

NAVAN NUGGET

Heritage Public School Official Opening

Several hundred people were in attendance for the official opening of Heritage Public School on Thursday evening, November 9, 2006. This absolutely beautiful school is located at 1375 Colonial Road and presently houses about 350 students from Kindergarten to Grade 8.

The ceremonial ribbon cutting was carried out by Chairperson Lynn Graham and Lorne M. Rachlis, Director of Education of the Ottawa-Carleton District School Board, both of whom brought messages of welcome along with Robert McMullen, Project Leader.

Cathie Whyte, Principal of Heritage School welcomed all those who attended this historic event, while Ross Bradley a long time resident of Rural Cumberland welcomed the School and all of its teachers, other staff members, and its students, to the community at large. An impressive message was brought to the large gathering by Kendra Engbers, Chair of the Heritage School Council.

Jean-Marc Lalonde, MPP Glengarry Prescott Russell presented Heritage School with the Ontario flag.

Several Heritage students took part in the Program. Included were the Heritage Wind Ensemble playing O Canada and the Heritage Clarinet Choir playing a Minuet. Grades 4, 5 and 6, performed a Musical Number "We're All in this Together". Grant Taylor a Grade 6 percussionist led the Processional and the Recessional.

The evening finished with guided tours of the School by the students and some lovely refreshments.

Heritage Public School is a tremendous asset to our entire community. We all should be very proud.



The CTAS is now getting ready for their annual meeting and making plans for an exciting Navan Fair for 2007. Next month we hope to announce the theme for the Fair so you can start planning or working on your entries during the cold winter nights.

CTAS Executive:

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

Tel. # 613-835-2766
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QUOTE OF THE MONTH

"Luck is what happens when preparation meets opportunity."
Elmer Letterman



HOME TIPS OF THE MONTH

Ways to use wax paper:

- Make your freezer fresh by placing a piece of was paper directly over the surface of your ice cream before closing the lid to prevent crystals from forming.
- Jacket zipper sticking rub wax paper over the teeth to make it glide smoothly again.
- Wax paper makes a great transparency paper for sewing projects or kids' crafts. Lay the wax paper over the pattern you want to copy and trace over the lines with a pencil.
- Wax paper can easily substitute for parchment paper so you cookies will not stick to the pan.



The Lions are pleased with the donations to-date but you or your organization can still. The Lions have set up a special account at the Royal Bank in Navan for the Snowmobile. The account number is 1004662.

November have had a great month with joining with 3 neighbouring Lions Clubs to visit with our District Governor at the Rockland Lions Club, which was informative, and lots of laughs. Next they provided over 200 Remembrance Day attendees and participants with a light luncheon and hot beverages after the cenotaph ceremony.

Having the know-how they were asked to provide the celebration refreshments after the Youth Awards at Centrum Centre.

Lions Executive:

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



At our November 20th meeting, Christina Harding of the Ottawa Public Health provided insight in to what support is available for our senior.

Helping an isolated senior is one phone call away

An isolated senior is someone who has no one to turn to for help when they have health problems or difficulty with day-to-day activities. Their ability to continue to live safely in their home can then be a concern.

The isolated senior may not recognize there is a problem or understand how bad the situation really is. They may not be aware they need help, don't know how to

ask for help, or they won't ask because they may be ashamed, afraid, or suspicious. Some seniors choose to live alone and not seek help. Others who are on their own don't know how to get the help they need.

What can you do?

Reaching Out to Isolated Seniors, a citywide program, provides a single phone number for individuals to call when they are concerned about an isolated senior. Through this one phone call appropriate and timely services are provided for the senior through a network of community agencies and groups working together.

Call the Reaching Out to Isolated Seniors phone line 613-562-6381 to report your concerns. You are not expected to act as a social worker or counselor. Your phone call can help the community agencies reach out to the person who may be in trouble.

Give as much information about the person as possible, including name, address, phone number and specific concerns.

The information you share about the individual is taken in confidence and will be protected. You can also ask to remain anonymous.

If you are not sure about a situation, you can still call. Do not be afraid about "making a mistake" or "what if I'm wrong." It is always better to be safe than to be sorry. You may just help to prevent a crisis!

You can help those who need it. Just a bit of assistance can prevent a crisis situation. Call the **Reaching Out to Isolated Seniors program at 613-562-6381.**

Did you know that this group of willing volunteers help one of our residents out recently by raking the leaves on her property, cleaned the leaves off the roof and out of the gutters? I am proud and willing to support this dedicated group.

By the way you could be one of these firefighters. Contact the Fire Station at 613-835-1682

ATTENTION:

At our November 20th, we will have a special guest, Public Nurse, Christina Harding from the Reaching Out to Isolated Seniors who will outline all the programs to help seniors and their families. Please spread the word and come to the meeting, it is amazing what programs are available that we do not know about. Looking forward to seeing you there.

The NCA meetings are held the 3rd Monday of the month at the Navan Memorial Centre at 7:30 pm. Everyone is welcome.

BOARD OF DIRECTORS:

Chair Margaret MacNeill
613-835-2533
Secretary Christina MacPherson
Membership
Treasurer Dale Borys
Youth Tom Devecseri
Safety Ralph Brookholmes
Website: navan.on.ca



ANNOUNCEMENTS:



"Opening the door to make-believe"

There is a new "gig" in town and its aim is to give the kids of the community a new resource to "play pretend". **Act 1 – Navan Young Performers** is a not-for-profit drama club. It has been set up by Nathalie Champagne and Debbie MacDonald, two local residents, for children, ages 7 to 14. Meeting on Saturday mornings at the Heritage Public School, the two groups of children (ages 7-10) and (ages 11-14) are taken through the 10 elements of acting in preparation to their final performance of two plays at the end of their 12 weeks together. Please join us for an evening of intrigue, murder and comedy as the **Navan Young Performers** present "Sherlock Holmes and the Emerald of Alcazar" and "Ebony Scrooge", Friday, December 15th, 2006, at 7:30 p.m. in the gymnasium of Heritage Public School. Tickets are \$5.00 each (children under 10 are free) and can be purchased by phoning 613-835-3592. Please visit our website at www.navanyoungperformers.ca for further information.

Youth Dance

The next Navan Community Association Youth dance (ages 10-14) will be held at the Navan arena Friday on Dec. 8, 7:00 to 10:30 pm, profits from the dance will be donated to Hannah Billings "Swimming with the Dolphin Fund". The NCA will accept any further donations for Hanna during the dance.

Carleton Regional Snowmobile

Club 2006-07 Trail Permits Prices:

Seasonal	\$230
on or before Dec 1 st	\$180
7-day permit	\$120
3-day permit	\$ 90
Day permit	no longer available

Available at Canadian Tire
Coventry & Orleans, SG Printing,
MTO License Bureau, Williams

John Deere Cumberland, Gravelle Motors, Sarsfield, Carlsbad General Store are just a few.



NOTICE

THERE WILL BE NO OUTDOOR RINK THIS YEAR AS NO OPERATOR WAS FOUND.

The **NAVAN NUGGET** is composite of news and articles involving the Navan Community Association, Navan Lions Club and the Cumberland Township Agricultural Society.

We are looking for local businesses to support the publication of THE NUGGET by purchasing 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.