

101 Thing to do in the Valley

Welcome to 101 Things to do in the Valley, Summer 2010 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

Pembroke Golf Club invites you to come out and play a few rounds with us. 18 holes, great tee access, plenty of riding carts available or enjoy an easy walk around the course. Our course is in great shape for 2010. We have a full restaurant on site. Spend a summer day with us. www.pembrokegolfclub.ca
Phone: 613-732-1665

NUMBER 2

Join Paddler Co-op for a fun-filled watersport summer. Canoe and kayak instruction, river safety and rescue, wilderness first aid and more. Great for new and experienced paddlers. We also offer programs for kids, families and schools. www.paddlerco-op.com
info@paddlerco-op.com
Phone: 613-758-2772

NUMBER 3

Almonte Farmers Market. 8:45am-12:00pm. Every Saturday. Just off Main Street on Elizabeth Kelly Public Library Parking Lot. www.almontefarmersmarket.ca

Phone: 613-256-2791

NUMBER 4

South of 60 Arts Centre. Various art exhibitions displayed throughout the summer. Barry's Bay Railway Station in Barry's Bay. www.southof60.com
Phone: 613-756-5885.

NUMBER 5

Enjoy the summer and stay with us at Best Western Pembroke Inn & Conference Centre. We have an indoor pool, restaurant, mens and womens saunas and more. Highway 17 and Highway 41. www.bestpembroke.com
Phone: 800-567-2378

NUMBER 6

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 7

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 8

We're letting you know a year ahead that the biggest celebration of Renfrew County is happening June 9-12, 2011. Expo 150 is four days of incredible activities, events, shows, exhibitions, music and more. Pembroke & Area Airport. Mark your calendars. We'll see you next summer! www.expo150.com

NUMBER 9

Come explore Bancroft this summer and surprise yourself with a great getaway. We are a community that is adventure-packed for outdoor fun and activities, as well as wellness events. Our gorgeous lakes and rivers make us a favourite of residents and tourists alike. Experience Bancroft Region. www.buildingbancroft.com

NUMBER 10

Valley Artisans Co-op. The oldest established Artisan co-operative in the Ottawa Valley. Featuring a selection of locally handcrafted art and gifts from over 30 artists and artisans. Art et cadeaux localement fait-main. Located at 33373 Highway 17 West in Deep River. Phone: 613-584-4483.

www.valleyartisans.com

NUMBER 11

Spend the summer getting fit. Make an appointment with Jodi Sauve, personal trainer. Jodi offers individual training for men and women, classes for adults and children and specialized workouts for seniors and others. Our mobile training can come to you. jodisauve@nrtpco.net
Phone: 613-432-1788

NUMBER 12

Do you have some renovations to do this summer? Need a painter? Call Phil Hermitte Painting Services. Indoor and outdoor projects for home, cottage and more. Quality work without the mess. See our listing under painting at www.ovbusiness.com. Phone: 613-401-9445.

NUMBER 13

For the freshness of the local farms, visit the Pembroke Farmers' Market. Corner of Victoria and Lake Streets in Pembroke. We open May 26 for the season. Fresh seasonal produce, jams, baking, crafts and more. Lunch, coffee, dessert and special events. Wednesdays and Saturdays from 8:30am to 1:00pm. www.pembrokefarmersmarket.com

NUMBER 14

Pure Life Adventures. Experience the Pontiac! Summer dog sledding, wagon rides, canoe tripping, canoe instruction and canoe rentals, cycling, Zipline, Whitewater Rafting and more. Suitable for all ages, families, and groups. www.purelifeadventures.ca Phone: 819-647-5476. info@purelifeadventures.ca

NUMBER 15

Opeongo Mountain Meadow Soap. For 13 years, Laurie and Jack Stephenson have created fine quality Goat's Milk and Rainwater Soaps. For personal care, weddings, or gifts for all occasions. Come and have a tour to see how soap is made. Map and orders online. Visit local stores and ask for Opeongo Soap products. Phone: 613-754-2955. www.opeongo.com soap@opeongo.com

NUMBER 16

The Ottawa Valley is your destination for summer fun. From outdoor adventure to arts and culture to history and heritage - there's something for everyone in Ontario's Adventure Playground! www.OttawaValley.travel Phone: 800-757-6580.

NUMBER 17

OWL Rafting on the Ottawa River offers 1 and 2-day Whitewater Rafting Trips featuring OWL's famous BBQ meal aboard our Pontoon Boats while returning to our Lakeside Resort. Great family fun adventure or more. www.owlrafting.com Phone: 800-461-7238 raft@owl-mkc.ca

NUMBER 18

The Herb Garden. Potted herbs, gift shop, art gallery, labyrinth, picnic areas, playground, herbal display gardens, wild herb walk, weddings, family celebrations, club meetings, business meetings. Plenty of events throughout the summer. www.herbgarden.on.ca herbs@magma.ca Phone: 613-256-0228

NUMBER 19

A breathtaking adventure experience awaits! Explore pedestrian trails, zip lines and our VIA FERRATA. Reservations required. 100 Promenade du Parc des Chutes in Fort-Coulonge. Phone: 819-683-2770. www.chutescoulonge.qc.ca

NUMBER 20

Canadian Clock Museum. Located at 60 James Street in Deep River. Visit our unique museum to see hundreds of Canadian-made clocks from the 1800s to the present time. Many period artifacts. Admission includes tour. www.canclockmuseum.ca manager@canclockmuseum.ca Phone: 613-584-9687

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

With over 900 lakes and 4 major river systems, there's plenty of room for everyone. Stop at Al's Corner Store & Gas Bar for all your hunting and fishing needs. Live bait and tackle and licences. Free MNR regulation books. Gas up and pick up any last minute convenience items. Located off Highway 417 on old Highway 17 at Galetta Side Road, near Arnprior. Open 7 days a week. Phone: 613-623-7463

NUMBER 23

Pine Ridge Park & Resort is a beautiful Park with 10 fully equipped cottages, a full service campground, restaurant, marina, beach and boat launch located on the Ottawa River in Petawawa. Conveniently located near many local attractions. www.pineridgepark.com Phone: 888-746-3743 joshlin@sympatico.ca

NUMBER 24

The Madonna House Gift Shop and Pioneer Museum. Treat yourself to beautiful handcrafted items, fine jewellery, linens and glassware, as well as vintage items and curios of all kinds made on site or donated. All proceeds go to "feed the hungry" throughout the world. Located at 2888 Dafoe Road in Combermere. www.madonnahouse.org registrar@madonnahouse.org Phone: 613-756-3713

NUMBER 25

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 26

The Mix Company. Making Gluten-free Easy -- and Fun! A huge assortment of mixes for breads, muffins, desserts, soups, dips and more. You can visit us by appointment at our factory at 855 Silver Lake Road in Eganville, or at the Pembroke Farmers' Market. www.themixcompany.com Phone: 613-628-3387 mixes@themixcompany.com

NUMBER 27

Health conscious cooking classes in Carleton Place! Comes in DVDs for home use. Get six tested recipes per class. Study with us for 20 months. Become a holistic chef. Register for summer classes in June to August at www.holistic-cooking.com. Contact Lori Nichols Davies at the Holistic Cooking Academy of Canada. Phone: 613-369-5013.

NUMBER 28

Golf Lessons. Island Brae Golf Club in Pembroke. \$50 per 45-minute lesson or three for \$125. Lessons by golf professional, Jennifer Layman. Call 613-732-7774 Email jenn@fwdthink.net

NUMBER 29

Therapeutic Body Care is a home-based Spa offering massage, body wraps, body exfoliations (sea salt glows) and more for men and women. Following the treatment of choice, guests relax in the Serenity Room with a refreshment and a little chat. A great place to get away for the day with a friend or your love. In Galetta, near Arnprior. www.therapeuticbodycare.ca Phone: 613-623-9372.

NUMBER 30

Sign up now for Spring and Summer Dance programs at the Arnprior School of Dance. Classes for adults and children. Lots of flexibility in scheduling. Call or email for registration information: Phone: 613-623-5938 monica@arnpriorschoolofdance.com www.arnpriorschoolofdance.com

NUMBER 31

May 14 September 12. 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. info@parcleslie.com Phone: 888-553-7382 www.parcleslie.com

NUMBER 32

Jockos Beach. Beach Resort & Motel. Stay and Play. Jocko's beach is an all season resort 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 or 613-752-2107. Fax: 613-752-1085

NUMBER 33

Explore Head Clara & Maria Township this summer. The most incredible views in all of Renfrew County. This is tourist country at its very best. See us online or just make the drive down Highway 17. www.townshipsofheadclaramaria.ca

NUMBER 34

Honoured as "One of the Top New Golf Courses in Ontario" by Ontario Golf Magazine in 2006, the course at River's Edge in Bancroft offers players of all skill levels a challenging and enjoyable golfing experience. 6,950yds and par-73 course. www.riversedge.ca
Phone: 613-332-4653

May Events**NUMBER 35****May 26**

Mind Performance Golf. Six-week workshop for women on how to control anxiety and nervousness and play better. All skill levels and ages. Coached by golf pro, Jennifer Layman and business coach, MC Lessard. Arnprior. Other dates possible. Pre-Register. Phone: 613-732-7774. Email: jenn@fwdthink.net

NUMBER 36**May 28-29**

Beachburg Jam. Tickets: \$10 in advance, \$15 at the door. Dave Walker, Aviation, Johnny Regier Band, Bingo, kids games, Steven Anthony magician, car show, bike show, petting zoo, mixed ball tournament, euchre, BBQ and more. Phone: 613-582-7040.

NUMBER 37**May 29**

ATV Poker Run. Madawaska Valley Fish & Game Club. 10:00am. Quadeville. 70kms. \$15 first hand. \$10 additional. 50/50, prizes, BBQ. www.mvfgc.org
Phone: 613-758-1048

NUMBER 38**May 29**

Eco Trade Fair. 10:00am to 4:00pm. Ladysmith, Quebec (775 route 366). A tradeshow celebrating ecological, socially responsible, economical, and sustainable development. Eco-friendly products and more. Free admission! Door prizes, free tote bags, exhibitors, presentations and local food. www.purelifeadventures.ca
Phone: 819-647-5476
info@purelifeadventures.ca

NUMBER 39**May 30**

Come out for some free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators. Lombardy, Smiths Falls. www.nckc.net

June Events**NUMBER 40****June 1**

Canadian Author David Mulholland will be reading excerpts from his novels DUEL and McNab. Also a presentation on the use of historical material in fiction. Petawawa Public Library. Phone: 613-687-2227. petawawapubliclibrary.ca

NUMBER 41**June 5**

Preparing for University. 10:00am. What you and your teen need to know before heading off on to this major time in their life. Hosted by a recent graduate. Petawawa Public Library. Phone: 613-687-2227. petawawapubliclibrary.ca

NUMBER 42**June 6**

Gospel Too. 3:00pm. Whitewater Wesleyan Community Church. 11 Cedar Haven Road in Cobden. Joy Klopp, Mezzo Soprano. Join us for well loved traditional gospel as well as more contemporary spirit. www.valleyfestival.ca
info@valleyfestival.ca

NUMBER 43**June 10**

Central Public School's Fun Fair in Renfrew. 5:00-7:00pm. Fish pond, cake walk, plinko, face painting, tattoos, sucker pull. We will also have a bake sale and plant sale as well as pizza, french fries and snow cones. Just stop in!

NUMBER 44**June 11-20**

Petawawa Civic Centre Days. Events and shows, midway rides, smash up derby and fun for the whole family. www.civiccentredays.ca
Phone: 613-687-5678.

NUMBER 45**June 11-13**

Bancroft and Area Home Show. Over 80 Exhibitors with home and cottage improvement ideas, builders, decorators, contractors and more. Everything you need to make life easier. Beer and food tent and demonstrations. Bancroft Curling Club at 63 Newkirt Boulevard. For info: 613-332-3397.

NUMBER 46**June 13**

6th Annual Miramichi Lodge Paddlequest. \$50 per person will include: deluxe voyageur dinner by Ulrich's, event souvenir and a shuttle service for drivers back to the starting point to retrieve their vehicle. \$25 charitable donation tax receipt will be issued. Contact: Donna Cotnam at 613-735-4693, ext.123. dcotnam@countyofrenfrew.on.ca

NUMBER 47**June 13**

Kids of Steel Triathlon. Petawawa. Heats start at 8:45am. \$24 OAT members or \$30 non-members. Includes medallion, refreshments, professional timing and podium medals for ages 14+. Register before May 30. Contact: Beverly Kaine, Race Director. Phone: 613-687-6685. beverlykaine@hotmail.com.

NUMBER 48**June 19**

Come out for some free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Karters Korner, Stittsville. www.nckc.net

NUMBER 49**June 19**

2010 Riders Golf Tournament. Wolf Ridge Golf Course, Killaloe. Proceeds go directly to ATV trails and bridges! \$100 per golfer. 18-holes. Scramble format. Hole in one challenge. Roast beef dinner. chris@spectaclelakelodge.com
Phone: 800-567-4044.

NUMBER 50**June 19**

Kickoff to Summer Fun Festival . 9:00am-2:00pm. Toy Bus in the Park. Local buskers and entertainers. Great local food. Downtown garage sale. Station Park on Queen Street in Killaloe. Phone: 613-757-2300. killaloe-hagarty-richards.ca

NUMBER 51**June 20**

Smiths Falls Classic Triathlon. 9:00am-12:00pm. Lower Reach Park. Come celebrate the 30th Anniversary of Canada's oldest swim-cycle-run triathlon: The Smiths Falls Classic. There is something for everyone with a super sprint, try-a-tri, the classic distance, a duathlon, and the Figure Eight 5 km Run. Contact: Christine McKinty. Phone: 613-859-3608. christine@somersault.ca. <http://www.somersault.ca>

NUMBER 52**June 25-26**

Tim Adlam Wish Foundation annual golf tournament. 9 and Dine and pre-tournament event on June 25th and main tournament on June 26th. Island Brae Golf Club. Contact: Chris Pleau. chrispleau@gmail.com
Phone: 613-732-1393.

NUMBER 53**June 25-27**

WorldSHIFT 20 Gathering. Grail Springs Health Spa & Wellness Retreat. Bancroft. www.grailsprings.com. reservations@grailsprings.com
Phone: 877-553-5772

NUMBER 54**June 26**

Scrapbooking Event. Mateway Activity Center. 9:00am-9:00pm. \$25 per person includes catered luncheon and a chance to win one of many prizes. The Scrapbox will have a store set up with product to purchase as well as demos on new products. Register by May 21. Contact Sue. Phone: 613-432-9448. dubeaus.com@bellnet.ca

NUMBER 55**June 26-27**

Women's Retreat Weekend for Open Canoe and Kayak. Whitewater can be intimidating and women approach it differently than men. This exclusive women's weekend includes yoga and massage. paddle@owl-mkc.ca
Phone: 613-594-5268.

NUMBER 56**June 27**

Free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Le Circuit Quyon, Quyon. www.nckc.net

NUMBER 57**June 27**

18th annual Barry's Bay Triathlon and Duathlon. Starts at 9:00am. Entry fee includes race T-shirt, post race BBQ and draw prizes. www.barrysbaytriathlon.com

NUMBER 58**June 27**

Annual Strawberry Social. Champlain Trail Museum. 11:30am. Cake, ice cream and locally grown strawberries. Classic car display. Local entertainers. www.champlaintrailmuseum.com

July Events

NUMBER 59**July**

Stone Fence Theatre's 2010 season of hilarious dining theatre with "On the Air with Mac's Melodiers" and the OV Concert Series. Schedule for "On the Air with Mac's Melodiers" is Thursdays (July 22-August 12) and Saturdays (October 2, 16 and 23). Starts at 6:00pm. July 21: Grievous Angel. August 4: Gail Gavan. August 11: April Verch. www.stonefence.ca
Phone: 866-310-1004.

NUMBER 60**July 1**

Canada Day in Sheenboro. We always have loads of fun and lots for the children to do. Helicopter rides this year! Phone: 819-689-2751
jwjennings2@gmail.com.

NUMBER 61**July 1**

Canada Day Celebrations in Almonte. 7:00am-11:00am Pancake Breakfast at the Pakenham Fire Hall. 1:00pm Face painting, balloons and children's activities. 2:00pm refreshments and BBQ in Gemmill Park. Dusk entertainment for all at Gemmill Park with spectacular fireworks display. Contact: www.mississippimills.ca or 613.256.1077

NUMBER 62**July 2-3**

Bay Blast! Our first annual 2-day music festival in Barry's Bay. Local and regional talent of varied music genres. Contact Sue 613-756-7644 or Shaun 613-756-2003. info@bayblast.ca
www.bayblast.ca

NUMBER 63**July 2-5**

Petawawa combines the Algonquin wilderness with a whitewater experience in our 50km canoe trip. This 4-day run is from Traverse Lake to McManus Lake. www.blackfeather.com or info@blackfeather.com or 888-849-7668.

NUMBER 64**July 2-25**

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

NUMBER 65**July 3-11**

Ontario Family Fishing week. Fish licence-free in Ontario waters. You must abide by the conservation licence limits. Phone: 705-748-6324, ext. 233
www.familyfishingweekend.com

NUMBER 66**July 4**

Free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Lombardy, Smiths Falls. www.nckc.net

NUMBER 67**July 5-August 14**

Children's summer program. Activity-based, fun and enjoyable for children 3+. Crafts, games, stories, reading program, children's internet tutorials and more. Barry's Bay & Area Public Library
Phone: 613 756-2000
bbllibry@bellnet.ca.

NUMBER 68**July 5-9**

Rideau Rangers Day Camp. 10:00am-3:00pm. Rideau Canal Museum. Art, drama, history, and more! \$20 per child/day or \$95 for the week. Family discounts available. Please pre-register. Phone: 613-284-0505
www.rideau-info.com/museum.

NUMBER 69**July (Wednesdays)**

2010 Bonnechere Authors Festival. Four Canadian writers discuss their books. July 7 is Steven Heighton. July 14 is Catherine Gildiner. July 21 is Maggie Wheeler and July 28 is Dr. Ben Hoffman. Wednesday at 7:30pm. \$15 per evening or \$50 for the series. Fundraiser for Literacy Plus. www.literacyplus-renfrewcounty.ca
Phone: 613-628-1720.

NUMBER 70**July 14**

Deep River's 38th Annual 6x1 Mile Relay Race and Active 2010 6x1 Prediction Walk. How far can your feet take you? The 6x1 Prediction Walk is a relay. Each person on a team of six predicts his/her time to walk the route at a comfortable pace. During the relay, one person from the team will hand a baton to the next person. Participants do not have to walk fast to win, the closest actual time to the predicted time wins!
Phone: 613-584-2000, ext.103

NUMBER 71**July 14**

Talking Circles. Discover your Aboriginal heritage through talking circles. Petawawa Public Library.
Phone: 613-687-2227
www.petawawapubliclibrary.ca

NUMBER 72**July 17**

Stampfest. 9:00am-3:00pm. Bancroft Legion Hall. Rubber stamps, acrylic stamps, card making and scrapbooking supply vendors will display and demo products for sale. Adults \$5. Children 12-16 \$3. Children under 12 are free. www.stampfestbancroft.com.

NUMBER 73**July 17**

Taste of the Valley. 9:00am-3:00pm. Arnprior Fairgrounds. Taste of the Valley is an exposition of local food, crafts and products that are produced by local residents. See the many agricultural products available in the region. Contact: 613-735-7288

NUMBER 74**July 18**

Come out for some free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Le Circuit Quyon, Quyon. www.nckc.net

NUMBER 75**July 19-23**

Rideau Rangers Day Camp. 10:00am-3:00pm. Rideau Canal Museum. Art, drama, history, and more! \$20 per child/day or \$95 for the week. Family discounts available. Please pre-register. Phone: 613-284-0505
www.rideau-info.com/museum

NUMBER 76**July 22-25**

Mattawa Voyageur Days. One of Ontario's Top 100 Festivals and Events. Incredible music lineup. Lots of activities for kids and the family. This event is a sell-out every year so get your tickets now!
www.voyageurdays.com
Phone: 800-267-4222

NUMBER 77**July 23-August 20**

Children's drop-in programs happening every Friday. No registration is required. There is no charge for the program. Arnprior Public Library. library@arncap.com
Phone: 613-623-2279

NUMBER 78**July 24**

Loggers Day. Entertaining and educational. The Algonquin Logging Museum comes alive with historic and modern logging activities, authentic food, great music and more. \$1/person. At km 55 on Highway 60. 10:00am-3:00pm
Contact: 705-633-5572

NUMBER 79**July 25**

Algonquin Park. The Ontario-based Wakami Wailers. Lively music interpreting Canada's history. Fun-filled evening of entertaining stories and songs. \$1/person. On Highway 60. 7:00pm-9:00pm.
Contact: 705-633-5572

NUMBER 80**July 25**

OVHA Midsummer Herbfest. 9:00am to 5:00pm. Rain or shine. 15th annual festival celebrating a healthy life with herbs. All day live music, dance performances, chef cook-off, local cheese tasting, food court, beer garden, labyrinth, display garden, wild herb tours, face painting and henna tattoos, playground. www.herbfest.ca
Phone: 613 256-0228.

NUMBER 81**July 25-27**

Friends of Bon Echo Art Exhibition and Sale. 50 juried artists. Food and drinks. Bon Echo Provincial Park.
Contact: 613-336-2228

NUMBER 82**June 26-27**

Carleton Place Wheels on the Mississippi Show. Motorcycle displays on Saturday and a Car Show on Sunday.
Contact: Cathie 613-257-8049
cmcormond@carletonplace.ca

NUMBER 83**July 29**

Meet the Researcher Day. Algonquin Park. Get a look at, some of the topics and results of current research being conducted. BBQ at 12:00-2:00pm. East Beach Picnic Pavilion.
Contact: 705-633-5572

NUMBER 84**July 29-August 1**

47th Annual Rockhound Gemboree in Bancroft. Canada's largest gem and mineral show.
www.bancroftdistrict.com
Phone: (613) 332-1513

NUMBER 85**July 31**

Deep River's 56th Annual Cross River Swim. A fun and friendly event. Each swimmer must obtain their own boat (not motorboat) and must be accompanied by two persons with life jackets. Briefing at 8:45am. Race at 9:00am. Entry: \$17. Register by July 28 at Noon.
Phone: 613-584-2000 ext.103

NUMBER 86**July 31-August 2**

3rd Annual Eco Pulse Summer Youth Conference. Focusing on environmental issues, social justice and cultural awareness. Marguerite Centre. Open to youth 13-19.
www.ecopulse.org.
Phone: 613-732-9926

August Events**NUMBER 87****August 11**

David Archibald, Canadian singer and songwriter. Bon Echo Provincial Park. 7:30-8:30pm. Amphitheater.
Contact: 613-336-2228

NUMBER 88**August 14**

Pakenham Fair. Held at the Stewart Community Centre and Fred Millar Park in Pakenham. Horse, beef, dairy and horticultural shows plus local food! Lots for kids.
www.mississippimills.ca
Phone: 613.256.1077

NUMBER 89**August 14**

The Settlers Festival. 9:00am to 4:00pm. Petawawa Heritage Village recreates early settlers historical re-enactments, displays, activities for the family. Visit us from 10:00am-4:00pm during June, July and August. Located at 176 Civic Centre Road in Petawawa.
www.petawawaheritagevillage.com

NUMBER 90**August 15**

Come out for some free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Lombardy, Smiths Falls.
www.nckc.net

NUMBER 91**August 16-20**

Rideau Rangers Day Camp. 10:00am-3:00pm. Rideau Canal Museum. Art, drama, history, and more! \$20 per child/day, or \$95 for the week.
Phone: 613-284-0505
www.rideau-info.com/museum

NUMBER 92**August 20**

Taste of the Valley. 12:00pm-7:00pm. Barry's Bay Market. An exposition of local food, crafts and products that are produced by local residents. See the many agricultural products available.
Contact: 613-735-7288

NUMBER 93**August 21**

Wolf Howl. 7:00-10:00pm. Author and naturalist Mike Runtz leads a moonlight excursion to nearby Basin Depot in Algonquin Park in search of the elusive sounds of howling wolf packs. It's a 20km drive into the Park, so you will need transportation.
Contact: 613-757-2103

NUMBER 94**August 21-22**

Eganville and District Sportsman's Club. 16th Annual Gun Show. 9:00am-4:00pm. Eganville Arena at 178 Jane Street. \$8/person.
gunshow@edsc.ca
www.edsc.ca

NUMBER 95**August 21-22**

Annual Algonquins of Pikwākanagān Pow Wow. 9:00am-5:00pm. A celebration of Anishinabe traditional foods, crafts, dancing and drumming. Admission: \$6. This event is open to the public and we welcome your attendance.
Contact: Jane Commanda
Phone: 613-625-2800 ext. 231

NUMBER 96**August 22**

A Night in Vienna. St. John Chrysostom Church Hall. 295 Albert Street, Arnprior. Music of Lehar and Strauss, romance of the ballroom and Viennese operetta tradition. James O'Farrell, Tenor.
www.valleyfestival.ca
info@valleyfestival.ca

NUMBER 97**August 29**

Free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Le Circuit Quyon, Quyon. www.nckc.net

NUMBER 98**August 31-September 3**

Petawawa combines an Algonquin wilderness and a whitewater experience. 50 km canoe trip. 4 days. Traverse Lake to McManus Lake.
www.blackfeather.com
info@blackfeather.com
Phone: 888-849-7668

September Events**NUMBER 99****September 10**

Taste of the Valley. 12:00pm-7:00pm. Petawawa Friday Market. Local food, crafts and more. Contact: 613-735-7288

NUMBER 100**September 12**

Free racing action! National Capital Karting Club has karting races for all ages. Free admission for spectators and lots of fun. Le Circuit Quyon, Quyon. www.nckc.net

October Events**NUMBER 101****October 3**

1/3 Marathon and 6km Running Race/6km Prediction Walk. Mark October on your calendar for a beautiful fall running race and new 6 km Prediction Walk component. The run/walk will take place throughout the streets and trails of Deep River.
Phone: 613-584-2000, ext.103