

SPECIAL
POINTS OF
INTEREST:

- July 8th - First Farmer's Market of the Year! Continuing every Wednesday until October.
- Ladies Open Golf Tournament - Kenora Golf and Country Club July 12th
- A Walk on the Dark Side - Cemetery Tour Friday July 17th at 8:30 p.m.

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Talking Tourism

VOLUME 2, ISSUE 4

JULY 7TH, 2009

“A Walk on the Dark Side”Boo!

Article by Julie Briggs

This summer it's time you take a tour you wouldn't normally book. Come to the Lake of the Woods Cemetery and take a tour with our cemeterian Barb Manson. With eight years of experience behind her, and many stories to tell, it's a perfect way to enjoy the outdoors in the morning and have a fun walk at night.

The tours run every Friday through July and August from 10:30 to 11:30am at the cemetery, located at 705 9th St. N. The feature for the summer though is the “A

Walk on the Dark Side” lantern lit tour. This tour is from 8:30-9:30 pm on very specific nights through the summer. It can be seen on July 17th and



Cemetery tours - a Kenora tourism attraction

August 21st as the first date, June 19th, has already past.

This tour is done with Barb as she takes you through stories she finds most interesting within the

cemetery. Barb is the utmost in respectful though, and understands that the cemetery is no a place to joke about and offers to have people opt out of parts of the tour they may not like.

As a keeper of the departed's memories, Barb takes you on a tour that is unlike any other tourist attraction you'll see in Kenora.

The morning tours on Friday's are \$3.00 and the lantern lit tours are \$5.00, for any more information you can contact Barb Manson, Parks Supervisor at 807-467-2044 or the cemetery office at 807-467-2067.

LOW area Pictographs and Petroglyphs

Article by Lindsay Mulash

Lake of the Woods is a glacially formed lake, and has been inhabited by people for over 10,000 years. Lake of the Woods is known for its many pictographs and petroglyphs; pictographs are rock paintings, and petroglyphs are rock carvings. Lake of the Woods is recognized as one of the largest concentrations of Aboriginal rock paintings in North America.

Aboriginal rock art is sacred and represents aspects of the beliefs of the Ojibway and Cree peoples and their

ancestors. This art is believed to reflect the visions in the people's quest for medicine, as the images portray appeals to animal spirits for personal or communal health.

Some of the com-



mon images on the rock painting and carving sites include turtles, hand prints, clan

symbols, the spirits of animals (bear, moose, caribou, etc.) and Michipizhou which is the greater water lynx.

The pictographs are used with a red paint that is a very common form of oxidized iron ore called hematite. This mineral is then mixed with a liquid such as sturgeon oil or bear grease, it becomes a red paint known as red ochre. New dating methods have allowed archaeologists to date some of the ochre on the paints, and some of the rock art on Lake of the Woods is known to be

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Farmer's Market Kick off - July 8th

**Article by
Kendall Erickson**

Right at the heart of Kenora's beautiful Harbourfront and right close by the busy downtown area lies the annual Farmer's Market.

The Farmers Market is one of the "kick offs" to summer in Kenora, Ontario. It is held every Wednesday of every week from July 8th to October 7th, between 10 am - 4 pm.

What has now become a summer tradition in

Kenora, the Farmers Market has returned once again with even more to offer. The Big Tent has now been moved to the South Parking lot down by the Harbourfront, making even more room for vendors and shoppers alike.

Take a stroll down by the water and check out new and returning vendors. They will be selling fresh fruits, vegetables, pickles, jams, various arts and crafts, and woodwork. While you're shopping, if

you are interested in the local business and organizations in Kenora, there will be representatives from a number of different groups with free information about what they do, and what they offer to the city.

Different artists from all over will be coming each and every week to sell and show off their talents.

Come to the Farmers Market and get a taste of the great culture and community feel that Kenora has to offer!



The Kenora Farmer's Market is a community meeting place - and a fantastic source for fresh veggies!

Swim...Bike...Run!! - Kenora Triathlon in July

**Article by
Greg Cederwall**

Triathlon, an exciting endurance sport consisting of swimming, biking, and running has become an increasingly popular summer activity in Kenora. This summer is no different as Kenora will play host to a

Kids Triathlon Camp and the 2009 edition of the annual Kenora Boreal Triathlon & Duathlon.

From July 21st-23rd there will be a Kids Triathlon Camp at the Kenora Recreation Centre with accomplished local multi-sport athlete and coach

Janet Findlay. The Camp, for ages 8-15, will introduce participants to the different elements of the sport and provide training advice on matters as diverse as nutrition and bike safety & maintenance. Through games, drills, presentations and

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Movies Under the Stars Returns to Kenora

Fresh Air Cinema brings outdoor movies to life on giant inflatable movie screens with projectors, sound systems and generators. The "open-air cinema" creates a movie theatre under the stars!

The whole concept of Fresh Air Cinema is to create an interesting and interactive community-based activity that will get people out of their homes to spend time with family and friends. This is another source of summer entertain-

ment brought to the area by Tourism Kenora.

Movies will be held on August 18th, 19th, 21st and 22nd in Kenora and August 20th in the community of Sioux Narrows.

There will be a three dollar entrance fee this year. Profits generated will be used to offset program costs as well as create a capital fund for the purchase of Movies Under the Stars infrastructure.

Tourism Kenora will once again create a poll to

assist in the selection of films to be shown. The poll will be up and running later in July.

This year there will also be a shuttle service available as well as dinner and a movie packages with various restaurants in the community.

Stay tuned to Talking Tourism for information or call 807-467-4637.



Kenora Borealis Triathlon and Duathlon.....

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workouts, participants will gain expertise and knowledge in the exciting sport. On the final day of the Camp, there will be a triathlon race followed by a family barbeque and awards. What a great introduction to a fantastic sport!

On Sunday, July 26th, the 5th Annual Kenora Borealis Triathlon & Duathlon will be held at Garrow Park on Rabbit Lake.

Compete, volunteer, or come cheer on the competitors! One of Kenora's premier summer events and one of Central Canada's top triathlon and duathlon races, there are a wide variety of triathlon events offered to appeal to all ages and abilities. The event offers Olympic and Sprint distances and even a Try-A-Tri event, consisting of a 300 m swim, 10 km bike, and 3 km run, to introduce beginner ath-

letes to the sport. The race offers the potential of perfect swim conditions, a fast and picturesque run and a challenging bike course that will leave you talking for weeks. It has to be experienced to be believed!

For more information on the Kids Triathlon Camp contact Megan Derouard at 467-2087 ext. 222 or mderouard@kenora.ca.

For additional details on the Kenora Borealis Triathlon and Duathlon or to volunteer, please contact the race director at g_cederwall@hotmail.com or visit www.triathlon.mb.ca. See you at the races!

The Amazing Parks and Beaches of Kenora

Article by Meadow Nenadov

There are numerous parks and beaches located in and around Kenora for a variety of uses from swimming to Frisbee and play dates to real dates. Travelling East to West one will encounter various parks and beaches with diversity of amenities to suit every need whether it is for convenience or desire.

Rushing River

This Provincial Park is infamous for its fast flowing waters and local wildlife. Canoe

routes of varying difficulties, waterbikes, kayaking, swimming areas, boat launching, fishing, guided walks for trails, outdoor amphitheatre programs and special events and activities are all available and planned throughout the season.

Located 25 kilometres east of Kenora on Hwy 71.

Ancinabe Park

Located less than 5 kilometres from the Travel Centre on the East Highway, Ancinabe is the perfect place to stop for a picnic or for a vacation.

Equipped with shaded picnic areas, hook-ups for RVs, boat launch and docking, beach, amp service and night watchman among their many amenities, you will never be more safe and carefree.

Located on Miikana Way off of Hwy 17 East.

Coney Island Beach

Coney Island is only accessible by boat during the summer, but do not fret! The Argyle III is a shuttle that makes Coney Island available to all. The beach is accompanied by a



playground, concession, public docks, picnic shelters, and an area to be used for outdoors sports such as soccer, Frisbee and volleyball.

Located a short 10 minute boat ride south of

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Aboriginal Rock Art - Please Treat with Respect

Continued from front page
at least 2,000 years old.

Aboriginal rock paintings and rock carvings can be found from Saskatchewan to Quebec, Hudson Bay, Minnesota and Michigan. Many of these rock paintings are found on Lake of the Woods and in the surrounding area. Some of the

pictograph and petroglyph sites in the area include Devil's Hole, Dryberry Lake, Sunset channel, Blindfold Lake, Machin's Point, Picture Rock, and Painted Rock.

If you visit any of these sites, please remember that they are sacred and need to be treated with respect. Do not physically touch a painting,

don't pull a boat directly onto a carving, and always leave an offering, like tobacco or a coin.

Please contact Tourism Kenora at (807) 467-4637, or the Lake of the Woods Museum at (807) 467-2105 if you would like more information on pictographs and petroglyphs in the Lake of the Woods area.

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A Natural Attraction



Upcoming Issues of Talking Tourism

More Beaches, Parks and Trails
Getting to Kenora - Air, Rail and more!
Thinking Ahead - winter activities in Kenora
Movies Under the Stars - Help pick this year's films
Harbourfest
Agricultural Fair
Mather-Walls House - Blueberry Tea and more!
7th Annual Dragon Boat Festival

Open Jam Session - No Berries About it!

Article by Whitney Van Belleghem

Kenora is a community brimming with aspiring talent. We are home to many artists of all types, and we are lucky enough to have many who are willing to teach the next generation.

This summer Anicinabe Park is having an Open Jam Session Wednesday nights starting at around 6:30 and taking place just behind the main office. It is open for all musicians to come participate in, but the main goal is to have their house band mentor younger artists.

The house band plays a little bit of everything and usually there are drums, guitars, a trumpet and sometimes a keyboard. Musicians who wish to attend must bring their own instruments. The event will run approximately two to three hours in length.

For more information please feel free to contact Anicinabe Park at (807) 467-2700 or Tourism Kenora at (807) 467-4637.

City and Area Beaches and Park - Waiting for you & Your Family to Come and Visit!

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downtown Kenora

Jaffray Melick Look-out Point

This area boasts a gazebo that overlooks Rabbit Lake in Kenora. It is the ideal place for a sheltered picnic on the water with surrounding floral and shrubs gardens to attract butterflies and local birds to share the view of the sparkling deep blue of the lake. Located on Rabbit Lake Road, off of Veterans Drive.

Habourfront Park

This bustling centre of Kenora has boat tours, shuttles, bi-plane tours, travel information, food, souvenirs, shopping, boat launches, docking and much more are only minutes away. It has benches and picnic tables throughout the area as well as sight-seeing area on top on the Thistle Pavillion. Things to do are constantly changing and are being held under the infamous yellow and white tent that is assem-

bled to host events throughout the seasons. See the beauty of Kenora's harbour front by walking along the brick and wooden path.

This park is parallel not only to Main Street but the water front as well. With parking at Bernier Drive.

Beatty Park

Beatty Park is the ideal stop for boaters. Located in Keewatin, there is boat launch, store and docks just metres away. Also, nearby restau-

rants and seasonal canteens are perfect for a quick lunch before heading back on the water. So, grab a bite to eat, fill up the boat and take a moment of rest under the picnic area to look at the activities going on in the harbour. Located on Tenth Street in Keewatin. Turn onto May Avenue and follow to Ottawa Street then turn onto Tenth.

For more parks and beaches please see next issue of Talking Tourism.

Did you Know.....

Tourism Kenora staff delivers publications such as City Maps, Visitors Guides, Kenora Stuff Magazine and Event Calendars to **OVER 63** businesses in Kenora and surrounding area.