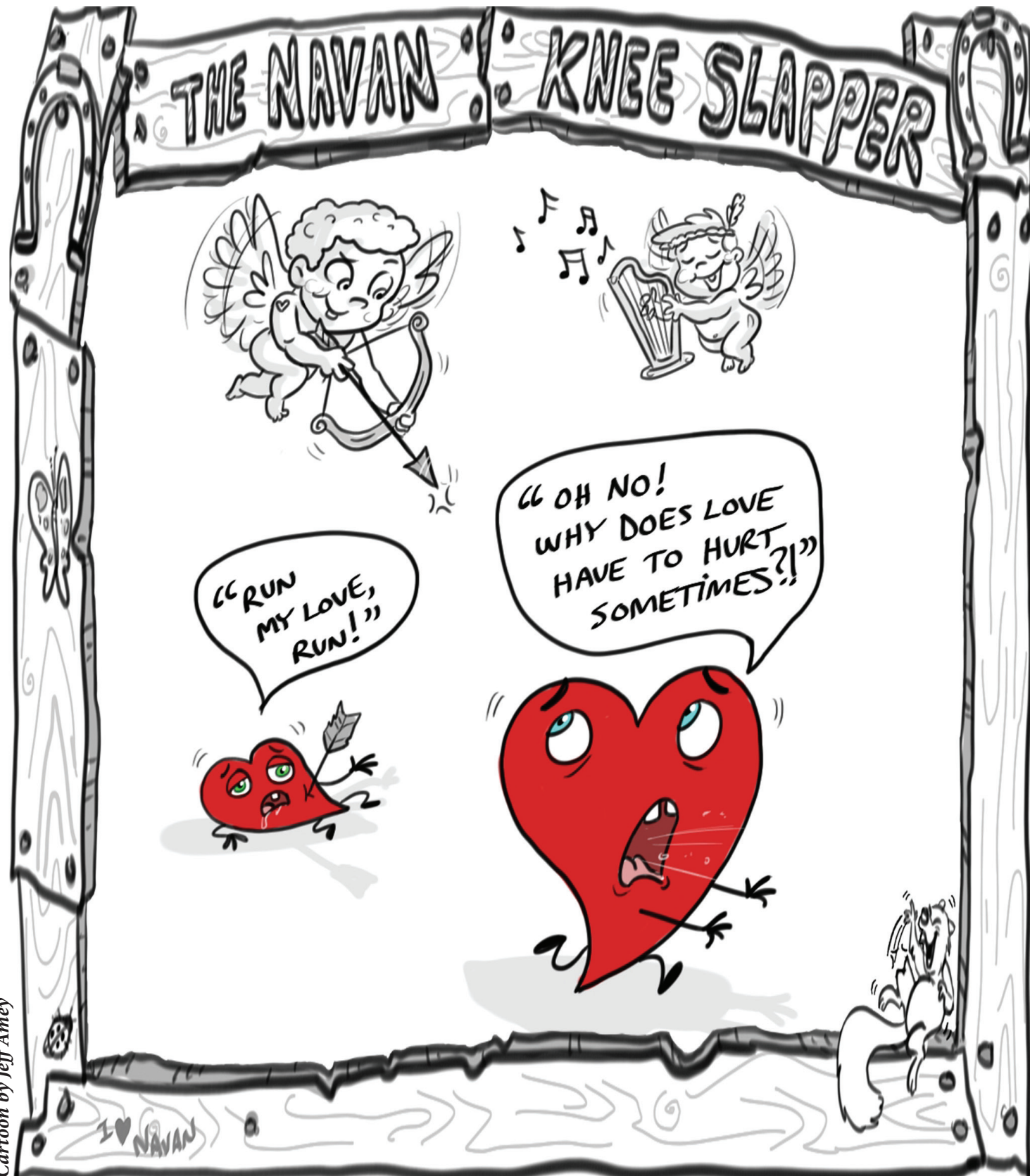


Navan Nugget



BUSINESS CARDS ROTATED BI-MONTHLY

DIGITAL COLOUR VERSION AVAILABLE ON NAVAN.ON.CA





Navan Lions Club President: Tony Fiorentino

Secretarial Team: Mark O'Donoughue and Chris Macpherson

Treasurer: Bob Noakes

It takes a great deal of effort to sustain our fundraising, but we continue to rise to the challenge. Here are some recent initiatives:

BINGO: On Friday afternoons two or three members of the Club will be found helping out in the The Overbrook Bingo Palace on Lola Street. They are there to help players and verify winners and in so doing they generate significant funds for carefully selected local charities. These charities must be for local interests only and be approved by the City. In fact, the whole program has to meet the exacting standards of the Ontario Lottery and Gaming Commission. The Lions who support this initiative have received special training provided by the Commission. This initiative has proved lucrative so far and local charities such as the Food Bank, Quick Start Autism, the Ottawa Mission and several others have benefited. Those of you with long memories no doubt remember the Lions Bingo at the Navan Fair. It was held in a tent and later in the Curling Club. The Bingo Palace offers an air-conditioned, mosquito free environment – somewhat superior to the tent

CURLING Another effective fund raiser is our annual Jerry Calver Memorial Curling Bonspiel. This took place on the 6th and 7th of December. It was fully subscribed with 24 teams participating and several more on the waiting list. The message is: “register early if you want to participate”.

The bonspiel raises funds for The Canadian Pulmonary Fibrosis Foundation. As you might suppose this organization supports those who suffer from this horrible disease and fosters research into better treatment. The late Jerry Calver – who was a very active member of the Navan Lions Club – suffered from this. It was heartwarming to see members of the Calver family enjoying the occasion. A major aspect of the bonspiel is the silent auction. This is open to all and as it has many interesting and unique items up for auction. It always draws a lot of interest and raised \$3372.

The final event of the year was our Navan Lions Christmas party. For the second year running it was held in the Mandarin restaurant on the Tenth Line. It has the space, it is tolerant and supportive of our craziness. And we always have Santa and his Elf. This year Santa (Lion Bob Noakes) was approached by a girl of no more than about 6 who asked “Are you the real Santa” - he replied “ No, but I do

know him” – so if you have any requests for next year ask Bob. Was there any fundraising – “no” but we collected a whole pile of gifts for Toy Mountain.

So now we are looking ahead to forthcoming events for 2025 – Please make a note in your calendars:

DOG GUIDES: The Pet Value Walk for Dog Guides, scheduled for Sunday, May 25th. Registration forms will soon become available to anyone (and their dogs) wanting to participate and help raise money for the Lions Foundation of Canada, Dog Guides.

GOLF: Navan Lions Annual Golf Tournament, planned for Friday, June 6th, 2025. Information on the tournament, including how to register, will be made available on our website shortly. This event raises funds primarily for the Make a Wish Foundation. <https://navanlions.ca/>

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CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY - ANNUAL MEETING

The CTAS annual meeting was held on January 24, 2025, at the Navan Arena.

The attendees enjoyed an educational presentation by Dr. Dave Douglas, Navan Veterinary Services, on his "Tales of my Travels in Kenya".

In recognition of the dedication of many, several awards were presented to both retiring Board members, volunteers and exhibitors.

The 2025 Board of Directors and President Emily Keenan were elected and look forward to working hard to bring you the 78th Navan Fair on August 7 to 10, 2025.



outgoing President Andrew Williams receiving his Certificate for his volunteer service in 2023 and 2024



**Ontario Association of Agricultural Societies
Meritorious Service Award
2024 recipient: Geoff Wall**



The Lloyd G. Morrison Award for 2024 Best Float.
Certificate Awarded to: *Navan Lions Club accepting for the Lions David Grattan(bee) and Fred Hyde (bee keeper)*



**Sam and Janet Rathwell Family Award
2024 Recipient: Dave, Bonnie, and Graceson Bergeron**



**Ontario Association of Agricultural Societies
Years of Service Award
2024 recipient: Luc Bergeron (30 years)**



**Ontario Association of Agricultural Societies
 Accomplishment Award**
 2024 recipient: *Jack Hodges*



**Ontario Association of Agricultural Societies
 Accomplishment Award**
 2024 recipient: *Eleanor Hodges*



CTAS Youth of Distinction Award
 2024 recipient: *Miguel Leal*



Navan Fair Volunteer of the Year
 2024 recipients: *Lois Deavy, Jessie Wall*

NAVAN FAIR FEBRUARY OFFICE HOURS

February 3 to 28 – Tuesday to Thursday from 10 am to 4 pm
 Your 2025 membership can be purchased at the Fair Office.
 Please email if you require assistance outside office hours.

President: Emily Keenan

Office Administrator: Cheryle Watson

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HIDDEN GEM

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



A HOLISTIC APPROACH TO MANAGING PERIOD CRAMPS IN ATHLETES

No, it's not TMI! Discussing period cramps openly is crucial, especially for female athletes who often face a dual challenge in balancing peak performance with menstrual discomfort.

Period cramps, or dysmenorrhea, are a common issue for female athletes, impacting their performance and well-being. Studies show that up to 93% of elite female athletes report menstrual symptoms that adversely affect their performance, highlighting the need for effective management strategies.

Symptoms

Period cramps stem from uterine contractions caused by prostaglandins, which can also affect pain perception.

Symptoms include:

- Lower abdominal pain
- Referred pain to the lower back or legs
- Nausea, vomiting, and diarrhea

Recognizing these symptoms early can help in addressing them proactively.

Impact

The physical demands of high-level training can exacerbate menstrual symptoms. The stress of competition, societal stigma, and a lack of open dialogue about menstrual health can further amplify the perception of pain, affecting athletes' focus and performance.

Resolutions

1. **Heat Therapy** Applying heat to the abdomen or lower back can alleviate muscle tension and improve blood flow, aiding in the relief of cramps and associated discomfort.

2. Hydration and Diet

- **Hydration:** Essential for reducing bloating and supporting muscle function.
- **Diet:** A diet rich in anti-inflammatory foods and key supplements like magnesium, ginger, B1, and zinc can help reduce the severity of cramps.

3. **Breathing Techniques** Controlled breathing can help relax muscles and manage pain, also benefiting overall athletic performance by reducing stress.

4. **Exercise and Stretching** Instead of recommending light exercise, suggest that athletes engage in a gentle warm-up or opt for less intense training during menstruation. Fascia Stretch Therapy™ can be an excellent way to enhance mobility and reduce muscle tension, helping athletes stay active without overtaxing the body during this time.

Support

Fascia Stretch Therapy: This therapy can be a valuable tool for athletes, addressing fascial tension and helping the body relax, which may reduce the severity of menstrual cramps.

Advocacy: Encourage athletes to communicate openly with healthcare providers and seek support from pelvic physiotherapists to address any underlying issues.

A Holistic Approach

Managing period cramps holistically involves understanding the symptoms, acknowledging the impact, and exploring various resolutions. By incorporating strategies like hydration, diet, and Fascia Stretch Therapy™, athletes can find relief and continue to perform at their best.

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

TALENT SHOW AT ST. MARY'S HALL



February 15

5pm to 9pm

at St. Mary's Hall

includes Pizza, Salad, Desert, Cash Bar
+ Local Talent



Local talent donating their time:

Don Boudria and Mary Anne his wife, Don played in a band around the area in his early years, Mary Anne plays an amazing mandolin.

Mike Charron a great guitarist and country singer.

Maurice F. Montpetit also known as Moe the Music Man a very talented guitar player and singer.

Brian Lanigan a super talented guitar player and outstanding Harmonica player.

Barbara Thibert another talented guitarist and mandolin player.

Mary Jane Coburn a late bloomer who started to play ukulele during covid and then went on to guitar.

Few of others entertaining include:

Jeannie Smith, Tom Murray, Jackie Mustill,

Dave Cockery, Chris Walton,

Pierre St. Marie and Marcel Trottier.



Who knew these talented musicians
lived among us!



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Mary Jane Coburn at mjcoburn@rogers.com

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A NOTE FROM COUNCILLOR CATHERINE KITTS

I hope you're staying warm and finding ways to beat the cold winter blues. One bright spot is the incredible construction progress being made on the Navan Pavilion! It's amazing to see how much has been accomplished in such a short time. The fundraising team and construction crews are working tirelessly, and there's a real possibility that it could open in time to host an outdoor rink this winter. Stay tuned for updates from NCA!

It's been a busy start to the year, and I remain committed to asking tough questions and fighting for fairness for our community. A key focus of my work has been how the rapid growth of the east end has so severely outpaced our transportation infrastructure. Last month, I tabled an inquiry on development charges (DCs), which fund projects like new road construction. The findings confirmed what many of us already know: infrastructure funding is not equitable across the city. Between 2015 and 2024, only \$20 million in DCs were allocated for new arterial/collector roads in the east, compared to \$174 million in Barrhaven/Findlay Creek and \$131 million in Kanata/Stittsville. This inequity stems from outdated priorities in the 2013 Transportation Master Plan. With an update finally happening this year, I'm ensuring that our community's needs are front and center.

Speaking of roads, I wanted to pass on that the NCA's February meeting has been rescheduled to Tuesday, February 18th, due to Family Day. City traffic staff will be attending to present redesign options for the Navan/Trim intersection at this meeting. I have pushed back on this project being a priority, but now I want staff to hear from you directly.

Finally, I recently returned from the Rural Ontario Municipal Association Conference in Toronto, where I was proud to help represent Ottawa's rural communities. The conference was an opportunity to meet with provincial ministers to advance our rural priorities, and the insights learned will continue to help us move rural Ottawa forward.



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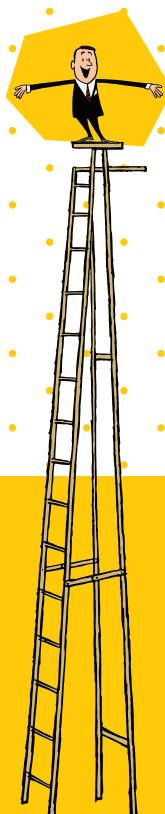
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Nyam Bann, Sommelier at Large

AND YET MORE...BUSTING MYTHS AND DISPELLING MAGIC IN THE WINE WORLD

Last month, as we welcomed the New Year, I began exploring the fascinating myths and magic of the wine world. We discussed the purpose of the punt at the bottom of wine bottles, the concept of de-alcoholized wines, the role of tannins, and how long an opened bottle of wine can be stored.

As promised, this month we will delve into a few more intriguing topics, including the effectiveness of wine preservers, the role of palate cleansers, and the science behind wine legs. Join me as we clarify some mythical and magical misconceptions concerning these subjects.

1. Wine preservers – do they work?

The longevity of an open bottle of wine depends on its quality and style, level of acidity, sweetness, and tannins in the wine. With respect to wine preservers, it also depends on exposure to air and how much wine has been poured out. When opened, wine is exposed to oxygen, which can mellow out some wines initially but will cause all wines to fade over time. If you pour a glass and immediately recork the bottle, it typically lasts about three to four days in the fridge. This method works well for light, fruity wines like Gamay, but not for full-bodied wines like Merlot, as colder temperatures can make their tannins taste harsher. Wine preservation systems can help keep wine fresh longer by removing some of the oxygen in the bottle or inserting a gas such as argon to blanket the wine and prevent it from coming into contact with oxygen. Many options are available on the market, including four well-known types:

a. **Vacu-Vin.** Around \$20 to \$25. A relatively cheap wine preserver with a vacuum pump that allows you to extract the air from the opened bottle and reseal the bottle with a reusable rubber stopper. This preserver works well, but I have found that re-corking the wine and storing it in the fridge works just as well. Wines stay suitable for about up to a week.

b. **Repour.** Approximately \$20 for a set of six disposable stoppers. The device is designed to remove oxygen from an opened bottle of wine and is compatible with all types of wine except sparkling wines. This exception is due to the pressure from carbon dioxide in sparkling wines, which could cause the stopper to pop off and result in a mess. Each Repour stopper features a tab that absorbs the oxygen inside the bottle. While the stopper works effectively, it is not intended to preserve multiple bottles of wine over several pours, as it will eventually become saturated and lose its ability to function. The stopper can last up to two months, provided the bottle is not frequently opened and poured from, as this will saturate the stopper with oxygen.

c. **Kloveo Champagne Stopper.** About \$24 for one stopper. It is made to keep the fizz, i.e., carbon dioxide, in the wine. The stopper seal uses a plastic nipple that expands outward as pressure builds up inside the bottle, creating a bubble-tight seal. It can be used on almost all 750 ml bottles of sparkling wines, some Magnums, and some 187 ml bottles. All you need to do is press the cap down, then lock it with the stainless steel safety clip. The seal is self-tightening, and the clip is easy to release. I've used this stopper on Champagne and other sparkling wines and kept the wine fresh for up to one week.

d. **Coravin Wine Preservation System.** This is by far the most expensive at almost \$300. It allows you to pour wine in any amount without removing the cork, using a Teflon-coated wine needle to



pierce it. Argon, an inert gas stored in specially designed capsules, enters the bottle, protecting the remaining wine from oxidation. The gas creates pressure in the bottle, allowing the wine to flow through the thin needle. In this way, the Coravin prevents oxidation and allows the wine to continue to age naturally. It is important to note that the argon capsules are designed for single use only. So, you must periodically replace both the needles and the gas capsules at additional costs. The Coravin system preserves wine for about one month. This system works exceptionally well, but I would only use it if it were cost-effective for my circumstances.

2. Palate cleansers – why and how to use them.

Palate cleansers are essential for resetting and refreshing your taste buds, allowing you to fully enjoy your wine-tasting session without bias. They help eliminate lingering flavours from your mouth, so each new wine can be appreciated from a fresh perspective. Ideally, palate cleansers should leave very little to no aftertaste. When tasting multiple wines, their flavours and/or aromas may linger for some time. If you don't properly cleanse your palate, these sensations can mask or alter your perception of the next wine. For instance, if the first wine is sweet, you may mistakenly associate that sweetness with the second wine due to the residual flavour of the first wine. Various options can serve as palate cleansers, but it is generally accepted that eating bread or rinsing your mouth with neutral water is the most effective method. Bread absorbs residual wine flavours mixed with saliva, while water rinses away the taste of the previous wine. Plain, mild crackers can fulfill a similar role. Additionally, olives are popular as palate cleansers because their distinct flavour can help reset your palate between wines.

3. Should my wine be showing legs? Does this mean that it's a good-quality wine?

Wine legs – the droplets that form on the inside of a glass when you swirl the wine – are often misinterpreted. Contrary to popular belief, this bit of magic does not indicate a wine's quality. Instead, it can reveal the wine's alcohol content and how external factors like temperature and humidity affect it.

When you swirl your wine, a thin film forms on the surface of the glass. As the alcohol evaporates, the remaining mixture of water and wine collects on the sides of the glass, creating droplets that eventually slide back into the glass. While these wine legs can indicate specific structural characteristics, they offer little insight into the quality of the wine. More legs or droplets may suggest a higher alcohol and/or sugar content. Wines with higher alcohol levels tend to produce legs more readily, as do those containing heavier molecules like tannins and sugars. High-alcohol wines collect a denser array of droplets on the glass, while sweeter, more viscous wines will have legs that flow more slowly. This is why legs are often more evident in heavier red wines or sweet varieties.

It's important to remember that these characteristics are not definitive quality measures. The best way to assess a wine's quality is through smell and taste. Additionally, external factors such as temperature and humidity influence how the legs form by affecting the rate of alcohol evaporation. As a result, the appearance of legs can vary even for the exact wine under different environmental conditions. Ultimately, a wine's quality is determined by the balance of its elements, including aromas, body, acidity, and alcohol level.

This concludes my discussion on myths and magic in the world of wine for now. As always, do let me know if you have any questions and/or comments. You can reach me at nbann@rogers.com. Take care and I look forward to sharing more exciting wine news with you next month. Cheers to a fabulous February!

NAVAN NOTABLES

CASSANDRA CALL

This young lady grew up in Navan, playing hockey with her Dad on their very own rink in their back yard! She loved playing the game! She made the Gloucester Stars team, then went on to the Ottawa Ladies 67! Upon finishing high school she received a scholarship to Moncton University in New Brunswick. Finishing up her education she was called to Berlin, Germany to join the "Frauen Eisbären" team. I love her white and pink Jerseys with their polar bear in the middle of them! The team travels mostly by bus to other cities to compete. Sometimes they jump on a flight to get to their destinations!



She is now back in Berlin. Upon her arrival in Germany she will be going to play in Budapest then on to Zurich for exhibition games. This before the season starts. So Cassandra is one lucky girl, enjoying the most dynamic city in Europe and a sport she finds so thrilling. You know, hard work, practice, sure pays off! Good luck to her and much success in her future endeavours!! Navan is proud of you! A skate under our Pavillion next time you're home is a must!

Sheila Minogue-Calver

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Our January 2025 meeting took place on Zoom. Very convenient, Our Rose (R.O.S.E.) programme will take place in March. It will be an interesting topic on Computers and Security. We hope many will come out that night to learn more on stopping scammers. Anyone wishing to contact us, here is our email address navanwi@gmail.com

DON'T BE A VICTIM TO FRAUDS AND SCAMS

SAVE THE DATE

MARCH 27, 2025

AWARENESS SESSION

HOSTED BY NAVAN WI



Detailed Information to follow in Nugget March Issue
navanwi@gmail.com



The new year started off with our normal kick off luncheon which was very well attended by the members. Each week a new trivia subject was presented and each table competed to see who could answer the questions first. Along with learning something new about the topic, it certainly got the competitive juices flowing. The group meets every Wednesday afternoon upstairs at the Navan Memorial Arena from 12:30pm to 4:30pm September to June.



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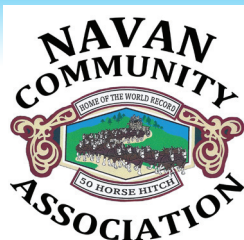
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PAVILION PROJECT UPDATE

The new Pavilion is getting closer to completion! Despite extreme weather in the month of January, our general contractor C&L Construction persevered with the construction. The siding, flashing and underside plywood was installed. Gloucester Electric completed the receptacle and lighting fixture work as well. Final touches, dismantling and clean-up of site will be taking place soon to allow us to install the outdoor rink as soon as it's all completed. Come spring time, the Pavilion Project team will also be adding drainage to manage water shedding as well as landscaping work to allow for full use of the Pavilion and its surrounding areas. Fundraising for the Pavilion project continues to advance. We are now at 93% of our goal! We have multiple upcoming fundraising events such as a Winter Raffle and a Dueling Piano show (Feb 22). 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



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
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- Barbara Hedman and Murray MacDonald
- Brûlé Entreprises
- Navan Boot Scootin' Line Dancing



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.

Special NCA Meeting on February 18, 2025 Public Consultation

Since the third Monday in February is Family Day, the NCA meeting will be moved to Tuesday February 18th, 2025. This particular meeting will be special in that City of Ottawa traffic staff will provide an explanation on the proposed **Navan/Trim road functional re-design options for the intersection**. We strongly encourage Navanites to attend the meeting to provide their input on this proposed intersection modification.

Become an NCA Membership holder!

Hurry now to get your NCA membership for \$5/year! If you sign up before March 31st, 2025 you'll get an extra 3 months free as it will only expire on June 30th, 2026. What do you get as a member?

- Voting privilege at the NCA Meeting
- Your \$5 goes towards NCA community driven events (e.g., Music in the Park, Remembrance Day, The Nugget, and more)
- Being part of the NCA team!

To become a member, go to the Navan Community Association website www.navan.on.ca in the "membership" tab or email us at membership@navan.on.ca.

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 Devecseri
 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

Lots of ways to check us out

NCA website - www.navan.on.ca

NCA email - nca@navan.on.ca

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

On Facebook - [www.facebook.com/](https://www.facebook.com/NavanCommunityAssociationNCA/)

[NavanCommunityAssociationNCA/](https://www.facebook.com/NavanCommunityAssociationNCA/)

Upcoming Pavilion Fundraising Events WINTER RAFFLE

The NCA and the Cumberland Township Agricultural 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.

Navan Pavilion Project

WINTER RAFFLE

\$20

PER TICKET



PRIZES

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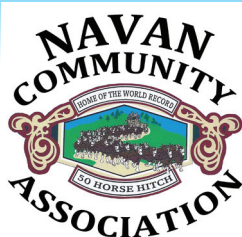
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MONT BLANC RESORT**



ROUND OF GOLF
(WITH CART)

DRAW DATE: FEBRUARY 22 2025

LICENCE #: M837005 - MUST BE 18 YEARS OF AGE TO PARTICIPATE



Upcoming Pavilion Fundraising Events

DUELING PIANOS SHOW

February 22, 2025

Dueling Pianos are back! The CTAS and NCA will be hosting a similar event as last year, 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 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>**

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Dueling PIANOS

FEBRUARY 22, 2025

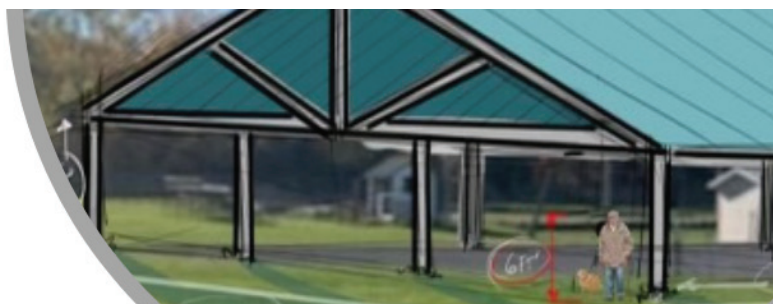
Navan Memorial Arena Hall
1295 Colonial Rd.

\$42 - General Admission
(standing room only)

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



[www.events.frontdoor.plus/event/1021](https://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



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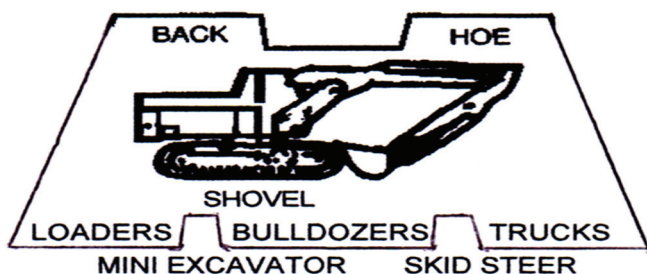
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GREAT GRAY OWL

The Great Gray Owl is usually a rare sight in Ottawa. This species typically irrupts in our region every 4 years and sometimes 5. Winter 2024 - 2025 will be year 4. The southward movement of this species is likely linked to a decline in the population of the red-backed vole.

I have heard of at least 4 and was able to see and photograph 2. One in the east end and another in the center town area.

The Great Gray Owl is one of the tallest owls in NA. Length: 24.0-33.1 in (61-84 cm). It's just a ball of feathers, Weight: 24.7-60.0 oz (700-1700 g). And has an impressive Wingspan: 53.9-60.2 in (137-153 cm). Both the Great Horned Owl and Snowy Owl weigh more than a Great Gray Owl and they have larger feet and talons. Their striking yellow eyes and white bow-tie pattern on neck separate Great Gray from Barred Owl.

I have also seen 4 snowy owls in the Navan area around Giroux Rd. so far this winter.

Tom Devecseri

(More Great Gray Owl images on the next 4 pages)







