



101 Things To Do in the Valley

July-August Issue

www.facebook.com/travelourbackyard

101things@travelourbackyard.com | www.travelourbackyard.com

All Season

NUMBER 1

Mineral Capital Concerts

Running July 5th to August 30th. Live music! 7:00pm Wednesdays, Millennium Park in Bancroft. The outdoor log-hewn Bandshell on the York River is the perfect venue. Local artists entertain with rock, folk, country, blues, Celtic and bluegrass. All concerts are family friendly and free. 50/50 draws support local not-for-profit groups. myc6@nexicom.net

www.mineralcapitalconcerts.com

NUMBER 2

Stone Fence Theatre

Your local theatre group presents "Stick Out Your Tongue and Say Moo! Making the rounds with the amorous veterinarian." Performances at: Rankin Culture & Recreation Centre in July, Paul J. Yakabuski Centre in August, Eganville Community Centre in September and October and Pembroke and Killaloe in October. Details, times, fees and more on our website.

Phone: 1-866-310-1004

www.stonefence.ca

NUMBER 3

Shop Your Heart Out

Experience Downtown Pembroke and our great variety of shops. A great selection of clothing for men, women and children, home décor items, giftware, specialty foods, furniture and more. Many unique products and great Canada 150 items available at a range of businesses. Come browse the major business district in the Ottawa Valley! Find a full list of businesses on our website.

www.facebook.com/downtownpembroke

www.downtownpembroke.ca

NUMBER 4

Gerber's Nursery

Stop in to Gerber's Nursery in Killaloe for all your gardening needs this summer. Offering annuals, perennials, hanging baskets, tropicals, house plants, fruit trees, flowering trees, evergreens, shrubs, shade trees, hedging, rose bushes and so much more. Ask about our landscaping services.

Phone: 613-625-2304

www.gerbersnursery.com

NUMBER 5

Wilderness Tours

Only one hour west of Ottawa or 30 minutes east of Pembroke. Canada's #1 raft and kayak resort for over 40 years. Our trips range from mild to wild and are perfect for kids ages 5+. We have Ontario's only Bungee Tower! Experience the magic in whitewater with WT.

Phone: 1-888-RAFT-NOW

www.wildernesstours.com

NUMBER 6

Patio Season

Downtown Pembroke is home to nearly 20 eateries with options for every taste! Try Thai, German, Chinese, French, Japanese, Lebanese, Greek, Italian or Canadian cuisine. Enjoy your meal on a downtown patio and take in the great atmosphere.

www.facebook.com/downtownpembroke

www.downtownpembroke.ca

NUMBER 7

Go Skydiving

It has already been a busy summer at SkyDive Petawawa! Come jump tandem (with a guide) or train to jump solo (it's a rush!) You can mark this off your bucket list or make it a regular activity! There's nothing like it!

Phone: 613-602-1002

www.facebook.com/skydivepetawawa

NUMBER 8

Rafters Restaurant

Inspired by hunger for adventure? Visit Rafters Bar & Grill at Wilderness Tours. Open to the public, we offer nightly entertainment, indoor and outdoor dining, spectacular lakeside views and more. A fun night out at a great dining option.

www.raftersrestaurant.com

NUMBER 9

Cycle The Pontiac

Cycle through the Pontiac this spring and summer! Pack your bike and helmet and participate in the many events along the Cycloparc PPJ and through quaint villages in the Pontiac. Cycle into the past along the old rail bed of the Pontiac Pacific Junction along the shores of the Ottawa River.

Phone: 1-800-665-5217

www.tourisme-pontiac.com

NUMBER 10

Share Your Home

Do you have an extra room in your home? Community Living's LifeShare program looks to match host families with individuals looking to live with a family. Visit our website for in depth information on how LifeShare works and how it might be an option for you.

Phone: 613-735-0659

www.cluov.ca

NUMBER 11

Downtown Services

Downtown Pembroke is your one-stop shop for professional services, serving as home to lawyers, accountants, doctors, dentists, financial planners and institutes, pharmacists and more. Visit them while parking at one of the more than 500 free parking spots. Celebrating 40+ years of bringing people downtown!

www.downtownpembroke.ca

NUMBER 12

Antiques, Treasures & Treats

Arnprior now has five antique shops! Start your tour at Antiques, Treasures & Treats. Visit us for vintage collectibles, garden and cottage décor. Maybe sample a treat – try our black peanuts, delicious chocolate, salami, or a fine Cuban. And of course we have beautiful antiques! Complimentary Arnprior antique tour map available.

260 Elgin Street West, Arnprior

www.antiquesandtreats.com

NUMBER 13

Horse Country Campground

A trail riding experience sure to be remembered! We offer both beginner and advanced horseback riding vacations and our focus is on three things; safety, education and lots of fun! Beautiful trails, with a variety of adventure with our horses or your own. Foresters Falls.

Phone: 613-867-0585

www.horsecountrycampground.com

NUMBER 14

Speakers Bureau

Need a guest speaker for the next meeting of your organization? Consider the Community Living speaker's bureau. Our speaker's bureau members tell their inspirational stories, and how they have met and surpassed challenges in their everyday lives. Phone: 613-735-0659 ext.200

cripley@cluov.ca

NUMBER 15

Paddling Paradise

Pack your paddles and come to the Pontiac! Float along the famous three sister rivers, Dumoine, Coulonge and Noire aboard your canoe, kayak or SUP. Book a shuttle and discover three Canadian wild rivers.

Phone: 1-800-665-5217

www.tourisme-pontiac.com

NUMBER 16**Eganville Escape Room**

Designed to challenge all! Will your team solve the mystery? Want to test your sleuth and logic skills? Maybe create a team-building exercise or just have fun? A fundraising event for the Eganville Curling Club. Open June 16th to September 4th. Groups of 4-6 (\$20/person). Information on our website. 8A Foran Street, Eganville www.eganvillecurling.ca/escape

NUMBER 17**Freddie's Trading Post**

Freddie's Trading Post is your one-stop shop this summer. Groceries, convenience store, fireworks, local art, camping essentials, bait, cards and gifts and antiques. Enjoy subs, Kawartha Dairy and Tracey's Ice Cream and more. See our Facebook pages for specials. Phone: 613-584-1115 www.facebook.com/freddies-tradingpost

NUMBER 18**Be Boating Ready**

At Plummer Marine, we have been getting people in the water since 1949. We are your boat service specialist and accessory store. At Plummer's we make sure your watercraft is ready to go for the season and ensure you have all the supplies to stay safe. Phone: 613-735-2316 www.dickplummer.ca

NUMBER 19**Pontiac Poutine**

Have you got a hankering for poutine? Visit the Pontiac to sample the best poutine in the Valley (as well as many other deep fried delicacies!) Many Pontiac road side chip stands are open or opening soon so pick a road and explore!

Phone: 1-800-665-5217

www.tourisme-pontiac.com

NUMBER 20**A Place for the Arts**

A Place For the Arts. Bancroft art co-op with beautiful works to view and purchase. Home of the partista - coffee bar extraordinaire. Grab a comfortable chair, peruse an issue of Canadian art, sip an espresso, with Ella Fitzgerald playing. Open mic nights, photography club, movie nights, satori jam, workshops. placeforthearts@gmail.com www.aplaceforthearts.com

NUMBER 21**Madawaska Kanu Centre**

Come paddle at Madawaska Kanu Centre in Barry's Bay. Devoted to getting people on the river and improving skills in an atmosphere of fun and friendship. Kayaking, canoeing, family rafting, retreats and more! Whether a new paddler or a pro, we welcome everyone to our riverside resort on the Madawaska. Phone: 613-756-3620 www.owl-mkc.ca

NUMBER 22**Whitetail Golf Club**

Check out our membership rates for adults, couples, seniors, intermediates, students, juniors and corporate. 10 and 20-game pack specials. One of the first courses to open in the Valley. Championship course, clubhouse, carts, social events and more. Phone: 613-628-3774 www.whitetailgolfclub.ca

NUMBER 23**Unique Gift Shop**

"This is beautiful! It's like going to a museum. I love it!" A few comments as customers enter the Madonna House Gift Shops. It's an experience. Gifts of all kinds from antique to modern, unique and one of a kind. Shops and Pioneer Museum open Tuesday through Saturday, 10:00am-5:00pm. 2888 Dafeo Road, Combermere Phone: 613-756-3713"

NUMBER 24**Elements Luxury Tented Camp**

The ultimate outdoor hotel experience. Surrounded by your own private forest retreat, our sites are designed to give you the ultimate glamping experience. We offer an array of activities, from relaxing fire-side yoga to SUP and mountain biking. Visit our website for more information and to secure your luxury retreat. Phone: 613-432-8000 www.outdoorhotel.ca

NUMBER 25**Relax and Unwind**

Looking for a unique place to stay? Gerber's Bed and Breakfast at Golden Lake is the perfect place. Open year round rent a quaint room or a whole house. Affordable rates, outdoor pool, Wi-Fi and more. Amenities, photos and pricing on our website. Phone: 613-625-2304 www.gerberesnursery.com/bed-breakfast

NUMBER 26**Ottawa City Rafting**

Raft the Ottawa River in the heart of downtown Ottawa. The Ottawa River looks as majestic as when Champlain viewed it four centuries ago. This trip has fun, education and just enough excitement to be thrilled at the end of the run. Perfect for adventure seekers, families, schools and corporate groups. Phone: 1-844-688-7238 www.ottawacityrafting.com

NUMBER 27**Seeking Employers**

Do you need someone to run errands for you on a regular basis? Maybe pick up the mail, prepare recycling, make a coffee run or weekly organizing. Community Living might be able to help. We have people looking for casual work that could fit your needs. Talk to us today. Phone: 613-735-0659 ext.220 hennian@cluov.ca

NUMBER 28**Oiseau Rock**

Take a walk through the past, see the view of a lifetime and gaze at the majesty of the Ottawa River on the Oiseau Rock Trail. Learn about the Algonquins of the Ottawa Valley at this historical landmark in our very own backyard. Phone: 1-800-665-5217 www.tourisme-pontiac.com

NUMBER 29**All About Health**

Stay healthy in Downtown Pembroke - home to more than 50 health businesses and organizations. Count your steps downtown too and take in a range of walks, hilly to flat. A great way to be active and shop. Enjoy the great atmosphere of downtown. www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 30**Pembroke Heritage Murals**

Google Pembroke Heritage Murals: download a free Audio Mural Tour. Open 24/7 enjoy Pembroke's Outdoor Art Gallery of 34 unique large scale paintings. Tour our City's colourful past. One of Canada's largest heritage mural projects. Souvenirs available at Purvis Gallery and Framing in Downtown Pembroke. phmurals@webhart.net www.pembroke.ca

NUMBER 31**Bonnechere Caves**

Now open for the season! Come and explore one of the Valley's most unique natural wonders - Bonnechere Caves in Eganville. Open daily 10:00am to 4:00pm. Take a guided tour and learn how stalactites grow, the process of fossilization and more! See our website for more information and rates. Phone: 613-628-2283 www.bonnecherecaves.com

NUMBER 32**East Side Freddie's**

The best fresh cut fries you will ever have! Stop in at East Side Freddie's Fries in Chalk River for a Valley favourite. And, we have more than fries so there's something for everyone. You'll find us at the red picnic tables and umbrellas. Enjoy summer at East Side Freddie's. www.facebook.com/freddiestradingpost Phone: 613-584-1115

NUMBER 33**Pembroke Farmers' Market**

Visit the Pembroke Farmers' Market this season. Local, fresh, home-made, hand-made! Open every Wednesday and Saturday from 8:30am to 1:00pm, at the corner of Victoria and Lake Street in Pembroke. Fresh produce, local meats, delicious baking, jams, preserves, honey, maple syrup, crafts and so much more. Canteen, free parking. Follow us on Facebook. www.pembrokefarmersmarket.com

NUMBER 34**Fishing In The Pontiac**

Calling all anglers to the Pontiac! It is fishing season. Discover the many rivers and lakes in the vast wilderness of the Pontiac. Book a guided fishing trip with an outfitter today!

Phone: 1-800-665-5217

www.tourisme-pontiac.com

NUMBER 35**Here To Help**

Summer is a great time in the Ottawa Valley with the beautiful weather and wonderful spots to visit. To all new to this area, welcome from John Yakabuski MPP, Renfrew-Nipissing-Pembroke. If I can be of assistance, please call or drop in to my office at 84 Isabella Street in Pembroke. Also see our website for info. Phone: 613-735-6627 john.yakabusko@pc.ola.org

NUMBER 36**Learn To Kayak**

Ottawa Kayak School is simply Canada's best and most experienced whitewater kayak school. Since 1982 we have trained more kayakers than any other. Beginner to advanced paddlers and 1-5 day programs give your paddling vacation flexibility. Signature teen resident kayak camp is perfect for teens 12-16. Phone: 1-888-723-8669 www.ottawakayak.com

June Events**NUMBER 37****June 21 – August 27, 2017**

An hour-long theatrical historic walking play for all ages, "A Nation Lost and Found." Stories and characters set in Perth at the time of Confederation. Classic Theatre Festival. Wednesday to Sunday at 11:00am. Tour begins at Matheson House Museum, 11 Gore Street East, Perth. Tickets available online. Phone: 1-877-283-1283 www.classictheatre.ca

NUMBER 38**June 23, 2017**

Dentistry@Arnprior's 3rd Annual fundraiser BBQ. 12:30pm-2:30pm in the Arnprior Mall parking lot in front of the Dentistry@Arnprior office. The BBQ is free and donations are accepted in support of Seniors at Home. 375 Daniel Street. Phone: 613-288-8719

www.facebook.com/dentistryatarnprior

NUMBER 39**June 23, 2017**

Molson Canadian 9 and Dine. Pembroke Golf Club. Warm up at 4:00pm. Shotgun start at 5:00pm. \$45 includes nine holes, cart, food and entertainment by Matt Gagne and Ben Rutz. Phone: 613-732-1665 ext.226 www.pembrokegolfclub.ca

NUMBER 40**June 23, 2017**

KI Canada's 25th Anniversary community celebration. We invite our community to celebrate with us! Guided tour of the KI facility including street dance, horse-drawn rides, obstacle course, putting green, bouncy castle, bubble soccer, games, clowns, food, prizes and more. 5:00pm-9:00pm. 1000 Olympic Drive, Pembroke

NUMBER 41**June 23 - July 16, 2017**

Classic Theatre Festival presents "Same Time, Next Year." A classic comedy of two people, each happily married to someone else, who meet for an annual getaway, sharing their dreams, hopes and challenges. Tuesday to Sunday matinees at 2:00pm, Wednesdays and Saturdays at 8:00pm. 54 Beckwith Street East, Perth. Tickets available online. Phone: 1-877-283-1283 www.classictheatre.ca

NUMBER 42**June 24, 2017**

Yoga in the BARK in support of the Arnprior & District Humane Society. 10:00am-11:00am (registration at 9:30am) at Robert Simpson Park in Arnprior. Please bring yoga mat or beach towel. Admission by donation. Phone: 613-623-0916 www.arnpriorhumanesociety.ca

NUMBER 43**June 24-25, 2017**

First Annual Gun & Sportsman Show. Hosted by the Madawaska Valley Fish & Game Club, and the Brudenell, Lyndoch & Raglan Recreation Committee. All welcome. \$5, kids 16 and under free with an adult. 9:00am-4:00pm Saturday and Sunday at the Brudenell Lyndoch and Raglan (BLR) Community Centre. Palmer Rapids. Phone: 613-758-2222

NUMBER 44**June 25-26, 2017**

Valley Goalie Academy 2017. July Camp. 16 positions available. Confirm by July 20th. Eight hours of ice, two hours of off-ice conditioning and two hours of classroom on equipment, hydration, focus, game prep and more. \$260 per person. Phone: 613-687-8399 www.facebook.com/1themask

NUMBER 45**July 27, 2017**

Deadline to register for the annual Community Living Upper Ottawa Valley golf tournament. Raising money for people with intellectual disabilities, and a great day on the links. \$80 per person includes 18 holes, cart, dinner and prizes. Tournament is held on August 18, 2017 at Oaks of Cobden. Phone: 613-735-0659 ext.101 brobichaud@cluov.ca

NUMBER 46**June 27, 2017**

Canada 150 spaghetti dinner at the Renfrew Legion Branch 148. Spaghetti, salad, garlic bread and dessert. \$10 per person, available in advance only. 5:30pm-7:30pm, 30 Raglan Street South. Phone: 613-432-2582 www.renfrewlegionbr148.ca

NUMBER 47**June 28, 2017**

Colby's Crusade fundraiser at Boardwalk Gaming in Pembroke. Age of majority required. A night of fun with funds raised going to Colby's Crusade. \$15 gets you \$30 worth of bingo play with a dabber. Call Mike. Phone: 613-987-5604

NUMBER 48**June 29 - August 25, 2017**

Throughout 200 years of Perth's history, the unsettled spirits have refused to go until their stories are told. Hear their tales with this family-friendly hour-long theatrical walk. Presented by the Classic Theatre Festival. Every Thursday and Friday evening at 7:00pm. Tour begins at Matheson House Museum 11 Gore Street East, Perth. Tickets available online. Phone: 1-877-283-1283 www.classictheatre.ca

July Events**NUMBER 49****July 1, 2017**

Celebrate Canada Day at the Summer Medley Festival in Pembroke. The City and the Downtown are hosting a joint event that extends to the waterfront and Riverside Park. Family fun starts at Noon. Fireworks at 10:00pm. More details online. www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 50**July 1, 2017**

Theatre Workshops at The Railway Station, Barry's Bay. 1:00pm-4:00pm. Site-specific and mystery theatre workshop for adults and youth. Participants will learn about local history while creating a site-specific piece from industry experts, using the environment, atmosphere, and space around them. \$10 + HST (materials included). Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 51**July 1, 2017**

Live History Theatre Production at The Railway Station in Barry's Bay. 6:00pm. It's almost closing time when you run into a strange figure, dressed in period clothes and seeming confused. The mysterious character is horrified to discover they are in the modern era. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 52**July 1, 2017**

Celebrate Canada Day in Head, Clara & Maria! Our four-day Homecoming is a memorial of Ontario and Canada's 150th celebrating our rural identity through shared meals, dances, entertainment, history, music, races, vendors, games and a ball tournament. Rain or shine. All welcome. Facebook: HCM-Homecoming2017. hcmhomecoming2017@gmail.com www.townshipsofheadclaramaria.ca

NUMBER 53**July 1, 2017**

Calabogie & District Snowmobile Club Canada Day Breakfast. 8:00am at the Calabogie Community Center. Pancakes, sausages, local maple syrup, eggs, baked beans, toast, tea, coffee and juice. Adults \$8, kids (ages 5-13) \$4, kids (under 5) free. 574 Mill Street, Calabogie. Phone: 613-752-0164

NUMBER 54**July 1, 2017**

Canada Day in Quadeville. Celebrations run from 8:00am to dusk. Quadeville Community Centre. BBQ, baseball tournament, toy boat parade, bike parade, horseshoe tournament, kids games, turkey and ham supper, entertainment and fireworks. 965 Addington Road, Palmer Rapids. Phone: 613-758-1034 www.facebook.com/quade965

NUMBER 55**July 1, 2017**

Bring your Canada Day spirit to Killaloe, Hagarty and Richards. Fishing fun (8:30am-11:00am) at Natural Waters Trout Farm. Duck Race (2:00pm) at Brennan's Creek. John Priebe Band (5:30pm), Loggers Charity Auction (7:30pm) and more music til dusk. Fireworks at dusk. Find us on Facebook. www.killaloe-hagarty-richards.ca

NUMBER 56**July 2, 2017**

An Irish Gathering golf tournament. Hosted by the Knights of Columbus - St. Andrew's Council. Held at Homestead at Wolf Ridge. \$65 includes 9 holes of golf, cart and dinner. \$25 for dinner only. Golf at 2pm. Dinner at 5:30pm. Plenty of prizes. A kick-off to An Irish Gathering annual event in August. Phone: 613-757-1818
Phone: 613-757-2511

NUMBER 57**July 2, 2017**

Haley United Church's Cold Buffet & Strawberry Social. 2:30pm-6:00pm. Turkey, ham, assorted cold cuts, cake with ice cream topped with McGregor's strawberries. \$14 (adults), \$6 (kids 6-12), free (kids under 6). 760 Calvin Road, Haley Station
Phone: 613-401-2453

NUMBER 58**July 4, 2017**

Madawaska Valley Rocks: Geology for Kids! 10:00am-Noon. Join Caveman Chris and Rockhound Rob at the Spectacle Lake Quarry Site to learn all about rock hounding. Event takes place on site and at Spectacle Lake Lodge. Children must be accompanied by a parent or guardian. \$10 per child. Register in advance.

Phone: 613-756-5885

www.therailwaystation.ca**NUMBER 59****July 7, 2017**

Multi Media Box at Sisterhood Craft Supplies. 12:30pm. Create a four-sided memory box in store! All material provided and cost is \$49.99 plus tax. Call to reserve your space as it is limited and already filling up!

Phone: 613-629-0029

www.sisterhoodcraftsupplies.com**NUMBER 60****July 7-9, 2017**

Almonte Celtfest is a fun weekend of Ottawa Valley and Celtic entertainment, in the natural amphitheater of Gemmill Park in the heart of Almonte. Local and regional music, dance, celtic college workshops, Little Celtz Zone, senior's tent, beer gardens, food and artisan vendors, Celtic sporting events and more. See you there!

almonteceltfest@hotmail.comwww.almonteceltfest.com**NUMBER 61****July 8, 2017**

Madawaska Valley Artisan Festival. 10:00am-4:00pm at Railway Station Park in Barry's Bay. Local artisans will be showcasing their creations and conducting product demonstrations. Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 62**July 8, 2017**

Rankin Culture & Recreation Centre's Fishing Tournament. Biederman Park, Lake Dore. 6:00am-2:00pm during the Ontario Free Fishing Week! \$10 adults. \$5 children. Adults prizes for heaviest pike, heaviest bass, and mystery weight. Kids prizes for largest rock bass, largest perch and first to 15 sunfish. Food for sale as well. Phone: 613-732-9739

NUMBER 63**July 9, 2017**

Mark your calendars! Garrison Petawawa will be hosting its 8th Annual Kids of Steel® Triathlon. We are pleased to offer a Duathlon for kids ages 3-5. The facilities at Dundonald Hall are clean, bright and modern and the base offers a safe environment in which to hold the event. We look forward to seeing you there! Register online by July 6.

www.petawawakos.wixsite.com/2017**NUMBER 64****July 9, 2017**

Madawaska Valley Garden Tour. A self-guided tour featuring several beautiful local gardens. Tickets are \$5 and are available at South of 60 in Barry's Bay, Valley Market in Combermere and Grandma's Pantry in Killaloe. 10:00am to 4:00pm. Presented by the Madawaska Valley Horticultural Society. Phone: 613-639-5786

NUMBER 65**July 10, 2017**

4th Annual Pembroke Herb Walk along the Pembroke Waterfront. Learn about the herbs growing right in our backyard! 9:00am-10:00am is designed specifically for seniors (all are welcome) and from 5:00pm-6:00pm. Rain date: July 12th 2016. Suggested donation of \$10. Proceeds to the Women's Sexual Assault Centre of Renfrew County. Phone: 613-631-0137

www.valleynaturopath.ca**NUMBER 66****July 11 and 13, 2017**

Colourmania! Workshop at The Railway Station, Barry's Bay. 1:00pm-3:00pm. Guided colouring groups hosted by Ketha Newman, author of The Canadian Backwoods Colouring Book. Learn colouring techniques and tips in an informal setting. Ages 8+. \$10 (materials included). Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 67**July 12, 2017**

Come join us at Black Bear Beach for a celebration of Canada's 150th Birthday. Free BBQ provided by Canex, bouncy castles, paddle board rides, sandcastle building contest (help us make 150 with flags), water safety information and more. 3:00pm to 7:00pm. 154 Lieven Road, Petawawa.

Phone: 613-687-5511 ext. 5305

www.cafconnection.ca**NUMBER 68****July 14, 2017**

Theatrical Heritage Walking Tours of Barry's Bay. Join Theresa Prince on an hour long "shopping excursion" in the Barry's Bay of over 100 years ago as her stories bring to life the people and buildings of yesteryear. 2:00pm. \$10 per person. Children under 12 free. Pre-register at The Railway Station.

Phone: 613-756-5885

www.therailwaystation.ca**NUMBER 69****July 14-16, 2017**

The 26th Annual Stewart Park Festival. Three free days of music under the majestic maples in beautiful Stewart Park.

Free outdoor concerts, artisan vendors, workshops, activities, and after hours musical events. Stewart Park: located in the heart of Downtown Heritage Perth. Phone: 613-267-3311 ext. 2251

www.stewartparkfestival.com**NUMBER 70****July 15, 2017**

Killaloe, Hagarty and Richards Fire Department Open House. 10:00am-2:00pm. Activities for kids and adults alike. Exhibits and demonstrations. Plus, free hotdogs and drinks. Draws take place at 1:30pm. Come out and get familiar with your fire department.

2995 Round Lake Road

NUMBER 71**July 21 - August 13, 2017**

The Classic Theatre Festival presents Candida. A witty skewering of Victorian notions of love and marriage in which the title character must choose between her clergyman husband and a passionate young poet. Tuesday to Sunday at 2:00pm, Wednesday and Saturday at 8:00pm. 54 Beckwith Street East, Perth. Tickets available online. Phone: 1-877-283-1283
www.classictheatre.ca

NUMBER 72**July 22, 2017**

Trail Tours ATV and Dirt Bike School sponsored by Pete's Sales and Service. Calling all riders age 7 and up. Learn to ride 70cc-230cc. Limited spaces available. Price \$250 per rider. Bike, equipment and lunch included. Phone: 613-735 3711

www.petessalesandservice.ca**NUMBER 73****July 22-23, 2017**

Madawaska Valley Studio Tour. 10:00am-5:00pm. Take advantage of warm days and spectacular scenery, and get personal glimpses into the workings of unique artistic skills. All artwork and crafts have been selected through a jury process that ensures quality and variety for the visitor. Call Tanya or visit our website for more information. Phone: 613-633-6902

www.madawaskastudiotour.com**NUMBER 74****July 23, 2017**

Photo Collage for Painters workshop at The Railway Station in Barry's Bay. 11:00am-5:00pm. Join collage artist and painter Don Monet for a practical course with the goal of each participant finishing a painting/collage from conception to final product in one day. \$70+\$40 (materials). Includes lunch.

Phone: 613-756-5885

www.therailwaystation.ca**NUMBER 75****July 23, 2017**

The Motor Toy Show & Shine at the Rankin Culture and Recreation Centre. Come view classic and antique vehicles, have a BBQ lunch, hear some music and more. 10:00am-3:00pm. 20 Rankin Rink Road. Call Graham 613-687-5639 or Murray 613-735-1738 for more information.

NUMBER 76**July 27, 2017**

Deadline to register for the annual Community Living Upper Ottawa Valley golf tournament. Raising money for people with intellectual disabilities, and a great day on the links. \$80 per person includes 18 holes, cart, dinner and prizes. Tournament is held on August 18, 2017 at Oaks of Cobden. This is our 21st annual golf tournament which raises funds to directly support individuals in the local area. Phone: 613-735-0659 ext.101 brobichaud@cluov.ca

NUMBER 77**July 27-30, 2017**

Palmer Rapids Twin Music Festival. On the banks of the Madawaska River. Two complete festivals for the price of one. The best of country and bluegrass. Featuring the River Town Saints, Dion Pride, Edgar Loudermilk Band and more. The Festival was inducted into the Ottawa Valley Country Musical Hall of Fame in 2015. The Festival has been running for more than 30 years! Tickets and camping information available through our website. Phone: 613-758-2747 www.palmerrapids.ca

NUMBER 78**July 28-September 3, 2017**

Two new art exhibitions are opening at The Railway Station in Barry's Bay. From 7:00pm to 9:00pm. Eva Kaczowski - A Retrospective Art: looking back at Eva's painting career based in the Madawaska Valley. The second exhibition is Art From Tree: a juried group exhibition featuring artwork made solely from materials derived from trees. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 79**July 29, 2017**

Nine and Dine Fish Fry for the Pets! Sand Point Golf Course. 3:00pm registration. 4:00pm tee-off. \$65 per person includes 9 holes of best ball, power cart, fish fry dinner, prizes, 50/50 draw and Debenham Brothers CD release party. \$25 per person for dinner and band only. Register at the shelter for this event by phone or email. Phone: 613-623-0916 district.spc@bellnet.ca

NUMBER 80**July 29 - 30, 2017**

2nd Annual Waltham Summerfest. Live music all day long, horseshoe tournament, beer tent, activities for kids and more! Hosted by the Waltham Recreation Association. All welcome. On Facebook: The Waltham Recreation Association 70 Rue Principale, Waltham walthamra@gmail.com

August Events**NUMBER 81****August**

Cobden Legion Open Jam. Every Wednesday night from 5:00pm to 7:00pm. Bring your musical instrument and your vocals for a fun session. All welcome. Call Simon Tunley for information. 43A Main Street, Cobden Phone: 613-646-7364

NUMBER 82**Golf Lessons + Sport Psych**

Was this the year you were going to work on your golf game or maybe start playing? You still can! Call Jennifer Layman for golf lessons for individuals or groups (up to four people). Plus, ask about mental game training (available for all sports). Build confidence, calm nerves and handle expectations. Phone: 613-732-7774 jenn@fwdthink.net

NUMBER 83**August 5, 2017**

Restore your inner harmony with a one-day Goddess Retreat. Join us for a day of interactive yoga, reiki and mindful workshops to inspire and rejuvenate your soul. All levels are welcome. 9:00am-3:00pm. Held at Elements Luxury Tented Camp in Renfrew. \$130 per person. or save \$30 if registered before June 17th. www.yogaro.ca www.outdoorhotel.ca

NUMBER 84**August 6, 2017**

Golden Lake Park Classic Car Show. 10:00am-3:00pm. Nearly 100 vehicles are entered including cars, trucks, motorcycles, muscle and tractors. Charitable fundraiser. Come on out and show your support. Hosted by Ottawa Valley Hot Rods & Classic Cars - Wheels of the Valley. 13685 Highway 60, Golden Lake

NUMBER 85**August 6, 2017**

Bring your lawn chairs and take in some live music at Robert Simpson Park in Arnprior. Hear the musical stylings of Dennis Harrington & Heritage Country. 2:00pm to 4:00pm. 400 John Street North, Arnprior

NUMBER 86**August 10-13, 2017**

Pick N' Ride Bluegrass Festival. Four days of music, equestrian demonstrations and resort family fun at Horse Country Campground in Foresters Falls. Featuring Grammy-nominated Special Consensus, Kevin Prater Band and great line of local bands. Thursday features the "Mill Music" local talent showcase. Sunday bluegrass gospel. Reserve tickets by July 1st. Phone: 613-867-0585 www.horsecountrycampground.com

NUMBER 87**August 11, 2017**

Railroaders' Tour. Enjoy history coming alive through theatrics! Let local rail enthusiast conductors take you on a one hour walking tour of our railway heritage sites. Relive the romance of rail as their tales unfold. 2:00pm. \$10 per person. Children under 12 free. Pre-register at The Railway Station. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 88**August 14-18, 2017**

Lava Lava Island Vacation Bible School at Beachburg Pentecostal Tabernacle. An interactive week for children from ages of 4-12. Physical activity, snacks, singing, crafts and Biblically based teaching. 9:30am to 12:00pm. Must register in advance. \$5 per child before August 8. \$7 per child after August 8. Family rates available. beachburg.pentecostal@gmail.com Phone: 613-582-3473

NUMBER 89**August 18, 2017**

Join us for our annual Community Living Upper Ottawa Valley golf tournament. Held at the Oaks of Cobden, it's a great day with prizes and in support of individuals with intellectual disabilities. \$80 includes 18 holes, cart, dinner and prizes. Phone: 613-735-0659 ext.101 brobichaud@cluov.ca

NUMBER 90**August 18, 2017**

Proud to host the Ottawa Valley's "Taste of the Valley" at Railway Station Park in Barry's Bay. Runs from 10:00am to 5:00pm. Ready-to-eat food from local vendors, farm produce and other Ottawa Valley specialties. Music by the Valley Shanty Man Chris Hum, spinning demonstrations with the wool gathering and so much more. A popular event in Madawaska Valley. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 91**August 18-20, 2017**

The 30th Annual Algonquin Pow Wow. Held at the Pikwakanagan cultural grounds near Golden Lake. Admission: adults \$6, children under 12 attend for free. Enjoy the Aboriginal culture of drumming, dancing, crafts, and traditional foods. If you have never attended the Pow Wow, we encourage you to come this year. The majority of guests are non-Aboriginal! No pets, drugs, or alcohol on site. Gates open to the public at 9:00am. Phone: 613-625-2800

NUMBER 92**Aug. 18 - Sept. 10, 2017**

Classic Theatre Festival presents. "I'll be Back before Midnight." An Alfred Hitchcock-styled psychological thriller about a young couple who rent an old, spooky country farmhouse. Sure to keep you on the edge of your seat! Tuesday to Sunday at 2:00pm. Wednesdays and Saturdays at 8:00pm. 54 Beckwith Street East, Perth. Tickets available online. Make a trip to Perth for Classic Theatre Festival! Phone: 1-877-283-1283 www.classictheatre.ca

NUMBER 93**August 19 and 26, 2017**

Art From Trees. Two-day workshop at The Railway Station in Barry's Bay with Emma Manchester. 10:00am-1:00pm. Workshop will use materials harvested almost exclusively from trees. Techniques taught and explored will include sculpting in clay, papier mache, painting and natural-dye printing. \$110 (materials included). Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 94**August 25-27, 2017**

It's Cobden Fair time! Come out to the Fair and enjoy a demolition and combine derby, horse drawing, pet show, entertainment, exhibit hall, 4-H club shows, livestock and agriculture and so much more. Pay one price for all rides and shows: \$19 (Friday and Saturday) and \$16 (Sunday). Advance tickets \$16 available at Rooney's and Scotiabank in Cobden. Phone: 613-646-2426 www.cobdenfair.com

NUMBER 95**August 25-26, 2017**

The Urban Slide is coming to Pembroke. 1000 feet of slippery awesomeness this summer! Be ready for a festival type atmosphere with music, a beer garden with food and beverages available, free kids play zone, skyfall jump, foam zone, along with other fun activities! Buy tickets in advance and save. See us on Facebook: www.facebook.com/theurbanslidecanada www.theurbanslide.ca

NUMBER 96**August 26, 2017**

The annual Festival au Style de L'Isle/Islandfest in Chapeau, Québec, presented by the Municipality of L'Isle-aux-Allumettes. Plenty of activities for all ages, including sporting events, a duck race, a kids zone, fun with agriculture activities, a touch-a-truck display, vendor's market, good food, live music (featuring The Ramblin' Valley Band), a street dance and so much more. www.facebook.com/pontiacouest sadam@mrcpontiac.qc.ca

NUMBER 97**August 27, 2017**

Poems Under Foot workshop at The Railway Station in Barry's Bay. 1:00pm-3:00pm. Explore words and whimsy with your family. We will find inspiration from the art, gardens and history of the Barry's Bay Railway Station to create a new poem together. For ages five and up. \$10 per child. Adults accompanying their children come for free. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 98**August 28, 2017**

Women's Day at Calabogie Motorsports Park. Motorsports Club of Ottawa's first ever high performance driver education day aimed exclusively at novice and intermediate women interested in improving their driving skills, going to the track for the first time, or simply trying something new. 30 spots available. Register by August 26th. lapping@mco.org www.msreg.com/womenwesttrack

NUMBER 99**Bancroft Studio Tour**

September 16-17 and 23-24. For 25 years the Bancroft and Area Studio Tour has presented arts and crafts in the flourishing arts community of North Hastings. Brochures with descriptions and maps are widely available and more information is online. Anniversary productions, student participants and artist collaborations. Scenic artist studios and fall scenery await. Facebook: bancroftareaautumnstudiotour www.bancroftstudiotour.org

NUMBER 100**September 9, 2017**

Underground Dining at Bonnechere Caves in Eganville. The most unique dining experience in the Ottawa Valley. \$89 per person includes a four-course meal, bottle of wine per couple, tip and taxes. Also included is a guided tour underground that afternoon, as well as piano and guitar music in a unique setting. Reservations by phone only. Put this on your bucket list for 2017! 1247 Fourth Chute Road, Eganville Phone: 613-628-2283

NUMBER 101**September 23, 2017**

Come on out to the Canada 150 Fly In at the Pembroke & Area Airport. Free to attend! See Garrison Petawawa's aircraft, Ry-J's, the flying simulator and more. The most unique event being held in the Ottawa Valley this year! A chili lunch is available for purchase on site with proceeds going to our runway project. www.facebook.com/flycyta www.flycyta.ca

Upcoming Issues

September-October Edition
Deadline: August 21, 2017
Publishes: August 24, 2017

November-December Edition
Deadline: October 26, 2017
Publishes: October 23, 2017

How To Subscribe

101 Things to Do in the Valley is free to receive every two months. We send it right to your email address. To subscribe, email us at: 101things@travelourbackyard.com

Contact Information

101 Things to Do in the Valley is published by Forward Thinking, a marketing agency in Petawawa, Ontario. The list accompanies our annual local travel magazine, Travel Our Backyard, which is also free to pick up or download from our website.

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101things@travelourbackyard.com

Tips For Submissions

The 101 Things list includes two types of listings: date-specific events (happening on a specific day or during a specific month) and season-long promotions (not tied to a date).

1) When is your event? While the 101 list is focused on two months (i.e: July/August), if the event happens at the end of June or into September, it might be worth promoting as well. Sometimes two editions are better.

2) Don't have all the details? No worries. Every listing includes contact information that you can direct people to for more information as the event date approaches.

Use "mark your calendar" or "save the date" as part of your listing.

3) For general business or organizational promotion, consider a regular listing in every publication. It's a good reminder to customers and supporters and for just \$25 per listing, it's an easy part of your budget.

4) Tailor listings to special days. You don't have to have a specific sale, but you can remind people that certain days are coming up and that your store can help them.

Using the 101 List

1) Post the list on your website or make reference to it on your social media. It's all local information and people enjoy having something free and informative available.

2) Print the list and post it in lunchrooms, making it available to staff as neat reading.

3) If you're in the tourism business, include a copy in a place that guests can access it. Also, make sure employees and frontline staff are familiar with the list so they can make suggestions to guests who are looking for things to do while they are in the area.

4) Hosting an event or bringing in a guest speaker? Send them this list in advance so they can take in a few other things while in the area. Or, if you're bidding on a hosting an event with your industry association, it's great to include the 101 list to increase consideration of the region as a host area.

5) Use the list for networking. See what's happening at local businesses and make a point to attend something as an easy networking option. Being supportive of events helps build connections for the future.