

101 Things To Do in the Valley

JANUARY-FEBRUARY EDITION

Subscribe for
FREE to this
list! Just email
us and we'll
add you!

Email us: travel@travelourbackyard.com | Call us: 613-732-7774 | Message us: www.facebook.com/travelourbackyard

All Season

NUMBER 1

Madonna House Gift Shop

Find a treasure and support the poor. Our Gifts Shops and Gallery feature handcrafted jewelry, candles and pottery, original works of art by Madonna House staff and others, and fine jewelry, clocks, and other antiques. Open 2:00pm-5:00pm on Thursdays and Saturdays, January to May. Phone: 613-756-3713

www.madonnahouse.org

NUMBER 2

Fire Safety Reminder

Layman Fire & Safety reminds you to have a winter season by making sure your smoke detectors and fire extinguishers are working properly. Take an extra moment to review your fire safety plan, check batteries in your carbon monoxide detector and take extra care around your fireplace.

Phone: 613-735-5320

www.laymanfireandsafety.com

NUMBER 3

G1 License Practice Test

Is your teen anxious to take their driving test? Get them to practice ahead of time with Pembroke Public Library's practice website. The site allows future drivers to practice for free before they go to write their G1 test. www.pembroke.library.g1.ca

NUMBER 4

Snowmobile Insurance

The season is here for hitting the trails on your snowmobile. Keep us in mind as an option to insure your sled. We work with many great Canadian companies to quote your insurance needs. See us for hunt camps and cottages. Phone: 613-735-1046
insure@jmackie.com

NUMBER 5

Ottawa Valley Jobs

Do you know someone who needs a job? Maybe they're looking to move back to the Valley to be closer to family? Send them to www.ovjobs.ca, your best bet for local jobs throughout the region. Like us on Facebook to see jobs in your news feed. www.facebook.com/ovjobs
www.ovjobs.ca

NUMBER 6

Pontiac Tourism

Top 10 Pontiac things to do this winter: 1) snowmobiling, 2) gourmet eating, 3) star-gazing, 4) hiking through an illuminated waterfall, 5) shopping, 6) ice-fishing, 7) sleigh-riding, 8) cross-country skiing, 9) downhill skiing, 10) warming up by a fire-side. Visit the Pontiac and discover so much more!

#pontiacnature

Phone: 1-800-665-5217

www.tourisme-pontiac.com

NUMBER 7

Try A Spin Class

Looking to get into a new exercise routine? Why not try a spin class at Laura's Cycle Fit in Deep River. We are a new indoor cycle studio offering several levels of training, from ages 16- to...you decide. Age is not important, health is. Find out more on our website. 1 Champ-lain Street Unit C in Deep River. Phone: 613-639-1158

www.laurascyclefit.ca

NUMBER 8

OFSC Snowmobile Permits

If you haven't gotten your snowmobile permit yet, make sure you do to be ready for when the trails open. All permits are purchased online. Seasonal, classic and multi-day visitor permits are available.
permits.ofsc.on.ca

NUMBER 9

Ideal Weight Loss

Anyone can benefit from the Ideal Protein weight loss program at Rowan's Pharmasave in Pembroke. This program gives you pharmacist-coaching for success in the program. Plus, no exercise during the weight loss phase! Ask us for more information and how you can get started.

Phone: 613-732-2522

ip@rowanspharmasave.ca

NUMBER 10

Pembroke Lumber Kings

Support local athletes and check out a Lumber Kings hockey game. Home games on December 16, 18, 23; January 8, 15, 22 and 29; February 5, 12, 19 and 24. See website for full schedule. Home games at the Pembroke Memorial Centre in Pembroke. Come support your team!

393 Pembroke Street West

www.pembroke.lumberkings.com

NUMBER 11

Ottawa Valley Business

Subscribe for free to Ottawa Valley Business - the region's source for business news and information. Tenders and results, business events and networking opportunities, workshops, marketing, good reads and more. Your region's business media.

admin@ovbusiness.com

www.ovbusiness.com

NUMBER 12

Here To Help

Winter is a great time in the Ottawa Valley with all the wonderful spots to visit and activities to take part in. Welcome from John Yakabuski, MPP, Renfrew-Nipissing-Pembroke. Feel free to call or drop into my office at 84 Isabella Street, Pembroke, if I can be of assistance.

Phone: 613-735-6627

john.yakabuski@pc.ola.org

NUMBER 13

Real Wool Shop

Visit us for a unique shopping experience housed in the beautiful historic CPR building! We carry a variety of specialty wool, alpaca and sheepskin products, yarns, roving's and knitting supplies as well as the latest fashions for men, women, babies and much more. On Facebook.

Phone: 613-257-2714

www.realwoolshop.ca

NUMBER 14

Eastern Ontario Jobs

Do you know someone who is looking to move to Eastern Ontario but needs a job to do it? Send them to www.easternontariojobs.com for a look at opportunities in the region. Live for your lifestyle in Eastern Ontario.

www.easternontariojobs.com

facebook.com/easternontariojobs

NUMBER 15

Grants Available

The Pembroke Petawawa District Community Foundation (PPDCF) is very excited to be part of the Community Foundation of Canada's (CFC) 150 Fund. PPDCF and CFC will provide \$30,000 to local projects celebrating Canada's 150th birthday. Application period open until January 15, 2017.

foundation@givingthatgrows.com

www.givingthatgrows.com

NUMBER 16

Wedding Guide

Are you planning on getting engaged this season? Well if you do, be sure to pick up Downtown Pembroke's Wedding Guide! The Guide is free at various locations and you can download it from our website too! Packed full of things you need to know about getting married.

facebook.com/downtownpembroke

www.downtownpembroke.ca

