

NAVAN NUGGET

We have a great community of volunteers, take a moment to consider one you would like to have recognized. The City of Ottawa wants you to:

TELL US ABOUT A VOLUNTEER IN YOUR COMMUNITY

It's time to take a few minutes to nominate that special person, organization or coach for a City of Ottawa Civic Appreciation Award. Help us say thank you to that special volunteer who has touched your life in your community.

Every year, over 225,000 volunteers dedicate their time and expertise to make Ottawa a better place to live. Volunteers have a direct impact on many aspects of our day-to-day life, including health, heritage, education, social services, arts and culture, sports and recreation, protective services, literacy services and the environment.

Let us know about that special person in your community whose volunteer efforts should be recognized. We've made it easier this year. You can now complete the nomination form online. Go to ottawa.ca, Residents, see Volunteering. You can also pick up a brochure at one of the Client Service Centres, Ottawa Public Library branches or community centres. The deadline for nomina-

tions is **Friday, March 30, at 4 p.m.**

Any adult, youth or senior who willingly volunteers their time and effort to benefit others in the city of Ottawa is eligible for an award. Perhaps it's the person who coaches their community's soccer team, gives generously of their time to helping seniors or volunteers at their community food bank.

Awards will be presented in the following categories: Citizen of the Year (Youth, Adult and Senior); the Brian Kilrea Coaching Award; Arts and Culture; Recreation and Sports; Education; Environment; Health; Heritage; Humanitarianism; Rural/Agriculture; and Community Activism (Youth, Adult, Senior, Group).

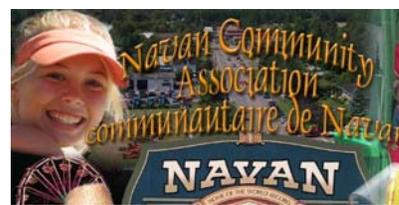
To find out more about the Civic Appreciation Awards or to get a nomination form: Visit the City's Web site at ottawa.ca and complete the form online

Pick up a brochure at your local Client Service Centre, public library or community centre

Call 3-1-1 (TTY: 613-580-2401)
Call and leave a message at 613-580-2624
E-mail your questions to volunteer@ottawa.ca

The Mayor and Council will present the 2007 Civic Appreciation Awards at a ceremony by invitation in May. The

awards are given to recipients who are selected from nominations sent in by residents, so I ask you take a moment and let us know about that special volunteer in your community!



Rebecca St. Cyr

Becky, as she is known locally, is a young woman that has volunteered since the age of 10. She is now 18 and attending The University of Ottawa's Nursing programme in Pembroke.

Becky loves to volunteer and finds it an exciting adventure every time she is asked to do something in her Navan community. Born in 1988, she is the middle child in a family of 3 children, and the only girl, daughter of Larry and Vickie St Cyr. She has lived her entire life here, attending Meadowview School and Cairine Wilson High.

She started off as a dog walker and sitter. She loves animals. As she grew older she broadened her volunteering activities to include, selling flowers, face painting at the Navan Community Association picnics and sorting articles for the community garage sales. She is the

face on the Navan Web site. She helps the Navan Lions Club sell glow sticks at the Canada Day celebrations on Petrie Island. Previously she was involved with taking tickets at the Navan Lions Club Lobster fests. She ran the nursery school at the Navan Vars United Church for 2 years and was also a teacher's aid at the Sunday School.

She is noted especially, for all the work she has done for the Youth Dances on Friday nights at the Arena Hall for the last 4 years. "This was the best," she said, as she was able to dance and work at the same time! She was involved in all aspects of the dances such as scheduling the volunteers to work the dances, worked the canteen for a time, and organized police checks for the volunteers, helped count the money at each dance. Tom Devecseri often commented on her invaluable assistance.

In 2001 she had a great time being a Greeter for the International Plowing Match held here in Navan. Another fun activity she did was to be in the Navan Fair Fashion Show a couple of times. Great stuff!! Last year she received the Hometown Hero Award from the Navan Fair Executive. Previously she received an Orleans - on - Line Outstanding Youth Award given out by Fred Sherwin's newspaper. She is very proud of these 2 awards.

Rebecca feels connected here in Navan and has made many friends, young and old, through her various volunteering efforts. She says she feels like she has done something worthwhile and it all makes her happy. I know you will be an

active member of any community you decide to settle in! Good luck at University Becky and hopefully you'll get a nursing job near Navan in a few years time.

Navan Women's Institute Celebrates 75 years

In 2006 the Navan Women's Institute Branch celebrated their 75th anniversary. This group of hard working and energetic women have been helping out the Navan Community for these 75 years. Many local and east end groups have benefited from their generosity and service.

Initially this group was started to enrich and educate the rural women in the area. As the years went on the women came from the village as well as the outlying farms. Today our group is a mix of rural and urban women enjoying working for this community as well as the International one.

The Navan Women's Institute is affiliated with the Federated Women's Institutes of Ontario. They are not-for-profit charitable organisation with affiliates around the world working with and for rural and urban women and their families. Through the network of the Branches the F.W.I.O. offers high quality education and support programs and services, advocates for social and economic change, and works towards the

personal growth and empowerment of all women.

At our recent celebrations we honoured some long-standing members.

Mildred Wall, 58 years
Betty Deavy, 55 years
Joyce Bradley, 50 years
Verna Cotton, 48 years
Jacqueline Williams, 47 years
Mary Dashney, 41 years
Helen Burns, 40 years
Doreen Hardiman, 25 years
Dorothy Poirier, 20 years

Wow!! What wonderful and generous service to Navan!! It is people like these women that make Navan the caring and special community that we live in.

Throughout the 75 years that this group has been in existence the members have given many hours and hands to help this Navan Community. Some of the major beneficiaries of this group's generosity and care are the following. All the donations were made possible because of the hard work the W.I. members did. Some of these are: Partnered to purchase the Jaws of Life for the Cumberland Fire Department, the walkway joining the Bank to the Post Office and emergency rescue snowmobile. Support the Sarsfield Colonial Home, the Cumberland Home Support and the Cumberland Food Bank, the Alzheimer's Society, the Osteoporosis Society, The Shirley Greenberg Women's Resource Centre, The Ovarian Cancer Society, The Breast Cancer Research Foundation, C.H.E.O., to name a few. International support for Country Women group in Harare, Zimbabwe, a Jamaican Or-

phanage and Elderly Hostel and Grannies in Africa programme.

Provides on a yearly basis Information Nights for the community on topical diseases where expert Doctors are called in to present the information (R.O.S.E. programme). Our Tweedsmuir History Curator keeps up to date records of local historical events and family information.

Conduct an annual Navan Garden Tour and established a bi-annual visit exchange with the New York State Farm and Garden groups.

Women of all ages are welcome to become a member, for more information call Sheila Minogue-Calver at 613-835-4296.



QUOTE OF THE MONTH

Years and years of happiness only make us realize how lucky we are to have friends that have shared and made that happiness a reality.

Robert E Frederick



Volunteers are always needed at the Navan Fair not only at

Fair time but maybe you would like to work on one of our committees. We are specially looking for youth to join us and bring some new ideas keep our Fair a place that everyone wants to come to. The Directors and their committees are putting together a list of opportunities that need some willing hands. If you are interested don't hesitate to call the Fair Office and leave a message.

2007 Board of Directors are:
President Hank Bakker
Admin. Coord. Marg. MacNeill

Tel. # 613-835-2766

Fax. # 613-835-4008

Email: navanfair@cyberus.ca



Navan Lions Club

On March 2nd and 3rd the Lions are hosting a Curling Bonspiel and the Navan Curling Club along with a Silent Auction. The Silent Auction will be held on Saturday March 3rd with viewing of the articles at 9:30 to 10:30 and 12:30 to 2 pm in the Lions Den downstairs. Come and see if we have a treasure for you! Auction closes at 3:30pm – **you must be present to collect your items and payment is either cash or cheque.**

LIONS GATEWAY CLUB

The **Navan Lions** have joined a Discount Card service. We are looking for **“Partners”!** They may be charities, hospitals, schools, church groups, other service clubs, Scout/Guide groups or associations involved in raising funds for the betterment of their communities (could be individual departments in schools or parents councils etc). Organizations participating will work with the Navan Lions (**“Host Club”**). Partners will, wherever possible, involve youth in selling cards (Hours can be used to fulfill school graduation requirements!). **Cards:** Sell for **\$20.00, \$10.00** to the Partner to use and **\$10** to the Lions to distribute. Good for one year from date of purchase and can be used as often as holders want at participating businesses which can be viewed at www.lionsgatewayclub.ca **Shopping Online:** Cardholders who register online may order from a growing list of businesses, i.e. The Bay/Zellers, Sears Home Store, Eddy Bauer etc. These can only be viewed by registered users. A portion of online sales will be donated to us by the business. For example \$200.00 from Sears Home Store gives us \$16.00 (8%) split 3 ways, or \$5.33 to each. Registered users will receive renewal notices automatically, which will generate the same income as the original card sale for the partners and Club. This is a **“No Brainer”** compared to the “Entertainment Books” I’ve never recovered my \$35.00 in 20 years of buying them & only buy to support the seller who gets \$10.00 and

the rest goes to the business. With "Gateway" the Partner still gets \$10.00, but in the end the entire \$20.00 goes back to serve the needs of the community. All relevant documentation is also in the process of being translated into French! Until "Partners" are set up individuals may purchase cards by calling 613-835-3502 or by contacting any Navan Lions Club member. For further information visit info@lionsgatewayclub.ca

Lions Executive:

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



Kids Korner

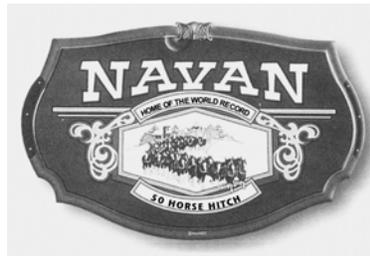
Navan Nursery School will begin accepting registration for September 2007 with our annual open house from March 26th-30th from 9:00-11:30. Please feel free to drop in and see the school and pick up a registration package. The school runs a junior preschool program for children 2 1/2-3 years of age on Tuesday and Thursday mornings and a senior preschool program for children 3-4 years of age on Monday, Wednesday and Friday mornings. The school is located at 1279 Colonial Rd in

the Navan Fair building. For information please call 835-9243, the school website at www.navancooperativenurseryschool.ca

Song for Spring...

(tune.. "Are you sleeping")

I see robins,
I see birds nests,
Butterflies too,
Flowers too.
Everything is growing
The wind is gently blowing
Spring is here,
Spring is here.



Garage Sale Update (June 2nd)

For almost ten years now the 1st Vars -Navan Scouting Group has held a springtime Garage Sale as a fundraiser for the Group. Over the years, the sale has outgrown the ability of the Group to continue to operate it.

Since the sale has become an annual fixture in the community, and is now part of the community wide Garage Sale Day. The Scouting Group has asked the Navan Community Association to take over coordinating the event involving as many of the local community groups that would be willing to participate and share in the funds raised from it. Help is needed in May to prepare for the event and then on Sale day.

Anyone willing to dedicate a few hours may do so and direct a share of the profits to the community organization of their choice based on the number of hours of service donated. Student volunteers may do the same as well as accumulating time towards their high school graduation requirements.

If you or your group are interested in this idea, please contact Marg MacNeill at 613-835-2533.

The next meeting will be on March 19th, at 7:30 pm

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

HOME TIPS OF THE MONTH

Tips for beefing up your résumé:

- Your volunteer experience can demonstrate your organizing, budgeting, negotiating, communicating and decision making skills – if you increased membership or participation in a group or you raised money or funds for a charity event. Also when you belong to volunteer groups you rub shoulders with people from many walks of life – great chance to network for contacts or leads.
- Temporary positions can give you exposure to work for short periods to see if you like it and gives you a chance

to network in the organization.

- Scan job posting on the Internet or in your current company to see where the openings are and what types of skill or computer knowledge is being requested.
- Important update your résumé to an advertisement of your skills and abilities in words. E.g. Front line contact for a retail store to answer queries or direct calls to appropriate division – vs. answered income calls and transfer to departments.



ANOUNCEMENTS

Youth Dance

The next Navan Community Association Youth dance (ages 10-14) will be held at the Navan arena **Friday on March 9th, 7:00 to 10:30 pm** that is adult chaperoned along with youth volunteers.



PRESS RELEASE

FOR IMMEDIATE RELEASE

Contact: Meredith Brophy
Home: 613-826-2149
Office – 613-237-3444 X 314
merbrophy@sympatico.ca
IRISH FUN TO BENEFIT
FOOD AID

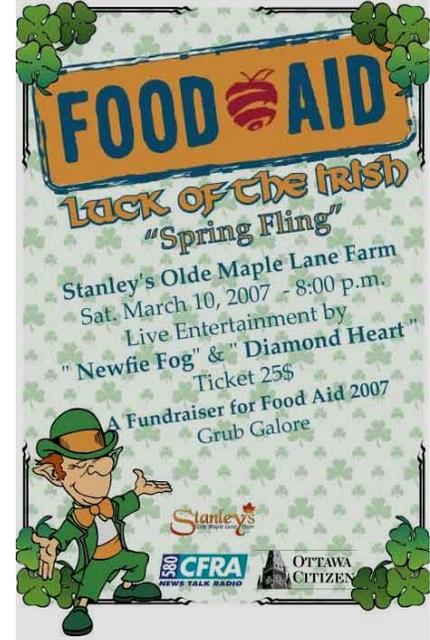
Plans are well underway for an evening of Irish fun, frolic and fundraising on Saturday, March 10th, at Stanley's Olde Maple Lane Farm, Edwards. Enjoy grub galore, live & silent auctions, and dancing to the music of "Newfie Fog" and "Diamond Heart", from 8 p.m. on. All proceeds from this event will go to Food Aid 2007.

Food Aid is an Ottawa Food Bank program to purchase beef in order to feed the hungry. Every dollar donated to Food Aid is used to buy and process beef from Ottawa-area farmers – the program boosts the local market for cattle while adding nutritious protein to the diets of needy families.

With the help of community organizations, businesses, farmers, the media, service clubs and volunteers, successful Food Aid Days have taken place annually for the past 2 years, raising close to \$250,000 for the program. To date, 435 cows have been bought at area sale barns and processed for Ottawa Food Bank's use.

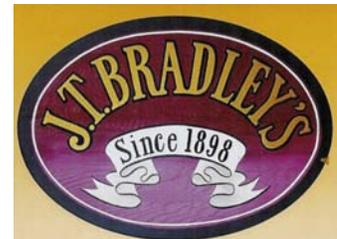
So if you're Irish – or just Irish at heart – or just want to have a great evening and help out this worthy cause - reserve your tickets (\$25 per person) at 613-821-2751, or online at www.stanleysfarm.com. Tickets are also available at J.T. Bradley's (Navan) and at Dunrobin Meat & Deli.

NAVAN NUGGET



ARE YOU ON THE BUS?

JT Bradley and ML Bradley 's will be providing to buses leaving the Area to Stanley's 8:30 and 9 pm going and returning a 11:30 and 12:30 back to Navan. Signup sheet at JT Bradley – act quickly to get your seat reserved.



Box 209, 1220 Colonial Road, Navan, ON K4B 1J4
(613) 835-3781 • email jtbradley@bellnet.ca

Navan Minor Fastball Registration 2007

We are a non-competitive league for boys and girls between the ages of 5 and 18. Games are played between other villages i.e. Sarsfield, Vars, Carlsbad and NDC.

Registration dates:

Saturday March 3rd 2:00 - 4:00 pm
 Monday March 19th 6:00- 8:30 pm

Location - Navan Arena lobby

Cost (payment by cheque or cash)

- children born between 1999 - 2002 - \$35.00
- children born between 1989 - 1998 - \$60.00

For further information, contact Nancy at 835-2925 or Carolyn at 835-9228.

Late registrations cannot be guaranteed a team.

NAVAN CURLING CLUB

Last call for Navan Curling Club \$100 Vacation Draw tickets. The first draw is March 15, and there are only 200 tickets to be sold for a total of 5 draws worth approx 2000\$ each.

Contact John Bradley at 613-835-3781 or email

jtbradley@bellnet.ca

CUMBERLAND GRADS

March 6th Tuesday at 7:30pm vs. Brockville

www.cumberlandgrads.com

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 by 15th 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.