

Navan Nugget



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THE PAVILION ICE IS FANTASTIC!



Ice skaters and hockey players are ecstatic about the new Navan Pavilion. The Outdoor Rink was operational on Feb. 7th. With the support of the community, we have almost reached our fund raising goal to complete the project. Every donation counts! (see page 10 for more details)



BRADLEY CUP 2025



Navan Pavilion Project

The Battle for Hockey Supremacy is back!

This year's tournament will feature 6 teams -
Cumberland, Hammond, Navan,
Orleans, Sarsfield and Vars
- all competing for the most coveted trophy for
local men's hockey teams - The Bradley Cup.

The Bradley Cup Charity Hockey Tournament is a community fundraiser that has attracted over 500 players and spectators in each of the 7 years it has run. Over \$100,000 has been raised in the past 7 years for local communities, families in need and charitable organizations. This year we will be supporting the Navan Pavilion Project.

The tournament promises to be a great day, fun for the whole family, with live entertainment, food & beverage, and of course, competitive hockey.

Friday, March 21				
ROUND ROBIN 1	5:10 PM	Cumberland	vs	Vars
ROUND ROBIN 2	6:00 PM	Navan	vs	Hammond
ROUND ROBIN 3	6:50 PM	Orleans	vs	Sarsfield
ROUND ROBIN 4	7:40 PM	Hammond	vs	Vars
ROUND ROBIN 5	8:30 PM	Cumberland	vs	Orleans
ROUND ROBIN 6	9:20 PM	Navan	vs	Sarsfield
Saturday, March 22				
ROUND ROBIN 7	10:10 AM	Hammond	vs	Cumberland
ROUND ROBIN 8	11:00 AM	Orleans	vs	Navan
ROUND ROBIN 9	11:50 AM	Vars	vs	Sarsfield
ROUND ROBIN 10	12:40 PM	Navan	vs	Cumberland
ROUND ROBIN 11	1:30 PM	Sarsfield	vs	Hammond
ROUND ROBIN 12	2:20 PM	Orleans	vs	Vars
	3:10 PM	YOUNG GUNS GAME		
QUARTER FINALS	4:00 PM	3rd Place	vs	6th Place
QUARTER FINALS	4:50 PM	4th Place	vs	5th Place
SEMI FINALS	5:40 PM	2nd Place	vs	Winner 3rd vs 6th
SEMI FINALS	6:30 PM	1st Place	vs	Winner 4th vs 5th
	7:20 PM	GIRLS HOCKEY		
FINALS	8:10 PM	CHAMPIONSHIP GAME		

NAVAN NOTABLES

LOLA MAISY LARMOUR

It is with deep sympathy that I write this column to our readers. Lola was one of a kind woman. She left us at 105 years old!

Anyone who knew her loved her. She greeted everyone with the sweetest smile! Lola was a loving wife, a cherished mother of 5, a proud grandmother, great-grandmother and great-great grandmother. Her family was her joy, her home was filled with warmth and welcoming hugs, and delicious suppers! She greeted all who came to visit with open arms!

I knew Lola through the Leonard W.I. It was such a pleasure to be in her company. She was a quilter, a 4-H leader, a Sunday School teacher, member of the UCW, and a volunteer in her Sarsfield community. Lola spent her last few years at Russell Meadows Home. Her genuine kindness, vibrant spirit, and enduring faith made her a beloved and delightful woman wherever she went!

We will miss this happy, pleasant, angel, called Lola! Watch over your loved ones!

Thanks to Lola's family for allowing me to write this tribute to her.

Sheila Minogue -Calver Navanwomen.com [Navan W.I.]



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This month we had a lot of business to attend to, BUT afterwards our treat was wine accompanied by the special kinds of chocolate!! How yummy is that! Danielle and Marie did a lot of research to find the correct wines and chocolate choices! Thanks ladies!

This past year we have made donations to Orleans Food Bank, Heritage Public School Band, the Breakfast programme at the school Bursaries, Navan Fair, Navan Fall Fest, Music in the Park, Families in need. For 3 weeks, a few of our talented crochet ladies gave lessons to the Senior kids at Heritage! This programme was well received!

Now we are looking forward to the Bradley Cup coming soon, And skating under the Pavillion! What a grand Pavillion it is too!!

***DON'T BE A VICTIM
TO FRAUDS AND SCAMS***

MARCH 27, 2025 - St. Mary's Hall – 7 pm – 9 pm

AWARENESS SESSION

HOSTED BY NAVAN WI

Presenters:

Mina Sadeghi-PFP

Investment & Wealth Advisor
at RBC Dominion Securities

Constable Marc Leroux

Community Police Officer, Ottawa Police Service

Light refreshments will be provided
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HIDDEN GEM

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



OVERWHELMED? HOW TO HELP YOUR NERVOUS SYSTEM UNWIND

These days, it feels like stress is everywhere. The world is uncertain, political tensions are high, and life's daily demands never seem to slow down. Over time, this constant state of stress takes a toll—our muscles tighten, sleep becomes restless, and we feel stuck in a cycle of tension.

What many people don't realize is that stress isn't just mental—it's physical. When we're on edge, our **nervous system stays in a heightened state**, making it harder for the body to relax and recover. The good news? You can actively shift your body out of stress mode by engaging the **parasympathetic nervous system**—the part responsible for rest, recovery, and deep relaxation.

The Power of Breath and Gentle Movement

One of the simplest ways to calm your nervous system is through **breathwork and movement**. Deep breathing—especially slow exhales—triggers a relaxation response, lowering stress hormones like cortisol.

Similarly, **gentle stretching, movement, and bodywork** can help release built-up tension. You may already stretch, breathe deeply, or take time to relax on your own—but did you know these principles are also the foundation of Fascia Stretch Therapy™ (FST™)?

Unlike traditional stretching, which focuses on individual muscles, FST™ targets the **fascia—the connective tissue that surrounds and influences every structure in your body**. By combining breath, traction, and rhythmic movement, FST™ works with your nervous system rather than against it, allowing for deeper relaxation and lasting relief.

Why Nervous System Health Matters More Than Ever

When we experience chronic stress, our nervous system gets stuck in “fight-or-flight” mode, keeping our muscles tight, our minds on high alert, and our bodies inflamed. Over time, this can lead to:

- **Stiffness and reduced flexibility**
- **Increased pain and tension**
- **Poor circulation and slower recovery**
- **Difficulty sleeping**
- **Higher levels of anxiety and fatigue**

By prioritizing nervous system recovery, **we don't just manage stress—we actively improve our long-term health and well-being**. FST™ is one of the most effective ways to do this, helping to:

- ✓ **Improve circulation**, enhancing blood flow and recovery
- ✓ **Release muscle and fascial tension**, easing chronic tightness
- ✓ **Promote deeper, more restorative sleep**
- ✓ **Boost mood & mental clarity**, helping you feel more balanced

The Importance of Human Touch in Stress Relief

In difficult times, we often seek comfort through connection—whether it's a reassuring hug, a conversation with a friend, or

simply being in the presence of others. **Physical touch plays a huge role in stress relief**, and this is why hands-on therapies like FST™ can be so powerful.

When a trained practitioner moves your body through assisted stretching, it sends signals to your brain that **it's safe to let go**. Your nervous system shifts gears, and suddenly, the tension you didn't even realize you were holding starts to melt away.

Final Thoughts

We can't always control the world around us, but we can take steps to support our own resilience. Whether it's through **breathwork, stretching, or guided hands-on techniques like FST™**, taking care of our nervous system is one of the most effective ways to manage stress in uncertain times.

Stress may be inevitable, but staying stuck in it isn't. The more we prioritize relaxation and recovery, the better we'll move, feel, and adapt—no matter what challenges come our way.

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



NAVAN LIONS

Annual Golf Tournament

Friday June 6, 2025

Registration 8:00 am

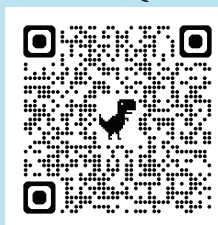
Shotgun style self start 9:00 am

Pine View Golf Club - Championship Course
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www.pineview.com

The entry fee (\$95 single, \$380 foursome) includes:

- ▶ your green fee (nine holes)
- ▶ use of a golf cart
- ▶ morning coffee and muffins upon arrival
- ▶ BBQ lunch after the round
- ▶ contest opportunities and silent auction

Register at navanlions.ca
or use the QR code





NAVAN FAIR BOOK 2025 – Cover contest

The Navan Fair is looking for artistically motivated youth to help us create the cover for the 2025 Fair Book!

This year's fair theme is 'Muddy Boots and Country Roots'. 2025 is also the 30th anniversary of the Guinness World Record 50 Horse Hitch, held in 1995.

Your artwork should reflect either the 50 Horse Hitch or the fair theme, or both. The theme should not be included in writing in the drawing, as it will be superimposed on the fair book cover later.

The competition is open to youth in grades 4 to 12. Entries will be accepted from March 1st to April 18th, 2025.

The winner will receive two (2) day passes to the 2025 Navan Fair.

Please send any questions and entries to: navanfair@bellnet.ca or drop off at the Fair Office. Keep your paper version of your submission. The winner will need to provide it to the Fair Office following selection. Thank you in advance for your participation and looking forward to your entries.

CTAS MEMBERSHIPS

2025 memberships can be purchased in the Fair Office. Pricing remains the same as 2024. Early bird memberships purchased by **April 30th** receive a \$5 discount off the regular pricing below.

Adult	\$35
Senior (65+)	\$25
Youth (13 to 17)	\$20

Fair admission passes and pricing will be available later.

MARCH OFFICE HOURS

March 3 to 31 – Tuesday to Thursday from 10 am to 4 pm
Please email if you require assistance outside office hours.

President: Emily Keenan

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

CALLING ALL FASTBALL PLAYERS!



With spring fast approaching, it's time to start thinking about the 2025 Minor fastball season. If your child wishes to play fastball or t-ball this summer, please provide their name and year of birth to allow us to compile team lists. Should the number of registrations allow Navan to have its own team(s), a formal registration will occur at a later date. Details should be sent to navanminorfastball@gmail.com by March 24th, 2025.

APPEL AUX JOUEURS DE BALLE MOLLE!



Le printemps arrive à grands pas! Il est donc temps de penser à la saison de balle molle mineure de 2025. Si votre enfant souhaite jouer à la balle molle ou au t-ball cet été, veuillez svp nous faire parvenir son nom et son année de naissance afin que nous puissions établir des listes d'équipes. Si nous avons assez d'inscriptions pour permettre Navan d'avoir sa/ses propre(s) équipe(s), une inscription formelle aura lieu à une date ultérieure. Les détails doivent être envoyés au navanminorfastball@gmail.com au plus tard le 24 mars 2025.

NAVAN NUGGET ADVERTISING RATES

(email inquiries to: navannugget@navan.on.ca)

Business Cards

- \$150.00 (single 3.5x2 in) for 6 issues printed bi-monthly plus ad on NCA website. (prorated)

AD space

¼ page Ad-	\$60.00/1 issue	\$275/ 6 issues
	3.75 wide x 4.7 inches tall	
½ page Ad-	\$120.00/1 issue	\$500/ 6 issues
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1 page Ad-	\$200.00/1 issue	\$1000/ 6 issues
	7.8 wide x 9.4 inches tall	

Color printing of any size ad is a full color page charge of \$250.00



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In Memoriam

Flowers were laid on the altar of St. Mary's Anglican church, Navan, in memory of Trooper Cecil McFadden.



2025 marked the 80th Anniversary of his death. He was killed in action on February 13, 1945, World War II.



Forever loved and remembered by his two remaining siblings - sisters Inez Simpson and Eileen Vaillancourt.

Trooper Cecil McFadden - 1st Canadian Armoured Carrier Regiment

Date of Birth: October 13, 1922
 Place of Birth: Navan, Ontario
 Date of Death: February 13, 1945
 Place of Death: Germany
 Place of Burial: Groesbeek, The Netherlands
 Age: 22

Cecil McFadden was the eldest child of Charles Wende McFadden (1896-1965) and Annie Maria Cork (1896-1980). His siblings were:

- o Kenneth
- o Lyle
- o Basil
- o Inez
- o Eileen

Cecil grew up at the McFadden family home at 4525 Trill Road, Navan. At the time of his enlistment, Cecil had been employed as a Clerk with the Controller of Supplies in the Canadian Government for 2 1/2 years. Cecil travelled in Ottawa through his work week and bicycled home to Navan on the weekends. His bicycle is lovingly kept in working order by his family still today.

Royal Canadian Armoured Corps

Cecil's Date of Enlistment: September 8, 1942
 Place: Ottawa, Ontario
 Age: 19
 Service Number: C95589
 Embarked from Canada: June 25, 1944
 Embarked from United Kingdom: July 3, 1944
 Embarked from United Kingdom: December 21, 1944
 Disembarked in Belgium: December 13, 1944

Cecil's medals include: 1939-45 Star, Princess & George's Medal, Canadian Volunteer Service Medal & Clasp, War Medal (1939-45), and Anne McFadden's Silver Cross.

Kangaroo Regiment

When Cecil was in England in the fall of 1944 he was transferred to the newly formed 1st Canadian Armoured Carrier Regiment (C.A.C.R.) - called the "Kangaroo Regiment" - consisting of men selected from across all units of the Royal Canadian Armoured Corps. About 60 Canadian-built Ram artillery tanks were converted into armoured personnel carriers and nicknamed "Kangaroos" for their ability to quickly carry soldiers in a protected space. The tank driver sat on the right, the vehicle commander/forward operator on the left, and up to 12 personnel stood in the open-topped compartment.

Groesbeek Canadian War Cemetery, Netherlands

Cecil McFadden's unit was part of the Allied Army's successful but hard-fought advance into the German Rhineland in February to May 1945. On February 13th near Clee, Germany, the Kangaroo that Cecil was driving encountered heavy anti-tank, machine and mortar fire from German forces. Cecil was killed instantly.

Tranquil you lie Your Memory hallowed In the land you loved

Cecil is remembered for his love of family and home, community, softball, hockey, and sports. He wrote dozens of letters home to family, friends and neighbours. Cecil's parents, most of his siblings, several relatives and family friends have visited his gravesite, pictured at left.

Silver Cross Mother

In 1987, Annie McFadden-age 91 and wearing her Silver Cross-attended around the First Napanee Cemetery and laid a wreath as Silver Cross Mother at the inaugural Remembrance Day ceremony.

The National Memorial Cross "Silver Cross" is presented to mothers and wives of Canadian soldiers who died on active duty.

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Cecil's biography is shown above.

The other Navan Cenotaph Biographies may be read online at
www.navan.on.ca/remembrance-day/

A NOTE FROM COUNCILLOR CATHERINE KITTS

It's been a flurry—both figuratively and literally! With nearly 70 cm of snow falling in just five days in mid-February, our winter operations teams have been working tirelessly to keep roads, sidewalks, and pathways clear. A huge thank you to dedicated crews for their round-the-clock efforts. I also want to recognize the many neighbours who have stepped up to help each other out!

In mid-February, Navan came together for a truly special evening to celebrate the first sheet of ice at the new Pavilion Project. It was an unforgettable moment, with music, heartfelt toasts, and a well-deserved tribute to the man who made it happen: Luc Picknell. His leadership, along with the hard work of the Navan Community Association and the incredible fundraising efforts of so many of you, has brought this dream to life. I'm so proud to have supported this project and grateful that the City played a role in making it a reality. Seeing the rink open for skaters is fantastic, and I look forward to the official grand opening later this year!

Thank you to everyone who came out to the Navan Community Association meeting in February to discuss the staff-driven proposed intersection modifications at Navan and Trim. As I have shared previously, I was taken aback when staff brought these plans forward as issues at this intersection have not been on my radar. I appreciate that staff met with the community to articulate their position, and I was grateful for the thoughtful feedback and questions from residents who attended. Staff will now review your input before determining the next steps, but rest assured construction is not imminent. I'll be sure to keep you updated when I hear more.

Lastly, excitement is building for the Bradley Cup Charity Hockey Tournament on March 21-22 at the Navan Memorial Arena! Teams from Navan, Cumberland, Vars, Sarsfield, Hammond, and Orléans will battle it out for the title, all while supporting a great cause—the Navan Pavilion Project. There's also food, drinks, and family-friendly activities. I hope to see you there! Happy March Break!



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EXPLORING WINES, WINE STYLES, AND FOOD CHOICES

Nyam Bann, Sommelier at Large



ALTERNATIVE WINES TO TRY

This month, I am presenting eight wines I have recommended in the past through this column and my monthly Signature Series posted on social media, plus two Canadian wines that I have not yet reviewed. This selection shows that there is still a variety of wines from which to choose, even if we cannot indulge in wines from the USA. As a side note, I have not explicitly focused on Canadian wines with my sommelier hat on since I am just starting this activity. However, I encourage you to explore and discover which Canadian wines you like, as we produce exceptional, emerging world-class wines.

Up First - Going Local

First on my list are two great wines I've had from our closest vineyards and one a little further away. I have not yet reviewed these wines for my column, but stay tuned.

1. **Vignoble Clos du Vully Marquette 2018. \$23.00.** <https://www.vignobleclosduvully.com/>. This cold-climate red wine offers a unique profile. It is medium- to full-bodied, complex and well-balanced, with moderate acidity and tastes of cherries and blackberries, finishing with black pepper and slightly earthy notes. Superb as a sipper, or pair it with roast duck in a cherry sauce or baked brie with cranberries and walnuts.

2. **Domaine Perrault Saint-Pépin. \$19.00.** <https://www.domaineperrault.ca/>. This white wine is medium-bodied with moderate to high acidity. It presents aromas of white flowers, with lemon, grapefruit, and lychee on the palate. It reminds me of a wonderful Reisling and is lovely with pasta with salmon in a cream sauce or strawberry-rhubarb pie.

3. **Magnotta 2021 Pinot Rose Venture Series VQA. \$13.10.** <https://www.magnotta.com/>. This rose is a well-balanced blend of Pinot Noir and Pinot Grigio. It is dry and medium-bodied with bright acidity, delivering juicy red berries, peaches, cherry, and rosemary notes with a citrus finish. It perfectly complements the heat in a spicy Vegetable Vindaloo. Notably, a portion of the sales from this wine goes to support the G. Magnotta Lyme Disease Research Lab at the University of Guelph.

On To Three Awesome, Affordable Classics

A Côtes du Rhône, a Beaujolais, and an Appassimento went to a bar...

1. **Famille Perrin Réserve Côtes du Rhône. \$15.10.** Vintages # 363457. This red wine is produced by the leading organic wine grower of the Southern Rhône Valley, which has been around for over five generations. It is medium-bodied and features juicy blackberry and plum flavours, with a hint of mushrooms and herbs and a smooth, earthy finish. This excellent sipper is versatile enough to pair beautifully with the layered flavours in a Hungarian Goulash or a French Ratatouille.

2. **Domaine de la Creuze Noire Belle Vue Saint-Amour 2022. \$21.70.** Vintages # 38098. Saint-Amour produces delicate wines with impressive finesse from the most northerly cru in Beaujolais. This red wine delivers strawberry, raspberry and cherry notes, with some spice and a touch of the region's distinctive minerality. It is a fantastic complement to Christmas or Easter lunches or dinners.

3. **Passo Del Sud Appassimento. \$13.35. LCBO# 520254.** This is a definitive Primitivo (aka Zinfandel). It is a full-bodied, rich, and ripe red wine. The well-balanced intensity, with notes of cherries, blackcurrants, and raisins, is complemented by smoky chocolate notes punching through on the finish. It is a warming treat as a late summer sipper or with BBQ, satisfying your palate with every sip. For an indulgent treat, try it with dark chocolate-covered raisins.

Bringing up the Rear with Outstanding Wines

The wines listed below are unusual because they are not yet everyday drinking wines – although they can be. They offer incredible value for the cost and are well worth trying.

1. **Ca' del Bosco Cuvée Prestige Extra Brut Franciacorta. \$40.80.** Vintages # 105353. This is a splendid alternative white sparkler to pick up winter's doldrums. Italy's answer to Champagne is made in the same style as Champagne (Prosecco is not) and uses the same varietals. Franciacorta is medium- to full-bodied and richer and creamier than Prosecco, with a drier, finer fizziness. It also presents the same yeasty characteristics synonymous with Champagne and shows lemon, grapefruit, honey, and saltines on the nose. It is crisp and fresh, a treat with Seafood Risotto.

2. **Vaeni Damaskinos Xinomavro Red Wine 2019. \$22.95.** LCBO# 40206. Xinomavro is the flagship grape of Macedonia, producing a powerhouse of a red wine. If you are a fan of Nebbiolo wines such as Barolo and Barbaresco, you will surely love Xinomavro. It is a medium- to full-bodied, complex wine known for its bright acidity and high tannin content. Its complex aroma profile includes cranberry, sour cherry, raspberry, and pomegranate notes, with hints of mushroom, smoke, and olives. It is rich and flavourful and pairs amazingly well with Greek Lamb Kleftiko.

3. **Merayo Las Tres Filas Mencia 2020. \$18.20.** Vintages # 462788. This red wine offers a perfect balance of richness and freshness. It is medium-bodied and features a juicy flavour profile with notes of strawberry, raspberry, and cherry, harmoniously blended with pomegranate and peppery undertones. It is well-balanced, with hints of minerality from its origin in the Iberian Peninsula. It will surely delight your senses, as its tannins and acidity pair beautifully with Black Pepper Steak, complemented by buttery wild rice and sautéed garlic mushrooms.

4. **Alois Lageder Vernatsch-Schiava. \$19.25. LCBO# 19633.** The authentic cotton-candy red wine is from Trentino-Alto Adige, the northernmost wine region of Italy. This winery comprises family-owned vineyards managed based on biodynamic principles. Schiava is an elegant and light-bodied red wine with exquisite aromas of cotton candy, wild strawberries, cherries, and roses. Dry, with refreshing acidity. Alcohol levels are slightly lighter because the grape grows predominantly in a cooler climate. It's fabulous for sipping on lazy summer days or with grilled fish tacos.

It is always my pleasure to review wines with and for you. These are just a few of the wines I've tried, shared with others, and written about since earning my sommelier certificate. I especially enjoy experimenting with food pairings and sharing my findings with you. I encourage you to try some of the wine and food pairings outlined in this column. I promise you will not regret it. Next time, I will review Spring Sparklers. Cheers for now!

Colonial Veterinary Hospital

Dr. Paul Brown, Dr. Denene Clifford,
Dr. Catherine Sin, Dr. Michael Grimshaw

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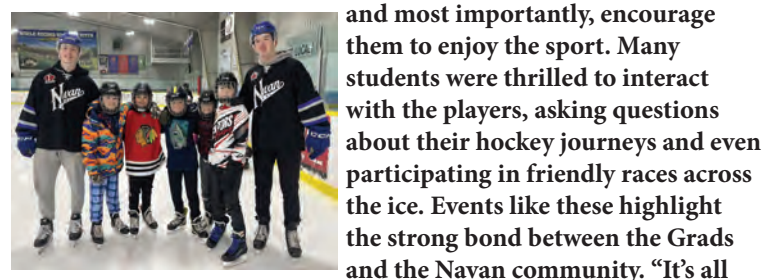


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NAVAN GRADS SKATE WITH HERITAGE PUBLIC SCHOOL STUDENTS, SPREADING JOY IN THE COMMUNITY

The Navan Grads continue to make a difference both on and off the ice, demonstrating their commitment to the community with a special outing joining some lucky Heritage Public School students! In a heartwarming event, several Grads players laced up their skates and joined the students for a morning of fun at the Navan Memorial Centre!

The young students had the opportunity to skate alongside their hockey heroes, receiving tips, sharing laughs and making memories that will last a lifetime. The Grads players, known for their dedication to the game, took the time to engage with the kids. They help them improve their skating skills



and most importantly, encourage them to enjoy the sport. Many students were thrilled to interact with the players, asking questions about their hockey journeys and even participating in friendly races across the ice. Events like these highlight the strong bond between the Grads and the Navan community. "It's all about giving back and inspiring the next generation," said #6 Ian Ramsay. "We were all young kids once, looking up to older players. It's great to have the chance to be those role models now."

The outing with Heritage Public School is just one of many ways the Navan Grads engage with the community. The team regularly participates in community programs, charity initiatives and youth hockey development activities, reinforcing their role as ambassadors for the sport. Their presence at the school skate not only encouraged the kids to stay active but also fostered a deeper connection between local youth and the game of hockey.

GRADS ENTERING PLAYOFFS LOOKING TO DEFEND THEIR CHAMPIONSHIP TITLE

While the Grads are making an impact in the community, they're also making waves in the CCHL standings. With the regular season coming to a close, the defending league champions currently hold second place in the league with an impressive 28-13-2-4 record. As the playoffs approach, the Grads are determined to defend their title and make another deep run for the Bogart Cup. Before the playoffs begin, fans still have a few more chances to catch the Grads in action at home. March home schedule:

Friday, March 7th vs. Smiths Falls Bears – 7:30 PM

Sunday, March 9th vs. Brockville Braves – 3:30 PM

Friday, March 14th vs. Carleton Place Canadians – 7:30 PM

Sunday, March 16th vs. Hawkesbury Hawks – 3:30 PM

As the regular season wraps up, the team is focused on fine-tuning their game and carrying momentum into the playoffs. We need the support of the entire Navan community to help push us toward another championship! Tell your friends and family to come out and experience some fast-paced, exciting hockey. Be sure to follow the Navan Grads on social media for updates on the playoff schedule, and come out to the Navan Memorial Centre to cheer on the team as they fight to defend their title!



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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PAVILION PROJECT UPDATE

The new Navan Pavilion structure is complete! The outdoor rink is up and the community is able to enjoy some great outdoor skating despite the stormy weather. The project is almost across the finish line but still has some important components to complete. 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 97% of our goal! On Feb. 22nd, we had a lot of fun at the dueling piano night which helped raise more funds towards our continued effort. The winners of the Pavilion Fundraising WINTER RAFFLE were drawn that night. Congratulations to the following:

1. **Jamie McRae: Hot tub (6-person, refurbished)**
courtesy of Atmosphere Hot Tubs & Leisure
2. **Brian Acheson: \$2,000 (Cash Prize)**
3. **Charles Simard: 2-night stay in Mont-Blanc Condo (sleeps 6)**
4. **Chris Button: Foursome golf passes,**
including carts, at Hammond Golf Course

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 ■ Moore Family
- GVE – Grandmaitre Virgo Evans ■ Moore Investments & Insurance Group
- Top Grade Enterprises ■ RONA J. Lalonde & Fils – Rockland & Hammond
- Navan Nifty 50 ■ Embrun Energy ■ Dion Home Comfort ■ Karen & Allan Smith
- Clydsdale Family ■ Simpson Electric ■ Eastway Pet Resort ■ Brûlé Entreprises
- Lise & Gerry Dust ■ Barbara Hedman and Murray MacDonald
- Navan Boot Scootin' Line Dancing ■ D. Ross Bradley & Family

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



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 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.

NCA Directors and Volunteers

President – Luc Picknell **Vice President** – Brian Moore
Secretary – Christina Macpherson **Past President** – Fred Hyde
Treasurer – Dale Borys **Recreation** – Luc Picknell
Navan Nugget – Tom Devcseri **Horticulture** – Shelley Cotton
Safety – Bob Price **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
Fall Fest – Cheryle Houle **NCA Membership** – Ray Vetter
Minor baseball – Phil Grandmaitre
Healing Forest – Catalina Clifford
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

On Facebook - www.facebook.com/NavanCommunityAssociationNCA/

HORTICULTURE UPDATE

With these cold winter snowy days, there is nothing better to do than dream and start planning for our gardens, at home and around the village! Last fall, while doing some clean up and winter prep of the current flower and vegetable beds and planters that have been overseen by the Navan Community Association, it was time to take stock and assess what we could do with those spaces.

One of the requests I have for our local "green thumbs" is, when you are doing your spring garden clean up and splitting of perennials, could you donate some of those amazing plants to the NCA. We would like to build up the two corners (Trim/Navan & Colonial/Frank Kenny) with sun-loving, low maintenance, cost effective, beautiful plants and bushes. Some suggestions would be coneflower, black-eyed susan, sedum, lavender, bee balm, astilbe, phlox, echinacea, blanket flower. Of course, other ideas and input is always welcome. Ideally, we would be increasing the amount of native and non-invasive species when possible.



On that note, this is very much a year to refresh, revise and rebuild. In taking on the role of the Horticulture Director with the NCA, part of my vision is overall "beautification" of our wonderful village and community. I have many ideas and will work

on bringing them to the NCA and connecting with City of Ottawa resources when possible. Any person that is interested in coming along on this journey with us, please reach out to me – Shelley Cotton, email address: minklakeshell@gmail.com

