

NAVAN NUGGET

The Irish Fun Food Aid Benefit was a wonderful success at raising over \$7000 to purchase beef from Ottawa farmers for the Ottawa Food Banks. 48 adventurous residents jumped on the ML Bradley's school bus to enjoy in the fun. Some brave Lions tried to keep the want to be Irish under control. Great evening was had by all.



Exciting news in Navan "Jelly Belly" the original jelly beans have arrived at JT Bradley's Country Convenience store with lots of flavours to savour or mix to get your own unique taste – it will be worth the trip to find out.

The Navan Curling Club was one of 10 city curling clubs to host the City of Ottawa annual men's bonspiel took place the week of March 12 with over 300 curlers. The opening ceremonies of this year's "City of Ottawa" were held in Navan. This was made possible because of the major expansion to the Club in the summer of 2005

May to September, the air-conditioned lounge of the Navan Curling Club is available for wedding receptions, anniversary parties, etc; interested parties

can call 613-835-2736. The 2007-2008 curling season begins in October.



Helen and Bob Burns (Complements of the Navan Women's Institute)

During all of their 51 years of marriage, Bob and Helen have lived on the family farm on top of the little hill on Trim Road where they raised their 6 children. Along the way they began volunteering in their church and various organizations. In their opinion, the community spirit, support, and encouragement they have received through the years from Navanites, young and old, have made Navan the best community to live in.

Bob was an elder in the Navan Vars United Church for over 40 years. He is one of the stewards now and looks after the elevator, the heat at the church. Helen sings in the choir and is active in the United Church Women's Group at present she is the Editor of the church newsletter. They both help out at the yearly yard and bake sale where

Helen's pies and buns fly off the table!

Bob was a Director of District #1 for the Ontario Association of Agricultural Societies. Helen was Home craft Secretary for the fairs in District #1 for several years. Bob was President of the Navan Fair for 2 years in the mid 1980's. He and Helen have served for over 40 years as a director or on some committee of the Navan Fair. They still help to organize the Navan Fair Parade, a highlight of the Fair. Helen directed the Floriculture Division for several years and still serves on that committee. In 1981, the two of them helped organize the first Ecumenical Church Service at the Fair. 26 years later Helen still enjoys doing this task.

Helen has been an active member of the Navan Women's Institute, taking on the role of its President several times. She became involved at the Russell District level, held various con-venorships, and twice served as its President. She also served as a Provincial Board Director of the Federated Women Institutes of Ontario for 3 years. In her spare time, Helen enjoyed cooking meals for the Navan Lions Club for 16 years. For 13 of those years she shared the job with Pat Rathwell and the other 3 years were with Geraldine Grimes. For approximately 20

years Helen has been a volunteer driver for Cumberland Home Support and helps with its fund-raising events.

Bob is an active member of the Navan Curling Club and is a deadly shot!! He knows how to throw draw weight like nobody I have ever seen! When there is a lunch to be put on Helen is there, at the Curling Club, with her yummy squares or delicious beans!

These two have contributed so much to our community. Hats off to a wonderful couple who have helped make Navan a welcoming and caring community.



QUOTE OF THE MONTH

7 Days of Inspiration

Take one a day....and feel great all week!

Day 1 All that stands between you and your dreams are self-doubt. Believe

Day 2 You will change someone's life for the better.

Day 3 Everyone needs a treat now and then. Indulge!

Day 4 An angel can fly into your life at a moment's notice!

Day 5 Renew yourself. Have some fun!

Day 6 The only one keeping track of your mistakes is you.

Day 7 Isn't it time you felt good about yourself?



HOME TIPS OF THE MONTH

What color is your personality?

YELLOW are fun-loving and live life to the fullest. They enjoy drawing others out, a trait that makes them natural charmers. But because they're so open, it can be hard for yellows to make a decision. They also tend to balk when tied down; these folks need their freedom! To build rapport with any yellow: Give them plenty of space and time to make a decision: they hate being pressured to make a choice or move faster than they'd like.

BLUE want everyone to get along! Peace-loving, they will do whatever it takes to avoid conflict, including making concessions even when they know they're right! Blue is calming. They optimistic, always seeing the best in other people. To build rapport with any blue: If you sense something's bothering them, ask them directly – otherwise, they won't every say anything about it!

PURPLES love a good challenge! These imaginative folks never stop pushing themselves and are quick to embrace new ideas or seeing possibilities. To build rapport with any purple: Ask how they've accomplished a goal, which will create an instant

bond with anyone they can discuss strategy with.

PINK are super-nice, they give their affection completely and are devastated when it isn't reciprocated – event if they try to hide it! To build rapport with any pink: Let them know you appreciate the things they do – it means the world to them to hear their efforts are appreciated

GREEN are nurturers or down-to-earth! They love to make others feel comfortable-and they generally succeed! To build rapport with any green: encourage them to do more of the talking. It's a rare treat they never get enough of!

RED are loyal, action-oriented people saying what they mean. And they always have a few opinions they're eager to share with your! They are born to lead. To build rapport with any red: ask their advice, once they're put in their tow cents, they can relax and let their inner pussycat shine through



Plans are progressing on the 2007 Fair, here is a teaser from the **Home craft – Youth Section**.

Exhibits must be the work of the exhibitor

Exhibits must be brought to the Blue Exhibit Building on Wednesday, August 8th, 2007 from 4 to 8 pm.

Prizes:

Teens are 1st = \$6, 2nd = \$5, and 3rd = \$4

Children (11 and under) 1st = \$3, 2nd = \$2.50, 3rd = \$2, 4th = \$1.50 and 5th = \$1

Age 12-16

80. Memory album page – your choice – at least 3 photos
81. Computer generated advertisement of this year's theme "Forging the Future" **
82. Hand knitted hat or scarf
83. Photography – any holiday – max. 14" mounted and ready to hang
84. 2 hand made bees-wax candles

Ages 8 to 11

85. Memory album page – your choice – at least 2 photos
86. Painting – max. 12" x 16"
87. A log house/cabin using twigs/pieces of wood ***
88. A futuristic vehicle using Lego sets or other medium ***

Ages 7 and under

89. Sponge or finger painting – farm related objects
90. An article of your choice decorated with buttons
91. Decorated container used to keep crayons/markers
92. A building of your choice made with Legos or other medium ***

*** Entries related to theme "Forging the Future" are eligible for special prizes.

NAVAN FAIR FUN SPIEL will be held on April 15th, 2007 starting at 8 am to 6:30 pm including lunch and supper. \$100 entry fee per team (skill optional) and a Silent Auction item. Reserve your rock today call Ivan Matthews at 613-835-3363 or email rosemead-farm@hotmail.com

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

The Lions have had some great times this month. First was our 6th Annual Bonspiel held on March 2 & 3 was a great success with 24 teams entered. For the first time a silent auction with over 60 items, was held in the Lions Den in conjunction with the bonspiel. Our new Lions Bea Wall, Susan & Neil Boyer and Denis Chaisson were great additions to our team.

On March 12th we had the annual visit by our Zone Chair Lion Sis Grosset and Cumberland Lions who came to reclaim their gong. There is a tradition in the Lions that if more the 5 Lions go to visit another Club they can bring home the other Clubs gong (bell). They have to

come with 6 members to retrieve it. This is a great way to socialize with other Clubs. On March 21st we had to go to Rockland to reclaim our gong.

Lions Executive:

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

Navan Co-operative Nursery School



1279 Colonial Road
Navan, ON
613-835-9243

Cooking Activity

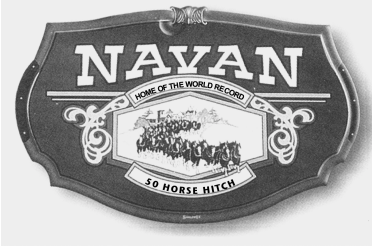
Make rice krispie recipe according to directions. Place small amount of krispie mixture into cupcake tins. Shape into nests.cool..remove..Fill with your choice of Easter eggs.

REGISTER NOW FOR SEPTEMBER 2007
613-835-9243 FOR INFORMATION

Song for Easter

Little Peter Rabbit, had a flea upon his ear
Little Peter Rabbit, had a flea upon his ear
Little Peter Rabbit, had a flea upon his ear
So he flipped it, and it flew away.

Happy Easter !



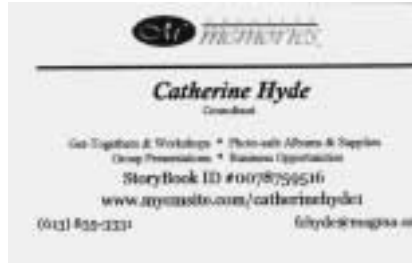
The NCA is working on many activities now that spring is just around the corner. Here are some of the highlights – some require your support. Help us to keep our community the best in Ontario.

COMMUNITY GARAGE SALE

Is scheduled for JUNE 2ND from 8 am to 2 pm. 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 rose from it. The NCA is looking for volunteers to help sort, set-up, sell and removal of remaining items after, at the CTAS Blue Building starting on May 13th through to June 3rd.

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 are welcome to join in to accumulating time towards their high school graduation requirements.

If you or your group is interested in this idea, please contact Marg MacNeill at 613-835-2533. In May the committee will be collection names of residents who will be having a garage sale on that day for free advertising.



NCA COMMUNITY SURVEY is attached to the Nugget to collect information from the community on your wants are for our great community. 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 April 10th, 7:30pm at Navan Arena Hall upstairs.

SPRING CLEANUP DAY SATURDAY, APRIL 28 will be held in Navan – one project is the Navan Fair grounds and Centennial Park, which is used by everyone. We will be entering the Spring Cleaning the Capital challenge put on by the City. Anyone interested in helping contact Marg MacNeill at 613-835-2533. Youth can also earn their community hours. Additional project will be welcomed – completion will be based on participation.



NEWS FROM THE CITY

DIRECTIONAL FARM SIGNAGE PROGRAM is a great resource for our farm-based business owners and for the residents of Ottawa in general which enable farm-based business owners to have signs in the road allowance to help people find our businesses. The signs meet the needs of both the farmers and the City by-laws with respect to location, design, durability and visibility.” Information about the *Directional Farm Signage Program*, including application forms, can be found on the City's Web site at ottawa.ca/rural <http://www.ottawa.ca/residents/rural_connections/business/directional_farm_signage/index_en.htm> in the Agriculture, Business and Tourism section. Or citizens can also visit their local Client Service Centre.

Future meetings scheduled on: Monday, April 2, 7-9pm in Carp; Tuesday April 3, 7-9pm in Metcalfe and Thursday April 12, 7-9pm in Manotick for more information call Don Brousseau at 613-580-2424 ex 41495.

SERVICES FOR SENIORS

The City of Ottawa has created two new ways for seniors and their caregivers to access information about City services available to seniors - a web page and a brochure. Helpful information to assist seniors with their everyday needs can be found by visiting ottawa.ca or by picking up a brochure at any of the City's seven Client Service Centres.

For more information: Media contact 613-580-2450 Public inquiries 3-1-1

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

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



ANOUNCEMENTS

Youth Dance

Friday April 13th 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.

Easter Church Services

Everyone is welcome

United: Navan-Vars

10 am Good Friday

10 am Easter Sunday

Anglican: St Mary's

11 am Good Friday

6 am Sunrise Service

10 am Easter Communion

RESIDENTS OF NAVAN

Parking for our local businesses is at a premium; it would be appreciated if everyone would not park on these lots when visiting

their establishments. Thank you so very much in advance for your cooperation



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

MINTO RUN FOR REACH,
Sunday, April 15 at Ottawa City Hall.

Beneficiary is Reach Canada a non-profit 25-year-old organization which provides lawyer referral services for people with disabilities and educational programming for people with disabilities, their family members, health/social service providers, law students and other lawyers.

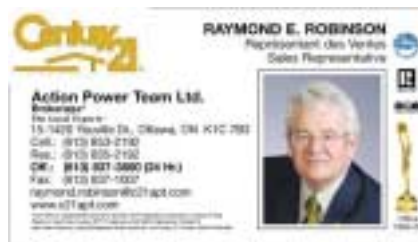
www.reach.ca

The Minto Run for Reach has events for all ages and abilities including the Enbridge 5km & 10km runs, TD Canada Trust half-marathon, Tim Horton's 3km. Family walk & run, Team Challenge, wheelchair & Half-Marathon inline skate. TECH shirts, great food and race kits included.

Register through the Running Room or

www.reach.ca/613.236.6636.

Contact: reach@ 613.236.6636



Notice for the Community to be aware of on Sunday June 24th – 8:30am to 12:30pm. The Kids of Steel will be holding a Decathlon event (endurance race) leaving from the Arena, east along Colonial and south on Frank Kenny for 3 kms to Russell Road. This is an organization of about 150 children aged 5-15 years. Cheer them on if you see them on their race.

Showcase Gardens Wanted

The Navan Women's Institute is looking for interesting and usual gardens to showcase in their 3rd 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.



Heads UP – Flower/Plant Sale

The NCA will be having their annual plant sale on the long weekend in May. Anyone interested in helping to sell or plant flowers at the two corners call Anne-Marie at 613-835-2757. See you there!

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



“Opening the door to make-believe”

Hear ye! Hear ye! The *Navan Young Performers* are proud to present "Mayhem in Navan"...a series of vignettes retelling the rather comical incidents experienced by some of the residents in Navan. For an evening of laughter and fun entertainment, please join us at 7:30 pm. on FRIDAY, APRIL 27TH, 2007 in the gymnasium at Heritage Public School. Come and support the children in our community as they put their acting skills into play. Tickets are \$5.00 each (children under 12 are FREE) and are available at J.T. Bradley's Convenience store or by calling Debbie MacDonald at 613-835-3592.

And for those would-be writers amongst us that would like to see their stories come alive, please email them to navanyoungperformers@hotmail.com. Who knows, they could be the subject of our next play! You can also visit our website @ navanyoungperformers.ca.



TENNIS NEWS

With the arrival of the Spring-like weather it is time to start thinking Tennis. Navan boasts two secluded lit tennis courts just beyond the ball diamond in the park. We are a small club who are always looking for new

members, ideas and volunteers to help out with organizing club events. Presently a volunteer to help with registration is being sought.

2007 MEMBERSHIP RATES
FAMILY....\$90.00FAMILLE*
COUPLE...\$80.00
ADULT.... \$60.00...ADULTES
YOUTH....\$30.00...JEUNES**

*Two Adults & Youth under 16/Deux adultes et enfants de moins de 16 ans

** 16 yrs & under/16 ans et moins

To register by mail, complete registration form and drop off or mail to:

**Navan Tennis, 3594 Delson Dr.
 Navan, ON K4B 1K6**

The Navan Community Association encourages members to assist with the organization of Club events and maintenance of the courts. If you are interested in assisting, please contact any of the Directors. L'Association Communautaire de Navan encourage les membres a aider avec les activités et l'entretien. Si vous pouvez contribuer, téléphonez à l'un des directeurs.

If interested in volunteering please call Susan at 613-835-3845. Last season's members will be happy to know that they can get a jump-start on this season beginning May 1st. Last year's key will remain in effect until May 26th at which time the 2007 season will commence with the installation of a new lock. Past members will receive their registration form either by email or delivered to their home.

Registration forms and regulations are attached.

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.