

July 2007

NAVAN NUGGET

The Annual Community Garage sale was an exciting time in downtown Navan on June 2nd with hundreds of bargain hunters teaming the streets and milling around the CTAS Blue Building. This year the sorting and selling was performed by numerous groups in the community with monies divided based on hours worked. Several youth made use of the opportunity to earn some of their volunteer hours. Refreshments was cooked and served by the Ventures. Great work everyone and we hope you had some fun.



Congratulations to Nancy Toonders

Nancy has organized the Ball Season for the last 8 years. She worked for 7 years with Bonnie Rivington, and now has Carolyn Tanner helping her. Her hero is Louise Cleroux, who not only was an organizer for many years but also was responsible for the Navan Fair Ball Tournaments that went on for over 20 years. Louise is still involved in the administration side of the league.

Nancy said that there are 11 teams and 120 kids in the league ranging from 5 to 19 years old. All her boys have been involved. Because so many volunteers helped her children, she decided to do the same. She believes that if everybody does something then, it is less work for all and things get done. The coaches, who are the parents of some of the players, have a big responsibility too. They make up and organize their teams, set up the field for the game, draw lines, hold practices if they have time, and are a great example to their players. There's a game every night of the week at the Navan Ball field, from 6PM to 9 PM. The Navan field is one of the best-used

diamonds in the entire city. It's because of volunteers like Nancy, who give of their time and energy to our kids, that makes this so.

The Navan teams play against Carlsbad, Vars, Sarsfield, and N.D.C. The younger teams include girls and boys but as the children get older the teams break into boys only and girls only teams.

Nancy is married and has 3 boys. She was born and raised in Cumberland and has been living in Navan for 25 years. We sure are glad you married a local Navan boy, Nancy.

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

FORE!!! (there is a picture to go with this)

A morning of fun and laughs, as 36 women, from our five Women's Institute branches in Russell District, took to the greens at "The Game", a new mini-putt golf course in Navan. 2 players scored Holes - in - One, not an easy thing to do in this game. Many members decorated box lunches, which we auctioned off; others decorated bonnets to suit the theme, while we all chatted while lunching under the trees, as a cooling wind blew. Ideal conditions for a day at the golf course.. We had a delightful time and raised some funds for the Russell District.





The picture is Anne Marie Potvin, President of the Navan Branch W.I., Theresa Nelligan, President of the Leonard Branch W.I. And Gloria Mofatt, Treasurer of the Leonard Branch.

Submitted by Sheila Minogue-Calver
President Russell District W.I.



NAVAN FAIR NIGHT AT RIDEAU CARLETON –
JULY 6TH AT 6:00 pm

Friday is coming fast. Hope you have all found your lucky rabbit's foot to come and join the Navan Fair Board at the Rideau Carleton Race-track buffet, horse race night and a chance at the slots. Tickets are \$30, which includes fantastic buffet, taxes, gratuities and slot coupons. Tickets available at the Fair Office in the daytime or Wed. night 7-9pm or at JT Bradley's Convenience store. Advertising available in program for business including television to 200 off sites in eastern Ontario.

Tickets available at: Navan Fair office (1279 Colonial Road) 613-835-2766 or at J.T. Bradley's Convenience
See you at the races



The prize listings have been mailed and are available at the office.

Memberships

Adult for \$25 (Seniors \$22.50), which allows you to vote and exhibit at the Fair, Youth for \$15 and Exhibitor for \$10 are available until July 31st.

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

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

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)

“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

The great successful men of the world have used their imagination...they think ahead and create their mental picture, and then go to work materializing that picture in all its details, filling in here, adding a little there, altering this a bit and that a bit, but steadily building –steadily building.
Robert Collier

Navan's own vineyard

The Domaine Perrault vineyard has 6 000 vines with approximately 10 varieties of hybrids. By officially opening its doors to the public on October 15 2006, Domaine Perrault makes history for being the first vineyard in the city of Ottawa!

Marcel Sarazin, the principal winemaker, impresses wine drinkers in producing full-bodied red wines, delicate whites, a rosé and also new this year, a wonderful dessert wine!

Come and taste our selection of wine at our complimentary tasting bar!! Right now we offer one type of red (2005), a new rosé (2006) and a white wine (2005). The full selection of wine will be ready by fall.

Domaine Perrault is reopening its winery on Friday June 1st!!

Our business hours are Friday, Saturday and Sunday from 11 am to 5 pm and by appointment at 835-3925.

Directions:

Go South on Trim Rd., proceed through the Navan village, and turn right onto Perrault Rd.

Address: 1000 Perrault road, Navan, Ontario

We welcome you to order your favorite wine on our website at: www.domaineperrault.ca

Also look us up in the Ottawa's Countryside 2007 Visitor Guide, where we can also find all the amazing businesses in Navan!

"Wine makes daily living easier, less hurried, with fewer tensions and more tolerance."

Ben Franklin



HOME TIP OF THE MONTH

Cooking Tips

Quick cleanup – dropped a raw egg? Use a turkey baster to quickly and easily suck it up off the counter or floor.

Italian chef's secret – a bit of crushed dried mint added to the ricotta mixture in lasagna and stuffed shells will instantly perk up the flavour!

Tastier seafood – Making scallops? Rinse and pat them dry before cooking to keep them from absorbing water and becoming mushy.

Better leftovers. Reheating rice or pasta in the microwave? Cover it with a damp paper towel to keep it moist.

Cleaner hands! Ground chicken and turkey are stickier than ground beef, so for less mess, coat hands with flour before shaping them into patties or meatballs!

Flavor saver – Next time you've got extra fresh ginger, freeze it! Minced, peeled ginger will stay good for several months in an airtight freezer bag.

Keep honey flowing – Unlike spices, honey should be kept in a warm place, such as a cabinet near the stove. Cold storage can make it crystallize.

Add some crunch! – If nut allergies are a problem in your house, simply substitute crispy rice cereal in your cookie or brownie recipes.



NAVAN LIONS

The Lions have had a very busy month cooking meals. First 11 brave Lions went to Maple Ridge School to cook over 800 hamburgs and hot dogs for their Fun night on June 7th. Then on June 22nd 6 eager Lady Lions took on the production of the 1st of 4 Friday night suppers over the summer. Guy Desjardins provided excellent roast beef and the ladies prepared the rest. 91 people came and enjoyed the good food and fun. Don't miss the next one on July 20th which will be spaghetti and meatballs – remember our limit is 100 and the bar is available to wet your whistle. Tickets are available from your friendly Lions or at JT Bradley's Convenience Store – don't wait you could miss all the fun. The suppers are held in the lounge at the Navan Curling Club

Finally on June 25th the Lions had their wrap-up meeting with the induction of 3 new Lions with Lion Jordy Reid our new baby Lion. A wonderful surprise was that Lion Herb Deavy (our Charter Member since 1952) was able to join us with his friend Anne. Everyone had a great time and a good visit with Lion Herb.

Plans are underway for a Texas Hold'em game during the Fair instead of the Bingo. Don't forget to put your thinking caps on for the Parade as the Navan Lions have won first prize every second year and this is our year – so give us a run for our money.

The team at
Advantage Insurance & Investments
is pleased to sponsor this edition of
the *Navan Nugget*.






815 Taylor Creek, Suite 205
Ottawa, ON K1C 1T1
Tel: (613) 834-5544
Fax: (613) 834-2665
Email: brent@advantage4u.ca
www.advantage4u.ca

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 June 22nd, July 20th, 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.

July 20th will be spaghetti night

August 24th will be baked ham and scalloped potatoes

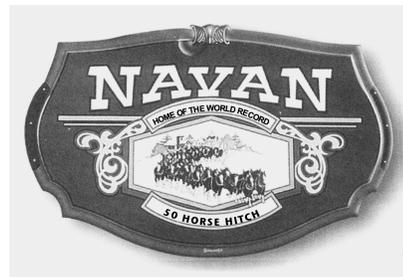
September 14th will be turkey and all the dressings
Join us and bring a friend.

Lions Executive:

President Marg MacNeill 613-835-2533

Secretary Mark O'Donoghue

Treasurer David Grattan



NCA MEMBERSHIPS

ATTENTION on Monday July 16th there will be a special meeting at the Navan Memorial Centre to view and comment on the City's architects drawings of the expansion to the Arena. The expansion is to provide more dressing room space. Everyone is welcome to come and have a look.

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.

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

RAYMOND E. ROBINSON
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 Cell: (613) 655-2152
 Fax: (613) 657-1007
 Off: (613) 637-3800 (24 Hrs)
 Fax: (613) 657-1007
 raymond.robinson@a21apt.com
 www.a21apt.com

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!

T: 613.835.2874
 F: 613.835.2228
 www.caferesonance.com

3417 Iron Road
 Navan, ON K4B 1M8

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

Café Resonance
 www.caferesonance.com

COMMUNITY ANNOUNCEMENT

July 6th Navan Fair night at Rideau Carleton – info call Fair Office 613-835-2766

July 10th Outcare Golf Classic – Hammond Golf & Country Club – 8am shotgun – 1pm lunch \$125 each golfer call 613-835-3781

July 20th Lions Spaghetti and Meatball supper \$15 per person – Call 835-2533 or JT Bradley's

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!

Doreen Hardiman
 visual artist

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

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.

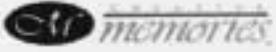
Advanced Structural Therapy Center

Miranda Dayvis
 Offering 18 years of integrated healing

Have You Been Rolled?
 Rolling heals and transforms

(613)-835 9188

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.



Catherine Hyde
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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



Presents
OutCare Golf Classic
 Supporting Out-of-Hospital Hospice Palliative Care

Tuesday July 10, 2007
Hammond Golf & Country Club

6:30 - 7:30 am	Continental Breakfast
	Registration
8:00 am	Shotgun Start
1:00 pm	Lunch & Awards

Golfer: \$125*	Foursome: \$500*
	(* includes BBQ Lunch)
BBQ Lunch Only:	\$50

For Info Contact: 613-835-3781



LIONS FRIDAY NIGHT SUPPERS

7 PM - NAVAN CURLING CLUB

JUL. 20TH - SPAGHETTI & MEAT BALLS
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



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

2007 Building Renovations Raffle



Prizes

1. 2008 C50 Suzuki Boulevard Cruiser or 2008 Suzuki King Quad 450 from Motor Sports World – value \$10,829.
2. 2006 Clipper 106ST Tent Trailer from Leisure Days RV Centre – value \$9,900.
3. John Deere X320 22HP Lawn Tractor (48") & 13S Dump Cart from J.A. Williams Sales & Service – value \$6,100.
4. Portable Generator HX7000 from Gal Power Systems Ottawa – value \$2,086.
5. Ladies Movado SE Watch donated by Dixon Jewellers – value \$1,600.
6. \$500 Gift Certificate donated by Home Depot, Orleans – value \$500.
7. Lifetime Pass to the Navan Fair – value \$500. Non-transferable, no cash value.
8. 2 mo. membership plus Gift Pack from GoodLife Fitness – value \$350.
9. Couples Therapeutic Getaway from Le Domaine Bourget Inn & Spa – value \$340.
10. 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