

# NAVAN NUGGET

The month of April was the awakening of spring all around us and especially this year to the 3,596 students who participated in the Vimy Ridge 90<sup>th</sup> celebrations. Liz Muggleton was our local representative, who proudly wore her grandfather's button on her tunic and brought back wonderful pictures of the event. In addition the CBC carried a Vimy documentary that John Muggleton played a part in. This was a moving experience for them and for all of us at home that viewed the excellent production that touched the hearts of so many. It helped us understand the sacrifices that those brave women and men made and what they had to live through for over 4 years. Words cannot express the gratitude we feel for those who made the ultimate sacrifice who did not come home. God Bless them all.



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**Navan Notables (complements of the Navan Women's Institute)**

**Tanya Goodfellow Rivington**

Tanya has lived in Navan for over 19 years. She told me her grandmother, Lydia Mae Goodfellow, was a very active

woman in Navan. She was known for her baking and her involvement with the Navan Women's Institute. Lydia was also a member of the Cumberland Township Public School Board in 1965-1966 just before Meadowview was opened in 1966. Tanya is following in her footsteps as a community leader.

She is the mother of 2 girls, married to Barry Rivington. Her spare time is split up in many ways. As a Sparks's leader, she is enjoying the enthusiasm and curiosity this age brings. So much so, that when her daughter flies up to Brownies, Tanya is staying behind with the Sparks. She enjoys encouraging the girls to be imaginative, creative, and independent. At the last meeting she had a Magic Night where everyone made a magic wand and then decorated their wand the way they wanted to. A lot of fun and great ideas came forth. It is a challenge to come up with neat craft ideas on a weekly basis but she loves it.

Tanya is also a Sunday School teacher. She has been involved with our community Sunday School for over 12 years now. Her class consists of 10 eight and nine year olds. This school is a busy place on a Sunday morn having over 80 children enrolled. She is the Choir Music Director here also.

Tanya is involved with the United Church Women's group and is a class mom at Heritage

Public School in Navan. The French Immersion classes that she helps out are so lucky as Tanya "parle français avec les élèves!!" Elle est une bénévole extra!!!

Tanya loves the outdoors. She power walks, now leading the Walking Club along with Shelley Douglas, recently established at Café Resonance. She belongs to a gym and keeps her energy levels high with all the exercise she incorporates in her days. Navan is very special to Tanya as is obvious with her involvement in the youth of our village. Keep up the good work Tanya. We need volunteers like you to continue to make Navan the wonderful place it is.



Memberships cards are now available at the Fair office. The office will be open every Wednesday night during May, call the office at 613-835-2766 for daytime hours. General Membership/4 day pass is \$20, \$18 for Senior (includes free access to Domes) until May 31<sup>st</sup> and Youth Membership (13-17) is \$15. Ride Tickets will be available in mid June.

Plans are falling into place for an exciting 62<sup>nd</sup> Navan Fair. One exciting event will be a "Navan Fair Race Night" at Rideau Carleton Race track on July 6<sup>th</sup>. Mark this date on your calendars so you can join us in a fun night. This will be one of my events that we will be holding to generate funds to help us repair some of our barns. More details to come next month.

The Fly-Ball Insanity Dog Show will be coming to the grounds again this year on May 12<sup>th</sup> to 13<sup>th</sup>. The community is welcome to come out and visit the events.

Also on June 1st and 2nd the annual Cairine Wilson High School, Relay for Life Cancer walk will be held on the grounds. So come and cheer them on to complete the overnight walk.



**HARMONIE**  
ESTHETICS

Monique Bourgeois  
Esthéticienne

3753, chemin Trim Road  
Navan, ON  
613.835.3443

moniqueb@sympatico.ca

NAVAN FAIR FUN CURLING SPIEL was held on April 15<sup>th</sup>, 2007 with 15 teams up for the challenge of taking on Bob Burn's team. A special thanks to all the members of Bob's team, as they coached Hank Bakker's team to a reasonable performance. Everyone had a great time in raising funds for the Beef Division of the Fair. Keep this event in mind for next year as no talent is required just come and have fun.

President Hank Bakker  
Admin. Coord. Marg. MacNeill

Tel. # 613-835-2766  
Fax. # 613-835-4008  
Email: [navanfair@cyberus.ca](mailto:navanfair@cyberus.ca)

### QUOTE OF THE MONTH

The starting point of all achievement is desire. Keep this constantly in mind. Weak desires bring weak results, just as a small amount of fire makes a small amount of heat.

### HOME TIPS OF THE MONTH

Are you eating the right-sized portions?  
Meat and Beans  
(5oz. or 1-2 servings per day)  
1 serving =  
meat, poultry or fish the size of a deck of cards or 1 egg or ½ cup cooked beans  
Grains  
(6 oz. or 6 servings per day) 1 serving = 1 slice of bread or 1 cup cereal or ball of cooked rice or pasta the size of half a baseball  
Veggies  
(at least 2.5 cups or 5 servings per day) 1 serving = 1 large handful raw leaf veggies or 1 child-sized fist of cut-up veggies  
Fruit  
(at least 1.5 cups or 3 servings per day) 1 serving = 1 piece of fruit the size of a tennis ball or a cup of fruit the size of half a baseball  
from New York-registered dietician Jackie Newgent

*TO ALL MOTHERS*  
*M - O - T - H - E - R*  
"M" is for the million things she gave me,  
"O" means only that she's growing old,  
"T" is for the tears she shed to

save me,  
"H" is for her heart of purest gold;  
"E" is for her eyes, with love-light shining,  
"R" means right, and right she'll always be,  
Put them all together, they spell "MOTHER,"  
A word that means the world to me.

Howard Johnson (c. 1915)



### NAVAN LIONS

The Lions welcomed home Lion Tony Fiorentino from his 2 years in Qatar establishing the anti-doping program at the Asian Games. Lion Tony gave an excellent presentation to give everyone a sense of what life is like, living in a culture totally different from ours.



Also 10 Lions attended the A4 Convention in Brockville with 3 of our new Lions attending the International Induction Day ceremony, which added 27 other Lions in the District.

Four of our Lions transformed into Reindeer to generate support for Lion Al Page (known as HO HO Santa Claus) from Greely who was running for

Vice Governor and became the successful candidate.

On April 9<sup>th</sup> we welcomed Lion Jordy Reed to become our new "Baby Lion" but she said not for long.

#### FUNDRAISER LION DINNERS

Over the summer months the Lions are planning 4 delicious homemade dinners that will be served at the Curling Club. Keep Fridays June 22<sup>nd</sup>, July 20<sup>th</sup>, Aug 24<sup>th</sup> and Sept 14<sup>th</sup> free to attend. More information to follow in the June Nugget.



#### NAVAN LIONS GATEWAY CLUB PARTNERS - TO DATE

Here are our latest partners in the program: Hannah Billings Dolphin Fund, Navan/Vars Scouting Group, Navan Community Association, Beatrice Desloges High School, Colonel By High School, Cairine Wilson High School (Fall 2007), Good Shepherd Parish, Cumberland Township Agricultural Society. Talks ongoing with several other organizations, teams, schools, churches etc. If you have a favourite business that you want to encourage to join Gateway program as discount provides in exchange for publicity and increase of clientele contact a Lion who will arrange for a representative to explain the program to them. The business will win and you will win via discounts.

#### *The Broken Chain*

*We little knew this morning that God was going to call your name.*

*In life we loved you dearly.  
In death we do the same.*

*It broke our hearts to lose you,  
you did not go alone.*

*For part of us went with you,  
the day God called you home.*

*You left us peaceful memories,  
your love is still our guide.*

*And though we cannot see you,  
you are always at our side.*

*Our family chain is broken,  
and nothing seems the same.*

*But as God calls us one by one,  
the chain will link again!*

by Lion Denis Chiasson in  
memory of Hannah Billings



#### A FEW THINGS YOU DIDN'T NEED TO KNOW ABOUT LIONS, BUT MIGHT FIND INTERESTING

Lions Clubs International (L.C.I.) is the largest Service Club in the world! As of June 30 2006 Membership was 1,347,000. There were 45,045 Clubs in 200 countries and districts.

From July 01, 2005 to June 30, 2006 the Clubs raised and distributed an average of US \$12,309.00 for a total of US 554,460,000.00. Lions Clubs International Foundation (Chari-

table wing of the Organization) distributed another US \$120,000,000.00. Additionally US \$100,000,000.00 was donated "in kind" by clubs, ie. use of halls, chairs, tables, BBQs, other equipment and facilities at no charge for community groups or charities. This adds up to US \$774,460,000.00 or about Cdn \$,950,000,000.00!

Each club averaged 2,875 volunteer service hours. This gives an estimated worldwide total of approximately 129,504,375 volunteer hours. This represents time put in by members during activities or fundraising. Each volunteer service hour requires another 12 minutes of preparation time ie. Travel, permits, set-up etc. All together the hours (155,410,000) are equivalent to employing 71,945 people for a year (Don't forget to add all the extra work and time put in by family, friends & neighbours which we don't keep track of)!

Lions International was asked in 1945 to help develop the non-governmental organization (NGO) charter for the new United Nations (UN). Since 1947 Lions International has been one of the non-governmental organizations holding consultant status to the Economic and Social Council (ECOSOC). The International president annually appoints representatives to ECOSOC, the World Health Organization (WHO), United Nations Children's Emergency Fund (UNICEF) and the United Nations Educational, Scientific and Cultural Organization (UNESCO). LCIF has a relationship with the FGO as well and over the past

50 odd years has cooperated on many humanitarian ventures. Lions have provided aid and manpower for all UN aid organizations and annually contributes a considerable number of people and a major portion of non governmental funding for projects.

100% of monies donated through clubs go to the charity or cause! Money donated through clubs for dealing with disasters goes directly to the Lion Clubs in the stricken area, ensuring 100% of the money gets to those who need it. No salaries, no overhead and a minimum of admin costs! For example all other organizations have departed from the areas struck by the Tsunami in 2005. Local Lions are still there building houses, hospitals and infrastructure, equipping fishermen with boats and gear etc. They will always be there and with the help of Lions everywhere will keep working until the job is done!

In Canada Lions Clubs themselves are not charities and don't issue tax receipts. **NOTE:** Causes requiring charitable status are spun off so as to have no direct control by the clubs or LCIF. Most of our money is raised by selling something or supplying a service, ie. Dinners, BBQs, Raffles, Bingo, Chocolate Bunnies, Xmas Cakes, bartending etc. After expenses everything else is donated. No money raised from the public can be used to cover any member's personal expenses or Club administrative costs!

LCIF is the only Service organization with Clubs in mainland China!

The First Lions Club was recently chartered in Iraq!

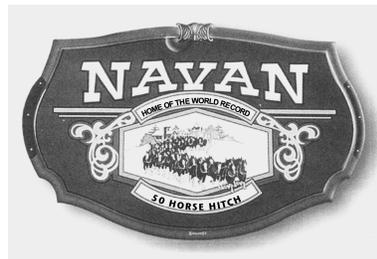
The Lions International Constitution is binding on Clubs. One of the articles of our "Code of Ethics" forbids members to debate either Religion or Politics at club meetings or functions!

The "White Cane" used by the visually impaired was invented by a Chicago Lion in 1931. Lions International stuck with it until it was finally adopted worldwide in 1946.

**WHITE CANE DAY APRIL 21** – Special thank you to Western Beef and JT Bradley Country Convenience for allowing the Lions to canvass at their establishment. Thank you to all those who contributed. We collected over \$250, which will be used for Sight programs locally and around the world.

#### Lions Executive:

President Hal MacPherson  
613-835-3502  
Secretary Mark O'Donoghue  
Treasurer David Grattan



### **NAVAN COMMUNITY ASSOCIATION**

*Aims and Objectives of the NCA*

- To promote, advance and protect the interests of the Community and to support community programs.
- To cooperate with all levels of government agencies in all matters related to the Association which will be of benefit to the whole community
- To inform members of the Association through a regular newsletter or other means as
- Deemed appropriate of events or other important matters within or affecting the community.
- To organize and support community activities, as decided by the Executive, to promote good citizenship:
- To represent the interests of the Community with the City of Ottawa on matters related to the community.
- To develop and maintain a long-term plan for the welfare of the community.



*Doreen Hardiman*  
visual artist

Address: 932 Melker Ave., Navan, ON, K4B 1N9  
Phone: (613) 835-3209  
Email: hardiat@magma.ca  
Website: <http://www.magma.ca/~fotogus/hardiat>

### VILLAGE SURVEYS

Results were disappointing to say the least! We only received three responses from the 800 Navan Nuggets mailed to residents and placed in local businesses. I would like to remind everyone that the Community Association is the contact point for dealing with the City. It's why there is a representative who attends our monthly meetings. In every instance we get the latest run

down on developments at city hall, ask the questions raised by members, and have received results, usually within days. What we get isn't always what we want, but at least we get results.

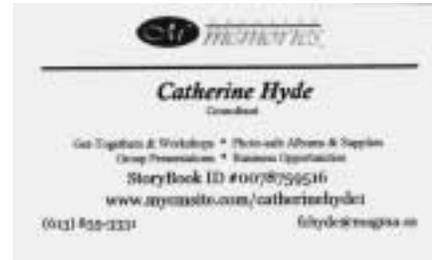
I realize people lead busy lives and can't always make it to meetings, but those who do attend get to vote, set policy and make decisions. We make every effort to inform residents of what's going on, but I'm still told by people they didn't have time to read the "Nugget" or didn't think they received one. Once maybe, twice seems strange. What a waste, too bad, so sad! It's easy to get your concerns aired prior to any decision making: check the website

[www.navan.on.ca](http://www.navan.on.ca) for the minutes and announcements, email us, phone a member of the Executive, read the Nugget, complete a survey! If there's no input, the people who put in the hours to make things happen will carry on the way we are and do it for you. If you want a say in what happens become a member, support us! Don't just talk to your neighbours about change, keep us informed and things might end up the way you want. Lets face it, there's nothing more frustrating than people who complain after the decisions are made, especially if they said nothing about it to start with!

Hal MacPherson - Past President – NCA

*THE NCA COMMUNITY SURVEY* is attached to the Nugget to collect information from the community on your wants or desires are for our great com-

munity. Please fill in the form and drop it in the box at JT Bradley's. If you are interested in becoming a member of the Association call Christine MacPherson at 613-835-3502 or join us at our Annual meeting on May 21<sup>st</sup>, 7:30pm at Navan Arena Hall upstairs.



### GIANT ANNUAL COMMUNITY GARAGE SALE

Saturday, June 2<sup>nd</sup>, 2007 – 8am to 2pm

CTAS Blue Building, 1279 Colonial Road, Navan

This is a fundraiser for numerous organizations in the community. **VOLUNTEERS NEEDED** starting May 14<sup>th</sup> to sort and then sell on June 2<sup>nd</sup>. Student's volunteer hours and Adults are welcome to earn funds for their organization.

Register your laneway for our advertised listing free of charge before May 31<sup>st</sup>. Contact Hal MacPherson at 613-835-3505.



### CRAFT & FLEA MARKET PLANS

The NCA with the support of the CTAS are currently working on setting up a pilot of having a

Craft & Flea Market one Sunday a month over the summer in the Blue Building at 1279 Colonial Road in Navan. The dates planned are Sunday June 17<sup>th</sup>, July 15<sup>th</sup>, August 26<sup>th</sup> and September 23<sup>rd</sup>. Needed are 5 vendors to commit to attend the 4 sessions ASAP to obtain the license. The tables will cost \$25 per day. Call Marg MacNeill at 613-835-2533 or send an email to [margaret.macneill@sympatico.ca](mailto:margaret.macneill@sympatico.ca) if interested in having a table for these 4 dates.



### FLOWER BASKET AND ANNUAL PLANT SALE

Saturday May 19<sup>th</sup> and Sunday 20<sup>th</sup> beside JT Bradley's from 9am to 3 pm. **VOLUNTEERS NEEDED** - Students volunteer hours available. Contact Anne-Marie Potvin at 613-835-2757



### SPRING CLEANUP DAY SATURDAY, APRIL 28

Over 30 children, students and adult volunteers attacked Navan streets, parks and the Navan Fair grounds to collect over 125 bags of garbage or yard waste. Thank you so much

from the NCA for your effects to cleanup our community.

NEWS FROM THE CITY Agriculture and Rural Affairs Committee Meeting being held May 10<sup>th</sup>, 7pm at Sarsfield – hope to see you there – decisions here will affect you. Traffic light will be install and operational by July at the corner of Navan Road and 10<sup>th</sup> Line Road.

#### BOARD OF DIRECTORS:

Chair - Margaret MacNeill  
613-835-2533  
Secretary / Membership Christina MacPherson  
Treasurer Dale Borys  
Youth Tom Deveseri  
Safety Ralph Brookholmes  
**Website: [navan.on.ca](http://navan.on.ca)**

#### Navan Co-operative Nursery School



1279 Colonial Road  
Navan, ON  
613-835-9243

Navan Nursery School will be holding their second annual silent auction at the Navan Curling Club on Saturday May 5th at 7pm. Great family items to bid on...lots of great ideas for summer fun with the children. Come on out and support our local Nursery School. Admission is free. Thank you again to the Navan Curling Club for hosting this event and for their generosity and commitment to the children of our great community.

Song for Spring  
(tune Frere Jacques)

Planting flowers,  
Planting flowers,  
All around,  
All around,  
Water them and they'll grow  
Water them and they'll grow  
All around,  
All around,

#### Science Activity

Plant a bean seed in a clear plastic container. Watch the seed develop a root system, stem, leaves, flowers and finally beans. Talk about the changes and what your preschooler observes. Great family fun !

Navan Nursery School will continue to accept registration for Sept 2007 until all spaces are full. For information please call the school at 835-9243 or our registrar at 835-9935. For programming information please visit our website at [www.navancooperativenurseryschool.ca](http://www.navancooperativenurseryschool.ca)

Happy Spring !!



#### ANNOUNCEMENTS

**CUMBERLAND TOWNSHIP HISTORICAL SOCIETY**  
Guest Speaker will be Brian Coburn on Wednesday, May 2nd, 7:00 pm Boardroom of the Ottawa Regional Police Station – everyone welcome. Anyone interested in receiving The Caboose (CTHS Newsletter) is

available more information on [www.cths.ca](http://www.cths.ca)

#### TENNIS ANYONE?

The tennis courts will be ready for play beginning May 1st (weather permitting) for returning members. Registration for returning and new members will take place on Saturday, 26 May at the courts from noon to 2 p.m. Former members should have either received their registration form by email or delivered to your door. Registration forms can also be picked up at J.T. Bradley's or by calling Susan Lovsin at 613 835-3845. New members are always welcome. Past members will notice that the membership rates have increased slightly this year. We are hoping to make some improvements to the courts this season including a new net and a second bench. Plans are also in the works to build a small shelter within the fenced area.

**2007 MEMBERSHIP RATES –** family \$90(2 adults & youth under 16 yrs), couple \$80, adult \$60 and youth \$30



#### YOUTH DANCES

Friday May 11th for youth (ages 10-14) will be held at the Navan Arena from 7-10:30 pm which is adult chaperoned along with your volunteers.

**ST MARY'S ANNUAL GOODS & SERVICES AUCTION –** May 4<sup>th</sup> at Navan Curling Club at

1305 Fairgreen Ave. Live and Silent Auction Doors open at 6pm, early bird table 7pm and bidding starts at 7:30pm. Support for St. Mary's Church and Jeun'Espoir Afrique. Admission is \$3.

### SHOWCASE GARDENS WANTED

The Navan Women's Institute is looking for interesting and usual gardens to showcase in their 3<sup>rd</sup> Annual Garden Tour to be held in June. If you wish to participate in the fundraiser or know someone that has a wonderful garden, please contact Anne-Marie at 613-835-2757.

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 raymond.robinson@actopt.com  
 www.actopt.com

### BUYING LOCAL MADE EASY AT THE CUMBERLAND FARMERS' MARKET

Summer holds the promise of things to come: family vacations, fishing on the Ottawa River, camping trips and, of course, the availability of fresh local produce.

The idea of buying local has been gaining a lot of media attention lately. The concept is to purchase food grown or raised as close to home as possible.

According to a study quoted on the David Suzuki Foundation website ([www.davidsuzuki.org](http://www.davidsuzuki.org)), a basic North American meal travels an estimated 2,400 km

from field to table. Imagine! Most of our food has traveled the driving distance from Ottawa to Winnipeg before we get a taste of it.

Buying local not only means that we are bringing home the freshest and tastiest food available to our families, we are also making an environmentally-friendly decision that benefits the local economy. In addition to saving the energy used by transporting food thousands of kilometers, we are supporting local farmers and increasing the likelihood that they are able to continue producing high quality food.

Although quite challenging during winter months, buying local during the summer is as easy as visiting the Cumberland Farmer's Market.

Following a brief pilot project last year, the Cumberland Farmer's Market will be running full-swing this summer at the RJ Kennedy Memorial Centre (arena) on Dunning Road. Every Saturday from 8:00 am to 1:00pm, June 23<sup>rd</sup> to September 15, our local farmers and neighbours will be offering a bounty of local food to choose from.

In addition to a variety of vegetables, we will have our choice of fresh fruit and berries, breads, maple syrup and honey - all produced locally. Also on hand on the outdoor tables will be a selection of meats and pastries. Indoors will be a wide variety of crafts and homemade items. With a near-by play structure; the market will surely be the perfect family outing.

I'll see you at the market!

### CUMBERLAND FARMER'S MARKET

June 23 – September 15

8 am – 1 pm

Cumberland Arena, 1115 Dunning Road

For more information and directions, please visit the Cumberland Farmers' Market website at [www.cumberlandfarmersmarket.ca](http://www.cumberlandfarmersmarket.ca).

### NAVAN KOS DURATHLON, SUNDAY JUNE 24<sup>TH</sup> – 8:30AM TO 12:30PM

The Kids of Steel will be holding a Durathlon event (endurance race) leaving from the Arena, along Colonial and south on Frank Kenny for 3 kms. ALL CHILDREN aged 5-15 years are welcome to participate – SEE Entries and entry fees for KOS age group races must be submitted [Online](http://Online) through this website. If online entry presents a problem please contact us at [info@Ottawakidstri.ca](mailto:info@Ottawakidstri.ca) or call 613-824-6940.

### HERITAGE POWER AND COUNTRY FESTIVAL MAY 26 & 27<sup>TH</sup>

Cumberland Heritage Village Museum – 2940 Old Montreal Road, Cumberland  
 Special activities: Horse Pull, Flea Market, Live Music, Village Fair (games) and evening dance. Information call 613-833-3059 or [www.ottawa.ca/museums](http://www.ottawa.ca/museums)

### SPECIAL ADS

**NANNY HOUSEKEEPER** required to help with the care of two newborn babies due in August. (Light household duties) Responsible, loving, honest and knowledgeable individual to

work alongside the mother as these two are her first children. 4 or 5 days a week, hours flexible. Please contact Laura at 613 835 3424 to discuss, thank you

The NAVAN NUGGET is a composite of news and articles involving the Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society. Articles or announcements must be submissions by 15<sup>th</sup> of month to [margaret.macneill@sympatico.ca](mailto:margaret.macneill@sympatico.ca) by 15<sup>th</sup> for next month's newsletter.

*We are looking for local businesses to support the publication of THE NUGGET by purchasing a yearly business card advertising space for \$25. Please call Marg MacNeill if you are interested*

What a wonderful place we have chosen to live in!

**Announcement for any non-profit will be accepted – template available on the website at [navan.on.ca](http://navan.on.ca).**