

NAVAN NUGGET

This is the first edition of the NAVAN NUGGET which will be a composite of news and articles involving the Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society. The objective of this newsletter is to raise the level of awareness to what is happening in our great community.

The name is not original, I understand from discussions around the coffee cup at JT Bradley's that in the early 1940's there was a publication for the Navan School call the "Navan Nugget". So if it worked back then we will give it a shot again.

Any non-profit group that would like to advertise, appeal or educate the community on their activities are welcome to submit your articles to the editor at navan.on.ca. Articles must be pre-edited before and the editor will have final approval for publishing.



The CTAS would like to sincerely thank all the local volunteers, supporters and participates in making our 61st Fair a great success. Without all of you it would not happen.

Shortly we will have a brief report on the results of the Fair but just a tit-bit is that over 24,500 people attended the Fair this year under wonderful weather.

STORAGE is available in the CTAS buildings from November to May for vehicles, boats large and small. For information leave a message at 613-835-2766 and our Storage Director will call you back.

FACILITY RENTAL is also available for all the property and buildings owned by the CTAS. Think about an event you or your organization could have by utilizing any of our different buildings or grounds. For example recently the exhibit portion of our building behind the Fair office was used by the movie filming crew who were taping in Clarke Woods with "Phyllis" from the Young and the Restless.

CTAS Executive:
President Ray Lanthier
Vice President Hank Bakker
2nd Vice President Mario St Denis
Accounting Pat Savage
Admin. Coord. Marg. MacNeill

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Email: navanfair@cyberus.ca

HEALTH TIP OF THE MONTH

Boost your energy

1. *Take a catnap.* One of the best ways to put pep back into your step is to snooze for 20 to 30 minutes-but not longer.
2. *Walk briskly...* for 10 minutes to raise your heart rate, which revs alertness and energy.

3. *Munch almonds.* They're loaded with magnesium, a mineral essential for jump-starting your battery. Just a handful of nuts a day will do the trick.
4. *Eat combo snacks.* Pair carbs with protein for longer-lasting power boost.
5. *Sip green tea.* Besides caffeine, it contains the amino acid L-thiamine, which helps counteract energy-sapping anxiety.
6. *Sniff a bouquet.* The scent of fresh flowers is proven to increase vitality and concentration by 17%.
7. *Stretch for 30 seconds.* Do this every 15 minutes, and you'll feel pumped all day.
8. *Laugh.* A good chuckle increases circulation throughout the body.
9. *Drink water.* Being even a little dehydrated is draining.



The NAVAN LIONS are on the prowl again, having their next meeting on October 9th at the Navan Curing Club – Lions Den. If you are interested in what the Lions do for the community or want to join this club, feel free to approach a Lion or contact our President Lion Hal MacPherson at 613-835-3502 or email halnavan@rogers.com.

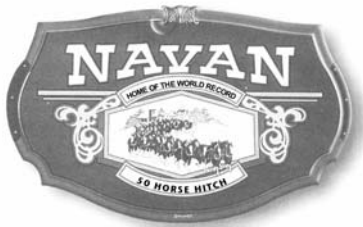
After our next meeting we will be publishing our upcoming events and activities. One already in the planning is "Meeting the Teacher BBQ" at our very new Heritage School on September 28th.

Lions Executive:

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

QUOTE OF THE MONTH

"Small opportunities are often the beginning of great enterprises"
Demosthenes



Your NAVAN COMMUNITY ASSOCIATION meets the 3rd Monday of every month in the upstairs hall at Navan Memorial Centre at 7:30 pm. Come and join us.

Remember that this Association is only as good as its membership. We welcome new members and your input to help this an even great place to live.

Each month we invite a special guest to talk on a topic that would be of interest to the community residents. Feel free to call Margaret MacNeill, NCA Chair, if you have any ideas for future meetings.

BOARD OF DIRECTORS:

Chair Margaret MacNeill
613-835-2533
Secretary Christina MacPherson
Membership
Treasurer Dale Borys
Youth Tom Devcseri
Safety Ralph Brookholmes

Website: navan.on.ca

ANNOUNCEMENTS:

Septic System Pumping starts September 18th – Don Lawlor can arrange for group cleaning of your septic tank, which can reduce the cost. He will also add to you to his database for a reminder call in 1, 2 or 3 years time.

Navan Curling Club is now opening for the new season – new members are welcome. Curling Clinics will be held over the next few weeks. Information on membership or rentals of the facility call Bob Rodney at 613-835-2736

Transportation News As of September 3, 2006 we now have three morning and three evening express OC Transpo buses between Navan and downtown Ottawa. If you were reluctant to take the bus because it arrived home too late, you now have the option of a bus that leaves Lebreton around 3:35 p.m. arriving in Navan around 4:30 p.m. Hopefully this extra bus will add to our ever growing ridership and we can reach our goal of 4 buses each way, half an hour apart, to suit most of the working population. Give us a chance to take away the stress and expense of driving to work and come and join your friends and neighbours on the bus for a fast, comfy, relaxing start and end to your day.

Community Sunday School begins October 1st - Registration call Debbie at 613-835-4146

HELP WANTED:

COMMUNITY CLOTHING CAMPAIGN The Orléans-Cumberland Community Resource Centre is in need of gently used women, men and children's fall & winter clothing. Donations may be dropped off at 860 Taylor Creek, Unit 4 on Mondays 12:30 p.m to 8:30 p.m. (closed 4:30 to 5:30), Wednesdays and Fridays, 8:30 a.m. to 4:30 p.m. (closed 12:00 to 1:00) throughout the month of

September. Information, Carolle Séguin, Community developer, 830-4357

Are you in need of fall and winter clothing for you and your family? The Community Clothing Day will be held on Wednesday, October 4th from 2:00 p.m. to 7:00 p.m. at the Royal Canadian Legion, 800 Taylor Creek Drive, Orléans. This no cost event is open to residents of the former municipality of Cumberland. Information: Pauline Racicot, Intake worker, Orléans-Cumberland Community Resource Centre, at 837-1808.

NAVAN FIREFIGHTERS

The Navan Firefighters are always there to help you; they are currently in need of your support to improve their service to the community. Everyone is invited to the NCA next meeting on **October 16th at 7:30 pm** in Navan Memorial Centre upstairs hall. Come and bring a friend.

OUTDOOR RINK OPERATOR

needed – some monetary funds available through the City of Ottawa - Call Hal MacPherson at 613-835-3502

NCA is looking for local businesses to support the publication of THE NUGGET in exchange to business card advertising. 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.