



101 Things To Do in the Valley

July-August Issue

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to this list
for FREE!

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ALL SEASON EVENTS

NUMBER 1

Now Open: Escape Room

The 2019 Escape Room at the Eganville Curling Club opens June 15 to Labour Day. New adventure - Al Capone's Hideout! Your team needs to get out before Al and his gang get back. Group size 4-6. \$20 per person. A lot of fun for ages 12 to 100! Booking today. escape@eganvillecurling.ca
www.eganvillecurling.ca/escaperoom

NUMBER 2

Reminder For Graduates

If you have a recent graduate in your home be sure to double-check if you need to have them as an added driver to your auto insurance policy. Perhaps they will not be living locally, or they might even have their own vehicle. Check your policy to ensure you're only paying for coverage you need. insure@jmackie.com
www.jmackie.com

NUMBER 3

Join Our Board of Directors

Community Living Upper Ottawa Valley is an organization that makes an impact in the lives of people with intellectual disabilities every single day. We are looking for people to join our board and help contribute to our award-winning and accredited organization. Have a chat with us about what we can offer. Phone: 613-735-0659 ext.220
htennian@cluov.ca

NUMBER 4

Travel Our Backyard

Pick up a copy of the Ottawa Valley's "things to do" magazine, Travel Our Backyard. You'll find it at local tourism places, farmers' markets and more. Plus, it will be online by June 20. Fishing licence info, eateries, shopping and more.
www.travelourbackyard.com

NUMBER 5

Madonna House

Madonna House Pioneer Museum & Gift Shops. Authentic artifacts, including a working player piano, show the life of local pioneers. Handcrafted items, original art, collectibles, and many delightful items are in the Gift Shops, Gallery and Bookshop. Proceeds of the sales support the poor. 2887 Dafoe Road in Combermere. Phone: 613-756-3713
www.madonnahouse.org/shops

NUMBER 6

Ottawa Valley Business

Keep up with the local business news and events by subscribing (for free) to Ottawa Valley Business. Articles, tenders, marketing, provincial and local news and events. Delivered the first and third Tuesdays of the month by email. Publishing since 2006. admin@ovbusiness.com
www.ovbusiness.com

NUMBER 7

Visit Chutes Coulonge

Chutes Coulonge Aerial Park. Treetop obstacle course, giant canyon ziplines, via ferrata, splash pad, picnic area and historical logging museum. Group rates available. If you have never been to Chutes Coulonge, make this the year that you go! Phone: 819-683-2770
www.chutescoulonge.qc.ca

NUMBER 8

Whitetail Golf Club

It's always a great day for golf at Whitetail Golf Club. Starting June 22, rates are \$23 (9 holes), \$42 (18 holes), \$34 (18 holes 1:00pm-4:00pm) and \$22 (18 holes 4:00pm-Close). Monday madness, seniors day on Tuesday, great deals for juniors and game packs.
www.whitetailgolfclub.ca

NUMBER 9

Rowan's Pharmasave

Eat right and live well. Full selection of Walden Farms and Smart Baking. DoTerra Essential Oils, Northern Lights dealer, Ideal Protein weight loss solution, diabetic socks and compression therapy fitters, myDNA genetic testing, cannabis consults and more. Phone: 613-732-2522
www.rowanspharmasave.ca

NUMBER 10

Share Your Home

Could you share your home with someone who has an intellectual disability and who is looking to live semi-independently? Talk with us about the Lifeshare program at Community Living Upper Ottawa Valley. Speak to Stephanie Moss and find out how our program works. Phone: 613-735-0659
smoss@cluov.ca

NUMBER 11

Try Sailing in Deep River

Try sailing this summer! The Deep River Yacht & Tennis Club offers weekly sailing lessons for kids and youth in July and August, and weekend lessons for adults (July 13-14 or 20-21). Already have some sailing experience? Join us for casual dinghy sailing on Monday evenings or dinghy racing on Tuesday evenings. drytcailingschool@gmail.com
www.drytc.ca

NUMBER 12

Insure Your Summer Fun

Johnston & Mackie invites you to get an insurance quote on your ATV, side-by-side, boat, RV or cottage. There is no obligation and it gives you peace of mind to know that your summer fun is adequately covered in the event of a loss. Call or email us today for a free quote. insure@jmackie.com
www.jmackie.com

NUMBER 13

Project Runway

The Pembroke & Area Airport is raising money to repave our 5,000 foot runway and you could be a part of it! We are selling a foot of runway for \$250 and its 100% tax receiptable. A great gift for an aviation enthusiast (adult or child) or if you're looking for a way to donate to a larger community initiative. marketing@flycyta.ca
www.facebook.com/flycyta

NUMBER 14

Looking For Speakers?

If your classroom, organization or service club is looking to hear from inspiring people, book the Speakers Bureau at Community Living Upper Ottawa Valley. Local people who have achieved incredible life goals while overcoming barriers they face with an intellectual disability. Contact Robyn Beauchamp to book a day. www.facebook.com/cluov
rbeauchamp@cluov.ca

NUMBER 15

Here To Help

As your Member of Provincial Parliament (MPP), I'm here to assist you in matters concerning the provincial government. If I can be of assistance with something you need addressed, please call or drop into my office at 84 Isabella Street, Pembroke. Phone: 613-735-6627
john.yakabusko@pc.ola.org

NUMBER 16

Pembroke Heritage Murals

The City of Pembroke's outdoor art gallery takes you through 34 murals in a self-guided tour. For the full tour experience, you can download mural descriptions, a map and audio mural tour from the City of Pembroke website. 2019 marks the 30th anniversary of Pembroke Heritage Murals. Come celebrate with us. www.pembroke.ca

NUMBER 17**Visit Bancroft Century Shoppe**

Upstairs, main floor, basement, white shed and 40-foot metal container full of stuff! Ladies boutique, latest new fashions and accessories plus used boutiques. New and vintage kitchen accessories, antiques, garden ideas, old cement bird baths, statues and new items. Clearance shelf and Saturday special. 8 Bridge Street East, Bancroft Check us out on Facebook

NUMBER 18**Municipal Employees**

Are you an employee of a local municipality? If so, you should ask us about our municipal employee home and auto insurance program. Quotes are free so why not ask us, a local insurance brokerage, what we can do for you. insure@jmackie.com www.jmackie.com

NUMBER 19**Calabogie Summer Market**

The fun market! Live demonstrations, live music and special events. We have farmers, gardeners, cheese makers, bakers, artisans, painters, quilters, crafters, carvers, glass makers and more. Held on Saturdays from June 1 to September 28. 9:00am-1:00pm. Calabogie Community Centre. 574 Mill Street, Calabogie www.calabogiemarket.ca

NUMBER 20**Find Your Job Here**

Ottawa Valley Jobs is your source for the best local jobs. No matter what kind of position you're looking for, you'll find it on Ottawa Valley Jobs. Job by categories, latest 20, location. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 21**Land Lease Opportunities**

The Pembroke & Area Airport has land lease opportunities available at very reasonable rates. Secured land, open land and office space available. Aviation and non-aviation uses possible. New hangar ready for Fall 2019. Conveniently located near Garrison Petawawa and CNL and just off the Trans Canada Highway. Phone: 613-687-5300 marketing@flycyta.ca

NUMBER 22**Local Art. Open Daily.**

Visit Valley Artisans daily from 10:00am to 5:30pm and choose from incredible local art works. Whether it's a gift or for you, you're sure to find something special. Paintings, basketry, pottery, fibre arts, woodworking, glasswork, jewellery, metal work, stone work, drawings, multimedia, clothing, gift cards. 33373 Highway 17, Deep River www.valleyartisans.com

NUMBER 23**Need A Renter?**

Community Living Upper Ottawa Valley is looking for landlords and property owners who want long-term tenants. As part of our inclusion goals, we want to hear when you have open opportunities for people with intellectual disabilities who wish to live independently. Contact us for the details and to discuss property options. Phone: 613-735-0659 cgrayson@cluov.ca

NUMBER 24**St. John's Lutheran Church**

Our doors are open this summer so we are pleased to welcome you. Attend a Sunday service, participate in our congregation groups and meet other people who enjoy spirituality in their daily lives. www.facebook.com/stjohnspetawawa 605 Black Bay Road, Petawawa Phone: 613-687-6187

NUMBER 25**Pembroke Farmers' Market**

The Pembroke Farmers' Market is open! Welcome local food and handmade craft shoppers! Baking, preserves, honey, maple syrup meat, take-home meals, wood-working, natural products, knit and crochet items, art, jewellery and more. Market runs Wednesday and Saturdays, 8:30am-1:00pm. Corner of Lake and Victoria Streets, Pembroke. www.pembrokefarmersmarket.com

NUMBER 26**Meeting Space**

The Pembroke & Area Airport has a boardroom and open area available for presentations and meetings. Rental options available for half day and full day events. One level. Phone: 613-687-5300 marketing@flycyta.ca

NUMBER 27**Hospital Employees**

Are you an employee of Pembroke Regional Hospital or Deep River & District Hospital? If so, take a look at our hospital home and auto insurance group plan. Quotes are free so why not ask what a local insurance broker can do for you. insure@jmackie.com www.jmackie.com

NUMBER 28**Local Beef**

Local beef just tastes better! But don't take our word for it – try it yourself. We sell steaks, ground beef and more in packages or individually. Locally raised beef from a long-time farming family. Don't want to cook? We have frozen meals too. See our products online or give us a call. Phone: 613-401-6956 www.griffithfarm.ca

NUMBER 29**Bee Successful**

Are you someone who has a disability and you're struggling to find work? Or, are you an employer struggling to find employees? You should connect with Bee Successful, the Ottawa Valley's employment agency for people with disabilities. We can help connect employees and employers today. Phone: 613-602-6572 www.beesuccessful.ca

NUMBER 30**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, like the old rail bed of the Pontiac Pacific Junction. Phone: 1-800-665-5217 www.tourisme-pontiac.com

JUNE EVENTS**NUMBER 31****June 15-16, 2019**

Pontiac Artists' Studio Tour, final weekend. This is our 30th annual event. Artists are showing their work at their studios and in collective venues. Artworks are on exhibit and for sale. Admission is free. Support the artists, visit the studios and enjoy a true experience. www.artpontiac.com

NUMBER 32**June 15-16, 2019**

Free Fishing Weekend in Ontario. Canadian residents can fish without a licence. Visit the Ontario Family Fishing website for more information and local events. A perfect time to try fishing with your family. www.ontariofamilyfishing.com

NUMBER 33**June 18, 2019**

Jason Blaine Night with the Stars. An exclusive evening with live entertainment featuring celebrity guests, drink options, and unreal live auction items! Tickets will be available for the general public for purchase for \$100. Rainwater Whiskey, Jason Blaine and more. Support a local celebrity giving back to the local community. Pembroke Memorial Centre maskm1@algonquincollege.com

NUMBER 34**June 20, 2019**

Annual General Meeting of the Pontiac Chamber of Commerce. 5:30pm networking and a president's BBQ. 6:30pm meeting. 7:00pm invited guest: Pembroke & Area Airport. Held at the Little Red Wagon Winery, 165, chemin de Calumet Ouest in Clarendon. RSVP by June 17. Phone: 819 647-2312 info@pontiacchamberofcommerce.ca

NUMBER 35**June 21, 2019**

Today is the official first day of summer. Johnston & Mackie wishes everyone a fun and safe summer and reminds you to wear appropriate safety gear while enjoying your summer activities. Take the time to put on the life jacket or helmet or pack a few necessities for a hike. insure@jmackie.com www.jmackie.com

NUMBER 36**June 22, 2019**

From June 22 through Labour Day, weather permitting, Burnstown Beach is open. Come enjoy the most beautiful beach in the Valley and cool off with an ice cream or treat at the canteen. Take a dip in the world famous, crystal clear Madawaska River. Boat rentals, swimming, playground, boat launch and washrooms on site. www.mcnabbraeside.com

NUMBER 37

June 22, 2019

Welcome to Margaritaville. Downtown Heritage Perth BIA and Stewart Park Festival present a kick-off to Summer 2019. Crystal Palace in Perth. Tailgate party at 5:00pm with games, giveaways and a Cheeseburger in Paradise contest. Dance at 8:00pm, featuring the best of Jimmy Buffett, The Eagles & the Beach Boys. \$30 per person. Phone: 613-267-6817
www.downtownperthbia.ca

NUMBER 38

June 22, 2019

Ottawa River water levels and spring flooding public meeting. 9:00am. MPP Yakabuski, local municipal leaders and a panel of provincial/federal representatives and other organizations with responsibility for the Ottawa River will make presentations and answer questions. Pembroke & Area Community Centre
40 Bennett Street, Pembroke

NUMBER 39

June 22, 2019

Ottawa River water levels and spring flooding public meeting. 1:00pm. MPP Yakabuski, local municipal leaders and a panel of provincial/federal representatives and others with responsibility for the Ottawa River will present and answer questions. Eagle's Nest
178 Jane Street, Eganville

NUMBER 40

June 23, 2019

Ottawa River water levels and spring flooding public meeting. 9:00am. MPP Yakabuski, local municipal leaders and a panel of provincial/federal representatives and others with responsibility for the Ottawa River will present and answer questions. Westmeath Arena
119 Synton Street, Westmeath

NUMBER 41

June 23, 2019

Ottawa River water levels and spring flooding public meeting. 1:00pm. MPP Yakabuski, local municipal leaders and a panel of provincial/federal representatives and other organizations with responsibility for the Ottawa River will make presentations and answer questions. Parish Hall, Arnprior
285 Albert Street, Arnprior

NUMBER 42

June 26, 2019

June 26th is the start night for Beach Yoga Fusion. Wednesday nights at Burnstown Beach. 6:30pm. A fun mix of strength and mobility training for all levels. \$25 for 8 classes. Limited spaces. Movement Yoga & Fitness Studio partnership. Phone: 613-623-5756 x232
sconroy@mcnabbraeside.com

NUMBER 43

July 26-28, 2019

Mattawa Voyageur Days. Rock where the rivers meet. Weekend wrist bands for \$50. Kids 10 and under are free. Crafters, golf tournament, dinner, bands, canoe race, Legion breakfast, kids zone, lumberjack shows, Max & Ruby, fireworks and more. www.voyageurdays.com

NUMBER 44

June 29, 2019

Molson 9 & Dine. \$45 per person. 4:00pm shot gun. Entertainment by Station Hill. Canadian poutine and 100% Canadian beef. Phone: 613-732-1665 ext.226
pembrokegolfclub@bellnet.ca

NUMBER 45

June 29-July 6, 2019

Free Fishing Weekend in Ontario. Canadian residents can fish without a licence. Visit the Ontario Family Fishing website for more info and local events. www.ontariofamilyfishing.com

NUMBER 46

June 30, 2019

CO Blitz in Combermere. Kids activities at the Combermere Community Centre featuring games and Ry-J's. All day face painting, magic show at 1:00pm and balloon man at 2:00pm. Plant sale and BBQ on site. Intensity band performs at 7:30pm. Beer tents. \$5 per person or \$15 for a family. 1095 Farmer Road, Combermere
Phone: 613-756-9729

JULY EVENTS**NUMBER 47**

July and August

Want to find your ancestors in the Whitewater Region? Book with Fay at our archives contact and we will help you. Ross Museum in Foresters Falls. Phone: 613-646-2622
faygen@nrtco.net

NUMBER 48

Stone Fence Theatre

Stone Fence Theatre presents Up at Fred's - Allons-y! is a musical trip back in time that tells the story of Fred Meilleur and the remarkable Ottawa River hotel. Tickets, including a roast beef supper are \$49 plus tax (\$20 for youth). July 11, 17, 24 and 31. Rankin Culture and Rec Centre
www.stonefence.ca

NUMBER 49

July 1, 2019

Canada Day at Ross Museum in Foresters Falls. Lemonade and tours and a costume parade 2:00pm. Come join us and wear your pioneer or old-fashioned costume. Get your photo taken in costume in the pioneer home copies to be made and sent to you later \$10 each. Phone: 613-646-2622
www.rossmuseum.ca

NUMBER 50

July 1, 2019

Horton Township's Canada Day celebrations. 8:00am-12:00pm. Horton Community Centre. Come and enjoy our famous breakfast. Entertainment, and activities for the family. For more information, contact Shane Lambert at 613-433-1243 or via email. You can also visit our website to register for any event. recreation@hortontownship.ca
www.hortontownship.ca

NUMBER 51

July 2, 2019

Pre-PSW healthcare training. 10:00am-2:30pm. This course will help you decide if being a Personal Support Worker is the right career path for you and help you gain essential skills useful for college. Course will run Tuesday's & Thursday's in July. 227 Bridge Street, Eganville
Phone: 613-628-1720

NUMBER 52

July 5-7, 2019

Almonte Celtfest 2019. An exhilarating weekend of Ottawa Valley and Celtic entertainment. Award-winning artists including Cape Breton's own Ashley MacIsaac and Anna Ludlow (Come from Away), Twin Flames (Canadian Folk Music Award Winners) and The Mudmen (a favourite of Don Cherry's). www.facebook.com/almonteceltfest
www.almonteceltfest.com

NUMBER 53

July 6, 2019

Gala Pioneer family Day and Bake Sale at Ross Museum in Foresters Falls. 11:00am-3:00pm. Lots of kid-focused activities: climbing wall, pioneer crafts, woodworking, wooden toys and old-fashioned games. Entertainment by Jocelyn and Braden Smaglinski, Marie Zettler and others. BBQ with food and drinks for purchase. Phone: 613-646-2622
www.rossmuseum.ca

NUMBER 54

July 6, 2019

Household Hazardous Waste Day in Madawaska Valley. 10:00am-4:00pm. Municipal Garage - Paul J. Yakabuski Centre - for residents of Madawaska Valley Township only. Madawaska Valley Municipal Yard Combermere - for residents of Madawaska Valley and Brudenell, Lyndoch and Raglan. Phone: 613-756-2747
www.madawaskavalley.ca

NUMBER 55

July 6, 2019

Tour de Whitewater rest and comfort stop at Ross Museum in Foresters Falls. All participants can stop for some refreshment and a washroom stop. Participants, bring your coupon for a prize. Phone: 613-646-2622
www.rossmuseum.ca

NUMBER 56

July 7, 2019

Come out for breakfast at the Pembroke & Area Airport. Eggs Benedict, roasted potatoes with green onions and a fruit salad. Coffee, tea and juice. \$15 per person, includes tax. Cash only please. Serving time from 8:30am to 11:30am. Catered by Maven Catering. Phone: 613-687-5300
www.flycyta.ca

NUMBER 57

July 7, 2019

Celebrating the 10th edition of the Petawawa Kids of Steel Triathlon. New age group for ages 4-5 for the triathlon. For ages 4-17. Duathlon for ages 3-5. Starts at 8:30am at Dundonald Hall, Garrison Petawawa. Come join the fun. Register soon as we do sell out!
petawawakos.wixsite.com/2019

NUMBER 58**July 7, 2019**

Horton Beach Volleyball League. Every Sunday. For more information, contact Shane Lambert at 613-433-1243 or via email. You can also visit our website to register. recreation@hortontownship.ca www.hortontownship.ca

NUMBER 59**July 8, 2019**

East Side Mario's Guest Appreciation Day in Pembroke. 11:00am-11:00pm. Help us celebrate 22 years serving the City of Pembroke. We are giving every table that comes in a free order of our Budda Boomers. 100 Pembroke Street East Phone: 613-732-9955

NUMBER 60**July 9, 2019**

Horton Youth Volleyball Camp. For more information, contact Shane Lambert at 613-433-1243 or via email. You can also visit our website to register. recreation@hortontownship.ca www.hortontownship.ca

NUMBER 61**July 9, 2019**

Bonnechere Author's Festival presents Stephen Maher and Savage. Fascinating stories, conversation and dessert with renowned Canadian authors. The Eagle's Nest, 178 Jane Street in Eganville. \$15 at the door. \$50 for the series. Doors open at 6:30pm. Speaker at 7:30pm. Phone: 613-628-1720 www.bonnechereupl.com

NUMBER 62**July 13, 2019**

Molson Canadian Classic. Held at the Pembroke Golf Club. 18 holes, cart, Molson giveaways, burger and poutine bar and entertainment by Sidewinder. Phone: 613-732-1665 pembrokegolf@bellnet.ca

NUMBER 63**July 16, 2019**

Bonnechere Author's Festival presents Danielle Younge-Ullman and Everything Beautiful Is Not Ruined. Stories, conversation and dessert with renowned Canadian authors. The Eagle's Nest, 178 Jane Street, Eganville. \$15 at the door. Doors open 6:30pm. Speaker 7:30pm. Phone: 613-628-1720 www.bonnechereupl.com

NUMBER 64**July 18-21, 2019**

Shawville Lions Country Jamboree. La Ferme Armstrong Farm, 25 highway 148, Shawville. Open mic on Thursday, multiple acts on Friday and Saturday. Camping options. Walk-ins welcome. Children under age 12 are free. \$35 weekend pass. Thursday is free! Friday \$20. Saturday \$25. Phone: 819-647-3695 ejwalsh@ca.inter.net

NUMBER 65**July 19, 2019**

Whitewater Historical Society presents an evening with Valdy Canada's favourite folk singer and storyteller. This is a fundraiser for the Ross Museum and Historical Society. Tickets for sale at Candlewick (Cobden), Kenny's Store (Westmeath) and Joanne Gauci Gallery (Beachburg). Or leave a message at the museum for tickets. Phone: 613-646-2622 www.rossmuseum.ca

NUMBER 66**July 19-21, 2019**

Madawaska Valley Studio Tour. Explore the back country of Renfrew County. Studio doors are open and artists welcome you. A free, self-guided tour. Pick up a brochure at Visitor Information Centres and local businesses or have one mailed. Phone: 613-633-6902 www.madawaskastudiotour.com

NUMBER 67**July 20, 2019**

Walk About Foresters Falls Trivia contest. Join us at 11:30am for your question sheets and come with a friend. Try to find and answer all our trivia questions. Prizes for those with correct answers. Phone: 613-646-2622 www.rossmuseum.ca

NUMBER 68**July 23, 2019**

Bonnechere Author's Festival presents Sandra Gulland and The Game of Hope. Fascinating stories, conversation and dessert with renowned Canadian authors. The Eagle's Nest, 178 Jane Street in Eganville. \$15 at the door. Doors open at 6:30pm. Speaker at 7:30pm. Phone: 613-628-1720 www.bonnechereupl.com

NUMBER 69**July 25-28, 2019**

Palmer Rapids Twin Music Festival. Two festivals for the price of one. Located on the banks of the Madawaska River. The best of bluegrass and country music on two separate stages, three minutes apart. Palmer Road, Palmer Rapids www.palmerrapids.ca

NUMBER 70**July 26-28, 2019**

5th Annual Perth Ribfest. Come for the ribs and stay for the music. Presented by the Rotary Club of Perth. Ribbers, 30+ vendors, local beer, wine and spirits, local entertainment, car shows on the weekend, kids zone, face painting and more. Free event; adult attendees are asked to make a donation. perthribfest@gmail.com www.perthribfest.com

NUMBER 71**July 28, 2019**

It's Herbfest at the Waba Cottage Museum. 9:00am-4:00pm. Herbfest is a healthy living showcase featuring everything from boat rides to garlic, henna and even a plaid cow. Free admission, live music, unique food and beverages. Herb will be there! Phone: 1-800-957-4621 x232 www.mcnabbraeside.com

NUMBER 72**July 30, 2019**

Bonnechere Author's Festival presents Bob Bickford and Deadly Kiss. Fascinating stories, conversation and dessert with renowned Canadian authors. The Eagle's Nest, 178 Jane Street in Eganville. \$15 at the door. Doors open 6:30pm. Speaker 7:30pm. Phone: 613-628-1720 www.bonnechereupl.com

AUGUST EVENTS**NUMBER 73****Stone Fence Theatre**

Stone Fence Theatre presents Up at Fred's - Allons-y! is a musical trip back in time that tells the story of Fred Meilleur and the remarkable Ottawa River hotel. Tickets, including a roast beef supper are \$49 plus tax (\$20 plus tax for youth). August 7 in Rankin, August 8 in Barry's Bay, August 9 in Chapeau. www.stonefence.ca

NUMBER 74**August 1-4, 2019**

56th annual Rockhound Gemboree. Canada's largest gem and mineral show. Bancroft, Ontario. One-of-a-kind art and jewellery demonstrations, speakers, geologist guided field trips, Friday night rock concert, minerals, gems and fossils on exhibit and for sale, gold panning and rock climbing and expert mineral identification. Phone: 613-332-1513 www.rockhoundgemboree.ca

NUMBER 75**August 3, 2019**

JAWS movie on the water. 6:30pm-11:30pm. Calabogie Peaks. A fun movie night where you can float on the lake, canoe, paddleboard, eat food, and hang out with friends! Tubes for sale or bring your own! Beach party, BBQ and 40-foot movie screen. 30 Barrett Chute Road, Calabogie info@interactiveflick.com

NUMBER 76**August 10, 2019**

Teddy Bears Picnic. For kids ages 3-10. Ross Museum in Foresters Falls. 11:00am. Bring a mat or towel to sit on and your favourite teddy bear or stuffy toy. Teddy bear crafts, songs and fun games. Prizes for oldest, funniest and tiniest teddy or stuffy. Snacks, water or juice. Phone: 613-646-2622 www.rossmuseum.ca

NUMBER 77**August 10-11 2019**

Perth Lions Garlic Festival. The fifth best garlic festival in the world. Festival chefs prepare a variety of garlicy treats. New garlic pizza day on Saturday. Garlic ice cream, shawarma, garlic bread, garlic butter tarts, sausages on a bun, old-fashioned garlic fudge and more. Plus, music and entertainment. \$5 admission. www.facebook.com/perthlionsgarlifestival www.perthgarlicfestival.com

NUMBER 78**August 11, 2019**

The Red Cross Babysitting Course training course is designed for youth aged 11-14. Aspiring babysitters also learn basic first aid skills. 8:30am-3:30pm. Knights of Columbus, Pembroke www.safetytreecanada.com

NUMBER 79**August 11, 2019**

Breakfast at the Pembroke & Area Airport. Toasted Western sandwich with cheddar cheese, roasted potatoes with green onion and a fruit salad. Coffee, tea and juice. \$15 per person, includes tax. Cash only please. Serving time from 8:30am to 11:30am. Maven Catering. Phone: 613-687-5300
www.flycyta.ca

NUMBER 80**August 13, 2019**

Do you have something that should be in this list? Today is the deadline to book into the September-October edition. Listings are \$25 plus HST. Phone: 613-732-7774
101things@travelourbackyard.com

NUMBER 81**August 16, 2019**

White Lake Family Paddle. Leaving from the Waba Cottage Museum in White Lake at 1:30pm as part of the all ages "Paddle Our Rivers" series. Canoes, kayaks and SUPs are welcome. We have limited rentals available so call early! Phone: 613-623-5756 x226
info@bonnechereriver.ca

NUMBER 82**August 16, 2019**

Deadline to book into the fall edition of Health Matters magazine. Get your health-related message out to people who want to live their best, healthiest lives. Need some guidance? We can help. Phone: 613-732-7774
behealthy@ovhealth.ca

NUMBER 83**August 17, 2019**

Artists at work in the garden at Ross Museum in Forester Falls. Come bring your own art easel, paints and lunch to join other artists at work in the garden and maybe buy some artist's work. Bring a bag lunch and a drink. 11:00am-1:00pm. Phone: 613-646-2622
www.rossmuseum.ca

NUMBER 84**August 17, 2019**

World Record Perth Kilt Run. 10th anniversary. 5:00pm. Part of Freedom Fest in Perth. Visit www.freedomfestperth.com/kilt-run-2019 for musicians and kilt run registration information.

NUMBER 85**August 17-18, 2019**

EOSA Fastball Championships at the McNab Centre Park (MCP) in the Township of McNab Braeside. 486 Calabogie Road. Some of the best intermediate teams in Eastern Ontario compete for the title at MCP. Free and watch some top-notch fastball action. Phone: 613-552-8558
www.mcnabbraeside.com

NUMBER 86**August 24, 2019**

Celtic Concert at St. Aidans or outdoors if the church is full. 7:00pm. Enjoy a concert with talented young players and a few oldies too. Tea and coffee and some Scottish treats. Admission by donation. Bring a chair. Phone: 613-646-2622
www.rossmuseum.ca

NUMBER 87**August 29-September 2, 2019**

Shawville Fair. The Valley's most family-friendly fair. Demolition derby, truck and tractor pulls, entertainment, dairy and beef barns, petting zoo, midway, beer garden. www.shawvillefair.ca

NUMBER 88**August 30-September 2, 2019**

174th Perth Fair. Agricultural and homecraft classes, shows (cattle, horse, goat), 4-H, entertainment, demolition derby, lawn mower races, lawn tractor pull, ranch challenge, truck and tractor pulls, games and more. www.facebook.com/perthfair
www.perthfair.com

NUMBER 89**August 31, 2019**

Closing Day and storytelling session at Ross Museum in Foresters Falls. Come for a final tour. All storytellers welcome to tell tales of the old days or a comical incident from the past. Water and lemonade provided. 11:00am-1:00pm. Phone: 613-646-2622
www.rossmuseum.ca

MORE EVENTS**NUMBER 90****September 9, 2019**

The fall edition of Health Matters delivers this week! Be sure to pick up your copy. behealthy@ovhealth.ca
www.ovhealth.ca

NUMBER 91**September 13, 2019**

Community Living Upper Ottawa Valley's 23rd annual golf tournament. Oaks of Cobden Golf Course. \$100 per person includes 18 holes, cart, dinner and prizes. Proceeds to the CLUOV outcomes fund for people with intellectual disabilities. 1:00pm start. Phone: 613-735-0659 ext.220
info@cluov.ca

NUMBER 92**September 15, 2019**

Breakfast at the Pembroke & Area Airport. Bacon breakfast sandwich on a fresh, baked biscuit with hash browns and a fruit salad. Coffee, tea and juice. \$15 per person, includes tax. Cash only please. 8:30am to 11:30am. Maven Catering. Phone: 613-687-5300
www.flycyta.ca

NUMBER 93**September 15, 2019**

Stone Fence Theatre presents Up at Fred's - Allons-y! is a musical trip back in time that tells the story of Fred Meilleur and the remarkable Ottawa River hotel. Tickets, including a roast beef supper are \$49 plus tax (\$20 plus tax for youth). Rankin Culture and Recreation Centre. 5:00pm. www.stonefence.ca

NUMBER 94**September 18, 2019**

Aaron Pritchett: Out on the Town Tour. With Kira Isabella and David James. 7:30pm. Festival Hall, Pembroke. \$67-\$72. Contact Tanya for tickets. Phone: 613-401-4608
tanya@theeastwaygroup.ca or

NUMBER 95**September 21, 2019**

Laurentian Valley's Fall Flavours Festival. 11:00am-10:00pm. \$5. Alice and Fraser Rec Centre. Craft beer, artisans, food truck, live entertainment, vendors and culinary food contests. www.lvtownship.ca

NUMBER 96**September 21-22, 2019**

Bancroft Studio Tour. 10:00am-5:00pm. Enjoy the rugged landscape and spectacular autumn colours while driving to visit the arts in their studios. www.facebook.com/BancroftAreaAutumnStudioTour
www.banroftstudiotour.org

NUMBER 97**September 26, 2019**

Community Living Upper Ottawa Valley presents Katherine Viscardis, a woman who witnessed the horrors of child institutionalization while volunteering in a Bulgarian orphanage in 2010. Her dissertation is on Canada's institutions for people with intellectual disabilities. CLUOV annual general meeting. Open to the public. Free to attend. Phone: 613-735-0659 ext.220
htennian@cluov.ca

NUMBER 98**September 28-29, 2019**

Bancroft Studio Tour. 10:00am-5:00pm. Enjoy the rugged landscape and spectacular autumn colours while driving to visit the arts in their studios. www.facebook.com/BancroftAreaAutumnStudioTour
www.banroftstudiotour.org

NUMBER 99**Stone Fence Theatre**

Stone Fence Theatre presents Up at Fred's - Allons-y! is a musical trip back in time that tells the story of Fred Meilleur and the remarkable Ottawa River hotel. Tickets, including a roast beef supper are \$49 plus tax (\$20 plus tax for youth). October 4, 6, 18 and 20. Rankin Culture and Recreation Centre. www.stonefence.ca

NUMBER 100**October 6, 2019**

The 8th annual Kitchissippi Run in Chalk River. Distances include 2k, 10k, half and full marathons and a 21km or 42km bike ride (road bike not suitable and helmets mandatory).

Register or pledge online at www.raceroster.com search for Kitchissippi Run. Find us on Facebook or email us. KitchissippiRun@hotmail.com

NUMBER 101**October 21, 2019**

It's federal election day in Canada! In preparation for voting, be sure you are registered to vote and are on the voter's list. Visit www.elections.ca and enter your postal code and information on your district will be available, along with frequently asked questions. www.elections.ca