

Navan Nugget



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CUMBERLAND TOWNSHIP AGRICULTURAL SOCIETY - ANNUAL MEETING



It was held on January 16, 2026, at the Navan Memorial Centre. Several awards were presented to Board members, volunteers and exhibitors. The Board of Directors were pleased to include an educational talk by local resident Caelan Monkman on his work with "Farm Radio International" an organization that uses radio as a powerful force for good in rural Africa. President Emily Keenan and the 2026 Board of Directors were elected and look forward to working hard to bring you the 79th Navan Fair on August 6 to 9, 2026.



Sam and Janet Rathwell Family Award
2025 Recipient: The Guignard-Broadbent Family Didier, Danny, Jimmy, Émily Guignard and Anne Broadbent, presented by Joan Rathwell.



Presentation of a plaque to former executive members of the Central Canada Exhibition Association, Sandie Harkins and Lynda McCuaig. In recognition of the generous donation provided by the CCEA to the CTAS. The funds were used to construct the new barn on the Navan fairgrounds. To express the Society's heartfelt thanks, the plaque will be mounted on the new barn.



Presentation to Luc Picknell, President of the Navan Community Association, in recognition of his vision, and the support and dedication he put forward with project managing the build of the new Navan Pavilion.



Ontario Association of Agricultural Societies Accomplishment Award
2025 recipient: Worry Free Snowblowing Inc.



Arts and Crafts (Homecraft) - Highest overall points – Tracy Newman



Ontario Association of Agricultural Societies Years of Service Award
2025 recipient: Jo-Anne Girard



Floriculture - The Eldred Hayes Memorial Trophy for the highest overall points in Floriculture - Britney Keenan



Ontario Association of Agricultural Societies Meritorious Service Award 2025 recipients: Mark and Leslie Hamilton



CTAS Youth of Distinction Award 2025 recipient: Blake Smith,
presented by Lysha Bast, 2025 Ambassador



The Lloyd G. Morrison Award for 2025 Best Float. Ribbon,
certificate, and trophy - Navan Lions Club



Navan Fair Volunteers of the Year
2025 recipients: Cliff Smith and Lyla Wall (absent)



FEBRUARY OFFICE HOURS

February 3 to 28 – Tues. to Thurs. from 10 am to 4 pm
Note: the office will be closed February 19 to 28 inclusive.
Please email if you require assistance outside office hours.

President: Emily Keenan

Office Administrator: Cheryle Watson

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Hopefully everyone had a wonderful holiday season with family and friends. The Navan Community Association is happy to start the new year with our outdoor rinks (Hockey and puddle rinks) going strong! It's always nice to see people of all ages utilizing such a beautiful facility for enjoyment and physical activities.

Your Navan Community Association is already hard at work on its existing initiatives such as Music in the park, Builders Wall nominations and many more fun upcoming new initiatives. Come join us in our new meeting location! The NCA meetings are now held in the Lion's Den inside the Navan Curling Club. We still meet on a monthly basis on the third Monday of the month at 7:30pm. Due to the Family Day holiday on Feb. 16th the meeting will be moved to Tuesday Feb. 17th. At the NCA meetings, all members of the community are welcomed 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 Devecseri **Horticulture** – Shelley Cotton
Social Media Manager – Sarah Zintel
Friends of Mer Bleue & 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 **NCC & Membership** – Ray Vetter
Minor baseball – Phil Grandmaitre
Builders Wall – Tim Bernardi

Lots of ways to check us out

Website - www.navan.on.ca **NCA email** - nca@navan.on.ca
Instagram - @navannca **Facebook** - www.facebook.com/NavanCommunityAssociationNCA/



The Nifty 50 Seniors club would like to thank all the St. Marys folks who provided us a venue to continue with our regular weekly gatherings by renting us their hall. With the renovations in the Navan Memorial Arena finally completed we will be back there February 4th. We will be returning to our 12:30:PM to 4:30PM time slot. Co-Chair Nifty 50 Seniors Club

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NAVAN NOTABLES

JEAN GUY JACOB



What a wonderful surprise when meeting Jean Guy Jacob to interview him for this month's Nugget! I have never met such a talent! He is retired and sure knows how to make his life exciting and super satisfying! Upon entering his home, I loved the

decor. It is an older home, first built in 1908. Before he and his wife married they bought this home. Jean Guy went to work with Pam helping him out. They were on the way to create their dream haven. He ripped out the inside and built it up from the inside. What a grand castle he has created. Cupboards, walls, furniture pieces were all made by him. Now retired, he is making guitars. That is

not a quick build! He explained the making of this instrument. He highlights the different colours in the various types he uses in the guitars. Such colourful works of art! When we went to his workroom, I was again surprised with all the machines he has, to enable him to make this treasure trove. But then again he shows me the comfortable, attractive shoes he is



making from soft, colourful leather. So,so lovely! So,so comfy! This man is not bored! As I was leaving we chatted about the magical arrangement he wrote for one of Bob Burns favourite hymns at his Celebration of Life, "How Great Thou Art"! When I heard it, I got goose bumps, it was just so heavenly!! Jean Guy you are certainly a Navan 'trésor'...!! Keep me posted on your next wonders!!

Sheila Minogue-Calver

Navan Women Inspired navanwi@gmail.com



Review of what was carried out by our amazing WI members in December – Lorraine reviewed the accomplishments of the group in December. She mentioned the giving of gift bags to seniors; teaching Students how to knit or crochet with students at Heritage school ; taking cards to people who are special to our group; and organizing the community Chair Yoga in collaboration with the EORC, which started in January. Busy women! Our January meeting was on Zoom. Coming up on Wednesday, February 7, at 7 pm at the Navan Curling Club Lions' Den. Will there be a Surprise for Valentine's Day?? Come on out and see!

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

Community Goodbyes

We said goodbye to 2 very well known and loved Navan men lately. Our sympathy goes out to the Rathwell and Burns families. We have lost these two farmers who have been the backbone of our village! Rest in peace, Don and Bob. You will be missed by family and friends.



Sheena Constant, CPA
Chartered Professional Accountant

613-863-8281

✉ sconstantcpa@outlook.com

Financial statements, SRED claims
Corporate and Personal tax returns, T4s, T5s
Day to day bookkeeping, Payroll, HST filing

A NOTE FROM COUNCILLOR CATHERINE KITTS

I hope you're staying warm and finding ways to beat the winter blues. I want to extend a sincere thank you to the dedicated City crews working tirelessly to clear snow and maintain Ottawa's industry-leading winter standards. That same spirit of dedication is alive and well among the volunteers at our outdoor rinks and trails. Despite the cold, they continue to build, flood, and groom so our community can enjoy winter close to home. I'm pleased to share that the Navan Arena upgrades are now complete! Thank you to the community for your patience while this important work wrapped up. This multi-million-dollar lifecycle renewal included replacing the arena slab, refrigeration equipment, new rink boards, and important accessibility upgrades such as an updated elevator and viewing platform. Our community's crown jewel is now ready to be enjoyed once again.

There's an upcoming open house related to the proposed Navan Landfill expansion. It will take place on Wednesday, February 11, 2026, from 6:30 – 8:30 pm at Le Rendez-vous des aînés francophones d'Ottawa, 3349 Navan Road. It's important to note that these sessions are organized by the private proponent, not by my office. I remain fully engaged on this file and will continue to closely monitor the process and represent residents' concerns.

I've been receiving questions about Alto, the proposed high-speed rail corridor between Quebec City and Toronto, particularly regarding potential impacts to the Prescott–Russell Recreation Trail. The alignment has not been decided. I raised this concern directly, on the record, at committee when they presented in September 2025. Alto is a federal public-private partnership in very early stages, and while the City does not control the alignment, staff are involved. I continue to believe we must also prioritize investment right here at home in our local transit system with OC Transpo. I met with the Alto team again in late January and will keep pressing for clarity, transparency, and meaningful consultation.

Finally, I recently returned from the Rural Ontario Municipal Association Conference in Toronto, where I was proud to help represent Ottawa's rural communities and advance priorities that matter here in Navan.

Pancake Supper

Shrove Tuesday

February 17th at 5³⁰pm

St. Mary's Hall

1171 Smith Road, Navan

Admission: **\$15 at the door**
\$ 5 for children

- Pancakes
- Sausages
- Baked beans
- Fruit cocktail
- Tea, Coffee & Juice



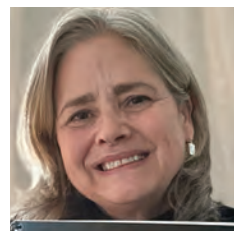
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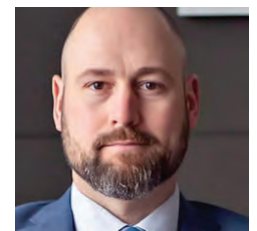
FREE SPEAKER SERIES PRESENTS

JODY MAFFETT



Creator of the *It's Been Nice But Now I'm Dead** and *Things My Loved Ones Should Know* journals, Jody will talk about her father's life-changing traumatic brain injury and what it meant for her family.

PHIL GRANDMAITRE



Phil is a partner at Grandmaitre Virgo Evans and practices in wills and powers of attorney, estate planning and administration, business law, residential and commercial real estate.

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TRANSACTIONAL MEMORY - CAUSE FOR CELEBRATION ON VALENTINE'S DAY by Gerry Dust

In reading 'The Bomber Mafia' by Malcolm Gladwell, I came across a paragraph that resonated with me and gave rise to memories of countless husband and wife interviews during my 38 years of law practice: 'The psychologist Daniel Wegner has this beautiful concept called transactive memory, which is the observation that we don't just store information in our minds or in specific places. We also store memories and understanding in the minds of the people we love. You don't need to remember your child's emotional relationship to her teacher because you know your wife will; you don't have to remember how to work the remote because your daughter will. That's transactive memory. Little bits of ourselves reside in other people's minds. Wegner has a heartbreaking riff about what one member of a couple will often say when the other dies - that some part of him or her died along with the partner. That, Wegner says, is literally true. When your partner dies everything that you have stored in that person's brain is gone? When interviewing couples, I found, almost universally, that the wife would be able to recite family details like the birthdays of the kids, the date of the marriage, what schools the grandkids were attending, what grade they were in, etc. Conversely, asking the wife for the licence number for the family car or her Social Insurance Number would result in a lot of digging in her purse for the relevant details. The husband, if asked for family details, would either defer to the wife, if she was present, or provide some guesstimates that he would have to fact-check later and confirm. Ask him for his SIN, or the licence plate for the family car and the information would usually be provided without hesitation. Staff and colleagues confirmed, many times, that this experience was pretty universal. Personally, I can attest to my wife and I benefitting from transactive memory. Having a name to apply to it and validation from a respected Harvard professor of psychiatry makes it so much easier to acknowledge and use. No more feeling that I am inadequate, as sometimes suggested by my spouse, for not being able to rhyme off in a flash the birth dates of my children or grandchildren. Give me a few minutes and I can likely come up with all of them. It is so much easier to just say to my wife that I rely on her memory for that. In our senior years, my wife and I find that we resort more often to each other's memories for names and other details that refuse to pop easily off one's tongue, a great example of the truth in that old adage about two heads being better than one. And, another example of transactive memory, a concept for loving couples to celebrate not just on St. Valentine's Day but every day of the year.

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CABINET MAKERS CORNER

by Dan St. Pierre

Lets talk about wood! Specifically the wood that is most commonly used for cabinetry projects. To start off with, we are going to focus on woods that are native to this eastern Ontario region in Canada. The woods that are most commonly used are Cherry, Maple, Oak, Walnut, Birch. All these woods listed are hardwoods. Hardwoods are generally the most favored by clients and builders. It's called hardwood for a reason and they all have different hardness. Within these species are several sub species, but we'll stick to the common name and talk about them and why someone might select one over another.

- Cherry is closed grain wood known for it's rich dark red colour (This takes a few years after finishing to show up.) It is easy to router profiles into and sands fairly well. It takes stain well and has a nice smell when being worked.

- Maple is very hard and strong wood. It's close grained and usually a white/blonde colour. Maple has a more modern or minimalist feel to it. It has very subtle grain variations. Staining Maple can be tricky but it takes a clear coat very well. A great wood for drawers or doors.

- Oak is an open grain wood. It is very strong but flexible. Think "church pews" their almost always made of oak. Its takes stain very well. Nice to router, sand, carve. It's very common and readily available. A favorite of many wood workers.

- Walnut is dark brown in colour and tends to darken even more after finishing. It is known for high-end, modern, and warm look. It's not usually stained since it is already so dark and it takes finish very well. It has a very nice visible grain. Great for routing, and sanding.

- Birch looks a bit like maple but with more grain and colour variations. Its not too hard so it makes it easier to work. It is used in drawers, cabinet boxes and paint grade projects. Its often mistaken for Maple. It is a difficult wood to stain as it tends to blotch.





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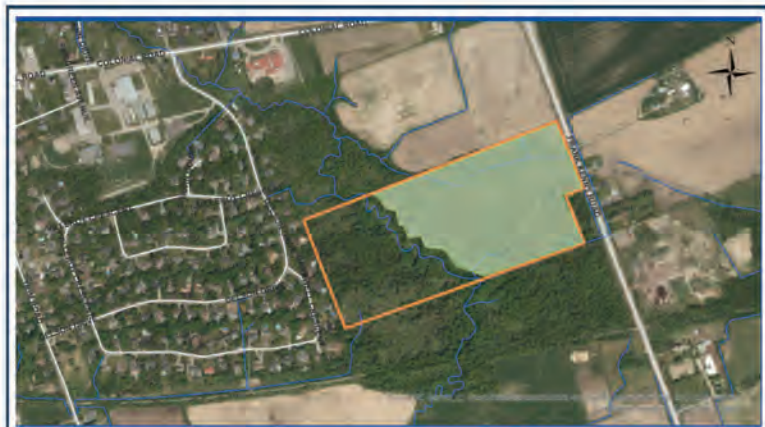
Navan Forest Restoration *Winter 2026*

This winter, South Nation Conservation will begin forest restoration and damaged tree removal at the Navan Forest, off Frank Kenny Road.

Heavy machinery will be on site and the property remains closed to the public until work is complete.

The property was heavily damaged during the May 2022 Derecho storm. Work supports storm recovery, public safety, and long-term forest health.

Restoration will continue through spring, followed by native tree planting to help the forest regenerate and provide habitat for local wildlife.



Navan Forest
Entrance off Frank Kenny Road,
Navan, Ontario

— Restoration Area
— Navan Forest Property
— Roads
— Watercourses

Highlights:

- Conservation land secured in March 2024.
- Home to 188+ plant and animal species.
- Damaged by the 2022 Derecho Storm, leaving damaged trees and debris.
- Property is not open to the public.

Restoration (February – May 2026):

- Build staging area and access trails.
- Clear debris and remove dangerous trees.
- Plant native species to improve biodiversity.
- Ongoing monitoring to support recovery.



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