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## WHITEWATER FOAM INSULATION SOLUTIONS INC.

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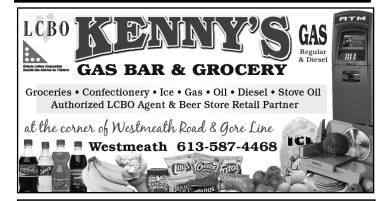
### GOOD FOOD.REAL FAST."

JOIN THE MOVEMENT
Dana Nicholson

National Director Independent Consultant, Epicure Office: 18667969798

Email: danasgoodfood@hotmail.com





#### **BEACH-WEST PHARMACY**

1858 Beachburg Road, Beachburg, Ontario K0J 1C0

JIM LABOW – Pharmacist **Phone:** 613-582-3333 Fax: 613-582-3338

Pharmacy Hours
Monday – Friday: 9:30 am – 5:45 pm
Saturday: 9:30 am – 12:00 noon

## PRESCRIPTIONS • DIABETIC SUPPLIES HEALTH & BEAUTY AIDS Photocopy and Fax Service



MARRIAGE OFFICIANTS CÉLÉBRANTS DE MARIAGE BILINGUAL SERVICES/SERVICES BILINGUES

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#### Ottawa River RV Sites

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## UPCOMING EVENTS

July 1st Canada Day

July 6th

Tour de Whitewater Buffet Breakfast Bike and Brew Full details inside

## IMPORTANT INFORMATION ENTRANCE WAY & RAMP UPDATE

June 26 - Site visit by Contractors (potential bidders)

July 10 - Contractor Bids Submitted

July 16 - Successful Contractor chosen

Aug. 19 - Construction Begins

Nov. 30 - Project Completion

Access to the Westmeath Recreation Hall will be severely restricted during construction period.

Some access will be available

Numbers to be determined by the

Township Fire Chief



#### **JULY 2019 NEWSLETTER**

To rent Community Centre Hall: 613-587-4559/613-587-4838 or email <a href="wdra@nrtco.net">wdra@nrtco.net</a> lce bookings: <a href="mailto:arenas@whitewaterregion.ca">arenas@whitewaterregion.ca</a>; call Township office M-F, 8:30 am - 4 pm, ask for Debbie

For Newsletter inquiries: Email: <u>wdranewsletter@nrtco.net</u> or call 613-587-4438 ADLINE FOR NEWSLETTER ENTRIES IS THE 15TH OF THE MONTH www.westmeathtoday.ca



#### COME CELEBRATE CANADA DAY

Monday, July 1st, 2019

At the Westmeath Arena

2:00 PM Pickle Ball

2:00 pm Horseshoe Tournament

4:30 – 7:00 pm Chicken BBQ

\$14.00 for 1/2 chicken - \$9.00 for 1/4 chicken

Dusk Fireworks

#### TOUR de WHITEWATER 2019 BUFFET BREAKFAST



Saturday, July 6th, 2019 7:00 a.m.—1030 a.m.

Westmeath Community Centre

119 Synton Street

Adults - \$8.00; Children - \$5.00; 4 and under - no charge

All Welcome

Sponsored by WDRA

#### WHITEWATER BIKE AND BREW

The 3rd Annual cycling event, the Tour de Whitewater is quickly approaching with over 300 riders registered to date. Because so many are "coming from away" (Kitchener-Waterloo, Toronto, Markham, Oshawa, Cobourg, Peterborough, Sault Ste. Marie), the organizing committee has added a Brewfest this year, tallowing Tour participants and the local public to experience the spirit and creativity of our area. From 11:30 – 6:00, three local Breweries: Whitewater Brewery, Square Timber Brewery and Conspiracy Theory Brewery from Ottawa along with KinVineyards for the wine lovers, Vodka from Dairy (Vodkow from Almonte) and Gin from O'Kenny's of Pembroke will offer a tasing experience.

While Tour registration includes a BBQ lunch, Food will be available for the public with Wild Phil's Food Truck offering poutine, sausages, burgerts etc and EGANVILLE'S FINEST offering desserts of ice cream, award-winning buttertarts, fudge, popcorn. The Public is invited!

Tickets for the Brewfest are \$10 (advanced), \$15 at the door.

And for all the yoga lovers, Maegan Adams of White Pine Yoga will lead an hour of BEER YOGA on the Ball field at 2:00 p.m. \$15 will include a can of beer. (Please bring your own mat!)

ENTERTAINMENT will begin at 11:30 a.m. and continuing all afternoon with:

Westmeath's own UPSTREAM DAVE WALKER The DONOHUES from DOUGLAS **Country singer RICH MARTEL from Renfrew Upcoming youngsters KIERSTEN MCMULLEN from Arnprior and** TRAVIS LAMMIE and friends from Lapasse **KACY BLOK from Cobden** MITCH DESILETS from Cobden and CHRISTINA AND GLEN ETHIER from Montreal.

What a day this will be. You won't want to miss

WHITEWATER'S BIKE AND BREW

#### RAFTERS GRILLE SUMMER SPECIALS

Fridays - Fish & Chips \* Tuesdays - 241 Wings \* Thursdays Shrimpfest Country Classic Fridays - July 12, 19, 26 Fri Aug 2 – Canadian Artists Tribute Fri Aug 9 - Lumberjack Reservations 613.646.2241



# de Whitewater

7:00-10:30 - BIG BREAKFAST in the UPSTAIRS **HALL \$8.00** (cash only, not included in Registration fee)

6:30-7:30 - MADAWASKA COFFEE CO. available outside for early riders

#### **REGISTRATION OPENS AT 6:30 A.M.**

#### **RIDER START TIMES:**

7:00 - 150 K begins at START Banner

7:30 - 100 K Begins 8:00 - 60 K GRAVEL

8:30 - 50 K ALL RIDERS ARE ASKED TO REPORT 9:00 - 30 K **TO THE START BANNER 10 MINUTES** 

BEFORE YOUR SCHEDULED RIDE.

9:30 - 10K

11:30 - BREWFEST BEGINS (Bike 'n Brew glass is your entrance fee and is included in your registration)

12:00 - BBQ LUNCH PROVIDED for all Riders (WRIST BAND is your ticket)

MOST PRIZES will be pre-drawn: PLEASE CHECK LIST at Prize Table (near stage to see if you are a winner!)

#### PRIZES WILL BE DRAWN throughout the BREWFEST **ENTERTAINMENT** in the early afternoon

All registered riders PLEASE REPORT to RINK AREA to confirm registration, pick up Tour Shirt and Wrist Band

WALK -IN REGISTRATIONS Please report to RINK AREA (\$60 FEE - CASH ONLY)

ALL RIDERS are asked to report to START BANNER 10 MINUTES before scheduled Start time

MAPS for your ride will be AVAILABLE AT REGISTRATION DESKS

PLEASE SAVE OUR SEPTIC SYSTEM – USE PORTA POTTIES AVAILABLE outside Rink and in FENCED IN AREA



11:30 - Welcome

- Procedure for Brewfest
- Procedure for Prizes Thank our SPONSORS
- Greeting from Mayor Mike Moore

#### **ENTERTAINMENT:**

**Our own Upstream Dave Walker Donohues from Douglas Rich Martel Kiersten McMullen Travis Lammi Kacy Blok Mitch Desilets** Glen & Christina Ethier

2:00 - BEER YOGA **IN BALL DIAMOND** \$15 includes Beer **BRING YOUR OWN MAT** 



in FENCED area between **ARENA and FIREHALL. ACCESS THROUGH DOOR** FROM RINK AREA.

WILDERNESS TOURS - Local Adventure Specials - 50% Off

Sunday Rafting \* Wednesdays - Bungee July 3, 10, 17

Kayak School - for Local Teens - 2 weeks for the price of 1

Week 1 - July 7-12 Week 2 - July 14-19

Limited space – reserve early 613.646.2241