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WDRA

WESTMEATH & DISTRICT
RECREATION ASSOCIATION

 **UPCOMING EVENTS**

May 1st	LaPasse Soup & Sandwich 11:30—1:00
May 5th	Harmony in the Valley Concert. Beachburg United Church @ 7 pm
May 8th	RSSC Business Meeting
May 11th	Community Yard Sale & Buffet Breakfast
May 15th	RSSC Soup & Sandwich
May 25th	Beachburg Horticultural Society 60th Anniversary Beachburg United Church Hall— Flower show 4:30, Dinner 5:30 Speaker— Peonies-Tickets \$15. 613-582-3441
May 29th	RSSC Sponsored "Loss and Grief" presentation
June 1st	8th Annual Beachburg Community Yard Sale & BBQ - tables for rent \$20. 613-582-3424 - United Church Parking Lot
June 5th	LaPasse Soup & Sandwich 11:30—1:00
June 7th & 8th	KING OF THE CATS - Local Fishing derby - Beachburg Hall Fundraiser - Pre reg - Garry McLaughlin 587-4628 - Cash Prizes

MAY 2019 NEWSLETTER

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

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

COMMUNITY
Big Breakfast

Westmeath Recreation Centre Hall
Saturday, May 11th, 2019

Breakfast
7:30am-11:00am
Adults - \$9.00, Children 5-10 years - \$5.00
4 years & under - free



Yard Sale Westmeath Arena floor
8:00am – 1:00pm

Cost - \$20.00 per space
includes one table

Advertise your own Yard Sale - cost \$3.00
(Must book by Friday, May 3rd to ensure it
makes it onto the list)



For more information or to book a space, please contact Beth
at 613-587-4294 or wdra@nrtco.net

One day two great events

Mark your calendar - don't miss these great events

JOIN THE 3RD ANNUAL
WESTMEATH ONTARIO
July 6
2019

Tour de Whitewater

Tour the beautiful rural routes of Whitewater Region
beginning and ending in Westmeath

Starts with BIG BREAKFAST in the Arena Hall
BBQ Lunch and New Balance Tech Shirt included in registration

Register: tourdewhitewater.blogspot.com
for more information:
Contact Cheryl 613-587-4715
email: tourdewhitewater2019@gmail.com

find us on
facebook
for more details

RIDES FOR EVERYONE!
150k, 100k,
60k Gravel,
50k, 30k & 10k
Maps will be provided

WHITEWATER
BIKE 'n BREW

Taste 10+ Craft Beers from:
• Conspiracy Theory Brewery
• Square Timber Brewery
• Whitewater Brewery

Also sample...
• Kin Vineyards Wines
• Flying Canoe Hard Cider
• Vodkow Dairy Distillery
• O'Kenny Craft Spirits

Food Trucks Available
hot off the grill...
• Wild Phil's Fry & Grill
Burgers, Donairs, Fries, Poutine, etc.
and for dessert...
• Eganville's Finest
Ice Cream, Butterfarts, Fudge, Slushies

JULY 6, 2019 11:30 - 6:00
WESTMEATH RECREATION CENTRE
OPEN TO THE PUBLIC!
Come out and meet the Cyclists
Entertainment All Afternoon

#whitewaterbikeandbrew
whitewater.bikeandbrew@gmail.com

BEER YOGA at 2:00
with Maegan Adams from White Pine Yoga, Pembroke
\$15 includes Can of Beer. Bring your own mat!

\$10 Entrance Fee (advanced) • \$15 at the Door
Tickets available at:
Kenny's Store - Westmeath • Beachburg Deli/Milano's • Beachburg
Olmstead's Home Hardware • Cobden • Annie's • Foresters Falls






Rafters Restaurant

Mother's Day

brunch

Sunday May 12th 2019

Seatings:

10am; 11:30am; 1pm; 2:30pm

****Reservations Required****

613.646.2241

FATHER'S DAY

Prime Rib Dinner

BEER SPECIALS

SUNDAY JUNE 16TH, 2019

Rafters Restaurant

RESERVATION REQUIRED

613.646.2241



Wilderness Tours

Summer "Valley Only"

Adventure Specials

Half price Rafting every Sunday Afternoon until July 14, 2019

Choose High Adventure or Gentle Family Adventure

Half price Bungee every Wednesday, 6pm until July 17, 2019

Only Available to Renfrew & Pontiac County Residents

Reservations required 613.646.2241

Rafters Restaurant Summer Features

Friday: Fish & Chips

(fresh battered haddock & fresh cut fries)

Tuesday: 2 for 1 wings

Thursday: Shrimp Fest

For more information call 613.646.2241

Valley Pickle ball Spring Fling Tournament

A great time was had by all 63 pickle ball players at the Spring Fling Pickle ball Tournament on March 30 at Opeongo High School. The event was hosted by the WDRA Pickleball Club, which was started in 2017 by Sheila Perras and Randy Fletcher. Ten communities were represented from Perth to Deep River. This was a fun, social event. It was a great opportunity to meet new people that share the love of pickleball. What is pickleball? Pickleball is one of the fastest growing sports! It is played on a badminton size court with ping pong-like paddles, a tennis-type net and a plastic ball similar to a Wiffle Ball. It can be played by any age and level of ability and is very easy to pick up. It is not just a game. It is a time to socialize, a fun weight loss program, great for stress and your mental health. What a wonderful way to bring the generations together and to get people of all ages moving! I have even heard comments like, "Pickleball saved my life!" A great place to start if you would like to learn this fantastic sport is at our Tuesday beginner's night at Beachburg Public School from 7-9.

For more information please check out our blog, wdrapickleballclub.blogspot.com or email wdrapickleballclub@gmail.com. Special thanks to all who donated prizes; Manta World Sport, Pembroke Crane Rental, Meridian Credit Union, E A Ted Barron Reality and Ins., Olmstead's Home Hardware, Scotia Bank Beachburg, Simple Things, Maple Creek Farm, Danna Abrams, Pat Elliot, Roman Kanarek, Philip Candelaria and Terry Ruddy.

The WDRA is seeking nominations for awards that will be presented at the Canada Day Celebrations:

- the WDRA Volunteer of the Year award. The volunteer of the year should be someone you feel has made a significant contribution to the community over the past year.
- The WDRA Youth Volunteer of the Year award. This should be someone under 21 years of age who you feel has made a significant contribution to the community over the past year.
- The WDRA Lifetime Volunteer Achievement award. This should be someone you feel has made significant contributions to the community over many years and across a broad range of activities.

HARMONY

In the Valley Concert

Beachburg United Church

7 p.m.

May 5th

Featuring:

Valley Harmonizers Chorus

Tour De Four Quartet Ottawa

Limited Edition Ladies Fiddle Group

Light Lunch

Handicap Accessible

Tickets: \$10.00

Call 613-582-3548 or

WDRA AWARD NOMINATIONS DEADLINE IS MAY 15th



May 2019 Update of Riverview Seniors Social Club

Submitted by Heather Campbell, Gayle Stewart and the Communication Team

The Riverview Seniors Social Club is a non-profit and volunteer driven organization working to enhance the quality of life, community participation and independence of seniors.

COMING EVENTS:

Mark **May 29th**, from 1 to 2 pm, on your calendar and come out to hear Guest Speaker Clay McAleer, CD, RSSW, on **"Loss and Grief"**. He is a counselor with the *Robbie Dean Crisis Centre* in Pembroke. An engaging speaker, Clay will help us better understand the very universal emotions and difficulties that come when dealing with loss and grief. The regularly scheduled Riverview SOCIAL will run from 2 to 3:30 pm that afternoon.

The monthly community **Soup & Sandwich** Noon Luncheons continue the 3rd **Wednesday** of each month. May 15th is the next one. Cost is \$8. EVERYONE welcome! If you are a member, please contact Jan Reeves at 613-582- 3741 if you can kindly donate soup, buns, cheese, fixings or dessert. This is a bargain for a good lunch and friendly socializing with your friends and neighbours. Everyone welcome.

RiverviewSeniorSocialClubmonthly**Business Meetings**arethe**2ndWednesday**ofeverymonth,startingat 11 a.m. until 12:15 p.m. All members are encouraged to attend and participate in planning for our future events. May 8th will be the next meeting. Please give your ideas for a club fall trip destination and new programming for next year. There are no bad ideas.

Renfrew County Paramedic Wellness Clinic is from 11:30 to 12:30 in conjunction with the club's business meeting. This FREE HEALTH CLINIC is open to the public, an opportunity to have b.p., pulse, respiration, glucose levels checked.

The **Riverview Weekly SOCIAL** is proving popular! You are invited to come for shared enjoyment each Wednesday afternoon from 1 pm to 3:30 pm at the Westmeath Rec Centre Hall. So far there have been games of euchre, nickel-me and cribbage. It is open to all Whitewater residents 55 years and over. There is no charge. It is a low-key time of socializing, cards or game playing, crafts, cups of tea and chatting. Make your own fun.

Our Club's **STRAWBERRY SOCIAL** coming up on Sunday, June 23rd, from 2 to 4 pm will be a terrific opportunity to relax with friends and enjoy berries, cake and ice cream, and live music. The organizing committee is busy with plans. More details next month.

Please like us and share our Facebook Page! Go to Riverview Seniors' Social Club to learn more about activities offered as well as viewing photos from past RSSC events. We are a very active group! We hope you didn't miss our club hosting the Cobden Players and their production of "What is Susan's Secret?" on Friday April 26th at 7:30.

Our club supports www.hwtproject on the history of the Westmeath Peninsula and its pioneer families. The site currently welcomes 600 to 700 visitors per month.

RIVERVIEW SENIORS SOCIAL CLUB

Loss and Grief

Everyone will experience loss. Guaranteed.

A FREE PRESENTATION OPEN TO EVERYONE

Wednesday, May 29th.

1 to 2 p.m.

Westmeath Rec Centre Hall

With Special Guest Speaker

CLAY MCALEER, CD, RSSW.

Loss & Grief Program Director

Robbie Dean Family Counselling Centre.



THE RIVERVIEW

SOCIAL

EVERY Wednesday this SPRING

From 1 pm to 3:30 pm

At The Westmeath Rec Centre Hall

A FREE unstructured weekly Open House, SOCIALising, playing cards, games, crafting- Come out & enlarge YOUR friendship circle-



OPEN TO ALL WHITEWATER RESIDENTS 55+

RIVERVIEW SENIORS SOCIAL CLUB