

NAVAN NUGGET

The community of Navan had a significant loss in July of Herb Deavy. Our sincere condolences to his family. He was a pillar in the community that will not soon be forgotten.



Herb Deavy 1923 - 2007

Herb Deavy, a life-long resident of Navan died on Monday, July 9, 2007 at the Perley and Rideau Veterans' Health Centre. Herb lived his entire life on Colonial Road in the heart of the village. Herbie as he was known by all Navanites, joined the Royal Canadian Air Force in the summer of 1941. After the War he started up a gas and oil business and spent his entire working life serving the local community. He was a Charter member of the Navan Lions Club and received a 55-year award from Lions International on June 25, 2007 at the Navan Lions final meeting before the summer breaks. Herb was also chief of Navan's Volunteer Fire Department from 1947 to 1977. Herb spearheaded the drive to erect the Navan Cenotaph in 1987. Herb is survived by his daughter Judy and his son Andrew (Francine).

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Laura's Corner has good news and sad news. Carrie Irvine has decided to return to her professional field in Marketing and us Navanites have

had a wonderful demonstration of the skills and abilities, which she is leaving at Laura's Corner. Carrie if you need any references you will have lots around the village. Sincerely, all the best from your friends and customers in Navan.

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Congratulations to Glen Harris and Bob Desjardins who are now the proud owners of Laura's Corner, they are also residents of Navan. They beat out several other parties who were interested so we know that we have the best to take up the reins. To Glen and Bob all the best and we will be coming to visit.

JT Bradley's inaugural OutCare Foundation Golf Classic on July 10th at the Hammond Golf course was a tremendous success. The golf tournament realized \$25,000 in support of the out-of-hospital hospice palliative care programs and services. It was a beautiful day for golfing and everyone had a great time, whether they could golf or not, and the steak BBQ was delicious. If you missed it this year, don't miss it next year.

NAVAN VETERINARY SERVICES
 3425 Trim Road, Box 100
 Navan, Ontario, K4B 1J3
 Tel 613-835-2646
 Fax 613-835-2537

Dr. David Douglas
 Dr. Jean Cyr
 Dr. Adrian Domen
 Dr. Richard Smith
 Dr. Nicole Warmington



NOTABLES (complements of the Navan Women's Institute)

Lorna Jane Bradley

Lorna Jane has been a teacher for a long time. Nowadays she teaches at Bell High School but remembers fondly her days teaching the Nishga Indians in northern British Columbia. That year she and her mother, Joyce, also a teacher, at Meadowview, organized an East/West exchange. Lorna Jane's students came here to Navan and were billeted in local homes. Her mother's class returned to New Aiyansh the following week. It was a great experience for all involved and a very pleasant one. Unforgettable!!!

Lorna Jane loves Sports, playing fastball as well as coaching Volleyball and Basketball. She started coaching in Teachers' College and has never stopped. As she says, "Sports provide a positive reinforcement for those students who want to get involved. They are given a chance to excel at a sport. The players learn team work, commitment, discipline; qualities one needs for the work environment later in their lives." She now sees many students from other countries, especially the girls, taking gym and getting involved in soccer. They gain confidence and improve in their academics. She firmly believes that Phys Ed. Teachers must get involved in extra-curricular sports. She enjoys all the aspects to coaching which include the practices, the games, the convening of league plays, the tournaments, and the supportive advice to players. She finds that these days she is mentoring many of the younger teacher-coaches.

Last year Lorna Jane received the *Ontario Excellence Award in School Sport*. This award is given to a teacher-coach in the Ontario Federation, Secondary School Sports Association. It aims to recognize the outstanding achievements and significant contributions school coaches have made to sport and athletes in Ontario. It was a great honour to receive this award. Her organisa-

tion skills and willingness to "walk the talk" makes her an awesome coach and teacher and a very deserving recipient.

Former students have this to say about Ms. Bradley. Joyce McKee said, "You are a super coach and really deserve this award. Thanks for coaching Volleyball because it was the highlight of my senior year". Amanda Bleeks wrote, "She is the type of coach who makes you feel good about yourself, even if you make a mistake".

Lorna Jane organizes a "Girl in Sports" Day to bring in the grade 7 and 8 girls to promote sports in High School. She believes that coaches lead by example. Coaches change kids' lives. Excellence is not an act but a habit. She feels that coaches play an integral role in youths' upbringing. With such convictions this is one teacher-coach that delivers greatness. Asked why she is so involved, she replies, "I had great coaches in my life, so I'm giving back".



WOW!! The Navan Fair is in 9 days. Are we **READY?** The Board is excited this year as we will have a surprise at the opening on Thursday night, which will be held upstairs at the Arena and everyone is welcome.

This year we have some exciting events such as the Ambassador competition Thursday night, Bridal Fashion Show (Fri, Sat & Sun) and kids Rideau Carleton Sulkie races and tractor pull.

HEY! HEY! Have you heard about our entertainment line up; Friday – Loverboy, Saturday April Wine and Sunday The Bowes Brothers and Ambush.

All the other attractions will be here and a few more new attractions.

Adult 4-Day passes can be purchased at JT Bradley's. All passes and advance ride ticket sheets (40 for \$40) are available at the Fair Office Monday

to Friday 9am-4pm, Wednesday night 7-9pm and Saturday from 9am to noon.

4-Day - Adult passes - \$25 Children (4-12) \$10
 1-Day - Adult passes - \$10 Children (4-12) \$3
 Child under 3 Free



Don't forget to buy your Raffle ticket for the Navan Fair draw, which has 10 wonderful prizes worth over \$32,000 – see advertisement attached. The Draw will be held on October 13, 2007 at our Barn Dance on the CTAS grounds. Tickets are available at the Fair Office and many local stores or any of the Fair Directors. (See the attached poster)

Michel Veillette
Airfast
 2-645, rue Belfast Road
 Ottawa, Ontario K1G 0Z4
 michel@airfast.ca
 ☎ 1-613-244-0030 FAX 1-613-244-6768
 ☎ Toll Free 1-800-267-7707

“Forging the Future” is the theme for this year Navan Fair based on the celebration of the City of Ottawa being the Capital of Canada for 150 years. So just think of all the changes, costumes and events that have happened over that time to use in the Parade. Also use your imagination and demonstrate what you think the future will look like. The sky is the limit – have fun – see you in Syd Smith's field on August 11th for the challenge.

President Hank Bakker
 Admin. Coord. Marg. MacNeill
 Tel. # 613-835-2766 Fax. # 613-835-4008
 Email: navanfair@cyberus.ca

QUOTE OF THE MONTH

GOALS

The purpose of goals is to focus our attention. The mind will not reach toward achievement until it has clear objectives. The magic begins when we set goals. It is then that the switch is turned on, the current begins to flow, and the power to accomplish becomes a reality.



HOME TIP OF THE MONTH

Want a cleaner car? Try This!

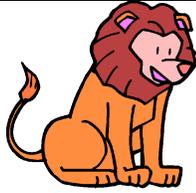
- Park in the shade. If your car's in the sun, water will dry too fast but in the shade you have a chance to wash off the dirt.
- Sweeten the carpet. Sprinkle baking soda onto carpets; let it sit 5-10 minutes, then vacuum.
- Start at the top! Always hose from the top down, so the dirt won't flow over the area you just cleaned.
- Grab the toothbrush! An old toothbrush is ideal for getting the dirt out of the small crevices, like window tracks and car molding.
- Nix the detergent! Dish detergent can damage your car's paint job. Pick up car wash soap at an auto parts store, instead.

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NAVAN LIONS

Charter Member of the Navan Lions Club in 1952, Lion Herb was a man who did lots for his community and had fun doing it. Lion Herb will be greatly missed by the Lions and all those who got the pleasure of spending some time with him.

The Lions had their 2nd Friday night supper of Spaghetti and Meatballs on July 20 with a surprise serenade by Woody Boudreau of Caper Country. The crowd was smaller but all had great fun. Remember the next one is Scalloped potatoes and Ham on Friday August 24th and the final one is Turkey and all the dressing on Friday September 14th. Tickets are available from your friendly Lion or at JT Bradley. You will be sorry if you miss them only 100 tickets are being sold.

The Lions this year will not be holding the bingo but on Saturday night at 7:30 in the Curling Club Lounge they will be hosting Texas Hold 'Em for only 100 players. If you are lucky at cards come and have some fun. Pre-entry tickets are available at JT Bradley's for \$50.



WHY WE ARE KNOWN AS “KNIGHTS of THE BLIND”

In 1990 the “Lions Club International Foundation” (LCIF), which is the charitable arm of our organization, launched “Sight First”. This campaign saw Lions around the world raise money to specifically combat preventable blindness worldwide.

Over the past 15 years SightFirst's accomplishments have been astounding:

1. Awarded US\$202.4 million for 841 projects in 80 countries
2. Provided 7.1 million cataract surgeries
3. Prevented serious vision loss in 20 million people
4. Improved eye care for hundreds of millions
5. Provided 80.5 million treatments for river blindness
6. Built or expanded 213 eye hospitals/Clinics/Wards
7. Upgraded 325 eye centres with new equipment
8. Provided management training for 109 eye facilities
9. Trained 305,000 ophthalmologists, ophthalmic nurses, other professional eye care workers and village health workers
10. Launched the world's first-ever initiative to combat childhood blindness in partnership with the World Health Organization.
11. Thirty pediatric eye care centres will be established.

The job isn't completed so LCIF introduced “SightFirst II”! We will raise a minimum of US\$150 Million and preferably US\$200 million to carry on until the year 2020. If we do nothing an additional 70 million people could be visually impaired or blind by 2020. The new program has set the following goals:

- § Eradicate river blindness in Central & South America by 2010

- \$ Expand the program to eradicate river blindness in Africa
- \$ Treat cases and attempt to eradicate Trachoma worldwide
- \$ Build an additional 325 eye hospitals and clinics
- \$ Perform 12.5 million cataract surgeries
- \$ Fund major research into diabetic retinopathy and the other eye diseases becoming major problems in developed countries

On average every US\$6 raised can make a person see again! The money is used for vision projects throughout the world. For example a donation of US\$7 million was made to expand the "Talking Book" programs and buy equipment to assist visually impaired people using Canadian Libraries.

We are about 75% to the goal of US\$200 million. Anyone wishing to make a personal donation (Tax receipt issued) can arrange to do so through any Lions Club.

Lion Hal MacPherson

Ontario 21

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1998-99

LIONS FRIDAY NIGHT SUPPERS

Come and have a wonderful home cooked meal with your fellow Lions and enjoy a pre-dinner drink at the Navan Curling Club on August 24th and September 14th. Doors will be open at 6pm and supper will be served at 7pm. Tickets will be \$15 for each dinner night per person or you can buy all 4 dinners nights for \$50 per person.

August 24th will be baked ham and scalloped potatoes

September 14th will be turkey and all the dressings

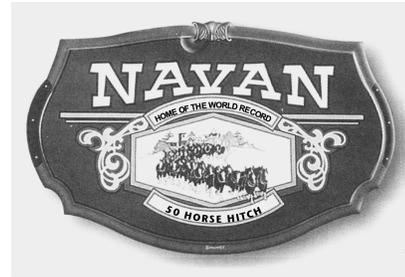
Join us and bring a friend.

Lions Executive:

President Marg MacNeill 613-835-2533

Secretary Mark O'Donoghue

Treasurer David Grattan



NCA MEMBERSHIPS

The NCA called a special meeting on July 16th to allow the community to see the proposed plans for the expansion of the Navan Memorial Centre presented by the City. The expansion is to provide 2 more dressing rooms one for the Grads and one for the Referees. Two options were presented and attendees had the opportunity to ask questions and make suggestions.

Basically, the expansion will be at the front entrance area from the sidewalk east of the cenotaph to the current wall. Access to the building at the front will be limited at times due to the construction. The construction is scheduled to start in September with a completion date in February 2008.

Café Resonance
www.caferesonance.com

T. 613.835.2874
F. 613.835.2226
www.caferesonance.com

3417 Tim Road
Navan, ON K4H 1M8

Monday to Saturday 7:00AM to 9:00PM
Sunday 8:00AM to 8:00PM

The NCA has again taken on the beautification task of keeping our two corners a welcoming site for residents and visitors to our great village. Feel free to stop and pull a few weeds if you see them before Anne-Marie Potvin or Marg MacNeill get to pull them HA HA.



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chhyde@magma.ca

NCA Memberships are \$5.00 per or as we are partners in the Lions Gateway Club, so if you purchase a card for \$20.00 your \$5.00 Membership is included. Check our advantages of having one of these cards on the website www.lionsgatewayclub.ca.

Lions Gateway Club cards and Memberships can be purchased from Chris MacPherson at 835-3502.

BOARD OF DIRECTORS:

Chair - Margaret MacNeill 613-835-2533

Secretary / Membership Christina MacPherson

Treasurer Dale Borys

Youth Tom Devecseri

Safety Ralph Brookholmes

Website: navan.on.ca

NAVAN CO-OPERATIVE NURSERY SCHOOL



1279 Colonial Road
Navan, ON
613-835-9243

For registration information please contact the school at 613-835-9243 or visit our website at www.navancooperativenurseryschool.ca

Kids Korner will be back in September. Have a safe and wonderful summer!

COMMUNITY ANNOUNCEMENT

1st Vars/Navan Scout Troup

Check out what you've been missing! Find out more about scouting by visiting the 1st Vars/Navan booth at the Navan Fair. Volunteers will be on hand to answer questions on Friday and Saturday, August 10 and 11 from 11 to 5pm.

Contact Fred at (613) 835-3331 or firstvars_navan@yahoo.ca for information.

Septic System Pumping starting September

Don Lawlor (613-835-2436) can arrange for group cleaning of your septic tank, which can reduce the cost. He will also add you to his database for a reminder call in 1, 2, or 3 year times.



Doreen Hardiman
visual artist

Address: 932 Meteor Ave., Navan, ON, K4B 1N9

Phone: (613) 835-3209

Email: hardiart@magma.ca

Website: <http://www.magma.ca/~fotoguy/hardiart>

50 Years of Bowling

In 1958 the Navan Lions Club organized the first bowling league. They bowled every Tuesday night in Orleans (across from the hotel) where the pins were set up by pin boys.

Around 1970 they moved became the Navan Bowling League, bowling on different alley's over the years. At the present time we bowl at the Orleans Bowling Centre at Taylor Creek, just off Trim before the 174, still on Tuesday evening.

It has been a fun league where we have met and bowled with a wonderful group of people. A lot of bowlers have come and gone over the last 49 years. This coming fall will be our 50th year of bowling. Who would have thought in September 1958 the league would still be in operation 50 years later? (This history was provided by Verna Cotton, who has been a participant since 1958.)

If you are interested in joining the league call Don Lawlor (613-835-2436) as our president for our 50th year of bowling.

September New Curling Season

Navan Curling Club will be open for the new season in October – new members are welcome. Curling Clinics will be held in September and early October. Information on membership or rentals of the facility Bob Rodney at 613-835-2736.

TENNIS CLUB MEMBERSHIPS

2007 MEMBERSHIP RATES – family \$90 (2 adults & youth under 16 yrs), couple \$80, adult \$60 and youth \$30 Call Susan Lovsin at 613 835-3845.

WALKING CLUB

Did you know that every Tuesday there is a walking club that leaves from Café Resonance at 6:30pm? Come and join the group!

CUMBERLAND FARMERS' 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.

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 15th of month to margaret.macneill@sympatico.ca 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.



HARMONIE

ESTHETICS

Monique Bourgeois
Esthéticienne

3753, chemin Trim Road
Navan, ON
613.835.3443

moniqueb@sympatico.ca

LIONS FRIDAY NIGHT SUPPERS

7 PM - NAVAN CURLING CLUB

AUG. 24TH - HAM & SCALLOPED POTATOES
SEP. 14TH - TURKEY & ALL THE DRESSINGS

DOORS OPEN AT 6 PM – BAR AVAILABLE

\$15 per person

TICKETS AVAILABLE AT:

JT BRADLEY'S or YOUR FAVOURITE LION

GOING FAST

COMMUNITY CALENDAR SUMMARY

DATES	EVENT	INFORMATION
Aug 9-12	Navan Fair	Call Fair Office at 613-835-2766
Aug 12	Ecumenical Church Service	Sunday August 12 th at 10:00 am at Navan-Vars United Church at 1129 Smith Road, Navan Helen Burns is the coordinator of the moving service – if you have not attended you do not know what you have missed.
Aug 24	Lions Friday Night Dinner	Scalloped potatoes & Ham 7 pm at the Navan Curling Lounge only 100 available \$15 each – tickets from Lions or at JT Bradley
Sept 14	Lions Friday Night Dinner	Turkey & all the Dressings 7 pm at the Navan Curling Lounge only 100 available \$15 each – tickets from Lions or at JT Bradley
Sept 17	Navan Comm. Assoc meeting	Meetings scheduled for the 3 rd Monday in every month
Sept 28	St Mary's Anglican Church Supper	Roast Beef Dinner At St Mary's Hall with 2 settings (5pm & 6:30pm) Call Anne Marie Clysdale at 613-841-6118 Don't miss a great meal with funds going to worthy causes.
	Curling Lessons	Bob Rodney call 613-835-2736

Texas Hold - Em Tournament

at the Navan Fair,

Saturday August 11th

beginning at 7: 30 at the Navan Curling Club (Doors open at 7:00)

1st 100 players (19 and over)

entry fee \$50.00

Fabulous Prizes to last Five Players Remaining

Sponsored by the Navan Lions Club

Pre-entry tickets available at J.T. Bradley's or any Navan Lion's member.

Prizes:

1st Place – 20 % of all entries as Home Depot gift certificate

2nd Place – 15 % of all entries as Home Depot gift certificate

3rd Place – 10 % of all entries as Home Depot gift certificate

4th Place – 2.5 % of all entries as Home Depot gift certificate

5th Place – 2.5 % of all entries as Home Depot gift certificate

If 100 entrants : 1st Place would receive Home Depot Gift certificate valued at \$1000.

If 50 entrants : 1st Place would receive Home Depot Gift Certificate valued at \$500.



Cumberland Township Agricultural Society
1279 Colonial Rd. Navan, ON, K4B 1N1

2007 Building Renovations Raffle



Prizes

12. 2008 C50 Suzuki Boulevard Cruiser or 2008 Suzuki King Quad 450 from Motor Sports World – value \$10,829.
13. 2006 Clipper 106ST Tent Trailer from Leisure Days RV Centre – value \$9,900.
14. John Deere X320 22HP Lawn Tractor (48") & 13S Dump Cart from J.A. Williams Sales & Service – value \$6,100.
15. Portable Generator HX7000 from Gal Power Systems Ottawa – value \$2,086.
16. Ladies Movado SE Watch donated by Dixon Jewellers – value \$1,600.
17. \$500 Gift Certificate donated by Home Depot, Orleans – value \$500.
18. Lifetime Pass to the Navan Fair – value \$500. Non-transferable, no cash value.
19. 2 mo. membership plus Gift Pack from GoodLife Fitness – value \$350.
20. Couples Therapeutic Getaway from Le Domaine Bourget Inn & Spa – value \$340.
21. Alpaca Blanket donated by the Alpaca Show Committee – value \$200.



ALPACA SHOW
COMMITTEE



\$20.00 per ticket

(Licence # M546614) – only 6000 tickets printed

Draw Date: SATURDAY, OCTOBER 13, 2007 at 10:00 pm

Location: Barn Dance on CTAS Fairgrounds, 1279 Colonial Rd., Navan

**Tickets available at: CTAS Navan Fair Office – call 613-835-2766 or Fair Directors
JT Bradley's Convenience Store, 1222 Colonial Rd., Navan**