



Our town

THIS WEEK

Daily DIEFENBUNKER

Museum Tour the Diefenbunker, Canada's Cold War Museum. 3911 Carp Road. Once-secret Cold War bunker open to the public. Adults \$14.+tx. Seniors \$13.+Tx. Students \$10. +Tx. Youth (6-18) \$8.+Tx. Tour times www.diefenbunker.ca Call: 613-839-0007.

ART FOR ALL REASONS

Pontiac School of the Arts now registering. New courses include belly dancing, woodcut printing, textile sculpture, twig building and bookbinding. Course information, Pontiac Artists' Studio Tour & and Stone School Gallery schedules. www.artpontiac.com

July 1 OTTAWA VOYAGEURS

Walking Club Canada Day 5 or 10km walk on July 1. Start time 9:00 to 10:00 a.m. at the YMCA-YWCA, 180 Argyle. Participation is free. Call: Donna 613-224-6880, www.ottawavoyageurs.ca

July 2 BY THE BOOK, USED

Bookstore and café. Friends of the Ottawa Public Library Assoc., is holding its monthly half-price book sale, 10-4 p.m. 363 Lorry Greenberg Drive. Hundreds of books, most under \$2. Call: 613-730-2038.

July 2-3 RIDEAU LAKES STUDIO

& Garden Tour. 13th Annual decorative painting, hand woven and quilted items, pottery, china painting, decorative stonework, woodworking and exciting paintings in watercolour, oil and acrylic. Free admission, studios open 10 - 5 p.m. Call: 613-928-3041. www.rideaulakesstudioandgardentour.com

July 2-3 HILLSIDE PAINTINGS

& Pottery. Joyce Burkholder and Dan Hill and Wilno Hills Gallery Linda Sorensen. Invite you to an opening celebration of our new locations Saturday July 2 & Sunday July 3, 11am till 4pm. www.joyceburkholder.com

July 3-August 14 PHOTO EXHIBITION

Gatineau City Hall Library, 25 Rue Laurier. Free. Taiwan Photo Exhibit: "Retracing Our Steps: A Photo Journey through 100 Years of the Republic of China". Photos illustrate the nation's transformation, the blossoming of diversity and creativity. Call: 613-231-4203.

July 4-August 20 COMPANY OF FOOLS

Presents Torchlight Shakespeare in area park. This summer's production is Anthony and Cleopatra, directed by David Whiteley. An epic tragedy given the Fool-ish touch! 7:00 pm. Bring seating. Admission: "pass-the-hat." Location details www.fools.ca Call: 613.421.2720.

July 6 OTTAWA VOYAGEURS

5 or 10 km walk on July 6 in New Edinburg and Rockcliffe Park. Start time 6:00 to 7:00 p.m. at New Edinburgh Pub, 1 Beechwood. Participation is free. Call: 613-731-5417. www.ottawavoyageurs.ca

Daily CEDAR HILL BERRY

Farm. Wonderful Strawberries at scenic Cedar Hill Berry Farm in Pakenham. Enjoy a family outing. Pick berries, bring a picnic and camera. Kids welcome. Call: 613-256-3029. www.cedarhillberryfarm.com

MARKETS

Saturday July 2 CUMBERLAND

Farmers' Market Annual summer used book sale, 8am-1pm Local produce, meats, baked goods, tasty foods, skin care products, artisans goods, indoor café and more. 1115 Dunning Rd www.cumberlandfarmersmarket.ca Call: 613-833-2635.

Saturdays Until October 29 CARP FARMERS'

Market. Producer-based Market featuring a variety of fresh local produce, food court, and crafts. 8 A.M. till 1 P.M. Carp Fairgrounds. Carp, Ontario. Events calendar, newsletter and vendors are listed on www.carpfarmersmarket.com Call: 613-786-1010.

Saturdays 9-2 p.m. MAIN FARMERS'

Market. Saint Paul University, 223 Main Street. Saturdays until October 29. Local producers and artisans, excellent selection of produce, meats, eggs, honey, maple syrup, flowers, baking, delicious meals. www.mainfarmersmarket.org Call: 613-489-3675.

Saturdays NORTH GOWER

Farmers' Market, 8:30 - 1:00pm. Local produce, plants, meat, eggs, homemade foods & baking. Artisans with pottery, jewellery, sewing, etc. Breakfast and lunch. \$2. Riverside Park, Reuben Crescent, Kemptville 45+ farmers and vendors including local produce, meats, baked goods & breads, arts & crafts. www.kemptvillefarmersmarket.ca Call: 613-774-5051.

Sundays til Thanksgiving KEMPTVILLE

Farmers' Market, 2pm - 4pm. Riverside Park, Reuben Crescent, Kemptville 45+ farmers and vendors including local produce, meats, baked goods & breads, arts & crafts. www.kemptvillefarmersmarket.ca Call: 613-774-5051.

Sundays CARP ROAD FLEA

Market. Antiques, furniture, books, china, toys, lots more. Forget the rest and come to the best, every Sunday 9-5 p.m., year round, free admission, free parking. 2079 Carp Road, Stittsville. Call: 613-836-3103.

GREEN THUMBS

June 30-July 4 HOSTA SALE

Rideau Woodland Ramble Canada Day Celebration Hosta Sale, Ramble the cool Gardens! 613-258-3797 9am-5pm. www.rideauwoodlandramble.com

Daily 9-5 RIDEAU WOODLAND

Ramble. A top destination garden centre and display gardens will capture your imagination, 7 acres, garden collections of Hosta, Conifers, Grasses, Magnolia. Free admission. 210 Burritt's Rapids Rd. near historic Merrickville. www.rideauwoodlandramble.com Call: 613-258-3797.

Daily WHITEHOUSE

Perennials. Wander the many display gardens; Peonies are in bloom, great selection of hardy perennials, Herbaceous, Itoh Peonies, Clematis, Ornamental Grasses. Mon. - Sat. 9:30-5. Sunday 10-4pm. 594 Rae Rd off County Road 29 between Almonte - Carleton Place. Call: 613.256-3406. www.whitehouseperennials.com

GREEN THUMBS

Tuesdays-Sundays THE HERB GARDEN

Summer holidays have arrived. Bring your picnic, camera, walking shoes or boots. We have created two trails for family use, the Wetland Trail and the Perimeter Trail. Herbs on Sale. www.herbgarden.on.ca Call: 613.256-0228.

Fridays, Saturdays, Sundays DOWN THE GARDEN

Path. Hardy perennials, 'hard to find' varieties; friendly, knowledgeable advice. Unique handmade garden ornaments. All in a lovely country setting. Located south of Kemptville at 475 Cty. Rd. 18, just east of Bishop's Mills. Call: 613-258-1645.

Weekends 10-5 GALETTA ROSE

Nurseries. Thousands of roses in bloom right now. Hardy, guaranteed! Grown on the farm. 417 West to Kinburn exit #169, follow signs to 3196 Galetta Road. Email: galetta@sympatico.ca. Web: www.3sympatico.ca/galetta Call: 613-797-6257.

July 9 STITTSVILLE GARDEN

Tour. Glorious Gardens of Stittsville Garden Tour 11am-5pm. \$10. Tickets: Ritchie Feed and Seed, 2079 Carp Rd., 2397 Roger Stevens Dr. North Stittsville Main St. Tour of WOW gardens, well worth seeing. Call: 613-836-7931.

July 10 AYLMER GARDEN &

Artisan Tour. Noon - 5 p.m. Self-guided tour of 8 gardens (5 new ones) with artisans. A portion of proceeds to the Aylmer Food Centre collective gardens. \$10 each. To order, call 819-684-5345 or E-mail aylmeruc@lycos.com

WELLBEING

OVEREATERS

Anonymous. Are you a compulsive eater? OA is a 12-step program that has helped for more than 50 years. No dues, no fees. Meetings are held every day. 'Recovery is possible - one day at a time.' www.oa-ottawa.ca Call: 613-820-5669.

OTTAWA DIAL 2-1-1

Free, confidential, multi-lingual non-emergency phone number to connect you to community, social, government and health services information in Ottawa. Bilingual, certified, information, referral specialists. www.211ontario.ca

BLOOD CLINICS

Donate blood; book an appointment. Canadian Blood Services www.blood.ca 1-888-236-6283.

BREAST CANCER

Action, resource and support centre for breast cancer patients and survivors. Free programs, as pre-operative & lymphedema workshops, peer counseling, fitness programs. www.bcaott.ca.

July Workshops SOUTH EAST OTTAWA

Community Health Centre, 1355 Bank Street, 7th Floor. 10-11:30 a.m. July 5, The Challenges of Care giving. July 12, Staying Safe in Your Home. July 19, The Benefits of Exercise. Free, RSVP: 613.737-7195 x 2326.

WELLBEING

July 24 MYELOMA SUPPORT

Group barbecue, 4-7 pm, Nepean, open to all patients, families and caregivers. Call: 613-723-2882.

FAMILY

Tuesdays-Sundays VALLEYVIEW LITTLE

Animal Farm. Visit farm animals and birds, playgrounds, ride the "V V Express", weekend puppet shows. Admission \$8 pp. Tues-Friday 9:30-3:00, Weekends 9:30-4:00. 4750 Fallowfield Rd. 613-591-1126. ValleyviewLittleAnimalFarm.com

BEREAVED FAMILIES

For persons grieving the death of a loved one...Loss of Spouse, Child, Baby, Parent, Sibling, Friend, Loss by Suicide: 5 support groups. 613-567-4278. www.bfo-ottawa.org office@bfo-ottawa.org

BRANTIM
COUNTRY GARDEN CENTRE
CELEBRATE SUMMER SALE
Up to 30% off selected items
Great selection of beautiful outdoor arrangements
See you this weekend!
Brantim Country Garden Centre
3994 Hamilton Side Road
613-256-4940.
Visit our website for more details: www.brantim.com

SPAO
UPCOMING WORKSHOPS
Lightroom
Panorama Primer
Summer Landscapes
Youth Workshops
SCHOOL OF THE PHOTOGRAPHIC ARTS: OTTAWA
168 Dalhousie St. (613) 562-3824
www.spao.ca info@spao.ca

RIDEAU WOODLAND RAMBLE
CANADA DAY HOSTA SALE
June 30 - July 4
Ramble the cool Gardens!
9am-5pm
210 Burritt's Rapids Rd
www.rideauwoodlandramble.com
613-258-3797

July 1 CANADA DAY FESTIVAL

Activities, ceremonies, performances, Parliament Hill, Jacques-Cartier Park, Major's Hill Park, Confederation Park. Call: 613-239-5090. www.canadaday.gc.ca

July 1 CANADA DAY &

Volunteers are opening Christ Church Cathedral, from 11 - 4 p.m. 420 Sparks Street, visitors will enjoy an art exhibit, flowers, music, guided tours, BBQ. Call: 613-565-6214.

FAMILY

July 1 CANADA DAY

Andrew Haydon Park, Carling Avenue West, savor foods for every palette, performers, midway rides, games, pony rides, petting zoo, car show, face painting, live musical band shell, all free.

July 1-3 BROCKVILLE RIVER FEST

Music, contests, fireworks, other family activities, St. Lawrence River. www.brockvillerverfest.ca

July 7 CANADIAN GUIDE DOGS

For the Blind will host "A Night at The Races" at Rideau Carleton Entertainment Centre, Albion Road. \$40. Advanced reservations only, no walk ups please. Call: 613-692-7777.

July 8 BAHAI' FAITH

An introduction to the Baha'i Faith with Linda O'Neil, communications consultant, playwright and long-time Baha'i. Friday July 8, 7:30 pm. Ottawa Baha'i Centre, 211 McArthur Ave. All are welcome. For information contact leslicole33@yahoo.ca Call: 613-565-0806.

July BUDDHIST MEDITATION

Mondays, Tuesdays, Thursdays. Join Abbot B. Muditha at Hilda Jayewardenaramaya, 1481 Heron Road. Mondays 7-8:30 PM. Tuesdays and Thursdays, noon-1:00 PM. for Buddhist Meditation. It is Free. Call 613-321-5677.

July 17, Sunday OUTDOOR MEDITATION

Join Abbott B. Muditha at the garden of Hilda Jayewardenaramaya, 1481 Heron Road from 9-11.00 for Buddhist sitting and walking meditation. It is Free. Call 613-321-5677.

July 22-24 TAKE THE PLUNGE

A splashing good time, action-packed canine sport, open to dogs of all breeds and people of all ages! Rideau Carleton Raceway, two-day agility fun matches. \$5 per person. Free for <12. Fundraiser Ottawa Pet Rescues. www.taketheplungeottawa.ca Call: 613-729-7354.

PARLIAMENT HILL

Guided Tour, Centre Block. Parliament of Canada www.parl.gc.ca/vis Weekdays 9 a.m.-7:20 p.m. Weekends, holidays 9-4:20 p.m. Call: 613-996-0896.

PARLIAMENT HILL

Mosaika: Canada Through the eyes of its people July 8-18 10 p.m. July 19-September 12, 9:30 p.m. www.canadacapital.gc.ca/mosaika.

FAIRS

July 8-10 KINGDOM OF OSGOODE

Medieval Festival Osgoode Market Square, Osgoode Main Street. 9:30-4 p.m. \$5/person, children under 4 free. Education Day: July 8 (kids only). King's Feast: July 9. Tickets \$45 in advance, \$50 at the door. Call: 613-826-1649. www.osgoodefestival.com

July 29-30 GLENGARRY HIGHLAND

Games. Piping, dancing, heavyweight events, games, concert, tattoo. \$20 per day www.glengarryhighlandgames.com

FAIRS

August 18-21 VANKLEEK HILL

92 Main Street West. www.vankleekhillfair.ca Parade, sheep herding, midway 4-11 p.m. Heavy horse show, Holstein show, western dhow, horse pull and much more.

August 26-28 RICEVILLE

4029 Country Road 16, Riceville, Antique tractor pull, entertainment, children's activities, beef show, open 4-H beef show, light and western horse show, turkey supper and more.

September 8-11 SPENCERVILLE FAIR

Fun for the whole family, free admission children 6 and under, midway, entertainment, petting zoo, camel rides, horse, cattle, poultry shows.

DATEBOOK

July 7-August 21 MARCIO MELO

Artist Marcio Melo presents his exhibition of paintings, "Inside What You See". Galerie Montcalm, 25 Laurier Street, Gatineau. 819.595-7488. Vernissage July 7, 7-9 p.m.

July 9 MS SOCIETY, OTTAWA

Chapter Volleyball Tournament, Sat, July 9, 12-4 p.m. Bell Sensplex Registration: \$10/ player minimum of 6 players per team. sepstudent@mssociety.ca 613.728-1583 x 229. Proceeds to MS Summer Program.

July 9-10 GLEBE ART IN OUR

Gardens and Studio Tour daily 10 -4:00 p.m. Work by 14 Glebe artists displaying and selling their art. www.glebeartour.ca Call: 613-238-8676.

July 9-10 PERTH ART ON THE

Lawn, 10-4 p.m. Lombardy Agricultural Barn. Art in the Barn, 37 artists, original works, free admission, Lots of parking, in support of the Daron Fund, Youth Mental Health at the Royal. www.rideaulakesartists.com. Call: 613-283-7824.

July 9 CHARITY GALA

Fundraiser: Abhilasha School for Disabled Children in India. Cocktails 6pm, followed by dinner, guest speaker, entertainment, silent auction, dance. Black Tie. Tickets tax deductible, \$60 for students and \$75 regular. RSVP abhilasha.gala@gmail.com

July 10 OTTAWA VALLEY HUNT

Hunter Pace. Come & have fun with your horse. All riders welcome. More information: kay@leachassociates.ca Call: 613-256-1395. www.ottawavalleyhunt.com

July 17 KANATA SAILING CLUB

Open House, noon-4 p.m. Join us for a sail on the Ottawa River. Learn to sail, share our boats (sunrise to sunset), lounge ashore with family and new friends. Course starts July 23. ksc.membership@gmail.com kanatasailingclub.com Call: 613.832-2762.

July 24 ST. RAPHAEL'S

Galarama. Noon until 6:30pm. Continuous entertainment, The Brigadoons, McLeod Fiddlers, the McCulloch dancers, Fridge Full of Empties, Hughie McDonell (from Nova Scotia), local talent. Food, refreshments, booths, silent auction. Bring a chair, enjoy great Glengarry hospitality. Call: 613-347-7300.

DATEBOOK

July 28 ROSE OF TRALEE

Direct from Ireland, Rose of Tralee Ottawa Centre presents Caladh Nua in a fundraising concert at the Irish Ambassador's Residence, 291 Park Road, Rockcliffe. 7:30pm. Tickets \$30. roseoftralee.ca/buy.php or ticketweb.ca Call: 613.800-1853.

August CALL FOR ARTISTS

Friends of the Farm is hosting Art on the Farm, Saturday, August 20. Rain date Sunday Aug 21st. Spaced available. All medium welcome. www.friendsofthefarm.ca events@friendsofthefarm.ca Call: 613-230-3276.

August 5 BREAST CANCER

ACTION. 5th Annual 'Golf Tournament of Hope'. Glen Mar Golf Club. 1:00 p.m. shotgun \$125 per golfer (cart, prizes, dinner, \$50 tax receipt). Details online: www.bcaott.ca/events/golf Call: 613-736-5921.

August 11-14 SANDROAD BLUEGRASS

Festival 2011, Moose Creek, Ontario. Featuring: Acoustic Horizons with Ray Legere, The Douthwrights, Acoustic Blue and more. www.sandroadbluegrassfestival.com sandroad@ontarioeast.net Call: 613.538-2177.

KIM LETKEMAN

Blog "Nothing Special". kimletkeman.blogspot.com kimletkeman.blogspot.com/2009/07/crombie-mcneill-workshop-with-barrett_29.html

ST. PHILIP'S PARISH

Wednesday night euchre at St. Philip's Parish Hall in Richmond will be discontinued during the months of July and August and will resume Wednesday, September 7. Call: 613-489-3996

WISH LIST

MAY COURT BARGAIN

Box 228 Laurier East. Clothing at great prices, good selection of household goods. Run by friendly volunteers, in business for 39 years. Store hours 613-235-0333.

ST. JOE'S WOMEN'S

Centre. 151 Laurier Avenue East. 613-231-6722. sjwomenstr@hotmail.com. We need shampoo, soap, deodorant, towels, small appliances, kitchen utensils.

TEXT MEAL TO 45678

Donate \$10 to The Ottawa Mission. one-time donation of \$10 will be added to your mobile phone bill. All charges are billed by and payable to your mobile service provider. Mobile Giving Foundation and subject to the terms found at www.mobilegiving.ca

OUR TOWN "Thursdays"

- Deadline before Friday 4 p.m.
- Listing submission 35 words
- Telephone number required
- No attachment files
- Publication depends on space
- We reserve the right to edit

ourtown@ottawacitizen.com

Tel: 613-829-8093

Robbi M. Hay

kimletkeman.blogspot.com
www.crombiemcneill.com

OTTAWA CITIZEN