



## Navan Women's Institute Local Business Listing

The Navan Women's Institute supports local businesses. The following includes a listing of local enterprises along with businesses and services recommended on the Facebook page, Navan Helping Hands (designated NHHR) as well as those who regularly support the Navan Nugget through business cards and ads (highlighted in blue). Updated February 2023

### ACUPUNCTURE

A Classic Touch Acupuncture Clinic	Sylvie M.L. Lamarre, R. Ac	<a href="mailto:sylvie@aclassictouchacupuncture.ca">sylvie@aclassictouchacupuncture.ca</a> 613-429-9000 1200 Colonial Road, Unit 330, Navan
------------------------------------	-------------------------------	--

### APPLIANCE REPAIR

Appliance Technician Ltd. (NHHR)		<a href="https://www.appliancetechnician.ca">https://www.appliancetechnician.ca</a>
Bourdeau Roch Appliance Service (NHHR)		1465 Notre Dame St. Embrun, ON 613-443-3222
Independent Appliance Service (NHHR)		613-824-9950 1423 Boucier Dr. Orleans, ON
Lapensee Appliance Service (NHHR)		3162 Gendron Road Hammond, ON 613-603-0576
Wardle's Appliances Service and Parts (NHHR)	Dedicated to quick, reliable service Serving Orleans and area since 1962	<a href="http://www.wardlesparts.ca">www.wardlesparts.ca</a> 1420 Youville Dr. Orleans, ON 613-830-4768

### ARTS

Hardiart Doreen Hardiman	Small gallery, Original paintings and reproductions, art cards Hand crafted jewelry, Painting rentals also available.	<a href="mailto:hardiart@rogers.com">hardiart@rogers.com</a>
The Village Pen Samantha McKeag	Writing, research, genealogy	<a href="https://www.facebook.com/thevillagepen">www.facebook.com/thevillagepen</a> <a href="mailto:samantha.mckeag@gmail.com">samantha.mckeag@gmail.com</a> 613-292-4715

### AUTOMOBILE REPAIR

Gravelle Paul Motors Ltd. (NHHR)		2309 Colonial Road, Sarsfield, ON 613-835-3077
Ideal Tire and Auto (NHHR)	Mobile technicians bring the shop to you	<a href="http://www.idealtireauto.ca">www.idealtireauto.ca</a> 1982 Henrie Rd. Clarence Creek, ON 613-882-3776
Navan Autopro (NHHR)	Jamie Mulroney Full service auto and light truck repair and maintenance facility. Mon – Fri. 8:00 am – 5:00 pm Closed Saturday and Sunday	<a href="http://www.navanautopro.com">www.navanautopro.com</a> 613-835-3114 1265 Colonial Road Navan, ON

Topteck Automotive (NHHR)		3003 St. Joseph Blvd. Orleans, ON 613-834-3003
<b>BAKERY/CAKES/DESSERTS</b>		
A Sweet Affair (NHHR)	Sweet and creative desserts and planning for all events	Facebook.com/asweetaffairottawa/ 44 rue Katimavik, Ottawa, ON @asweetaffairottawa
Jack of All Cakes (NHHR)	Specializing in delicious, custom works of art, we love to design and create cakes that become the centrepiece of your event	Facebook.com/customcakesOttawa/ Barrhaven
Kake Girl (NHHR)	Custom made cakes, cupcakes and desserts for all occasions	<a href="http://www.kakegirl.com">www.kakegirl.com</a> kakegirl@yahoo.com Orleans, ON
Rose Courts Cakery (NHHR)	Custom cakes made fresh from scratch	Facebook.com/rosecourtscakery/
<b>BANKS</b>		
RBC Royal Bank	Tenth Line & Brian Coburn Branch Monday to Wednesday 9:30 a.m. – 5:00 p.m. Thursday 9:30 a.m. – 8:00 p.m. Friday 9:30 a.m. – 6:00 p.m. Saturday 9:00 a.m. – 4:00 p.m.	2272 Tenth Line Road, Orleans, ON 613-835-2482
<b>BARBERS</b>		
Barbershop Garage	Men's, kid's cuts, beard trims. Hours: Walk in Only, Monday and Tuesday 9-5, Wednesday 9-7 By appointment only Thursday 9-5, Friday 9-3	<a href="http://barbershopgarage.com">http://barbershopgarage.com</a> barbershopgarage@hotmail.com 5677 Trudeau Ave. Vars, ON 613-720-2840
<b>BICYCLE REPAIR</b>		
Squeaky Wheel Mobile Bike Repair (NHHR)	Bicycle tune-ups, adjustment or parts replacement at your home or location of your choice. I come to you.	<a href="mailto:squeakywheelmobile@gmail.com">squeakywheelmobile@gmail.com</a> <a href="http://www.facebook.com/squeakywheelmobile">www.facebook.com/squeakywheelmobile</a> 613-252-4670
Velofix (NHHR)	Local bike shop, on wheels. No more hassle. We come directly to you	www.velofix.com
<b>BREWERIES</b>		
Broken Stick Brewing Company and Tap Room (NHHR)	Derek Martin Proprietor	600 Golf Rd. Hammond, ON 613-488-3254 <a href="http://www.brokenstickbrewing.com">www.brokenstickbrewing.com</a>
Burst Cider Company Inc. (NHHR)	Unique and natural craft ciders using fresh local fruits	<a href="https://burstciders.ca">https://burstciders.ca</a> 893 Notre Dame St. Embrun, ON K0A H01 438-928-0200
<b>CHIMNEY REPAIR</b>		
Shamrock Masonry (NHHR)		<a href="http://ottawashamrockmasonryweebly.com">http://ottawashamrockmasonryweebly.com</a>
<b>CHRISTMAS TREES</b>		
Briggs Trees (NHHR)	Cut your own Christmas Tree Farm	<a href="http://www.briggstrees.ca">www.briggstrees.ca</a> 4075 Rockdale Road, Navan 613-835-2955
<b>CHURCHES</b>		
Anglican Churches Trinity - Bearbrook, St. Mary's – Navan St. Mary the Virgin - Blackburn	Rev. Linda Wheeler Sunday Morning Services: Trinity (8785 Russell Rd. Bearbrook) 8:15 St. Mary's (3480 Trim Rd. Navan) 9:45 a.m. Navan Community Sunday School 9:45 a.m. St. Mary the Virgin (2750 Navan Rd.) 11:15	<a href="http://www.bvnanglican.ca">www.bvnanglican.ca</a> 613-216-2200

Navan-Vars United Church	Rev. Nancy Best Sunday Worship 10:00 a.m. Navan Community Sunday School St. Mary's Hall – 9:45 a.m. <a href="mailto:navancommunitysundayschool@gmail.com">navancommunitysundayschool@gmail.com</a> live stream the service on Facebook	<a href="http://www.navan-vars-united.org">www.navan-vars-united.org</a> 1129 Smith Road, Navan, ON
<b>CITY COUNCILLOR</b>		
Catherine Kitts	Councillor/Conseillère Quartier/Cumberland Ward	<a href="mailto:catherinekitts@ottawa.ca">catherinekitts@ottawa.ca</a> <a href="http://www.catherinekitts.com">www.catherinekitts.com</a> 613-580-2489
<b>CLEANERS</b>		
Bonnie (NHRH)		613-552-0449
Domestic Bliss Cleaning (NHRH)	Quality house cleaning	<a href="http://domesticblisscleaning.ca">http://domesticblisscleaning.ca</a> <a href="mailto:info@domesticblisscleaning.ca">info@domesticblisscleaning.ca</a> 613-799-7725
Nook and Cranny Professional Cleaning Services (NHRH)	Providing cleaning services to both residential and business populations	<a href="http://www.nookcranny.ca">www.nookcranny.ca</a> 613-446-0801
Ottawa Valley Cleaning (NHRH)	Residential, commercial, post-reno, moving-in, moving-out, deep clean, cleaning services	<a href="mailto:info@ottawavalleycleaning.ca">info@ottawavalleycleaning.ca</a> 613-978-4299
Respite Clean Samantha McKeag (NHRH)	Home cleaning service	<a href="http://www.samanthamckeag.wix.com/respiteclean">www.samanthamckeag.wix.com/respiteclean</a> 613-292-4175
<b>COMMUNITY ORGANIZATIONS</b>		
Navan Community Association (NCA)	Chair: Fred Hyde NCA provides the community link to our city representative and is the umbrella organization to many committees including Fall Fest, Winter Fest and Navan Helping Hands. Meetings are held the third Monday of the month at the Navan Arena	<a href="http://www.navan.on.ca">www.navan.on.ca</a>
Navan Curling Club	Many curling leagues and youth program Adult Learn to Curl Program Fully licenced lounge Ice Sheet Rental Available Lounge and Banquet Hall Event Rental	<a href="http://www.navancurling.ca">www.navancurling.ca</a> 613-835-2736 1305 Fairgreen Ave. Navan, ON
Navan Fair Cumberland Township Agricultural Society	Cumberland Township Agricultural Society (CTAS) Annual Fair in August	<a href="mailto:www.navanfair@bellnet.ca">www.navanfair@bellnet.ca</a> 1279 Colonial Rd. Navan, ON K4B 1N1 Phone - 613-835-2766 Fax – 613-835-4008
Navan Fine Arts Group	Annual spring fine arts show at the Navan Arena. Our artists are based in Navan and surrounding areas of Cumberland, Notre Dame des Champs, Orleans, Ottawa and beyond to bring you interesting works for you, your home, and to wear: paintings, fibre art, wood, weavings, pottery, sculpture, purses and bags jewelry and more. Our website <a href="http://www.navanarts.com">www.navanarts.com</a> lists all our artists including Navan based artists: Anne Warburton (Fibre Artist); Ross Elliot (Wood Turner); Doreen Hardiman, (Visual Artist).	<a href="http://www.navanarts.com">www.navanarts.com</a> <a href="mailto:navanfinearts@hotmail.com">navanfinearts@hotmail.com</a>

Navan Grads Junior A Hockey Team	Marty Abrams GM/Coach NAVAN'S TEAM since 1974 Home games played at the Navan Arena 1329 Colonial Road, Navan Contact team to be a billet family.	<a href="http://www.navangrads.com">www.navangrads.com</a>
Navan Lions Club	President: Don Macartney The Navan Lions Club is a group of service-minded men and women dedicate to making our community a better place to live through fundraising and direct involvement with local, regional and global charitable initiatives.	<a href="http://www.navanlions.ca">www.navanlions.ca</a>
Navan WI (Women Inspired)	Serving the Navan Community since 1931, the WI plays a unique role in enabling women to meet and make new friends in the community while taking part in a wide-range of activities; supporting local, national and global charities and campaigning on issues that matter to them and their communities. The WI is a diverse organization open to all women. New members are welcome.	<a href="http://www.navanwomen.com">www.navanwomen.com</a> To learn what we do, please call 613-835-4296
Nifty 50 +	Nifty 50 + is an organization that provides socialization for all those aged 50+. Meetings are held at the Navan Arena (upstairs) from September to June, every Wednesday afternoon from 12:30 – 4:30. All are welcome	Ray and Juanita Vetter 613-835-1744

### CONSTRUCTION

H. Harper Enterprises Inc. (NHHR)	Trucking Services Water Haulage Dump Truck and Equipment Rentals	P.O. Box 48 Navan, ON 613-834-8046
McWilliams Construction Limited (NHHR)	Backhoe; Shovel; Loaders; Bulldozers; Trucks; Mini Excavator; Skid Steer; Exterior Basement Moisture and Drainage Repairs	P.O. Box 1 3853 Trim Road, Navan, ON K4B 1J3 Phone: 613-835-2971 Fax: 613-835-3565
Rivington Cartage Construction (NHHR)	Sand*Fill*Top Soil*Crushed Stone*Dump Truck *Bulldozer*Backhoe*Excavation & Backfilling*Septic Systems installed and repaired	1708 Colonial Road, Navan 613-835-3369

### CONTRACTORS (See also Home Construction/Renovation)

Better Contracting Pat Blake (NHHR)	Residential contracting, on time and on budget	<a href="mailto:info@bettercontractingottawa.ca">info@bettercontractingottawa.ca</a> 3355 Mustang St., Navan 613-884-3355
Branton Construction Group (NHHR)	Building for a Lifetime – rental repairs, bathrooms, basements, kitchens, decks	<a href="mailto:info@brantongroup.com">info@brantongroup.com</a> 613-408-4153
Eric Clement Construction (NHHR)	General Contracting/Project Management	<a href="mailto:eric@clementconstruction.ca">eric@clementconstruction.ca</a> 4962 Piperville Road Carlsbad, ON 613-899-0710
Distinctive Bathrooms and Kitchens (NHHR)	Custom kitchens and baths	<a href="mailto:info@dbkottawa.com">info@dbkottawa.com</a> 613-834-1796

Eric Sirvin Construction (NHHR)	For all your Interior and Exterior renovation needs. Revitalize your living space!	<a href="mailto:ericvirvin@hotmail.com">ericvirvin@hotmail.com</a> 613-612-3565
Lancaster & Dobbs Painting	Quality residential & commercial work Drywall and Plaster repair Finish Carpentry	<a href="http://www.ldpainting.ca">www.ldpainting.ca</a> 613-875-6103
OakWood	Design & Build Experts Architectural Design; Renovations; Custom Homes and Investment Properties	<a href="mailto:info@oakwood.ca">info@oakwood.ca</a> 865 Taylor Creek Drive, Ottawa, ON 613-236-8001
RENOVOTTAWA (NHHR)	Turnkey project solutions and quality home renovations	<a href="mailto:admin@renovottawa.com">admin@renovottawa.com</a> 613-797-7215
Siberwood Builders Gerry Lalonde (NHHR)	Renovation big or small. Design services available as well.	<a href="http://www.siberwood.ca">www.siberwood.ca</a>
<b>DECORATING</b>		
Lexy Lynn Designs (NHHR)		facebook.com/lexyllynndesigns/
Margaret Struthers Interiors	New-build Homes, Kitchens, Bathrooms, Interior Design, Colour Consultation, Floor Plans, Window Treatments, Upholstery.	<a href="http://msinteriors.ca">msinteriors.ca</a> 613-835-9101 Instagram – See all projects
<b>DENTISTS</b>		
Navan Dental Clinic Dr. A. Mirfarsi Chirurgien dentiste/ Dental Surgeon (NHHR)	Opened in October 2011. Offer a large range of bilingual, high quality dental services to the communities of Navan, Orleans, Leonard, Sarsfield, French Hill, Cumberland, Vars, Notre Dame-des-Champs, Blackburn Hamlet and the great eastern Ottawa area. We look forward to helping you achieve a healthy, sparkling smile.	<a href="http://www.navandentalclinic.com">www.navandentalclinic.com</a> 3417 Trim Road, Navan, ON 613-835-4441
Trailsedge Family Dental (NHHR)	Providing a calm and comfortable experience	<a href="http://www.trailsedgefamilydental.com">www.trailsedgefamilydental.com</a> 6160 Renaud Rd, Orleans, ON 613-800-0022
Your Notting Hill Dentist Apple's Portobello Dental Clinic (NHHR)		<a href="http://applesdental.com/location/apples-portobello-dental-clinic/">applesdental.com/location/apples-portobello-dental-clinic/</a> 1968 Portobello Blvd, Unit 4, Orleans 613-841-2122
<b>DOG FENCES</b>		
Dog Watch (Jamie) (NHHR)	Invisible Dog Fencing	613-298-5559 877-747-3738
<b>DOG GROOMERS – SEE PET GROOMING</b>		
<b>DUCT CLEANING</b>		
Advanced Air Quality (NHHR)	Duct cleaning A family business you can trust	<a href="http://www.advancedairquality.com">www.advancedairquality.com</a> 613-831 9695
Power Vac of Ottawa (NHHR)	Air duct cleaning service	<a href="https://www.powervacofottawa.ca">https://www.powervacofottawa.ca</a> 3825 McBean St. Richmond ON K0A 2Z0 613-733-2364
<b>DRIVER'S EDUCATION</b>		
DTSM (NHHR)		<a href="https://dtsm.ca">https://dtsm.ca</a>

Young Drivers of Canada (NHR)		<a href="https://yd.com">https://yd.com</a>
<b>EAVESTROUGHING</b>		
Custom Pro Eavestrough (NHR)	Joel Lalonde	<a href="https://customproeavestrough.com">https://customproeavestrough.com</a> 4849 Whispering Willow Dr. Navan, ON 519-982-9311
Precision Eavestroughing	Soffit, fascia, siding	<a href="http://www.precisioneavestroughing.com">www.precisioneavestroughing.com</a> 613-824-1120
<b>ELECTRICAL</b>		
Delta Electric and Automation Inc (NHR)		1649 Bottruell Way, Orleans, ON 613-880-0865
Hyperion Electrical Industries (NHR)	Shane Wicks	<a href="http://www.hyperioonelectrical.com">www.hyperioonelectrical.com</a> 613-319-6660
Simpson Electric Ltd. (NHR)	For all your residential or commercial electrical needs – Servicing the Navan area since 1975	<a href="mailto:simpsonelectric@rogers.com">simpsonelectric@rogers.com</a> 1241 Colonial Road, Navan, ON P.O. Box 127 K4B 1J3 Office: 613-835-2808 Cell: 613-223-3416 Fax: 613-835-3358
Tektam Integrations Inc. (NHR)	Matthew Taylor	<a href="https://www.tektam.ca">https://www.tektam.ca</a> 613-837-6536
<b>EMBROIDERY</b>		
Amplify It (NHR)	Embroidery as well as custom car graphics, trophies and plaques, silk-screened promotional shirts and custom banners	<a href="mailto:info@amplifyit.ca">info@amplifyit.ca</a> 3809 St. Joseph Blvd. #6, Orleans 613-830-5696
<b>EXTERMINATORS</b>		
Abell Pest Control (NHR)		<a href="https://abellpestcontrol.com/en-CA/Locations/Nepean">https://abellpestcontrol.com/en-CA/Locations/Nepean</a> 190 Colonnade Rd. South 613-723-8926
Discrete Pest Control (DPC) (NHR)		<a href="https://discretecontrol.com">https://discretecontrol.com</a> 613-551-7597
Pestroy Inc (NHR)		<a href="https://pestroyottawa.com">https://pestroyottawa.com</a> 1207 Cedarcroft Cr. Gloucester 613-237-5656
Skedaddle (NHR)	Humane wildlife control	<a href="https://www.skedaddlewildlife.com/location/ottawa">https://www.skedaddlewildlife.com/location/ottawa</a>
<b>FARMS</b>		
Wilhaven Ridge Alpacas Hans and Colleen Brouwer	Alpacas, raw fibre, roving, yarn and finished items like scarves, shawls hats, socks and gloves; honey, beeswax candles, jams, garlic	<a href="mailto:info@WilhavenRidgeAlpacas.ca">info@WilhavenRidgeAlpacas.ca</a> <a href="http://www.WilhavenRidgeAlpacas.ca">www.WilhavenRidgeAlpacas.ca</a> 613-833-3227 1620 Wilhaven Drive Cumberland, ON
<b>FENCING</b>		
Fence One (NHR)		<a href="https://fenceoneottawa.com">https://fenceoneottawa.com</a> 3850 Milton Road, Navan 613-656-1212
<b>FINANCIAL/INSURANCE</b>		
Dale P. Borys, CPA, CMA Tax Services and Advice	Personal; Business; GST/HST; Deceased; Trusts; Estates and Payroll Returns	<a href="mailto:daleborys@yahoo.ca">daleborys@yahoo.ca</a> 3430 Heidi St. Navan, ON 613-837-9947

Mark Majkowski Private Investment Specialist	Investments into private markets for all; also licensed for life, health, disability, critical illness and long-term care insurance	<a href="mailto:mmajkowski@rethinkdiversify.com">mmajkowski@rethinkdiversify.com</a> <a href="http://www.rethinkdiversify.com">www.rethinkdiversify.com</a> 613-868-3769
Moore Wrinn Financial Group	Kyle McDowell Financial Security Advisor	kyle.mcdowell@mwfg.ca 613-292-0751
Moore Investments & Insurance Group Ltd.	Brian Moore, Vice-President	<a href="mailto:brian.moore@miig.ca">brian.moore@miig.ca</a> <a href="http://www.miig.ca">www.miig.ca</a> 613-294-4192
Navan Bookkeeping Services	Bookkeeping -personal, farm, small business; HST preparation and filing; Income tax preparation; NUANS searches	<a href="mailto:Info@navanbookkeeping.ca">Info@navanbookkeeping.ca</a> <a href="http://www.navanbookkeeping.ca">www.navanbookkeeping.ca</a> 613-429-0134
Smith & Reid Insurance (NHRH)	For all your business and family insurance needs Home, Auto, Commercial insurance	<a href="http://www.smithreid.ca">www.smithreid.ca</a> 4020-4473 Innes Road Ottawa, ON K4A 1A7 613-834-4667 Fax: 613-233-2479
<b>FIREWOOD</b>		
Bast Poultry Farms (NHRH)	Rick Bast	<a href="http://www.bastpoultryfarms.ca">www.bastpoultryfarms.ca</a> 1950 Emmet Rd Cumberland, ON 613-229-6155
DG Firewood (NHRH)	Dan Goyette	<a href="http://dgfirewood.com">http://dgfirewood.com</a> 4355 Thunder Road Gloucester, ON 613-323-4578
Devin McFadden (NHRH)		613-898-9991
Luc Charbonneau (NHRH)	Bags of dry firewood \$8 small bag, \$50 large bag	Benoit 613-795-7466 Luc 613-620-9740
<b>FLOOR REFINISHING</b>		
Ed's Flooring (NHRH)		<a href="http://www.edsflooring.ca">www.edsflooring.ca</a> 5345 Canotek Rd., Gloucester 613-724-8915
Gregg's Flooring (NHRH)	Providing the Ottawa region with hardwood flooring services since 1986; Restoration, installation, renovation, stairs	<a href="http://www.greggsflooring.ca">www.greggsflooring.ca</a> 613-837-8942 Orleans, ON
Sweetwood Flooring (NHRH)		<a href="https://sweetwoodflooring.com">https://sweetwoodflooring.com</a> 868 Nesting Way, Orleans 613-277-1719
<b>FLORISTS</b>		
Limoges Florist (NHRH)	Irina Azarova	<a href="http://www.limogesflorist.com">www.limogesflorist.com</a> 42 S Indian Dr., Limoges ON 613-299-3403
<b>FOOD</b>		
Bearbrook Game Meats Inc. (NHRH)	Shop online 24 hrs/day Family owned and operated; total chemical free environment; free range chicken and eggs, assorted poultry; grass-fed/hormone/ antibiotic free beef, pork, lamb, goat rabbit, quail, pheasant; exotic meats; homemade gluten free sausages, pepperettes and salamis; locally made jams, jellies, honey, pies, cheese and sauces; Take Home/Heat & Eat items available	<a href="http://www.bearbrookgamemeats.com">www.bearbrookgamemeats.com</a> 5396 Dunning Road, Navan, ON 613-835-7575

	Free home delivery when you spend over \$100 ( within 100 km of farm)	
Burst Cider Company Inc. (NHRH)	Unique and natural craft ciders using fresh local fruits	<a href="https://burstciders.ca">https://burstciders.ca</a> 893 Notre Dame St. Embrun, ON K0A H01 438-928-0200
Champagne's Custom Cakes (NHRH)	Custom cakes and treats of all kinds and for all occasions	facebook@ <a href="https://www.facebook.com/champagnecustomcakes">champagnecustomcakes</a>
Back 40 Sweets Pop-Up Candy Shop (NHRH)	One stop, pop-up gummy shop for any celebratory occasion or your personal sweets fix	<a href="http://www.back40sweets.ca">www.back40sweets.ca</a>
Epicure (NHRH)	Dedicated to Healthy Eating Food, spices, cookware Lynne Jenkerson, Independent Consultant Or Heather Robinson, Independent Consultant	Lynne: <a href="https://www.facebook.com/ljspices">https://www.facebook.com/ljspices</a> Heather: <a href="mailto:hrobspices@outlook.com">hrobspices@outlook.com</a> <a href="http://www.heatherrobinson3.epicure.com">www.heatherrobinson3.epicure.com</a>
Fran's Canning Lianne Guilbeault	Pickled Vegetables – carrots, beans, asparagus, beets; pickles, salsas, sauces, jams, jellies and much more.	<a href="mailto:l.guilbeault@hotmail.com">l.guilbeault@hotmail.com</a> 613-884-5131 Navan, ON Instagram: frans_canning
Hidden Trails (NHRH)	Local regenerative farm to table experience. Fresh microgreens, meats, honey, syrup, grains, veggies and more. Weekly deliveries.	<a href="http://www.hiddentrailsfarm.com">www.hiddentrailsfarm.com</a> 1436 Saint Félix Road, Hammond, ON K0A 2A0
Lavergne Meat and Deli	Fresh local pork and lamb, chicken, beef; local farm fresh eggs; large variety of deli and specialty items made on site. Open Tuesday to Friday 8:00 am to 5:00 pm, Saturday 8:00 am to 4:00 pm Closed Sunday and Monday	<a href="http://www.lavergnewesternbeef.com">www.lavergnewesternbeef.com</a> 613-824-8175 3971 Navan Road Navan, ON
The Produce Aisle	Order on-line. Farmers market produce available for pick up or delivery. The Robinson family has been supplying premium produce at the Parkdale market for over 60 years. Delivery between 9:00 am and 5:00 pm; Pickups between 8:00 a.m. and 1:00 p.m; Closed Sunday. Satisfaction guaranteed.	<a href="http://www.theproduceaisle.com">www.theproduceaisle.com</a> 343-777-3738
<b>FOUNDATION REPAIRS</b>		
Atlantic Basement Systems (NHRH)		3 Benjamin Ln., Kemptville 613-228-2884 <a href="https://atlanticbasementsystems.ca">https://atlanticbasementsystems.ca</a>
Foundation Works (NHRH)		703 Schubert Circle, Orleans 613-728-4141 <a href="http://www.foundationworks.ca">www.foundationworks.ca</a>
<b>FURNITURE AND DECOR</b>		
Driftwood Studio	A variety of furniture and décor items fashioned from driftwood. Coffee tables & end tables, mirrors, clocks, deco storage boxes, big and small room décor, wall art, lamps, picture frames, wall coat racks, vintage windows with nature. Custom orders available. We are starting to make things with barn wood.	<a href="http://www.driftwoodstudio.ca">www.driftwoodstudio.ca</a> 613-429-1999 Email: <a href="mailto:info@driftwoodstudio.ca">info@driftwoodstudio.ca</a>



The New Oak Tree	Your solid wood furniture specialist. Hand crafted, wood furniture with lifetime warranties. Hand built for life.	<a href="http://www.thenewoaktree.com">www.thenewoaktree.com</a> 3495 Trim Road, Navan, ON K4B 1N2 613-835-9792
<b>FURNITURE DONATIONS</b>		
Helping with Furniture (NHHR)	Charity providing gently used furniture and household goods to people in need	<a href="http://www.hwfottawa.org">www.hwfottawa.org</a> 1455 Michael St. Unit 3, Ottawa 613-612-6228
<b>GARAGE DOOR REPAIRS</b>		
The Door Doctor (NHHR)	For all your garage door needs	<a href="http://www.doordoctor.ca">www.doordoctor.ca</a> 5649 Power Road, Ottawa, ON K1G 3V4 613-749-3167
Remi Gauvreau (NHHR)	Garage openers	613-867-4472
<b>GARDENING</b>		
Robert Plante Les Serres/Greenhouses	Proud to provide Ottawa with a vast variety of products ranging from annuals to perennials, shrubs and trees, tropicals and house plants, garden tools, ornaments, water fountains, and much more	<a href="http://www.robertplantegreenhouses.com">www.robertplantegreenhouses.com</a> 4228 Navan Road, Navan, ON 613-835-9266
<b>GENERAL STORE</b>		
JT Bradleys	Groceries, Beer Store, LCBO outlet, Feed Store (distributor of Purina Feed), Grab and Go breakfast and lunches, Take Home Meals from La Binerie Plantagenet, St. Albert's Cheese, Dry Cleaning. Covid 19 modified hours Sun – Wed. 9:00 am to 6:00 pm; Thurs – Sat. 9:00 am to 7:00 pm Beer and Liquor sold Mon–Sun from 9:00 am	<a href="http://www.jtbradleys.com">www.jtbradleys.com</a> 613-835-3781 1220 Colonial Road, Navan, ON
<b>HAIR STYLISTS</b>		
Alicja at Hair by Adama (NHHR)		<a href="https://hairbyadamo.com">https://hairbyadamo.com</a> 60 Camelot Dr., Nepean 234-6611
Beauty by Bee (NHHR)		1627 Prom. Grey Nuns Dr., Orleans 613-619-5710 Facebook.com/ottawabeautybee
Celine at Canterbury Salon (NHHR)		2205 Arch St., Ottawa 613-731-5529 <a href="https://kubiti.blog/hairstyles/?canterbury+beauty+salon">https://kubiti.blog/hairstyles/?canterbury+beauty+salon</a>
Jade at Wild and Free Hair Boutique (NHHR)		<a href="https://wildandfreehair.com">https://wildandfreehair.com</a> 3891 Innes Rd., Orleans 613-424-2600
Rooted Transformations (NHHR)	Melanie Robinette – I make your hair goals and transformations a reality. I am a supportive, hilarious hairstylist with a spiritual edge with 20 plus years of experience	613-697-5934 1435 Dunning Rd., Cumberland <a href="https://rootedtransformations.ca">https://rootedtransformations.ca</a>
<b>HANDYMAN</b>		
Ace Handyman (NHHR)		<a href="https://acehandymanservices.com">https://acehandymanservices.com</a> 262-232-6099
Tim the Handyman (NHHR)	We do it all from painting to leaky pipes	819-665-5912 <a href="https://timthehandyman.ca">https://timthehandyman.ca</a>
<b>HEALTH AND WELLNESS</b>		

Arbonne Canada (NHHR)	Skin care, nutrition, hair and make-up Kathy Anderson Matthews, consultant	<a href="mailto:Kdmatthews5@gmail.com">Kdmatthews5@gmail.com</a> <a href="https://www.arbonne.com/.../Kathy.../store/AMCA/default.aspx">https://www.arbonne.com/.../Kathy.../store/AMCA/default.aspx</a>
A Classic Touch Acupuncture Clinic	Sylvie M.L. Lamarre, R. Ac Move better, feel better, live better	<a href="mailto:sylvie@aclassictouchacupuncture.ca">sylvie@aclassictouchacupuncture.ca</a> 613-429-9000 1200 Colonial Road Unit 330, Navan
B Well Holistic Studio	Yoga Classes and health related workshops Promoting wellbeing by putting an emphasis on illness and injury prevention	<a href="http://www.bwellholisticstudio.ca">www.bwellholisticstudio.ca</a> 613-429-9000 1200 Colonial Road, Unit 330 Navan, ON
Breathe Wellness Studio Samantha Virgo MSc OT, OT reg.(Ont) RYT200TIYT Registered Occupational Therapist Psychotherapist Trauma Informed Yoga Teacher	Evidenced-based Trauma Sensitive Yoga and Wellness Services for, but not limited to: Anxiety; Depression; Stress; Post Traumatic Stress Disorder; Chronic Pain; Age-related conditions. Private one-on-one sessions. Services are covered under some extended health benefits.	<a href="mailto:samantha@breathewellnessstudio.ca">samantha@breathewellnessstudio.ca</a> 613-806-5709
Country Moments Spa	Country Moments Spa is a local Navan business situated right in the heart of the village in the beautiful white farmhouse on the corner of Smith and Trim Road. We offer full Aesthetics, Registered Massage Therapy, Nutrition, Private Spa Parties and more. In house cafe supplying handcrafted drinks, treats, soups and salads.	<a href="http://www.countrymomentsspa.ca">www.countrymomentsspa.ca</a> 3470 Trim Road Navan, ON K4B 1N7 613-590-9999 FB/Insta@countrymomentsspa Email: info@countrymomentsspa.ca
Innes Massage Therapy (NHHR)		3722 Innes Rd., #3-2B 613-830-5777 <a href="https://innesmassagetherapy.com">https://innesmassagetherapy.com</a>
Kneading Massage (Emerson) (NHHR)		523 Ascender Ave., Orleans 613-606-4782 <a href="https://kneadingmassage.ca">https://kneadingmassage.ca</a>
Nutrition Consultant Conseillère en nutrition Anne Thibodeau M.Sc. Nutrition, RHC, CLC	An individualized approach to developing sustainable healthy habits. Reach your ideal weight and develop habits that support good health easily and without dieting. Initial consultations are always free! Schedule yours by emailing.	<a href="http://www.annethibodeau.com">www.annethibodeau.com</a> <a href="mailto:anne@annethibodeau.com">anne@annethibodeau.com</a> 613-590-9999
Sandy Jones Yoga	Certified yoga teacher in Hatha, Yin, Restorative, Gentle, Accessible, Chair, Love your Brain (supporting those with brain injuries) and Trauma informed Practice.	<a href="http://www.sandyjonesyoga.com">www.sandyjonesyoga.com</a> email: <a href="mailto:sandyjonesyoga@outlook.com">sandyjonesyoga@outlook.com</a> 613-700-1023 Orleans, ON
The Physio Space (NHHR)	Orthopedic and pelvic health wellness One on one therapy with a registered physiotherapist Offering physiotherapy services in both French and English	<a href="http://www.thephysiospace.ca">www.thephysiospace.ca</a> 613-429-9000 1200 Colonial Road Unit 330 Navan, ON
Total Foot Spa Christine Lanthier (NHHR)	Total Foot Spa is a home based business in Navan featuring foot reflexology, pedicures and nursing foot care. Reflexology is a scientific foot massage technique that can be used to help prevent illness and improve health. ½ price for first session.	5714 Dunning Road Ottawa, ON K4B 1J1 613-835-3397

Unwind Holistic Health Hana Bland Fascia Stretch Therapist Private Health Coach (NHRH)	LIVE PAIN FREE on YOUR terms! Stretch therapy, personal training, integrated breathing Breathe ~ Move ~ Unwind	<a href="mailto:hana@unwindholistic.ca">hana@unwindholistic.ca</a> 613-863-3696 220 A 1200 Colonial Road Navan, ON K4B 1N1
<b>HEATING AND COOLING - (See also HVAC)</b>		
Cool Heat Comfort (NHRH)	Ray Richer, HVAC contractor	<a href="mailto:info@coolheatcomfort.ca">info@coolheatcomfort.ca</a> 2591 Ottawa Regional Rd. 174, Cumberland 613-366-1200
Maxtech Chauffage et Climatisation (NHRH)	Entreprise dans le domaine du chauffage et de la climatisation	<a href="mailto:info@maxtechchauffage.com">info@maxtechchauffage.com</a> 422 Desjardins St., Hawkesbury 613-577-1020
<b>HOLIDAY LIGHTING</b>		
Avalan Accent Lighting (NHRH)	Never Hang Lights Again!	<a href="http://www.avalan.ca/avalan-lighting">www.avalan.ca/avalan-lighting</a> <a href="mailto:info@avalan.ca">info@avalan.ca</a> 613-258-6225 2474 County Rd. #20 Oxford Station, ON
Celebright (NHRH)	Permanent Holiday Lighting	<a href="mailto:hello@celebright.ca">hello@celebright.ca</a> 613-800-9006
<b>HOME CONSTRUCTION/RENOVATION (See also Contractors)</b>		
Better Contracting Pat Blake (NHRH)	Residential contracting, on time and on budget	<a href="mailto:info@bettercontractingottawa.ca">info@bettercontractingottawa.ca</a> 3355 Mustang St., Navan 613-884-3355
Branton Construction Group (NHRH)	Building for a Lifetime – rental repairs, bathrooms, basements, kitchens, decks	<a href="mailto:info@brantongroup.com">info@brantongroup.com</a> 613-408-4153
Eric Clement Construction (NHRH)	General Contracting/Project Management	<a href="mailto:eric@clementconstruction.ca">eric@clementconstruction.ca</a> 4962 Piperville Road Carlsbad, ON 613-899-0710
Distinctive Bathrooms and Kitchens (NHRH)	Custom kitchens and baths	<a href="mailto:info@dbkottawa.com">info@dbkottawa.com</a> 613-834-1796
Eric Sirvin Construction (NHRH)	For all your Interior and Exterior renovation needs. Revitalize your living space!	<a href="mailto:ericvirvin@hotmail.com">ericvirvin@hotmail.com</a> 613-612-3565
Lancaster & Dobbs Painting	Quality residential & commercial work Drywall and Plaster repair Finish Carpentry	<a href="http://www.ldpainting.ca">www.ldpainting.ca</a> 613-875-6103
OakWood	Design & Build Experts Architectural Design; Renovations; Custom Homes and Investment Properties	<a href="mailto:info@oakwood.ca">info@oakwood.ca</a> 865 Taylor Creek Drive, Ottawa, ON 613-236-8001
RENOVOTTAWA (NHRH)	Turnkey project solutions and quality home renovations	<a href="mailto:admin@renovottawa.com">admin@renovottawa.com</a> 613-797-7215
Siberwood Builders Gerry Lalonde (NHRH)	Renovation big or small. Design services available as well	<a href="http://www.siberwood.ca">www.siberwood.ca</a>
<b>HONEY</b>		
Villy Bee Honey Company	Established in 2019, this Navan run small business has 14 bee hives located on	For Free Local delivery, please call or text 613-282-4555.

	Rockdale Road. 100% Pure raw honey made in Navan. Our products all also sold at JT Bradley's General Store in Navan.	FOLLOW US ON FACEBOOK & INSTAGRAM @villybeehoneycompany
<b>HOT TUBS</b>		
Beachcomber Hot Tubs	Chris Grez	<a href="http://www.beachcomberottawa.ca">www.beachcomberottawa.ca</a> 1993 St. Joseph Blvd. 613-837-2929
<b>HOT TUB REPAIRS</b>		
Hot Tub Haulers (NHHR)	Moving, delivery, relocation, installation, removal, repairs	<a href="http://www.hottubhaulers.ca">www.hottubhaulers.ca</a> 613-853-8827
<b>HOUSE CLEANING</b>		
Bonnie (NHHR)		613-552-0449
Domestic Bliss Cleaning (NHHR)	Quality house cleaning	<a href="http://domesticblisscleaning.ca">http://domesticblisscleaning.ca</a> <a href="mailto:info@domesticblisscleaning.ca">info@domesticblisscleaning.ca</a> 613-799-7725
Nook and Cranny Professional Cleaning Services (NHHR)	Providing cleaning services to both residential and business populations	<a href="http://www.nookcranny.ca">www.nookcranny.ca</a> 613-446-0801
Ottawa Valley Cleaning (NHHR)	Residential, commercial, post-reno, moving-in, moving-out, deep clean, cleaning services	<a href="mailto:info@ottawavalleycleaning.ca">info@ottawavalleycleaning.ca</a> 613-978-4299
Respite Clean Samantha McKeag (NHHR)	Home cleaning service	<a href="http://www.samanthamckeag.wix.com/respitclean">www.samanthamckeag.wix.com/respitclean</a> 613-292-4175
<b>HVAC</b>		
Dion Comfort Heating and Cooling (NHHR)	Frank	<a href="https://dioncomfort.com">https://dioncomfort.com</a> 4311 Navan Rd., Navan 613-301-1333
D. Piche HVAC (NHHR)	Dominic	<a href="http://www.dpiche.ca">www.dpiche.ca</a> 522 Baseline Rd., Rockland 613-227-2646
<b>INSURANCE – SEE FINANCIAL AND INSURANCE</b>		
<b>INTERIOR DECORATING</b>		
Margaret Struthers Interiors	New-build Homes, Kitchens, Bathrooms, Interior Design, Colour Consultation, Floor Plans, Window Treatments, Upholstery.	<a href="http://msinteriors.ca">msinteriors.ca</a> 613-835-9101 Instagram – See all projects
<b>INVISIBLE DOG FENCING</b>		
DogWatch Hidden Fence Systems (NHHR)		<a href="http://www.dogwatch.com">www.dogwatch.com</a> ottawadogwatch@aol.com
<b>JEWELLERY DESIGN</b>		
Rose Hill Designs	Jewellery Design by Brittany Bakker	Instagram@rose.hill.designs
<b>JUNK REMOVAL</b>		
Chayse'n Trash (NHHR)	Bin Rental and Disposal Service	<a href="http://www.chaysentrash.com">www.chaysentrash.com</a> 613-297-0570
Junk That Funk (NHHR)	Affordable and environmentally accountable junk removal and electronic waste service	<a href="http://www.junkthatfunk.com">www.junkthatfunk.com</a> 50 Florence St., Office 4, Ottawa 613-884-0456
<b>LANDSCAPING/PROPERTY MANAGEMENT</b>		
Arboris Tree Cutting Service (NHHR)	Victoria	<a href="https://www.facebook.com/arboristreecare">https://www.facebook.com/arboristreecare</a>
Campbell Tree Experts (NHHR)	ISA certified arborists	<a href="https://www.campbelltreeexperts.com">https://www.campbelltreeexperts.com</a> 1257 Barnwell Cr. Navan, ON

		613-603-0576
Grassroots Property Maintenance	Full service landscaping company. Yard cleanups; Aeration; Dethatching; Weekly lawn cutting; Fertilizer; Hedge Trimming; Sod and re-sodding; Driveway sealing; Mulch; Soil; Seed; River Rock; Junk Removal	<a href="http://www.grassrootsyardwork.com">www.grassrootsyardwork.com</a> 613-898-5296
JoDaLe Property Maintenance Will Watson (NHHR)	Landscaping, Tree care, Lawn care	<a href="http://www.jodalepropertymaintenance.ca">www.jodalepropertymaintenance.ca</a> FB@jodalepropertymaintenance 613-899-4534
Nature's Right Hand	Landscaping and cast iron fencing, railings and gates Wood/PVC fencing and decks Water features and landscape lighting Glass Railings, interior railings Interlock patios, stonework, etc. Custom Welding/repairs	Ray Marks Navan, ON Tel: 613-274-3003 Toll free: 866-674-3003 Fax: 613-225-0683 <a href="mailto:info@NaturesRightHand.com">info@NaturesRightHand.com</a>
Ottawa Cedar Lumber Inc. (NHHR)	Family owned/family run sawmill and land clearing operation Custom sawing/manufacturing Tree cutting/chipping/grinding/stump removal	<a href="http://www.ottawacedar.com">www.ottawacedar.com</a> <a href="mailto:ottawacedar@gmail.com">ottawacedar@gmail.com</a> 2188 Dunning Road Cumberland, ON K4C 1M1 613-850-2754
The Garden Girl (NHHR)	Landscape Design	<a href="http://www.facebook.com/thegardengirl/">www.facebook.com/thegardengirl/</a>
Tree Stump Grinding (NHHR)	For removal of unwanted stumps Call for free estimates Doug Smith	613-835-2695
Treeworks (NHHR)	Kevin Lawlor - owner Lawn mowing, snow blowing, tree trimming and removal	613-835-3806 Navan, ON
Yves Potvin Interlock (NHHR)	Residential and commercial landscape services	<a href="http://ypotvin.ca">http://ypotvin.ca</a> 613-229-4240
<b>LAWYERS/NOTARY</b>		
Galarneau and Associates Et Associés Susan E. Galarneau	Professional Corporation/Société Professionnelle Barristers and Solicitors/Avocats et Notaires Mediation/Médiation	Email: <a href="mailto:seg@galarneauassoc.com">seg@galarneauassoc.com</a> 2831 St. Joseph Blvd., Orleans, ON K1C 1G6 Phone: 613-830-7111 Fax: 613-830-7108
Grandmaitre Virgo Evans Lawyers/Avocats	Phil Grandmaitre Real Estate, Wills, Powers of Attorney; Estates and Estate Planning; Business Law Immeubles, Testaments, Procurations; Successions, Planification Successorale, Droit Commercial	<a href="http://www.gvelaw.ca">www.gvelaw.ca</a> <a href="mailto:phil@gvelaw.ca">phil@gvelaw.ca</a> 2628 St. Joseph Blvd., Orleans, ON K1C 1G3 613-837-1010 ext. 224
Valu-Notary (NHHR)	We notarize and commission affidavits, oaths, affirmations and declarations	<a href="http://www.valu-notary.com">www.valu-notary.com</a> 415 St. Laurent Blvd 613-878-2871
<b>MARKETS</b>		
The Original Navan Market (NHHR)	A market that is run by locals (Amanda Watson and Maria Hill) supporting local! Located at the Navan Fairgrounds.	<a href="mailto:originalnavanmarket@gmail.com">originalnavanmarket@gmail.com</a> 1279 Colonial Road Navan, ON

	Dates for 2020 are September 27 and October 25. All markets run from 10-3 New vendors welcome.	
<b>MASSAGE – SEE HEALTH AND WELLNESS</b>		
<b>MOVERS</b>		
Checker Movers (NHHR)	Moving, packing services, piano moving, commercial moving, free estimates	<a href="https://www.checkermoversottawa.com">https://www.checkermoversottawa.com</a>
EZ Way Movers (NHHR)		613-699-0689 <a href="https://ezwaytransport.ca">https://ezwaytransport.ca</a>
<b>MUSIC</b>		
Academie OPUS Academy Marie Claude Bourque	Piano, Guitar, Voice, Choirs and more	<a href="http://www.opusacademy.ca">www.opusacademy.ca</a> 613- 424-7557 1223 Colonial Road, Navan, ON
Kelly's Piano Lessons	Kelly Sirvin has been teaching piano in Navan for more than 30 years. She teaches classical, pop, jazz, contemporary and prefers to let the student choose the path they wish to take so they get the most enjoyment out of learning. All ages and all levels are welcome. Jordan Sirvan teaches guitar, bass and double bass.	<a href="https://kellyspianolessons.wordpress.com">https://kellyspianolessons.wordpress.com</a> email piano: <a href="mailto:the88keys@hotmail.ca">the88keys@hotmail.ca</a> email guitar and bass lessons: <a href="mailto:jordansirvin@outlook.com">jordansirvin@outlook.com</a> 2 studio locations: Navan – 1286 Colonial Road Bearbrook – 4625 Dunning Road 613-835-7576
<b>PAINTING/CONTRACTING</b>		
Josh Lancaster	Professional Painting contractor Spray/Brush/Roll Residential/Commercial Repairs and Improvement Cabinet Refinishing Molding removal/install	343-999-6878
Lancaster & Dobbs Painting	Quality residential & commercial work Interior & exterior painting Drywall and Plaster repair Finish Carpentry	<a href="http://www.ldpainting.ca">www.ldpainting.ca</a> 613-875-6103
<b>PAMPERED CHEF</b>		
Jennifer's Pampered Chef Jennifer Picard (NHHR)		<a href="https://www.pamperedchef.ca/pws/jenniferpicard">https://www.pamperedchef.ca/pws/jenniferpicard</a> 613-798-6432 Jennifer.picard@yahoo.ca
<b>PARGING</b>		
Cammstruction Jason Camm (NHHR)	Parging, foundations and foundation crack repair	<a href="http://www.cammstruction.com">www.cammstruction.com</a> 613-897-9597
Matt Day (NHHR)		c/o Facebook Helping Hands
VP Masonry Inc (NHHR)	Masonry and Bricklaying	613-868-1653
<b>PERSONAL TRAINERS</b>		
Ioana's Personal Training Studio Ioana Mant (NHHR)		819-629-9473 Orleans
Neo's Health Solutions Alex Neo (NHHR)		961 Kevin Cr. Info.alexneo@gmail.com

PET BOARDING		
Eastway Pet Resort Navan (NHHR)	Cat and Dog Boarding Services Fully heated and air-conditioned facility Basic and Premium services available Home/Airport pick-up and delivery service available	<a href="mailto:navan@eastwaypetresort.com">navan@eastwaypetresort.com</a> eastwaypetresort.com 3925 Milton Road, Ottawa, ON K4B 0B1 613-835-3646
Keshet Kennels (NHHR)	Boarding, Facilities, Training, Rescue	<a href="https://keshetkennels.com">https://keshetkennels.com</a> 6157 Russell Rd, Carlsbad Springs 613-850-6212
PET CARE		
Sniffspot Dog Park (NHHR)	1.5 acre field for off-leash \$12/ hr.	Clayton McWilliams <a href="http://www.sniffspot.com">www.sniffspot.com</a>
Spoiled Rotten Dog Daycare and Spa (NHHR)	Dog daycare, grooming, self-serve pet wash	<a href="http://www.spoiledrottendog.ca">www.spoiledrottendog.ca</a> 4125 Navan Road, Navan, ON 613-830-1999
Wawak This Way Pet Care (NHHR)	Dog walking, cat sitting, overnight visits and pet care	613-282-6062 Navan, ON
PET GROOMING		
Amalie Morgan	In home nail trimming and nail trimming training	Contact via facebook messenger
Bark Avenue Spa (NHHR)		<a href="http://www.barkpetspa.com">www.barkpetspa.com</a> 2288 Tenth Line Rd. 343-880-3993
Chapel Hill Grooming (NHHR)	Pet groomer	<a href="http://www.chapelhillgrooming.ca">www.chapelhillgrooming.ca</a> 1600 Forest Valley Dr. #4 613-841-5240
Dalice's Paw Spa (NHHR)	Dog groomer	<a href="http://www.dalice'spawspa.ca">www.dalice'spawspa.ca</a> 2213 Cecile Cr., Rockland ON 613-867-7069
Eastway Pet Resort Navan (NHHR)	Full on-site grooming services	<a href="mailto:navan@eastwaypetresort.com">navan@eastwaypetresort.com</a> eastwaypetresort.com 3925 Milton Road, Ottawa, ON K4B 0B1 613-835-3646
Mobile Dog Groomers (NHHR)	Joanne McWilliams	613-894-8824
Prestige Canines (NHHR)	Stress-free pet pampering and grooming services for dogs of all breeds and ages	<a href="http://www.prestigecanines.ca">www.prestigecanines.ca</a> 888 Lawrence St., Rockland ON 613-601-9435
Purrdy Paws Pet Grooming Spa (NHHR)	Stress-free grooming experience with in- spa or mobile services	<a href="http://www.purrdypaws.ca">www.purrdypaws.ca</a> 732 Bank St., Ottawa 613-882-7077
Ruff Cuts Dog Grooming Studio (NHHR)	For GRRReat GRRRrooms	<a href="http://ruff-cuts.com">http://ruff-cuts.com</a> 7090 Pascal Pl Orleans, ON 613-834-8883
TLC Grooming and Daycare (NHHR)	Grooming and Sharpening services	<a href="http://www.tlc4dogs.com">www.tlc4dogs.com</a> 613-745-5808 906 Shefford Rd., Gloucester Email: <a href="mailto:tlc4petsgrooming@hotmail.com">tlc4petsgrooming@hotmail.com</a>
PET SITTERS		
Jacque Gagnon	Local residents who pet sit – put names	Contact with personal message on Facebook

Karine Gibeault Laura Hilroy Dawna Laroque (NHR)	forth on Navan Helping Hands	
<b>PHARMACY</b>		
Pharmacie MEDICI Pharmacy	Open: Mon – Fri 9am to 6 pm Saturday 9am to 2 pm Prescription Delivery Service Normand Quesnel, pharmacist Danielle Lamoureux, manager	<a href="http://www.medicipharma.ca">www.medicipharma.ca</a> 613-429-4100 100 - 1200 Colonial Road Navan, ON
<b>PHYSIO</b>		
Bellefleur Physio (NHR)	Maggie Runalls, Eric	<a href="mailto:info@bellefleurphysio.com">info@bellefleurphysio.com</a> 3095 St. Joseph Blvd. Orleans, ON 613-706-6639
Eurosteo (NHR)	Christian Albrescht Osteopathic manual practitioner	<a href="https://www.eurosteo.org">https://www.eurosteo.org</a> <a href="mailto:kineos1963@gmail.com">kineos1963@gmail.com</a> 2451 St. Joseph Blvd Orleans, ON 613-450-4156
Get Physical Physiotherapy (NHR)	Kyle Sebastian Andrades	<a href="https://gpphysiotherapyottawa.ca">https://gpphysiotherapyottawa.ca</a> 839 Shefford Rd #201 613-263-4486
Orleans Physiotherapy – Revive (NHR)	Fadi or Hugo	<a href="https://myrevivephysio.ca">https://myrevivephysio.ca</a> 4473 Innes Rd. Suite 105 343-308-3225
Ottawa Physiotherapy and Sports Clinics (NHR)		<a href="http://www.optsc.com">www.optsc.com</a> 1420 Youville Drive #8 Orleans, ON 613-830-3466
The Physio Space	Orthopedic and pelvic health wellness One on one therapy with a registered physiotherapist Offering physiotherapy services in both French and English	<a href="http://www.thephysiospace.ca">www.thephysiospace.ca</a> 613-429-9000 1200 Colonial Road Unit 330 Navan, ON
Trinity Physiotherapy (NHR)		<a href="https://trinityphysiotherapy.ca">https://trinityphysiotherapy.ca</a> 6008 Voyageur Dr., Orleans 613-255-5232
<b>PHOTOGRAPHY</b>		
Sara McConnell Photography	A professional photographer for more than a decade. Specializing in baby, family, maternity, newborn and branding and headshot photography sessions. I also offer beginner photography classes and intermediate workshops on how to use your camera to create your own beautiful memories.	3417 Trim Road <a href="mailto:info@saramcconnell.ca">info@saramcconnell.ca</a> <a href="http://www.saramcconnell.ca">http://www.saramcconnell.ca</a>
Urban Bent Studio Photography (NHR)	Maternity, newborn and family photographer. Christine Groulx	4999 Frank Kenny Rd., Vars, ON 613-867-6497 <a href="http://www.urbanbentstudio.com">www.urbanbentstudio.com</a> <a href="mailto:info@urbanbentstudio.com">info@urbanbentstudio.com</a>
<b>PIANO TUNING</b>		
Ottawa Piano Tuning (NHR)	Doug Brierly	<a href="http://www.pianotuning.com">www.pianotuning.com</a> <a href="mailto:doug@ottawapianotuning.com">doug@ottawapianotuning.com</a> 613-697-9382



PLUMBING		
613 Plumbing (NHHR)	Open 24 hours a day	613-794-3649 <a href="http://www.613-plumbing.ca">www.613-plumbing.ca</a>
C&C Plumbing (NHHR)	Chris and Charles Proprietors and plumbers	Limoges 613-218-8912
Cadieux Plumbing (NHHR)		3343 Mustang St., Navan, ON 835-3111
Complete Plumbing (NHHR)	Erik	Vars 613-761-3057
Eastwood Plumbing (NHHR)	Dennis Crawford	613-223-7309
Lumech Plumbing and Heating (NHHR)	Commercial, industrial and residential plumbing and heating services	Facebook.com/lumechplumbingandheating/ info@Lumechplumbingandheating 2824Page Rd., Orleans 613—834-9860
Orleans Plumbing and Drain Cleaning Services (NHHR)	Francois Hetherington	2946 Diamond Way, Orleans, ON 613-424-6737 <a href="http://www.orleansplumbingservice.com">www.orleansplumbingservice.com</a>
Reggie Services (NHHR)	Sebastien	<a href="mailto:reggieservices@gmail.com">reggieservices@gmail.com</a> 613-791-7329
Savvy Plumbing (NHHR)	Chase Watson	<a href="mailto:savvyplumbing@gmail.com">savvyplumbing@gmail.com</a> 613-978-2457
Vanity Plumbing (NHHR)	Nigel	Vpinc.ca 3475 Watson Road, Sarsfield 613-863-7313
Waghorn's Plumbing (NHHR)		1738 Summerlands Cr., Orleans 613-841-1431
POOL SERVICING		
Call d Pool Man Yves (NHHR)		<a href="mailto:calldpoolman@gmail.com">calldpoolman@gmail.com</a>
Ottawa Used Pools	Alex McFarlane	<a href="http://www.ottawausedpools.ca">www.ottawausedpools.ca</a> <a href="mailto:ottawausedpools@gmail.com">ottawausedpools@gmail.com</a> 613-258-3908
Trévi Gatineau		<a href="http://www.trevi.com/fr">www.trevi.com/fr</a> 819-485-1671
PPE		
InnovaLife (NHHR)	Manufacturing PPE products including anti- fog reusable face shields	<a href="https://innovalife.ca">https://innovalife.ca</a> <a href="mailto:info@innovatools.ca">info@innovatools.ca</a> 109 Clement St. Vars, ON 1-613-978-2637
PRESSURE WASHING		
Seal N Clean (NHHR)	Branden Soucie Siding cleaning, trailer/Rv cleaning, gutter cleaning, window cleaning, driveway sealing	Facebook.com/sealnclean/services Rockland 873-353-5689
PRINTING		
Sure Print and Graphics (NHHR)	Printing and copies, signs of all kinds, corporate apparel, promotional items	<a href="http://www.sureprint.ca">www.sureprint.ca</a> 2507 St. Joseph Blvd. Orleans, ON

		613-830-8678
<b>PROMOTIONAL ITEMS</b>		
Amplify It (NHHR)	Embroidery as well as custom car graphics, trophies and plaques, silk-screened promotional shirts and custom banners	<a href="mailto:info@amplifyit.ca">info@amplifyit.ca</a> 3809 St. Joseph Blvd. #6, Orleans 613-830-5696
Nova Impressions (NHHR)		<a href="mailto:info@novaimpressions.ca">info@novaimpressions.ca</a> 1010 Polytek St., Gloucester 613-749-4115
Sure Print and Graphics (NHHR)	Printing and copies, signs of all kinds, corporate apparel, promotional items	<a href="http://www.sureprint.ca">www.sureprint.ca</a> 2507 St. Joseph Blvd. Orleans, ON 613-830-8678
<b>PROPANE INSPECTION</b>		
Fernand Denis Inc. Heating and Air Conditioning (NHHR)		107 Caledonia Rd., St. Isidore 613-524-2897 <a href="https://fernanddenis.com">https://fernanddenis.com</a>
<b>REAL ESTATE</b>		
Cindy Drozda-Lahache BComm, CPA Royal LePage Performance Realty Sales Representative	Offering sellers and buyers real estate services including free market evaluations and suggestions on preparing your home for sale. Will help you stage your home and provide a list of trusted contractors for any repairs or inspections. I pride myself on personalized service to all my clients – you are selling or buying a home, not just a house.	<a href="mailto:cindy.lahache@royallepage.ca">cindy.lahache@royallepage.ca</a> 107-250 Centrum Blvd. Orleans, ON K1E 3J1 Direct: 613-868-9452 Office: 613-830-3350
Chantal Veillette Realty Executives Plus Ltd.	Real Estate Agent/ Agente Immobilière	<a href="http://www.chantalVeillette.ca">www.chantalVeillette.ca</a> 613-852-9304
Jennifer Biondi K W Integrity Realty Keller Williams (NHHR)	Sales Representative	<a href="mailto:JenniferBiondi@kw.com">JenniferBiondi@kw.com</a> (c) 613-612-2094 (o) 613-829-1818
<b>RECYCLING</b>		
Recyclub of Vars and Ottawa area	Nancy Manning – goal to keep plastics and other material out of the landfills and recycle them properly	Facebook group
<b>RESTAURANTS</b>		
Broadway Bar and Grill Centre (NHHR)	Mike Cooke	<a href="http://www.broadwaybarandgrill.ca">www.broadwaybarandgrill.ca</a> 1896 Prince of Wales Dr. Ottawa, ON 613-224-7004
Broadway Bar and Grill Rockland (NHHR)	Mike Cooke	<a href="http://www.broadwaybarandgrill.ca">www.broadwaybarandgrill.ca</a> 6-2756 Chamberland St., Rockland ON 613-446-9000
Castello's Pizza (NHHR)	Licensed Restaurant; Takeout and Delivery Pizzas, Subs, Italian Food; Deckers, Platters, Wraps and Salads	<a href="http://www.CastelloPizza.ca">www.CastelloPizza.ca</a> Instagram: castello_pizza 613-835-3835
Country Perks Café (NHHR)	Handcrafted drinks and treats locally made with love. Dine-in, takeout and curbside	<a href="http://www.countryperkscfe.ca">www.countryperkscfe.ca</a> 3470 Trim Road

	pickup available. Open 6 days a week, closed Mondays.	Navan, ON K4B 1N7 613-590-9999
Dottie's (NHHR)	Original gourmet hot dog stand supplying delicious on-the-go meals for everyone. Homemade sandwiches, salads, kettle chips, sodas and milk shakes. Hard ice-cream available. Food truck located next to the Fair Grounds in the AutoPro parking lot.	<a href="mailto:dottiessnacks@gmail.com">dottiessnacks@gmail.com</a> 1265 Colonial Road Navan, ON K4B 1K6 613-790-0725 Dottiessnacks.ca
Sandy Market and Restaurant (NHHR)	Large Breakfast menu, Breakfast served 7 days a week Pizza, Salads, Subs, Sandwiches, Donair, Shawarma, Mexican Food, Italian, Fish and Chips Grocery Delivery Available Monday – Thursday 7:00 am to 9:00 pm Friday 7:00 am – 10:00 pm Saturday and Sunday 8:00 am to 9:00 pm Sunday	613-837-3000 3689 Navan Rd.

#### RETIREMENT HOMES

Russell Meadows Retirement Community Résidence Pour Retraités	A community of friends – locally owned and operated. Please reserve today for tour and lunch!	<a href="http://www.russellmeadows.com">www.russellmeadows.com</a> 475 Church, Russell, ON 613-445-5200
--	---	---

#### ROOFING

Neree Lavictoire Roofing (NHHR)	Roofing Contractor	<a href="http://www.nlroofing.com">www.nlroofing.com</a> <a href="mailto:nlroofing@sympatico.ca">nlroofing@sympatico.ca</a> 1738 Landry St. Clarence Creek 613-761-2458
Ottawa Valley Metal Inc. (NHHR)	Metal Roofing	<a href="https://ottawavalleymetalinc.com">https://ottawavalleymetalinc.com</a> 5460 Canotek Rd. #95 613-745-1296
Provost & Sons Roofing (NHHR)	Roofing service, construction company, contractor	<a href="mailto:provostandsonsroofing@gmail.com">provostandsonsroofing@gmail.com</a> 613-859-4924
Sky High Roofing (NHHR)	Specializing in roofing and re-roofing since 1985	<a href="http://www.skyhighroofing.com">www.skyhighroofing.com</a> 513-521-4444

#### RV RENTALS

417 RV (NHHR)		<a href="http://www.417rv.ca">www.417rv.ca</a> 1801 Russland Rd., Vars 613-835-3720
Rvezy (NHHR)		<a href="http://www.rvezy.com">www.rvezy.com</a>

#### SEPTIC TANKS

Brazeau Sanitation (NHHR)		<a href="https://www.brazeausanitation.com">https://www.brazeausanitation.com</a> 3175 Labelle Road Bourget, ON 613-487-3954
Rivington Cartage Construction (NHHR)	Septic systems installed and repaired	1708 Colonial Road, Navan, ON 613-835-3369

#### SEWING AND ALTERATIONS

Sylvie Dubois Couture (NHRH)	Custom sewing, alterations, quilting services Over 36 years of experience	<a href="mailto:sylvieduboiscouture@hotmail.com">sylvieduboiscouture@hotmail.com</a> 3587 Champlain St. Bourget, ON K0A 1E0 613-862-3992
Pins and Needles Alterations (NHRH)		<a href="https://pins-needles-alteration.business.site">https://pins-needles-alteration.business.site</a> 7768 Jeanne D'Arc Blvd., Orleans 613-841-0880
Threads Tailors and Cleaners (NHRH)		<a href="https://threadstailors.ca">https://threadstailors.ca</a> 2010 Trim Road #12, Orleans 613-841-7300
<b>SHARPENING</b>		
Affûtage Leroux Sharpening	Pierre Leroux Sales and Service Sharpening of all varieties of blades from Gardening and Household Tools to Chain Saw, Band Saw, Router Bits to Industrial Equipment	<a href="mailto:lerouxsharpening@gmail.com">lerouxsharpening@gmail.com</a> <a href="http://www.lerouxsharpening.ca">www.lerouxsharpening.ca</a> Navan: 613-835-2012 Shop: 613-749-5551
<b>SHEDS</b>		
Crawford Sheds (NHRH)		<a href="https://crawfordsheds.com">https://crawfordsheds.com</a> 4083 Prince of Wales Dr. 613-816-7888
Old Hickory Buildings of Ontario (NHRH)	Jeremy Isaac	<a href="https://oldhickorybuildings.com">https://oldhickorybuildings.com</a> 1877 Innes Rd., Gloucester 613-662-7782
Orleans Prestige Garden Sheds (NHRH)		2174 St. Joseph Blvd., Orleans 613-830-1167 <a href="https://orleansprestigegardensheds.com">https://orleansprestigegardensheds.com</a>
<b>SMALL ENGINE REPAIR</b>		
Robert Munro Small Engine Repair	Small Engine Repair Indoor/Outdoor Storage	3850 Milton Road, Navan, ON K4B 1H8 613-835-3636 613-769-0638
MVS Mobile (NHRH)	Lawn mower and snow blower repairs and tune-ups	<a href="http://www.MVSottawa.com">www.MVSottawa.com</a> 613-854-4154
<b>SNOW REMOVAL/PLOWING</b>		
Sam Dagg (NHRH)		3620 Trim Road, Navan 613-835-2729
Glen Edwards (NHRH)		1280 Inge Cr. Navan 613-299-5788
Green Acres Landscape Maintenance Inc. (NHRH)	Small enough to care, big enough to serve	<a href="http://www.greenacresottawa.com">www.greenacresottawa.com</a> 3445 Trim Road, Navan 613-835-3581
Devin McFadden (NHRH)		613-898-9991
Nature's Right Hand (NHRH)	Landscaping and cast iron fencing, railings and gates Wood/PVC fencing and decks Water features and landscape lighting Glass Railings, interior railings Interlock patios, stonework, etc. Custom Welding/repairs	Ray Marks Navan, ON Tel: 613-274-3003 Toll free: 866-674-3003 Fax: 613-225-0683 <a href="mailto:info@NaturesRightHand.com">info@NaturesRightHand.com</a>
Roadrunner's Landscaping		Navan Road 613-882-4789

(NHHR)		
Treeworks (NHHR)	Kevin Lawlor - owner Lawn mowing, snow blowing, tree trimming and removal	613-835-3806 Navan, ON
<b>STORAGE</b>		
CTAS (NHHR)	Seasonal storage space for cars, trailers, boats, motorcycles	<a href="mailto:www.navanfair@bellnet.ca">www.navanfair@bellnet.ca</a> 1279 Colonial Rd. Navan, ON K4B 1N1 Phone - 613-835-2766 Fax – 613-835-4008
<b>STUMP GRINDING</b>		
Doug Smith (NHHR)		Navan 613-835-2695
Jodale Property Maintenance (Will Watson) (NHHR)		613-899-4534
Neverland Homes (Mike and Andrew) (NHHR)		613-806-4700
<b>TILING</b>		
Modern Tile Inc. (NHHR)	Family owned and operated tile company specializing in custom tile work	
<b>TOWING</b>		
EKT Towing		613-291-1611
Pro Solution		613-451-6150
<b>TRANSPORTATION</b>		
M. L. Bradley Ltd.	School bus transportation company available to provide safe transportation to your next event. Become a school bus driver today Free training for your Ontario Class B licence; Weekends, summers and holidays off; Take your kids to work with you; No commute – park the bus at your home Join a family owned and operated company	<a href="http://www.mlbradley.com">www.mlbradley.com</a> 3406 Frank Kenny Rd., Navan, ON 613-835-2488
Eastern Ottawa Resource Centre Centre des Ressources de l'Est d'Ottawa	Organization offering community services to older adults and adults with physical disabilities. EORC offers transportation to essential services; *Reduced fees rural postal codes (K4A, K4B, K4C, KOA) Transportation services offered in French	<a href="mailto:info@eorc-creo.ca">info@eorc-creo.ca</a> 1515 Tenth Line Rd. Orleans, ON K1E 3E8 613-741-6025 ext. 300 Fax: 613-841-6735 TTY: 613-741-3556
<b>TREE CUTTING/SERVICES</b>		
Campbell Tree Experts (NHHR)	ISA certified arborists	<a href="https://www.campbelltreeexperts.com">https://www.campbelltreeexperts.com</a> 1257 Barnwell Cr. Navan, ON 613-603-0576
Don McNeely (NHHR)	Wood Milling	614-282-3475
Next Level Tree Services (NHHR)	Tree removal and trimming	<a href="http://www.nextleveltreeservices.ca">www.nextleveltreeservices.ca</a> 4355 Thunder Road, Gloucester, ON 613-323-4518

Ottawa Cedar Lumber Inc. (NHRH)	Family owned/family run sawmill and land clearing operation Custom sawing/manufacturing Tree cutting/chipping/grinding/stump removal	<a href="http://www.ottawacedar.com">www.ottawacedar.com</a> <a href="mailto:ottawacedar@gmail.com">ottawacedar@gmail.com</a> 2188 Dunning Road Cumberland, ON K4C 1M1 613-850-2754
Tree King (NHRH)		<a href="https://treekingottawa.ca">https://treekingottawa.ca</a> 613-627-2017
Treeworks (NHRH)	Kevin Lawlor - owner Lawn mowing, snow blowing, tree trimming and removal	613-835-3806 Navan, ON
<b>VETERINARY</b>		
Colonial Veterinary Hospital (NHRH)	Local veterinary services meeting the health care needs of your pet. Dr. Paul Brown; Dr. Denene Clifford; Dr. Catherine Sin; Dr. Michael Grimshaw	<a href="mailto:info@colonialvet.ca">info@colonialvet.ca</a> <a href="http://www.colonialvet.ca">www.colonialvet.ca</a> 1364 Colonial Road, Navan, ON K4B 1J4 Phone: 613-835-2883 Fax: 613-835-2728
Navan Veterinary Services	Large Animal Emergency Services 24/7 Bovine, Equine, Small Ruminants and Camelids, Poultry David Douglas DVM; Jean Cyr DVM; Adrian Domen DVM; Chelsea Allan DVM Office Hours Mon.–Fri. 7:30 am to 5:00 pm Sat. 7:30 am to 12:00 pm	<a href="mailto:navanservices@bellnet.ca">navanservices@bellnet.ca</a> 3425 Trim Rd., Navan, ON Phone-835-2646 1800-461-8332 Fax: 613-835-2537
<b>WASTE REMOVAL</b>		
Chayse'n Trash (NHRH)	Bin Rental and Disposal Service	<a href="http://www.chaysentrash.com">www.chaysentrash.com</a> 613-297-0570
Junk That Funk (NHRH)	Affordable and environmentally accountable junk removal and electronic waste service	<a href="http://www.junkthatfunk.com">www.junkthatfunk.com</a> 50 Florence St., Office 4, Ottawa 613-884-0456
<b>WATER HAULAGE</b>		
H. Harper Enterprises Inc.	Trucking Services Water Haulage Dump Truck and Equipment Rentals	P.O. Box 48 Navan, ON 613-834-8046
Russ Keenan Enterprises Inc. (NHRH)	Water utility company	<a href="mailto:info@russkeenan.ca">info@russkeenan.ca</a> 4800 Thunder Road Carlsbad Springs, ON K0A 1K0 613-822-4733
<b>WATER TREATMENT</b>		
Advanced Water Treatment (NHRH)	(Tom)	<a href="http://www.adwater.ca">http://www.adwater.ca</a> 613-546-9214 1-800-422-9404
CapitainoWater System (NHRH)	Ghislain Lalonde	<a href="https://capitano-water-treatment.business.site">https://capitano-water-treatment.business.site</a> 676 Fairway Drive Rockland, ON 613-223-2451
Desforges Water Treatment (NHRH)	Water softening equipment supplier	<a href="http://www.desforgeswater.com">www.desforgeswater.com</a> 4733 Ste-Catherine St. # 1 Saint Isidore, ON K0C 2B0 613-542-2177
Rainsoft of Ottawa Eternally Pure		<a href="http://www.rainsoftofottawa.com">www.rainsoftofottawa.com</a> Unit 66 and 67 5450 Canotek Rd

Water Systems INC (NHHR)		Gloucester, ON K1J 9G5 613-742-0058
<b>WELL DRILLING</b>		
Bourgeois Well Drilling Ltd. (NHHR)		<a href="https://bourgeoiswelldrilling.com">https://bourgeoiswelldrilling.com</a> 613-987-5291 14245 Concession 10-11 Rd., Chrysler ON
Maurice Cayer (NHHR)	Water well drilling	613-764-2132 RR 1 Casselman, ON
<b>WELL PUMPS</b>		
World of Pumps (NHHR)		613-744-3293 1413 Cyrville Rd., Gloucester <a href="https://worldofpumps.ca">https://worldofpumps.ca</a>
<b>WINDOWS AND DOORS</b>		
King Windows and Doors	Gary King, owner Residential Professional Installations Guaranteed Craftsmanship FREE ESTIMATES	<a href="mailto:kinggary@rogers.com">kinggary@rogers.com</a> Fax: 613-841-4048
<b>WINDOW CLEANING</b>		
Elite Window Cleaning (NHHR)	Window cleaning, gutter cleaning, siding cleaning	<a href="http://www.elitewindowcleaning.ca">www.elitewindowcleaning.ca</a>
GlassMate Window Cleaning (NHHR)	Window cleaning, eavestrough cleaning, soffit cleaning	<a href="https://glassmate.ca">https://glassmate.ca</a> 34 Bently Ottawa, ON 613-324-1111
GlassWing Window Cleaning (NHHR)	Window cleaning, gutter cleaning, pressure washing	<a href="https://glasswing.ca">https://glasswing.ca</a> 1323 Turner Cr. Orleans, ON K1E 2Y5 613-656-1464
WOW Window Cleaning (NHHR)	Exterior/Interior Window cleaning Gutter cleaning	<a href="http://WOWWindowcleaning.com">http://WOWWindowcleaning.com</a> <a href="mailto:wow.windowcleaning@outlook.com">wow.windowcleaning@outlook.com</a> 613-878-9947
<b>WINERY/VIGNOBLE</b>		
Domaine Perrault	Open May Long-Weekend to December 24 Friday, Saturday, Sunday 11 am – 5 pm	<a href="http://www.domaineperrault.ca">www.domaineperrault.ca</a> 1000 chemin/ Perrault Road Navan, ON K4B 1H8 613-835-3925
Vignoble Clos du Vully		<a href="http://www.vignobleclosduvully.com">www.vignobleclosduvully.com</a> 2501 Magladry Rd., Navan 613-558-1107
<b>WOODWORKING</b>		
Brosseau Creations (NHHR)	Woodworking projects	<a href="https://facebook.com/BrosseauCreations/">https://facebook.com/BrosseauCreations/</a>
DG Custom Creations (NHHR)	Custom wood creations	<a href="https://facebook.com/profile.php?id=100068051082963">https://facebook.com/profile.php?id=100068051082963</a>
DM Artisan Timber (NHHR)	Specializing in cutting and charcuterie boards made from locally sourced lumber	<a href="https://facebook.com/dmartisantimber">https://facebook.com/dmartisantimber</a>

Vedder Woodworking (NHHR)	Fine woodworking and cabinetry	<a href="mailto:info@vedderwoodworking.com">info@vedderwoodworking.com</a> 613-316-7637
Don McNeely (NHHR)	Wood milling	614-282-3475
Willow and Rose (NHHR)		<a href="https://www.facebook.com/willowandrosedecor/">facebook.com/willowandrosedecor/</a>
Within the Grain Woodturning and Carving (NHHR)		<a href="https://www.facebook.com/WithinTheGrainWoodturningAndCarving/">Facebook.com/WithinTheGrainWoodturningAndCarving/</a>
<b>WRITING AND EDITING</b>		
Samantha McKeag The Village Pen (NHHR)	Writing and Editing	<a href="https://samanthamckeag.wixsite.com/smportfolio/contact">https://samanthamckeag.wixsite.com/smportfolio/contact</a>
<b>YOGA</b>		
B Well Holistic Studio	Yoga Classes and health related workshops Promoting wellbeing by putting an emphasis on illness and injury prevention	<a href="http://www.bwellholisticstudio.ca">www.bwellholisticstudio.ca</a> 613-429-9000 1200 Colonial Road, Unit 330 Navan, ON
Breathe Wellness Studio Samantha Virgo MSc OT, OT reg.(Ont) RYT200TIYT Registered Occupational Therapist Psychotherapist Trauma Informed Yoga Teacher	Evidenced-based Trauma Sensitive Yoga and Wellness Services for, but not limited to: Anxiety; Depression; Stress; Post Traumatic Stress Disorder; Chronic Pain; Age-related conditions. Private one-on-one sessions. Services are covered under some extended health benefits.	<a href="mailto:samantha@breathewellnessstudio.ca">samantha@breathewellnessstudio.ca</a> 613-806-5709
Sandy Jones Yoga	Certified yoga teacher in Hatha, Yin, Restorative, Gentle, Accessible, Chair, Love your Brain (supporting those with brain injuries) and Trauma informed Practice.	<a href="http://www.sandyjonesyoga.com">www.sandyjonesyoga.com</a> email: <a href="mailto:sandyjonesyoga@outlook.com">sandyjonesyoga@outlook.com</a> 613-700-1023 Orleans, ON