

101 Thing to do in the Valley

Welcome to 101 Things to do in the Valley, Summer 2011 edition. As usual, our local businesses and organizations have plenty to keep you busy this summer. This list was open to all businesses, organizations and municipalities. The first 101 events to be submitted made our list.

101 Things to do in the Valley is a special publication of Ottawa Valley Business. We publish three "101 Things" issues each year: Winter, Spring/Summer and Fall.

You can down this issue at: www.ovbusiness.com.

A Special Publication of Ottawa Valley Business
www.ovbusiness.com | admin@ovbusiness.com

Enjoy Your Summer with these Awesome Events in the Valley!

All Summer Long Events

NUMBER 1

Stay and play at the Mountain! Visit www.calabogie.com for summer specials or come for the day and golf, play tennis, rent a boat or hike. Includes a Beach Grill that is licensed. www.calabogie.com
1-623-752-2720.

NUMBER 2

Put Bonnechere Provincial Park on your schedule this summer! Family-oriented park, interpretive programs, sandy beach and playground. Paddle the Bonnechere River, explore hiking trails and discover the Valley's history. Phone: 613-757-2103
www.ontarioparks.com/english/bonn.html

NUMBER 3

Aerial adventure activities, ziplines, rock climbing, obstacle challenges, waterfall park, logging center and more. Chutes Coulonge in Fort Coulonge, Quebec. New for 2011: another canyon zip, and more activity structures. See us on Facebook or You Tube. Phone: 819-683-2770
www.chutescoulonge.qc.ca

NUMBER 4

Jockos Beach. Beach Resort & Motel. Stay and Play. Jocko's beach is located on Calabogie Lake offering access to all season fun. Accommodations include: 3-bedroom beach house, two 2-bedroom chalets and log cabins. Also available are motel efficiency units. Boat rentals available on-site. Phone: 866-376-6284
Phone: 613-752-2107
Fax: 613-752-1085

NUMBER 5

One of the finest golf facilities in the Ottawa Valley. Whitetail Golf Club makes your golfing experience fun and relaxing. 18 championship holes measure 6500-yards, full driving range and short game practice area. 2010 Flagstick Magazine Readers Choice Award for The Best Public Golf Course (under \$45). Phone 613-628-3774
www.whitetailgolfclub.ca

NUMBER 6

The Pembroke Farmers' Market is located at the corner of Victoria and Lake Street in Pembroke. We are opening on May 25th and will be open every Wednesday and Saturday from 8:30am-1:00pm
pembrokefarmersmarket.com

NUMBER 7

Algonquin College has something for everyone! Our courses include Business, Health Sciences, Cooking, Photography and more. Ask for our free onCourse flyer. Your Ottawa Valley College. Phone: 613-735-4700 x2843
algonquincollege.com/pembroke

NUMBER 8

Spruceholme Inn B&B. Step back in time and enjoy Victorian elegance with up-to-date amenities and comfort. A sumptuous breakfast will greet you in the morning. www.spruceholmeinn.com,
spruceholme@sympatico.ca
Phone: 819-683-5635.

NUMBER 9

Take a refreshing break this summer at Euphoria. We are a smoothie bar and bistro on Petawawa Boulevard in the Scotiabank plaza.

NUMBER 10

Get fit this summer! Bootcamp classes Monday, Wednesday, Friday, Saturday. Yoga on Wednesday. Times range from 6:00am to 7:30pm. Find the time that works best. Jodi Sauve, personal trainer. Individual and group training. Jodi@myinnerstrength.ca
Phone: 613-432-1788

NUMBER 11

Pinewood Inn. New owners of this landmark motel in picturesque Barry's Bay welcome you. We feature rooms to accommodate small to larger families. New carpeting, pillow-topped beds, microwave and fridge. www.thepinewoodinn.com
Phone: 613-756-1333

NUMBER 12

Workshop classes in visual arts, photography, crafts and writing for adults and children. 28 Mill Street in Portage-du-Fort, Québec. Phone: 819-647-2291
pontiacschoolofthearts.com

NUMBER 13

Parc Leslie Campground. 1800 feet of beach. Scenic walking trails. Rentals available. 158 campsites, Moore Lake and Serpent Lake for group getaways. Two new log cabins. Paddleboat, canoes and kayaks for rent. Phone: 888-553-7382
www.parcleslie.com

NUMBER 14

Pembroke Golf Club. 18 holes, great tee access, riding carts or an easy walk around the course. Full restaurant. www.pembrokegolfclub.ca
Phone: 613-732-1665

NUMBER 15

Golf Lessons for individuals. \$50 per 45-minute lesson or three for \$130. Also available for groups of 2-4 or lessons as part of a business outing. Taught by golf professional, Jennifer Layman. Phone: 613-732-7774 jenn@fwdthink.net

NUMBER 16

The Fans of Calabogie Bed & Breakfast. Stay with us and experience several of the 101 things right here in Calabogie! All rooms en-suite, fabulous breakfasts, overlooking the lake. Your perfect place to stay and discover the region. www.thefansofcalabogie.com Phone: 613-752-1595

NUMBER 17

Bonnechere Caves. We are an Attractions Canada Gold Medal Winner for outdoor attraction. See the incredible caves with a guided tour. Visit our website and plan to attend one of our fossil hunts or special guest days. Opening May 20. Located in Eganville. www.bonnecherecaves.com Phone: 613-628-2283

NUMBER 18

Canada's only Clock Museum. 60 James Street in Deep River. Unique museum to see hundreds of Canadian-made clocks from the 1800s to present. Many period artifacts. Admission includes tour. www.canclockmuseum.ca Phone: 613-584-9687

NUMBER 19

Island Brae Golf Club. A casual 9-hole layout on Morrison's Island near Pembroke. Cart rentals available. Juniors welcome. www.islandbraegolf.com Phone: 613-732-9022

NUMBER 20

Love being in the Valley? Why not be here full time? Visit www.ovjobs.ca and find your next career. Lots of jobs in administration, professional services, engineering, skilled trades and more. Also great jobs for people looking for part-time work. We're online all the time at www.ovjobs.ca.

NUMBER 21

The Homestead At Wolf Ridge. We are a spectacular 18 hole golf course located just west of Killaloe, featuring excellent conditions, great hospitality and breathtaking scenery. Come play! homesteadgc@sympatico.ca www.homesteadgc.com Phone: 866-356-1818

NUMBER 22

Blues Jam every Tuesday at the Wilno Tavern in the heart of downtown Wilno. 613-756-2029 www.wilnotavern.com

NUMBER 23

This artist-run gallery in historic Portage-du-Fort is open each weekend from mid-May through to the end of September, with new shows every few weeks offering the work of local artists and artisans for you to enjoy and perhaps purchase! Located at 28 Mill Street, Portage-du-Fort, Québec.

Phone: 819-647-2291 www.artpontiac.com

NUMBER 24

Spend your summer in Whitewater Region. We have rafting, canoeing, camping, attractions, golfing, fishing and more. Stroll into our unique shops and services amongst the villages in the municipality. You'll love it here in Whitewater Region. Visit our tourist information booth on Highway 17. www.whitewaterregion.ca Phone: 613-646-2282

NUMBER 25

Diamond Valley Enterprises in White Lake helps you and your family get back to the simple things in life - each other. Situated between Renfrew and Arnprior, there is a boat launch, snowmobile trail, museum and gardens about 500 feet from our property, and a gourmet restaurant, family restaurant, corner store with gas bar and a church nearby. Phone: 613-622-5608 www.diamondvalley.co

May Events

NUMBER 26**May 25**

10th anniversary of The Baby Feast. 300 babies and counting celebrated. This event pays tribute to our newest citizens, raises funds for the Juvenile Diabetes Society and produces a timeless portrait. How perfect is that? Call Garlough Photo. Phone: 613-432-6448 www.garloughphoto.com

NUMBER 27**May 26**

Springtime fun at McNab Public School can only mean one thing...It's Fun Fair time! Please join us for an evening of food, games, fun and music for the whole family. Supper starts at 5:30pm. Hamburgers (\$3), Hot Dogs (\$2), Pizza (\$2), Soft Drinks (\$1) and Ice Cream (\$1). Games and events from 6pm-8pm.

NUMBER 28**May 27**

Pembroke Police Association's 2nd Annual Emergency Services, Judicial Personnel and Friends Golf Tournament. Proceeds to support Boys and Girls Club of Pembroke. Island Brae Golf Club. Shotgun Start at 1:00pm. \$200 per team for 18 holes of golf and a BBQ steak or chicken buffet meal. Register with Dave Schilling. Phone: 613-732-9975 David.Schilling@ontario.ca

NUMBER 29**May 27-30**

Canadian Firearms Safety Course in Palmer Rapids. Held at the Palmer Rapids Arena. To register call Judy Davis. Phone: 613-758-2332. valleysportsmanshow.com

NUMBER 30**May 28**

Bishop Smith Alumni & Friends Golf Tournament. This event is open to everyone and it is always a fun day. 18 holes and dinner at the Pembroke Golf Club. bishopgolf11@yahoo.ca Phone: 613-735-5496

NUMBER 31**May 28**

Babysitters Course. If you are between the ages of 11 and 15, looking to babysit or stay home alone, then this is the course for you. The Red Cross Babysitters course will teach you everything you need to know to be safe, skilled and prepared. Held at Red Cross Pembroke office. Pre-register. Phone: 613-735-1157

NUMBER 32**May 28**

Rock Around The Clock Gala. Reception at 5:30pm followed by a 5 course meal (Ullrich's on Main) and dancing to ToneKats. Silent auction, Chinese raffle, wine-a-week and more. Charitable tax receipts provided. Theme attire encouraged. Phone: 613-735-4693 ext.123 dcofnam@countyofofrenfrew.on.ca

NUMBER 33**May 28**

Renfrew and Area Seniors' Home Support is hosting their first 50+ Community Showcase featuring a variety of health related agencies, professionals and businesses focusing on products and services for community members aged 50+. At the 433 Wing in Renfrew. Free.

NUMBER 34**May 28-29**

The Beer Store in Renfrew is involved in what may be the world's largest bottle drive for the Leukemia/Lymphoma Society of Canada. Please return your empties to your local Beer Store to help find a cure for blood cancers.

NUMBER 35**May 29**

Ontario SPCA Friends for Life! Walk-a-thon. 10:30am at Riverside Park in Pembroke. Walk, woof, and wag in support of the animals at the local animal shelter. A fun filled family day with agility demos, prizes, games and a BBQ picnic. Free coffee and muffins at registration. renfrewcounty.ontariospca.ca Phone: 613-588-4508

NUMBER 36**May 31**

Are you looking for an efficient and effective fat burning workout? Let me introduce you to Kettlebells. Come out and try them out! Your first session is always free. Classes everyday. Phone: 613-432-9297
rckettlebellclub@gmail.com

NUMBER 37**May 31**

Motorcycle Cruise Nights in Renfrew. Forever Two Wheels and Sandy's Deli/Diner at 630 O'Brien Road across from the Water Tower. Every Tuesday from May 3 to October 4 from 4pm to 8pm. There will be coffee and draws. Classic cars and streetrods are welcome. Phone: 613-649-8245
Phone: 613-432-8804

June Events**NUMBER 38****June 1**

Renfrew Rotary Club annual Lobster or Steak Feast at the Royal Canadian Legion, Branch #148. Dine in at either 6:00pm or 7:30pm seatings. Take-Out available. Choice of steak or lobster includes baked potato, coleslaw, desert and all the fixins. \$25 per person.

NUMBER 39**June 2**

Renfrew County Senior Games. Seniors (55+) in the County compete in a variety of activities. Held in Barry's Bay. Contact Stephanie Atkinson. Phone: 613-625-2910
renfrewcountyseniorgames.ca

NUMBER 40**June 3**

Bike Rodeo and Parade. Almonte Old Town Hall parking lot. Bike decorating at 5pm at Kirkland Park. Ribbon Cutting, cake and bicycle games from 5:45pm. Parade at 7pm. Games of all kinds, slow bike races, unicycle challenge, fix a flat contest and more. Bring a parent, your bike, and have your helmet properly fitted! We'll see you there. Phone: 613-256-3881
www.mmbicyclemonth.ca

NUMBER 41**June 3**

An evening in support of Kathy and Stuart Bromley and family. 7pm-1am. Renfrew Armouries. Tickets \$10 for adults, children under 14 free. Entertainment by Downtown Boys, Rural Route, The Leahy Children and more. Tickets at Aikenhead's, Dahl's Laundromat and the door.

NUMBER 42**June 3**

Golf Fore the Heart of it! Fundraiser for the Ottawa Heart Institute and the Renfrew Victoria Hospital. Nine & Dine mixed event. Each team has 2 ladies and 2 gents. 4pm happy hour. Lots of prizes. \$220/team includes golf, cart, dinner and donation. Arnprior Golf Club.
www.arnpriorgolfclub.com

NUMBER 43**June 3-5**

Vision Your Life Retreat. Grail Springs Spa at 2004 Bay Lake Road in Bancroft.
www.grailsprings.com
Phone: 613-332-0154

NUMBER 44**June 4**

Kiwanis Club of Pembroke presents a night of comedy with Bowser and Blue. 8:00pm at Festival Hall. Tickets \$37.50 each at Festival Hall.
Phone: 613-735-2185

NUMBER 45**June 4**

Whitewater Region Public Library Annual Golf Tournament. Oaks of Cobden. 1pm start. Best ball format. \$75 per person for golf, cart and supper. Registration deadline is May 27. Phone: 613-582-7090
mlabow@nrtco.net

NUMBER 46**June 6 and June 10**

Women's Self Defense Course. Inner Strength Fitness Centre in Cobden. \$40 per person. 6pm-8pm. Taught by Whitewater Martial Arts. Call 613-432-1788 or email jodi@myinnerstrength.ca to reserve your space.

NUMBER 47**June 7**

Scottish Concert in the Park. 7pm. Lowe's Square (Renfrew Town Hall). Renfrew Highland Pipes and Drums and The Pam Reid Scottish Dancers. Rain Date: June 14.

NUMBER 48**June 9-12**

Expo 150 is here! Live music, food, entertainment, Junkyard Symphony, Stone Fence Theatre, Native Displays, Hockey Hall of Fame, Sports Pavilion, Kids Zone, Forestry, Agriculture, CFB Military Display, Pioneer Village, French Village, Museums, Culture and More. All free.
www.expo150.com

NUMBER 49**June 9-12**

Junkyard Symphony performs every day at Expo 150. A Canadian group that delivers an entertaining and eco-friendly musical performance Free at Expo 150.
www.expo150.com

NUMBER 50**June 10-11**

BMX Big time Stunt Show taking place at Expo 150. Visit the Kids Zone and see all the action. And, it's all free!
www.expo150.com

NUMBER 51**June 10-11**

Go flying for free...if you're a kid, that is! Applications at www.expo150.com. You must pre-register to fly, but there's no cost. Like all events at Expo 150, it is free!
www.expo150.com

NUMBER 52**June 10**

Pink Tie Gala in Pembroke. Cocktail, silent auction and dinner (Ullrich's) at 6:30pm. Entertainment by Barbara Clark with guest appearance by Ben Rutz. Ticket includes a donation Team Cougars Conquering Cancer. Win a kayak and gear package donated by C&T Enterprize. Discounts at My Fair Lady and Fraser's in Pembroke. Phone: 613-639-0341
www.unde-uedn.com

NUMBER 53**June 10**

Breast Ball Tournament at Madawaska Golf Course. Fundraiser for Partners in Caring Foundation towards a Digital Mammography unit. Register at The Co-operators at 100 Madawaska Boulevard. Phone: 613-623-3789

NUMBER 54**June 11**

3rd Annual Patricia Lair Run or Walk. 6km or 14km route. 9am at the Deep River Arena. Registration fee is \$10. Prizes for the most pledges. Proceeds to Canadian Cancer Society.

NUMBER 55**June 11**

The Incredible Race fundraiser for The Phoenix Centre for Children and Families. Teams of four maneuver through the City of Pembroke via bicycles, deciphering riddles and solving clues. 9:30am-2:30pm. Phone: 613-735-2374
ldemont@phoenixctr.com

NUMBER 56**June 11**

Almonte General Hospital and Fairview Manor Foundation House Tour featuring six uniquely beautiful homes including three heritage homes, a condominium on the water, a Georgian manor and a spectacular renovation jewel. 10am-4pm. Tickets: \$30. Phone: 613-256-2514 ext.2296

NUMBER 57**June 11**

Beckwith Heritage Days Beach Volleyball Tournament. \$60 per team. First Prize \$120. Second Prize \$60. Each team receives six team shirts. Register by June 3. www.twp.beckwith.on.ca
Phone: 613-257-1539

NUMBER 58**June 11-18**

Ottawa River Catfish Classic. \$30. Max of 10 catfish/day. Derby runs on the Ottawa River from Portage to Fitzroy Dam, Madawaska River up to Stewartville Dam and the Bonnechere River up to the Chutes. Lots of prizes/draws. towesbaytandtackle.com

NUMBER 59**June 11-19**

The artists of Pontiac County welcome you to their studios to view artwork, learn more about the creative process, and discover our beautiful towns and countryside!

Phone: 819-647-3416

www.pontiacartists.com

NUMBER 60**June 12**

Hot Roast Beef Dinner sponsored by St. Francis Xavier Parish. 11:30am to 6:00pm in the Parish Hall, 331 Plaunt Street South in Renfrew. Home baking, take out and deliver is available. Adults: \$12. Children 12 & Under: \$5. Under 5: Free.

Phone: 613-432-5825

NUMBER 61**June 12**

Walk in the Park Walk-a-thon at Robert Simpson Park in Arnprior to raise much needed funds for the Arnprior & District Humane Society.

Pledge forms on our website. arnpriorhumanesociety.ca

Phone: 613-623-0916

NUMBER 62**June 17**

Camp Lau-Ren Charity Golf Classic. Renfrew Golf Club. 1pm. \$100 per golfer includes golf, cart, dinner, door prizes.

Phone: 613-432-8956

www.lau-ren.com

NUMBER 63**June 17**

Pakenham Fiddle & Stepdance Competition. Come to Pakenham to compete or just to watch! Two days of preliminary competitions are followed by the Saturday night Finals Showcase. Over \$15,000 in prizes.

www.fiddleanddance.com

NUMBER 64**June 18**

KillaloeKool Summer Dayz, Kickoff to Summer Fun Festival. 9:00am - 2:00pm. Toy Bus Day in the Park, food vendors, sidewalk sale, garage sales, entertainment, balloon clown, family fun!!

Phone: 613-757-2300

killaloe-hagarty-richards.ca

NUMBER 65**June 18**

Babysitters Course. If you are between the ages of 11 and 15, looking to babysit or stay home alone, then this is the course for you. The Course will teach you everything you need to know to be safe, skilled and prepared. Held at Pembroke office. Pre-register.

Phone: 613-735-1157

NUMBER 66**June 19**

The Deep River Grannies Strawberry Luncheon. \$12 adult. \$8 child. 11:30am-1:30pm. Deep River Yacht & Tennis Club. Tickets at the door or in advance at Monica's Pantry in Deep River.

NUMBER 67**June 19**

Free Day at the Mill of Kintail. Join Mississippi Valley Conservation. 10am-4:30pm. Guided hikes, museum tours, stream studies and more.

Phone: 613-256-3610 ext. 2

NUMBER 68**June 24**

Raft & Lobster Day on the Madawaska River. Fundraiser in support of the Barry's Bay Lions Club. 1:00pm.

www.owlrafting.ca

Phone: 613-756-3620

NUMBER 69**June 25**

Fine Art Show. Meet the Ottawa Valley's Painters of fine art. See new and exciting paintings. Purchase One-Of-A-Kind art that whispers beauty to the soul, sings wishes to your dreams of places and people. 12pm-7pm at Calvin United Church in Pembroke.

Phone: 613-735-1831

hgpearson@bell.net

NUMBER 70**June 25-26**

Bancroft Gun & Hunting Show. 9am-4:30pm. North Hastings Community Centre in Bancroft. \$6. Children under 12 free with an adult.

www.valleysportsmanshow.com/Bancroft-Gun-Show

Phone: 613-257-7489

NUMBER 71**June 26**

School House Museum Strawberry Tea. 12pm-5pm. Tea, coffee, strawberries with cake and real whipped cream will be served. Adults \$6.50. 10 and under \$3. 12km west of Deep River on Highway 17.

Phone: 613-584-4765

NUMBER 72**June 26**

Barry's Bay Triathlon & Duathlon. Test your skill & endurance in one of the Ottawa Valleys most challenging courses. At Lakeshore Park in Barry's Bay. www.madawaskavalley.com

Phone: 613-756-2298

NUMBER 73**June 26**

Hospital Auxiliary of Carleton Place & District Memorial Hospital Annual Teddy Bear Picnic. Families are invited to come and enjoy a day of fun, games, BBQ and displays. 11:30am-2:30pm. Navy

League Building on John Street next to Riverside Park. Phone: 613-253-3824 nkenwood@carletonplacehosp.com

NUMBER 74**June 26**

Paddlequest 2011. Enjoy a day of paddling on the Ottawa River. Bring your friends and family and join us for some fresh air, exercise and lunch at Miramichi Lodge. Charitable receipts provided. Registration forms on the County of Renfrew website.

www.countyofrenfrew.on.ca

Phone: 613-735-4693 ext 123

July Events**NUMBER 75****Wednesdays in July**

Bonnechere Authors Festival. Wednesday evenings in July. Roy MacGregor, Alissa York, Marilyn Simonds & Wayne Grady, Nick Crowe. 7:30pm at St. James Church, Eganville. \$15. Coffee & dessert. A Literacy Plus fundraiser. Phone: 613-628-1720 www.literacyplus-renfrewcounty.ca/events

NUMBER 76**July 2-3**

Barry's Bay Home & Cottage Show. Paul J Yakabuski Community Centre. Looking for Contractors, Artisans, Realtors and sales vendors! Space outside at 25'x25' for \$50. Spaces are limited! mvcottageshow@gmail.com

NUMBER 77**July 5-23**

The 39 Steps - A Bancroft Summer Theatre Event. Bancroft Village Playhouse. Tickets are \$20 per person. bancroftvillageplayhouse.ca

Phone: 613-332-6141

NUMBER 78**July 8**

Celtfest. Enjoy a weekend of Celtic music, dancing, food fair and displays. Gemmill Park Amphitheatre and the Almonte Old Town Hall in Almonte. Great fun.

Phone: 613-256-2879.

www.almonteceltfest.com

NUMBER 79**July 8-31**

Bell, Book and Candle. John van Druten's romance that inspired the TV show, Bewitched. By Classic Theatre Festival, Ottawa Valley's professional summer theatre company. Wed-Sat at 8pm, Wed, Sat and Sun at 2pm matinees. Free parking, wheelchair accessible, air conditioned. Mason Theatre, 13 Victoria Street, Perth. 1-877-283-1283

www.classictheatre.ca

NUMBER 80**July 9**

Babysitters Course. Will teach you everything you need to know to be safe, skilled and prepared. Held at Pembroke office. Pre-register.

Phone: 613-735-1157

NUMBER 81**July 10**

Bancroft's Flying Club Annual Pancake Breakfast. 10am-12pm. Everyone is welcome and airplane rides may be available. Contact Karen Smith at karensmith@bell.net. www.bancroftflyingclub.org

Phone: 613-332-3580

NUMBER 82**July 11-22**

Summermusic 2011. Fun filled day-camp in Deep River for young musicians ages 5-18. Programs for beginners or experienced players in Strings, Woodwinds, Brass, Recorder and Choir. Something for everyone. Also offering Mini-Courses for Young Children for ages 5 to 8.

www.drso.ca

Phone: 613-584-1110

NUMBER 83**July 14**

Glenn Miller Orchestra. Pembroke Festival Hall. The world famous Glenn Miller Orchestra is the most popular and sought after big band in the world today for both concert and swing dance engagements. Tickets on Sale Now! Available at Festival Hall box office or order by phone at 613-735-2613.

NUMBER 84**July 15-17**

Almonte Agricultural Fair. North Lanark Agricultural Fair Grounds. This fair includes a midway as well as agricultural exhibits, livestock and education tent.

Phone: 613-256-1819

www.almontefair.com

NUMBER 85**July 16**

Ross Museum. Buck set square dancing, old tyme fiddle music, a loggers meal of baked beans, roast pork on a bun, salads and homemade pies and beverage. Demos of pioneer activities, horseshoeing, woodworking, spinning quilting and more.

Phone: 613-646-2622

www.rossmuseum.ca

NUMBER 86**July 17-22**

RCCFDC Youth Enterprise Camp (English) for aspiring entrepreneurs aged 10-14. 6 days and 5 nights. \$275. Creative, fun and dynamic summer experience. Email Laura at lemurphy@bellnet.ca for details or visit us online.

www.yep-pej.ca

Phone: 613-735-3951 ext. 230

NUMBER 87**July 21-24**

Palmer Rapids Twin Festivals. Join us for a weekend full of camping, country and blue grass music. Lots of fun for the whole family.

www.palmerrapids.ca

Phone: 613-758-2747

NUMBER 88**July 23**

Park Art at Eganville Centennial Park. 10am-3pm. Splendid collection of 25 local artists specializing in various crafts, pottery, jewelry and more! Live Music. Kids Play Area. Dunk Tank and more.

Phone: 613-628-6907

NUMBER 89**July 23**

Loggers Day in Algonquin Park. 10am-3pm. Entertaining and educational day. Wakami Wailers, demonstrations around the Logging Museum trail and an old-timer loggers' lunch (\$10). Admission is \$2.

www.algonquinpark.on.ca

NUMBER 90**July 24**

Petawawa Heritage Village Friendship Tea. 12pm-3pm. Be greeted by historical Interpreters in costume. Visit the School Master, Carpenter or Blacksmith. \$10.

Phone: 613-687-5181

NUMBER 91**July 28**

Meet the Researcher Day. 9am-3pm. Algonquin's Wildlife Research Station invites you to spend time with researchers who use the Park as their laboratory. A BBQ runs 12pm-2pm, or while quantities last. For all ages.

www.algonquinpark.on.ca

NUMBER 92**July 28-31**

Annual Rockhound Gemboree. North Hastings Community Centre and Curling Club in Bancroft. Visit the Mineral Capital of Canada and see what rockhounding is all about. For professional and amateur interests alike.

www.bancroftdistrict.com

Phone: 613-332-1513 ext 17.

August Events

NUMBER 93**August 6**

Come one come all at Stone Farms and Valley Bios' annual industrial hemp field day. See what it takes to grow and harvest hemp grain and fiber crops. Learn the history of the hemp crop and sample products. 10am-4pm. Exact location to be determined, but check our website for details.

www.ValleyBio.com

www.StoneFarms.ca

NUMBER 94**August 6**

Naismith 3-on-3 Basketball Tournament. Largest 3-ON-3 event in Eastern Ontario.

Phone: 613-256-0492

www.naismithmuseum.com

NUMBER 95**August 7-12**

RCCFDC Youth Enterprise Camp (French) for aspiring entrepreneurs aged 10-14. 6 days and 5 nights. \$275.

Creative, fun and dynamic summer experience. Email

Laura at lemurphy@bellnet.ca

www.yep-pej.ca

Phone: 613-735-3951 ext. 230

NUMBER 96**August 8-28**

The Fourposter, Jan de Hartog's Tony-Award Best Play, a comedic chronicle of marriage. Presented by Classic Theatre Festival, Ottawa Valley's professional summer theatre company. Wed & Sat at 8pm, Wed., Sat. & Sun at 2pm matinees. Free parking, wheelchair accessible, air conditioned. Mason Theatre, 13 Victoria Street, Perth.

1-877-283-1283

www.classictheatre.ca

NUMBER 97**August 13**

Come spend the day at the Pakenham Fair. Log skidding, horse, beef, dairy, horticultural and craft shows, a local food market, and terrific children's activities. Our theme this year is Village Green.

http://pakenhamfair.blogspot.com/

Phone: 613-256-1077 ext. 22

NUMBER 98**August 19-21**

Petawawa's 1st Annual Endless Summer Ribfest! Filled with 4 professional rib teams, live music, motorcycle show & shine, games and inflatables for the kids and our very own Festival of Mud as teams compete in Mud pit volleyball, jousting, tug of war, and many more mud related games.

www.petawawa.ca

NUMBER 99**August 20**

The Friends of Murphy's Point Park Heritage Mica Festival. Runs over 4 weekends from August 20 to September 1. Community theatre productions on the Silver Queen Mine Trail, Voyageur Canoe rides, heritage displays, costumed interpreters, children's programs and lots of heritage music.

Phone: 613-267-5340

friendsofmurphyspoint.ca

NUMBER 100**August 29-September 1**

Hockey Conditioning Camp. Open To All Players Major Atom, Minor Peewee, Major Peewee, Minor Bantam, Major Bantam & Midget. On ice instruction includes: skating, agility, accelerating, backward skating, balance, stick handling, puck control, puck protection, passing, scoring & shooting, timing, creating goal scoring and more. Contact Gord Goldberg.

jggoldberg@yahoo.com

NUMBER 101

When Fall rolls around, why not continue to be active with walking programs throughout the Ottawa Valley. It's easy and fun. Come out on your own or with a group. Stay active anywhere you live in this region. Visit the website for the details.

www.heartwiseexercise.ca

Download this list at:
www.ovbusiness.com