

Navan Nugget



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It is that time of year! The BRADLEY CUP is back for its 8th annual tournament!

The Bradley Cup (Navan arena Mar. 20-21) has grown into one of our community's most anticipated hockey traditions—bringing players, families, and fans together for a spirited celebration of sport and camaraderie. What began as a local tournament has evolved into a meaningful community event, proudly supporting charitable causes that make a real difference. Each year, the tournament not only showcases great hockey but also unites participants around a shared purpose: giving back. The Bradley Cup continues to strengthen community bonds, ignite local pride, and demonstrate the power of sport to create positive change. This year, we are teaming up with Beckett Both, aka “Super Beckett”, to support children's oncology at CHEO. The funds raised will be put towards pediatric oncology, care and research through Super Beckett's CN Cycle and walk team – “Carpe Diem”.



SUPER BECKETT – a message from the Both Family.



If you have spent time in the hallways of CHEO recently, you may have heard his music before you saw him. You might have seen a little boy running or riding through the halls in his cape, with his superhero soundtrack playing, turning another medical procedure into a mission. That's Beckett Both—or as he's known at CHEO, “Super Beckett”. At just two years old, Beckett was diagnosed with T-cell acute lymphoblastic leukemia. He was diagnosed the same week his cousin, Lucy, was diagnosed with kidney cancer. Thankfully, Lucy is now cancer-free. Beckett's sister, Penny is also a happy 6-year-old girl today thanks to the incredible specialists and life-saving open heart surgery at CHEO.

Every day, we are grateful to have CHEO nearby and for all the wonderful doctors, nurses and support staff who take care of our family. To our family, CHEO is more than a hospital.

Most days this year, CHEO has been Beckett's second home. He spent over three months in isolation rooms. The nurses and staff at CHEO have been his (and our) lifeline. Beckett's best friends are all nurses. He knows them all by name and proudly introduces himself as “Beckett Gordon Gary Both”. They have been patient and graceful on his hardest days, and they've helped us celebrate with him on his good ones. In addition to doting nurses, his social circle at the hospital includes Zed the Clown, Spider-Man and Batman.

If things go according to plan, Super Beckett will finish his treatment (and ring the bell) in May 2027.

CHEO is a spectacular cause - our family would not be whole without it. It has given Beckett a place where he can still be a superhero, even on the days he has to fight the hardest.

The Bradley Cup is especially close to our hearts: in the 1950s, Beckett's Great Grandfather, Lorne Bradley played for Navan. Seeing the Bradley name continue to bring people together through hockey, community, and generosity is incredibly meaningful to us and we are deeply honoured that the Bradley Cup has chosen our family's charity as the tournament's beneficiary. The funds raised will support CN Cycle and Walk for CHEO, where 100 percent of every dollar goes towards pediatric oncology care and research. Our CN Cycle and Walk team is “Carpe Diem” — seize the day. If you'd like to join our team, you can do so here: cheofoundation.donordrive.com/participant/65300

We want to sincerely thank the entire community for its generosity, support, and commitment to making a difference for children and families who need it most.

NAVAN NOTABLES

Lawrie Hamilton

Our sunny, smiling, cheerful greeter at the Bradley's Convenience store, in the middle of our village, is retired! After 10 years working at the store she decided to try something else!! Her plans involve looking after her grandson Walton and catering. I know grandson Walton will have fun, fun, fun with Grandma!



And those of us reading this will love her food when you order from her! I did and how pleased I was!! Now Lawrie married her farmer and had a family all before she worked in Navan. She is a wife, and a mother of a lovely family! She was a hairdresser at Ogilvie's, a caterer at AJ's, a consultant at Wicker Emporium, until John Bradley asked her to his store! So glad he did!! She made trips to the store a treat. Like in the TV Show, 'Cheers!' Lawrie, you're leaving the store for greener fields. I hope we all see you on the streets and at events in Navan. We are going to miss you! Wishing good health, and happy days in your retirement!!

Sheila Minogue-Calver navanwomen.com



We had a hearty meeting in February!! Great time playing charades and having fun together! Farzana got us updated on the R.O.S.E. Programme to be held in March. Keep your eyes out for the poster for time and place! We are also helping out with the Bradley Cup. That tournament is a great one to take in. A great day with yummy food for everyone! Did you know we give to many local charities from the money we make at our fundraisers! We help young girls pursuing higher education with Scholarships. People in need, the Orleans Cumberland food banks, Heritage Public School, Seniors in Homes, and many more needy situations. It's a dynamic, growing, women's group that I am glad to be a member of, Navan Women Inspired!

NATURAL DISASTERS HAPPEN.

ARE YOU PREPARED?

MARCH 24, 2026 - St. Mary's Hall – 7 pm – 9 pm
EMERGENCY PREPAREDNESS AWARENESS SESSION

HOSTED BY NAVAN WI

Presented by the Canadian Red Cross

Light refreshments will be provided

navanwi@gmail.com



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Local volunteers keep village rink in top shape during record-long season.

The heart of Navan has been beating a little brighter this winter, thanks to the tireless efforts of the volunteers who maintain the community's outdoor skating rink. Their commitment has helped deliver one of the longest skating seasons on record—opening in December and, with a bit of luck from the weather, continuing right through to the end of February, maybe even March.

This year, the volunteer team welcomed several new members who quickly proved their wit. Whether shovelling after snowfalls, flooding the ice late into the evening, or keeping the rink safe and welcoming for skaters of all ages, these newcomers have embraced the spirit of community involvement with remarkable enthusiasm.

A special thank-you also goes out to the local kids who regularly stayed after hours to help clear the ice before flooding. Their energy, teamwork, and willingness to pitch in—often on some very cold nights—made a real difference in keeping the rink in excellent condition. Their efforts show how community spirit is alive and well in the next generation!

Residents, young and old, have been enjoying exceptional ice conditions throughout the season, a testament to the countless hours donated by the entire crew. Their work ensures not only a great place to skate, but also a gathering spot that brings neighbours together during the coldest months of the year. With its lighted dome, our pavilion has been used every day and every night.

As winter winds down, the village extends its heartfelt thanks to all volunteers whose dedication keeps this cherished tradition alive. Their efforts continue to make the rink a cornerstone of community life.

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
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/

NAVAN'S COMMUNITY BUILDERS WALL: HONOUR OUR OWN

– Nominations Now Open! –

In the heart of the village stands a place of pride and remembrance — the Navan Community Builders Wall. Established to recognise those special individuals, families, and groups whose dedication has made Navan the vibrant community we call home, the Wall celebrates long-lasting contributions that have shaped our village's spirit and legacy. Introduced as part of community centenary projects in the early 2010s, the Builders Wall honours those who have generously given their time, talents, and leadership to projects, events, and services that enrich local life. Recipients inscribed on the Wall represent the very best of Navan's spirit — volunteers and visionaries whose efforts have had a positive and enduring impact across generations. Over the years, the Wall has grown to include individuals, families, and long-standing community groups whose stories inspire us all.

Recognition is open to those who have contributed a decade or more of service in the community, and to groups with at least 25 years of documented achievement in Navan. An independent panel reviews nominations to ensure all honourees reflect the true meaning of community spirit.

Now is the time to nominate! The 2025 nomination period is underway, with a July 1st, 2026 deadline to submit completed forms and supporting materials. If you know someone whose generosity and passion for Navan deserve to be honoured — be it a neighbour, family, or local group — please take a moment to submit your nomination using the official form. Details and the form are available on the NCA website.

Let's celebrate our local heroes — past and present — by sharing their stories and ensuring they receive the recognition they've earned. Nominate a Builder today!

If you'd like help drafting the nomination or highlighting the valuable contributions of a deserving community member, don't hesitate to reach out to Tim Bernardi at tbernardi@tbaytel.net

CALLING ALL FASTBALL PLAYERS!

With spring fast approaching, it's time to start thinking about the 2026 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, 2026.

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 2026. 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 2026.



NAVAN FAIR BOOK 2026 – Cover contest

The Navan Fair is looking for artistically motivated youth to help us create the cover for the 2026 Fair Book! This year's fair theme is 'Where Country and City Meet' and it will be our 79th Fair. Your artwork should reflect these components. The theme name 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 15th, 2026.

The winner will receive one (1) day pass to the 2026 Navan Fair and a sheet of Robertson's Amusements ride tickets, valuing over \$60.

Please send any questions and entries to: office@navanfair.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

2026 memberships can be purchased in the Fair Office. Pricing remains the same as 2025. Early bird memberships purchased by April 30 receive a \$5 discount off the regular pricing below. Your membership allows you to exhibit in the fair and provides the four-day admission.

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

EARLY BIRD NAVAN FAIR GATE PASSES

Early Bird gate passes are available until July 15 and can be purchased online at <https://navanfair.ca/>. Regular pricing is in effect July 16 until August 6 or at the gates on fair days. Pricing remains the same as 2025. Purchase early and save.

2026 NAVAN FAIR SPONSORSHIP

As a charitable organization, the CTAS depends on the financial support to help cover the increasing costs involved in putting on the Fair. Annually, we eagerly look for new businesses and reach out to our faithful supporters to continue the tradition of agricultural awareness through family and community celebration. The 2026 sponsorship and donations campaign has officially launched. If you are interested in being part of another successful event, please contact sponsorship@navanfair.ca or office@navanfair.ca for more information.

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

office@navanfair.ca

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A NOTE FROM COUNCILLOR CATHERINE KITTS

As we head into March and begin to see signs of spring, there's a great deal happening across our community. Recent collisions at Tenth Line and Wall Road have understandably heightened safety concerns. Following two accidents last fall, I met on-site with Traffic Services, Road Safety staff, and Ottawa Police to review the intersection and assess contributing factors. At my request, updated traffic counts were completed, confirming what many residents suspected: the intersection now meets the technical threshold for a traffic control measure such as a signal or roundabout.

Design work is scheduled to begin in 2027, with construction to follow; the earliest possible timeline given the 2026 budget has already been approved. In the meantime, short-term improvements are on the way. This spring, you will see enhanced signage and clearer pavement markings to better define the crossing and reinforce the stop condition. I am also advocating for a flashing beacon as an interim safety measure and have engaged the Mayor's Office to help accelerate that effort. Improving safety at this location remains a priority, and I will continue pushing for progress.

On a much warmer note, thank you to the many Navan seniors who joined Councillor Matt Luloff and me for our Valentine's "Steeped in Conversation" Seniors Tea at Notre-Dame-des-Champs Community Hall. It was a wonderful afternoon filled with conversation, laughter, and thoughtful discussion about the future of our community. I am always grateful for opportunities to listen and connect. I left with a full heart!

I also appreciate everyone who attended the first open house on the proposed Navan Landfill expansion, organized by Waste Connections Canada. I was there to listen and ensure community concerns are reflected in the Environmental Assessment Terms of Reference. Residents asked important questions and offered meaningful input. Although I do not support the proposed Navan landfill expansion, given it would reverse the 2007 commitment that there would be no future expansions at this site, the decision lies with the Province, not the City. I will continue advocating for residents throughout this process. Finally, the Bradley Cup Charity Hockey Tournament returns March 20–21 at the Navan Memorial Arena! Teams from Cumberland, Navan, Orléans, Sarsfield, Vars, and Hammond will compete, alongside plenty of family-friendly activities. I hope to see you there.

"Save the date" May 30th, 2026

TOUCH-A-TRUCK NAVAN

– co-hosted by the NCA and CTAS

Details to come....

we are working on this fun community event





Considering building a Coach House in Navan?

Maybe you need extra space for your adult children, aging parents, or want some additional income? Hello, my name is Maleeha Peterson. I have lived in Orleans since the mid 1970's and started calling Navan home in 2022. I've come to truly appreciate the strong sense of community in Navan, the warmth of its people, and the fantastic events that bring everyone together. I've enjoyed it so much that I decided to move my 77-year-old mother here, where we built a coach house on our property for her. I'm happy to answer any real estate questions you have, especially about building a coach house. I received my permit in just 2 weeks, and our contractors completed the build in under 4 months. If this is something you're considering, give me a call! I'd love to show you my coach house and help you decide if it's the right fit for you and your family.



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CABINET MAKERS CORNER

by Dan St. Pierre

Tips and tricks for planning a kitchen layout.

Before working on design aspects.

Lets start by saying that the layout of the kitchen refers to placement of appliances, fixed spaces (walls, doorways, and windows) and practical knowledge, such as workflow and space requirements. Lighting and windows are very important as well. One of the most common things I hear from my clients is "I really want an island in my new kitchen" I actually really like islands as well. They tend to create a nice extra work space, often with room for a sink and/or dishwasher, and often with seating around them. The only thing I like to caution is that they only make sense when there is proper spacing for them. Personally I like to have 48" of space all around the island. Think of a narrow space with 2 drawers open, one on either side. It won't leave any room to walk by. Sometimes a better solution is actually a peninsula that comes out from a wall.

Another common planning trick is to keep in mind the workflow triangle. This refers to a triangle between the fridge, stove and sink. These are common paths people follow bringing food from the fridge to the stove and from the stove to the sink to wash up. The dishwasher should be close to the sink so dishes can be rinsed before loading. I also like to place garbage cans near the dishwasher so extra food scraps are easily dealt with. Keep in mind windows! It's nice to have a sink in front of a window when available. Also consider pot lights and under cabinet lighting for the kitchen. This helps put the light exactly where you need it as apposed to a central light in the room. Doorways are really important as well. You want to think where are people going to be walking around, and leave those spaces as open as possible. We've all been in a galley kitchen, not ideal! Once all these considerations have been made then it's time to fill in the spaces in between. I like to use drawers in lower cabinets as much as possible. Easy access and high visibility. Consider cabinet inserts for corner units, garbage and recycling units, and only use glass minimally since everyone will see whats in those cabinets! Keep all this in mind and you will have a very functional kitchen and can avoid some costly mistakes.

DON'T FORGET TO SPREAD THE NEWS!

Tell your friends and neighbours that the printed version of the Navan Nugget is available for pickup from any of the 17 blue Nugget boxes located beside Canada Post community mailboxes throughout Navan. You can also stop by Bradley's Convenience Store for a copy.

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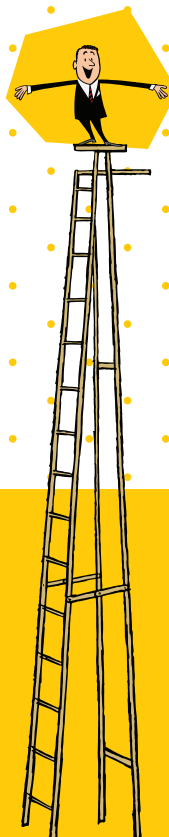
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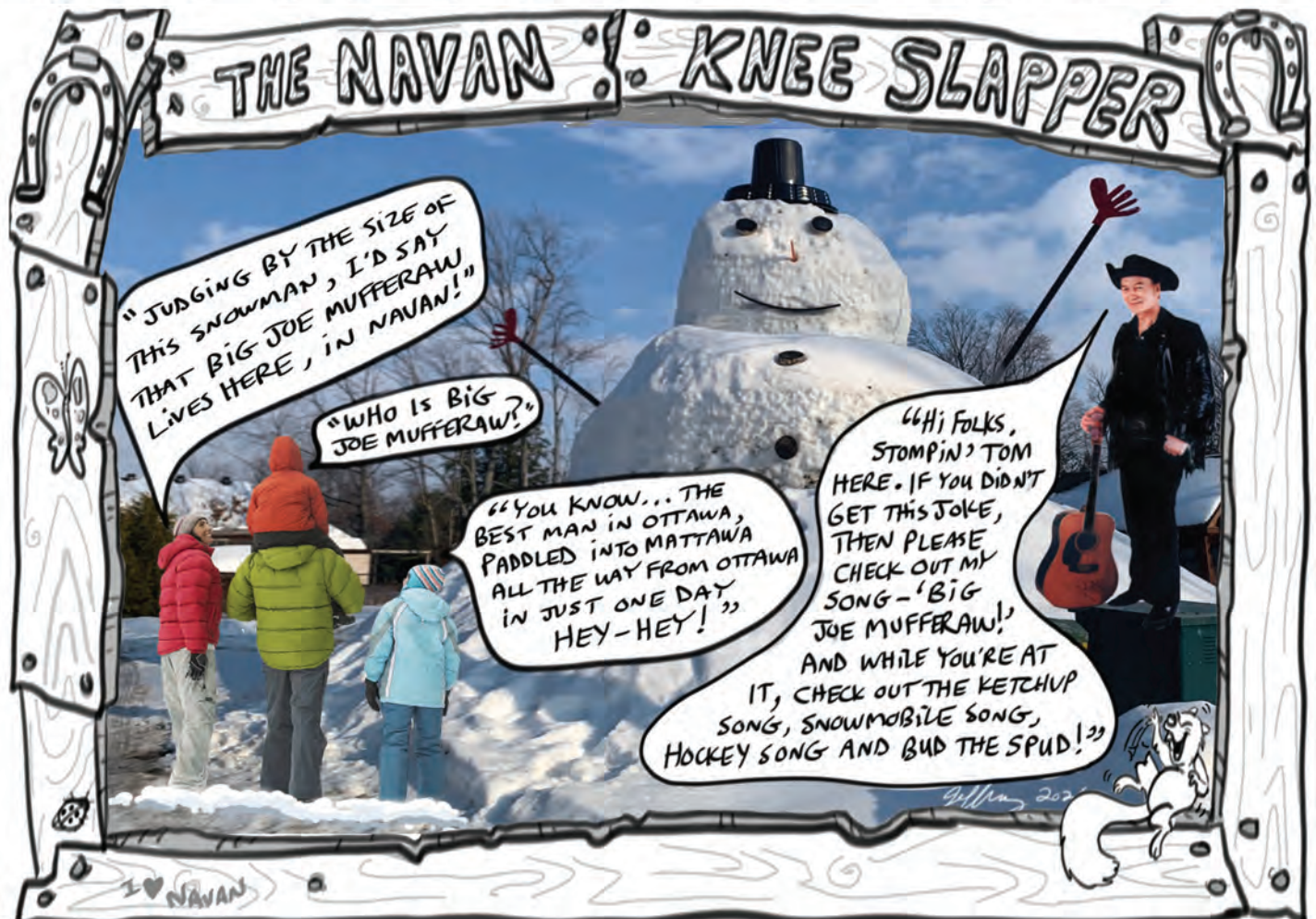
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Cartoon by Jeff Amey