

APRIL 2014

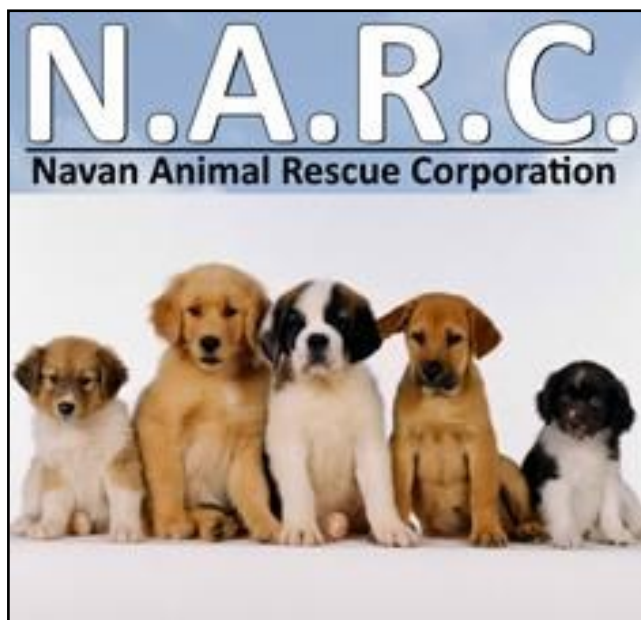
NAVAN NUGGET

BUSINESS CARDS ROTATED BI-MONTHLY

Electronic version available on the website navan.on.ca

NOTICE NAVAN NUGGET DELIVERY CHANGES

The Nugget is sorry to announce that due to some postal route changes, beyond our control, beginning in May, Navan residents with the postal code K4B 1H8 will no longer be receiving the Navan Nugget in their mail. At the beginning of each month copies of the Nugget will be left at J.T. Bradley's Convenience Store, at the Navan restaurant or at the Nifty Fifty Club for pick-up or you can view the full colour version online on the Navan Community Associations Website at www.navan.on.ca.



Fundraiser for N.A.R.C.

Come join us for our One Stop Shop!

April 26, 2014 from 10 am – 4 pm
Jean-Marc Lalonde Arena, 1450 Du Park Ave,
Rockland, ON, K4K 1P7

ENTRANCE IS FREE

Featuring vendors of every kind, door prize raffles,
a fashion show by Jockey, and mini-makeup makeovers by Younique!

<https://m.facebook.com/events/228511604000050>

NAVAN NOTABLES



HERITAGE PUBLIC SCHOOL BAND

When I walked into the music room at the school, I heard this music, loud and clear. I was impressed with the smiles and eagerness of the students as they practiced their piece "Ten Masters in Two Minutes"! Can you imagine playing Mozart, Beethoven, and Brahms, to state just three of the old Masters, in only 2 minutes!!

Their teacher, Jennifer Stewart, a 20 year professional in our public school system, was delighted with her musical geniuses!! They all practice their music and don't miss a practice or they are out! The Band consists of brass, reed, and percussion instruments. The base guitar, played by Jordan Sirvin, doubles as a tuba. What a wonderful opportunity for our Navan students.



The players come from Grades 6 to 8. They practice at home as well as here at the school. Jennifer is very proud of her Band and the effort they all make to play their best. The Band will be going to Toronto in June and to Wonderland for a music festival where it will be adjudicated. They will see how they measure up to other school bands.

Come the warm weather on May 5, at 1PM, a national event will be celebrated at the school. "Music Monday" will find the Band playing outside, celebrating the power of music. One of their pieces will be Chris Hadfield's and Ed Robertson's

(Bare Naked Ladies) composition, "Is Somebody Singing". The community will be invited, so keep that date in mind and come on out to hear this wonderful presentation. An evening of music will take place on Thursday, May 22 at 6:30PM. The band, recorder group, and choir will be featured.

I asked a couple of students what they thought of their Band and teacher; Olivia Stoltes said, "She is so dedicated" and "I love to practice"

Monica Racine had 2 words, "Amazing, fun".

Caylan Monkman, who plays the clarinet, finds the practicing tough sometimes but enjoys being a member of the band and the music.

Jordan Sirvin loves the bass guitar and says, "It's fun being in the Band".

Well, Jennifer Stewart, keep up the great work you are doing with our Navan students. I'll be out there on May 5 cheering your fantastic Band on!

Written by Sheila Minogue-Calver





MARK THESE DATES IN YOUR CALENDER FOR 2014

May 10TH, 2014 – Garage Sale and Bake Sale to be held on the Fairgrounds in the Blue Bldg. "Spring Cleaning!" rent a table for \$10. Contact Wendy Chretien, 613-824-1439 or e-mail w.chretien@hotmail.ca for more details.

August 7th—10th, 2014 – Come and help us celebrate the 69th Navan Fair.

AMBASSADOR COMPETITION

Contact Sara McFadden at sara_mcfadden13@hotmail.com or the Fair Office at 613-835-2766 (navanfair@bellnet.ca).

Rules and Regulations:

- A. Competition is open to any male or female between 18-23 years of age at the time of the CNE in August 2014.
- B. Contestants will be disqualified if any of their qualifications are found to be in contravention of any of the competition regulations herein set out and may also be disqualified if they fail to observe any of the instructions and regulations which may be set out by the supervising official of the competition.
- C. Entries will be accepted starting May 1st, 2014 and the deadline is Jul 1st, 2014. Please forward all entries to Sara McFadden (sara_mcfadden13@hotmail.com) or the Navan Fair Office, 1279 Colonial Road, Navan, ON K4B 1N1 (navanfair@bellnet.ca).
- D. The ambassador will be required to attend all fair days. They also must fulfill obligations outlined by the committee. Example: OAAS convention, CTAS Annual Meeting, Annual Navan Fair Parade, etc.
- E. Interview date will be confirmed at a later date.

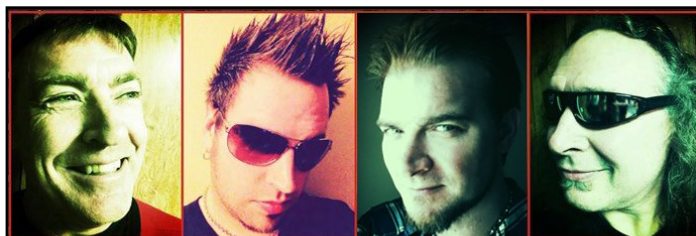
HEMOCRAFT PRIZELIST

For everyone who wants to get a head start on their homcraft projects for the 2014 Navan Fair the Homcraft Prize List is available on our web site www.navanfair.com, we can e-mail you a copy or you can pick up a hard copy at the Navan Fair office.

MEMBERSHIPS

CTAS Navan Fair Memberships on sale for \$20 until May 31, 2014 at the Navan Fair Office. *Please call the Fair office to ensure someone is in the office during the month of April - 613-945-2766.*

President: Wendy Chretien
Admin. Coord: Debbie Newton
1279 Colonial Rd., Navan ON K4B 1N1
Tel: 613-835-2766 Fax: 613-835-4008
navanfair@bellnet.ca or www.navanfair.com



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John McArthur	Trail Director-Orleans	613-834-5324
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Stephane Gratton	Trail Director-Cumberland	613-833-1278
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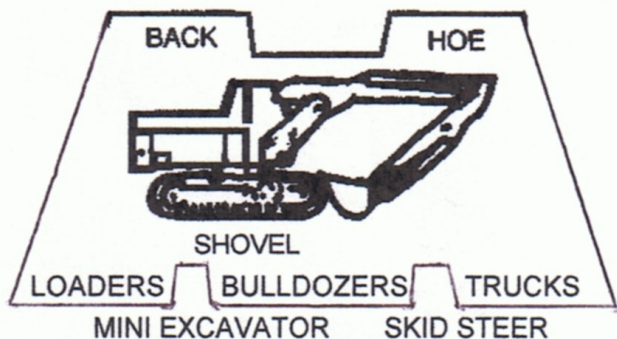


NAVAN LIONS CLUB

The next event for the Navan Lions Club is the Roast Pork and Bean supper on the 25th April. All are welcome! But book soon as numbers are limited. Please note that you can reserve seats by talking to Ross Bradley (613) 835 2199 or Don Macartney (613) 835-3932 OR you can reserve your tickets on our fabulous new website <http://www.navanlions.ca/>. If you do use the website – you'll find the booking information and the application screen under the "Calendar" tab. Please – give it a try.

BURSERIES: Last month we announced that we were still seeking applicants for the Herb Deavy bursary. Well I am happy to announce that we have an excellent winner. He or she will be announced at the above Roast Pork dinner – and he or she will also receive her cheque.

DONATIONS: On March 2nd a number of Lions attended Johnny Bradley's fundraiser for the Outcare foundation at the Tartan Pub. Dave Paterson – our president – presented a cheque on behalf of the Lions Club for \$1000 (see picture). Those who came very much enjoyed the pub for the music, atmosphere and the beer of course.



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At their final February dinner meeting Lions had a presentation about Prostate Cancer from Harvey Nuelle of the Prostate Cancer Canada Network. Harvey explained how important it is for men to have regular PSA tests- even though this is not a funded test. But the General Hospital has a free clinic every year if you want to avoid the cost. Here's the web site if you are interested in knowing more about this interesting group: http://survivornet.ca/en/partners/prostate_cancer_canada_network_pccn_ottawa If you would like more direct contact to receive support or information they can be reached at (613) 828-0762 by e-mail: info@pccnottawa.ca or regular mail: P.O. Box 23122 Ottawa, Ontario K2A 4E2

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Secretary: Chris MacPherson
Treasurer: David Grattan



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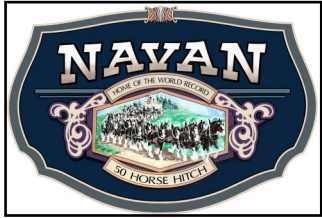
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NAVAN COMMUNITY ASSOCIATION

NEXT NCA MEETING

Please join us for the Annual General Meeting on Monday, April 21st, 2014 at 7:30 p.m. Upstairs at the Navan Arena.

DROP IN CENTER

Navan and surrounding community 50+ residents are invited to attend our Senior's drop-in center every Wednesday from **12:30 to 4:30 PM** upstairs in the Navan Memorial Arena beginning September 4th through to June 26th/14. All that is required is a yearly membership fee of \$20 per person and a current membership with the Navan Community Association. This is a great opportunity for fun, socializing and activities. Come and participate and help our group grow. We would love to see you !
The Nifty Fifty + Organizing Committee.

NCA YOUTH DANCES

The Navan Community Association youth dances are for 10-14 year olds. They are held 7-10:30 pm the 2nd Friday of each month with a \$5.00 admission at the Navan Arena. (For dance rules go to www.navan.on.ca)

2014 Dates: April 12, May 10, and June 14.

****Special halftime performer at April's dance will be singer Kaitlyn Tremblay**

****Thank you to the Future Shop store on Innes Road for supplying the door prize for the March Youth dance**



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FACEBOOK IS HERE!

Check out the link at www.navan.on.ca
Send us your community events to include on our Facebook page: email your event to webmaster@navan.on.ca for inclusion the FB page.
Help spread the word!
Events also get posted on the calendar at www.navan.on.ca and in the Nugget.

Chair: Philippe Grandmaitre

Secretary: Christina MacPherson

Treasurer: Dale Borys

Youth: Tom Devecseri

Safety: Fred St. Pierre



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COMMUNITY ANNOUNCEMENTS

NAVAN MINOR BALL LEAGUE 2014

Registration for minor ball will take place on April 7th and 8th between 7:00 and 8:00 pm at the Navan Arena. The registration form will be available on those nights and is in this month's Nugget (back page).

navanminorfastball@gmail.com.

Ligue mineure de balle molle de Navan 2014

L'enregistrement pour la balle molle aura lieu le 7 et le 8 avril entre 19h00 et 20h00 à l'aréna de Navan. Le formulaire d'enregistrement sera disponible sur les lieux et est à la dernière page de ce Nugget.

navanminorfastball@gmail.com

MARK YOUR CALENDAR

The annual Navan Fine Art Show & Sale will be held Friday, June 6 and Saturday, June 7 at the Navan Curling Club. Friday 4-9 pm, Saturday 10 am - 4 pm. Free admission. www.navanarts.com
More info to follow next month.

NAVAN WOMEN'S INSTITUTE

Some of us are off to Stoney Creek to celebrate our Women's Institutes in Ontario. Looking forward to the trip and to meeting other like minded ladies across the province. We'll be travelling by bus and enjoying two days on the road and at a rally. Next meeting is on April 9 in the Lions Den at the Navan Curling Club. This is the Annual meeting so convenors don't forget your reports and all of us the fee is \$50.00 for the year. Anyone wishing to join us we start at 7PM. I am sure many of us will have stories to tell about our little trip!

KNOTTY KNITTERS

We have just a few more weeks at the Curling Club, before the season is over. Don't forget to come out on Monday at 1PM. I'll have the penguin sweater pattern available for those who wish to knit for this charity. Thanks to Jean who helped me figure out the pattern for my new project.

Making a difference...one dog at a time

Capital City Dogs

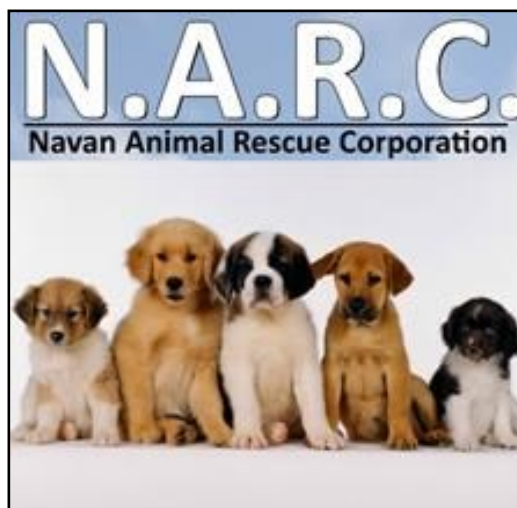


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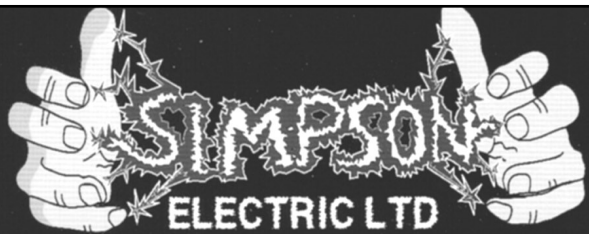
Fundraiser for N.A.R.C. Spring Fling Silent Auction

May 4, 2014 from 1 pm – 4 pm

Navan Memorial Centre,
1295 Colonial Rd, Navan, ON K4B 1N1

Some of the awesome items that will be available to bid on at our Spring Fling Silent Auction Fundraiser include:

- 9-hole golfing passes
 - Massage Gift Certificate - Orleans Wellness & Massage
 - Men's grooming products with \$25 gift card in a designer paint can - \$100 value
 - \$50 gift certificate for Lash Out (eyelash extensions)
 - 3 "Free day" Daycare certificates at MAD (Mad about Dogs Daycare/Grooming) valued at 30\$ per day
 - \$100 Petsmart gift card
- Jewelry, etc...



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NAVAN VILLAGE WALK FOR CANCER

A walk to raise funds for cancer treatment is going to be held on Sunday, June 1st, 2014 this year. The Navan Women's Institute will plan and organise a fun filled day for our villagers. All ages will be welcome. Watch the Nugget in the following months for more details.

RELAY FOR LIFE

Cairine Willson Secondary School will be holding their 11th annual Relay for Life on the Navan fairgrounds on Friday, May 2nd, 2014. Each year, the students put their heart and soul into fundraising great amounts of money towards cancer research. Relay for Life is Cairine Wilson's biggest and most successful event, one that involves the entire Cairine Wilson community, including many students who call Navan home.

CUMBERLAND SCHOOLS AND FRIENDS REUNION June 21st, 2014

Did you go to any of the schools in Cumberland in the 50's or 60's? We are planning an event to get together with old friends to talk about old times, eat, drink and dance to 50 & 60's. Anyone interested is welcome to attend even if you are older, younger or just a friend.

Email or call Kevin Morrow
at mandkmorrow@gmail.com or call 613-764-0735

ORLEANS WOMEN'S CONNECTIONS

Wednesday, April 11th, 2014 at 9:30 - 11:00 a.m.
Orleans United Church Hall, 1111 Orleans Blvd.
Special Feature: Healthy Aging with Dr Jilla, Naturopathic Doctor

Musician & Inspirational Speaker: Cathy Goddard
"That Business of Forgiveness"

\$5 includes refreshments, door prizes

Call Shirley: 613-841-5143

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CUMBERLAND LIONS- UPCOMING EVENTS:

MAPLEFEST 2014, 45th ANNIVERSARY

April 5th & 6th, 2014 8 AM - 3PM

2552 Old Montreal Road

Pancakes, Sausages, Maple Syrup, Drinks
All The Pancakes You Can Eat. Adults \$7,
Children (Under 10) \$4, Seniors (65 & over)
\$6.

See you all at this popular event.

Maple Syrup products on sale by the Cub
and Beaver Scouts.

Bake Sale at the United Church by 3 Village
Churches.

Saturday 8 am to 2 pm

ROCK & ROLL DINNER & DANCE

May 10, 2014, Maple Hall, 2552 Old Montreal Road.
Cocktails 5:30 PM, Dinner 7 PM

Music & Dance with a Live Band - Great Rock & Roll
Tunes from the 50's & 60's.

Menu includes Garden Salad & Dinner Rolls, Beef
Stroganoff, served with your choice on a bed of
Noodles or Rice, Dessert, Coffee and Tea

Limited Number of Tickets and Advance Sale Only:
\$27.00. Contact: Lion André Richer 613 446-6631 or
Lion Charlotte Kerluke 613-265-8299

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What If...?

No one had to wait out in the rain for an event to start?
 Small groups had a place meet away from the larger group?
 Groups meeting on a weekly basis had a place to store their materials?
 Classes for "Cooking Healthy on a Budget" could be offered?
 More than one group could use the hall at a time?

Well we, at St. Mary's, would like to find out! Our hall has always been an affordable option for community organizations, families or groups to rent for meetings, reunions, presentations, dinners, etc. However, more and more often we find ourselves saying 'No' to requests because our one and only space is already booked. Imagine if there was a link between the church and the existing hall; it might look something like this...



So we are launching a 5 year fundraising campaign with a goal of \$500,000 to finance this expansion. Within our own congregation we've already pledged over \$135,000. We installed a permanent audio-video link between the church and the hall to provide overflow seating for large services in the church. We installed the shiny new solar panels on the south roof of the church which some of you may have noticed. And we plan to upgrade our kitchen facilities and complete the stonework repairs on the church. We have a two-fold approach to raise the additional half million dollars we need to build the link. Firstly, we're looking for 50 major donors (or their equivalent) to pledge \$2,000 a year for the next 5 years. We have a series of benefits to recognize the support of all donors who pledge \$1,000 or more per year. These begin with donor plaques and advertising and grow to include free meeting spaces annually and even up to room sponsorship.

Secondly, in addition to the regular public events St. Mary's has annually, such as the Spring Tea (May 10), the Fair Breakfast (Aug 9), the Roast Beef Dinner (Sep 26), and the Tea, Treats & Treasures (Nov 8), all of which help fund the regular operations of the church; we're going to be hosting a series of capital fundraising events. For 2014 we're planning a Gospel Concert & Reception with EH Gospel Sound (Apr 13), a Dinner & Auction (May 3), a Community BBQ (Sep 7), a Dinner & Dance (Oct 17), and a Quilt Show (Nov 14-15). The proceeds from these events will help finance the plans for the link.

We think Navan needs additional, affordable, community meeting space. We hope you do too and will be able to support our 'What If ...?' project. Perhaps you can become one of our major donors; perhaps you have a 'good' or 'service' to donate to our upcoming auction; perhaps you enjoy gospel music and would like to come hear the East Hawkesbury Gospel Sound; or perhaps you just enjoy eating at St. Mary's. We hope to see you out at some or all of our upcoming events. For more information, or to make a donation, contact the church office at 613-216-2200 or via email at bvnanglican@rogers.com.

EH GOSPEL SOUND

Performing at St. Mary's Church, 3480 Trim Road, Navan
Sunday, April 13th at 2:00 pm
Light reception to follow in St. Mary's Hall

Tickets \$15 Call 613-841-6118 or
email stmarysnavan@rogers.com
or call Betty Wall Neilands 613-835-1581

Anglican Parish of Bearbrook, Vars & Navan
Reverend Canon Rob Heard
Sunday Worship

Trinity (8785 Russell Rd, Bearbrook)	8:30 am
St. Mary's (3480 Trim Rd, Navan)	10:00 am
Navan Community Sunday School	9:45 am
St. Andrew's (1900 Devine Rd, Vars)	11:30 am

613-216-2200 or www.bvnanglican.ca

THE THIRD SPACE

Held in St. Mary's Parish Hall, on the Corner of Smith and Trim Roads. Please drop in and meet your friends, share some refreshments, have a card game, WiFi available, swap a book. Fair-trade coffee and tea. Open to all. A drop in centre, a third space between home and work. The last Saturday of each month.

Sponsored by the Parish of Bearbrook, Vars, and Navan.



**NAVAN COMMUNITY
SUNDAY SCHOOL**

April 6th—Easter Pageant, 10 am at the United Church.

April 13th—Family Sunday (Palm Sunday)

April 20th—Family Sunday, Easter.

April 27th—Sunday School (Penny Arcade)

May 5th — Sunday School

Sunday at 9:45 a.m. at St. Mary's Hall. Everyone is welcome.

NAVAN/VARS UNITED CHURCH
1129 Smith Road, Navan Village

Minister: Rev. Bill Brown *

Sunday Worship 10:00 a.m.

A friendly greeting awaits you!

Wheelchair accessible

www.navan-vars-united.org (613) 835-4030

Navan Community Sunday School

9:45 a.m.—St. Mary's Hall


Inquiries:

navancommunitysundayschool@gmail.com

LOOKING FOR ADMINISTRATIVE ASSISTANT

For Navan Vars United Church. This paid position averages about 12 hours work per week. It includes such duties as – maintaining church records, Sunday service bulletin preparation in accordance with the minister and choir director, handling correspondence, responding to phone and email inquiries, and attending and recording council meetings. Work from home is possible. This position is available April 1, or soon thereafter. Our outgoing administrative assistant will assist training.

For more information or to send a resume please contact Dave Douglas- dsdoug-las@sympatico.ca , or phone- 613-835-3965.



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THE NUTHATCH

The Nuthatch has always appealed to me. Not only is it a beautiful little bird which stays put all winter - but it also does things differently from other birds. While all the other birds eat upwards – the Nuthatch can often be seen eating walking head first, down tree trunks, while pecking at insects that other birds presumably miss because they go up the tree head. So if you ever see a bird head down a tree trunk it's a Nuthatch of one sort or another. And yes there are two species here. In Navan we mostly see the slightly larger White Breasted variety because we have mostly deciduous forest cover, but in coniferous forest it is the Rose Breasted which is dominant. The name "Nuthatch" is also indicative of its habits. It is capable of pecking open particularly tough nuts by jamming them in cracks or openings and then pecking repeatedly until the nut hatches – i.e. opens. The Nuthatch is quite omnivorous – it eats



The White-breasted Nuthatch

seeds, nuts and insects. Sometimes the Nuthatch will store food by covering it with pieces of bark or moss – but is rather haphazard about it. Another interesting aspect of this bird is that it collaborates with other species such as titmice or chickadees. It will often join them in foraging flocks. Their company apparently gives them more confidence. All in all an interesting little bird. As usual I found most of my information on the Cornell Lab of Ornithology website <http://www.allaboutbirds.org/>. This is a fabulous source of information, and it is frankly, a lot better than any bird book I have yet encountered. You will find more information about Nuthatches on this site – do please have a look.



The Red-breasted Nuthatch



The White-breasted Nuthatch



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Articles or announcements must be submitted to navannugget@navan.on.ca by the 20th of the month to be included in next month's issue of the newsletter.

What a wonderful place in which we have chosen to live.

Miss Viv Photography



"Don't Rely On Your Memory"

Find me on Facebook
missvivphotography@gmail.com

Navan Minor Ball League 2014

Ligue mineure de balle molle de Navan 2014

Player's Name/Nom du/de la joueur/euse: _____

Date of Birth/Date de naissance : _____

Name of Parents/Noms des parents: _____

Email/Courriel: _____

Contact Number/ Numéro de téléphone: _____

Address/Adresse: _____

Year of Birth / Année de naissance	Cost / Coût	Division / Division	Season Length / Durée de la saison	Mixed / Équipe mixte
2009-2008....	\$ 60	T-Ball	May 6 to June 22	Yes / Oui
2007-2006....	\$ 70	Atom	May 6 to June 22	Yes / Oui
2005-2004....	\$ 80	Mites	May 6 to July 7	No / Non
2003-2002....	\$ 90	Squirts	May 6 to July 7	No / Non

THE FOLLOWING SHOULD REGISTER WITH THE ORLÉANS FASTBALL LEAGUE OR VARS SOFTBALL.

2001-2000....	?	Peewee	May 6 to July 7	No / Non
1999-1998....	?	Bantam	May 6 to July 7	No / Non
1997-1996....	?	Midget	May 6 to July 7	No / Non
1995-1994....	?	Junior	May 6 to July 7	No / Non

Rebate: \$5.00 per child for 3 registered children - \$10.00 per child for 4 or more registered children

Rabais: \$5.00 par enfant pour 3 enfants enregistrés - \$10.00 par enfant pour 4(+) enfants enregistrés

Registration includes: t-shirt, hat, medal, and year-end picture

L'inscription inclus: t-shirt, chapeau, médaille et photo de fin d'année

I can help as / J'aimerais offrir mes services en tant :

Head Coach / Entraîneur-chef ☐ **Assistant Coach / Entraîneur-adjoint** ☐

Name: _____

I acknowledge and agree that the Navan Minor Fastball Association, including its organizers, coaches, assistants and volunteers will not be held responsible for any incidents or injuries that may occur during practices, games or any other activities related to the Navan Minor Fastball Association. Je reconnais et j'accepte que le Navan Minor Fastball Association, ses entraîneurs, ses assistants ainsi que ses volontaires, ne sont pas responsables en cas d'accidents ou de blessures qui pourraient survenir durant les pratiques, joutes ou durant toutes autres activités reliées au Navan Minor Fastball Association.

Signature: _____ **Date:** _____

Method of Payment: (please make cheque payable to: **Navan Minor Fastball Association**)

Cheque #: _____ **Cash:** _____ **Not Paid:** _____

Info: navanminorfastball@gmail.com