

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](https://www.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](https://www.facebook.com/downtownpembroke)
www.downtownpembroke.ca

NUMBER 17**Conway's Pharmacy**

Transfer your pharmacy needs to Conway's Pharmacy in Petawawa. Conveniently located inside Your Independent Grocer (3025 Petawawa Boulevard in Petawawa), you can have your prescription filled while you get your groceries. We do all the work to transfer pharmacies for you so just let us know. We're happy to help.

petawawa@conwayspharmacy.ca
www.conwayspharmacy.ca

NUMBER 18**Snowshoe In Shaw Woods**

Take a snowshoe hike at Shaw Woods amongst one of eastern Canada's premier examples of an old growth maple/beech/hemlock forest. Carefully protected for generations. On Facebook.

www.shawwoods.ca

NUMBER 19**January 12-March 9, 2017**

Knitting and crafting drop in group at the Chalk River Library. Bring your latest knitting, crocheting or crafting project and join us for great conversation while you work. 9:00am-11:00am. Every Thursday from January 12th to March 9th. All are welcome. 15 Main Street, Chalk River.

Phone: 613-589-2966

crlibrary@laurentianhills.com

NUMBER 20**Ski & Hockey Game Package**

Calabogie Peaks Resort is proud to partner with the Ottawa Senators once again to bring you a double header. Receive ski tickets to Calabogie Peaks with select Ottawa Senators home games. Details on our website.

www.calabogie.com

NUMBER 21**January 18-March 9, 2017**

After School Art Program with Emma Manchester at The Railway Station in Barry's Bay. Wednesdays from January 18, 2017 to March 9, 2017. 3:30pm-5:00pm. Love making art? Come meet once a week with a group of other kids who love art too. Make art using only natural materials. Participant will learn to make their own paint, print on cloth with natural dyes and dip beeswax candles. \$120 (materials included).

Phone: 613-756-5885

www.therailwaystation.ca

NUMBER 22**January 21-March 4, 2017**

Pushing the Limits Art Exhibition. Fibre art and fused glass by Catherine Timm and Rosemary Hynes Driscoll. January 21, 2017 to March 4, 2017 at The Railway Station, Barry's Bay. Open Wednesday to Saturday, 10:00am-4:00pm.

Phone: 613-756-5885

www.therailwaystation.ca

NUMBER 23**January 21-March 4, 2017**

Diversity in Creativity Art Exhibition. A collection of paintings from the Opeongo Seniors' Centre painting group. January 21, 2017 to March 4, 2017 at The Railway Station, Barry's Bay. Open Wednesday to Saturday, 10:00am-4:00pm.

Phone: 613-756-5885

www.therailwaystation.ca

NUMBER 24**Stars, Stay & Ski Weekends**

Stars, Stay & Ski Weekends include up to two nights accommodation, an evening night sky observatory program, Sunday morning guided snowshoe hike, Saturday dinner and Sunday breakfast. Starting at \$300 per couple or \$350 per family of 4 (2 adults and 2 children). Ski lift ticket add-ons available.

Phone: 705-744-1715

www.canadianecology.ca

NUMBER 25**January 1 to March 31, 2017**

Stay & Play at the Canadian Ecology Centre! Stay a minimum two nights in our heated and modern accommodations and save 25%! Includes access to shared use dining cabin for meal prep. Add-on two days of lift tickets for Antoine Mountain and receive special VIP service.

Phone: 705-744-1715

www.canadianecology.ca

December Events**NUMBER 26****Food Drive**

Food drive at Whitewater Brewery Company. From now until Christmas, bring in five non-perishable food items for our local food bank and we will buy you a beer. Offer valid once per customer. Drive taking place at our Lakeside Pub location in Cobden on Highway 17.

www.whitewaterbeer.ca

NUMBER 27**December 16, 2016**

Celebrate the longest night of the year by dressing up in Christmas lights and your best Solstice costume and walk or run the streets of Arnprior! Donations accepted for the food bank. Dinner and hot chocolate, prizes for best costumes. Christmas carols. \$25 per participant. \$60 per family.

Phone: 613-623-4242 ext. 21

www.galileecentre.com

NUMBER 28**December 16, 2016**

Arnprior Optimist Free Skate.

Nick Smith Centre. 6:00pm-

9:00pm. Enjoy free skating along with Christmas music, free hot chocolate and free popcorn!

77 James Street, Arnprior.

NUMBER 29**December 16-17, 2016**

Festival of Lights at Chutes Coulonge. If you haven't seen it, make a point to go this year. Admission is \$10 per person or \$32 for family of four. Children 5-12 get in for \$6. Over 7,000 lights and lasers, bonfire, displays, and snacks. More dates in December (keep reading!)

Phone: 1-888-683-2770

info@chutescoulonge.qc.ca

NUMBER 30**December 17, 2016**

The John St. Pub presents 80's Dance Party hosted by DJ Jay D. Doors open at 9:00pm. \$5.00 cover at the door. You must be 19+ to attend this event.

129 John Street North, Arnprior
facebook.com/TheJohnStreetPub

NUMBER 31**December 17, 2016**

Holiday Art Carnival at A Place for the Arts! 2:00pm. Warm drinks, festivities, music and merriment! Artist and craft booths, carnival games, musical interlude and more. Prizes. Caffeinated and non-caffeinated drinks, mulled apple cider and spiked eggnog. All by donation. 23 Bridge Street West, Bancroft

Phone: 613-332-7085

NUMBER 32**December 17-18, 2016**

Fern & Fungi Botannicals Holiday Open House. A relaxing meet and greet with drinks and food, to shop for last minute Christmas gifts, or to attend the free workshops.

7 River Street, Killaloe.

facebook.com/fernandfungi

NUMBER 33**December 18, 2016**

Galilee Centre presents a Christmas fundraiser event: Dickens & Dinner. 3:00pm. A reading of Charles Dickens "A Christmas Carol" followed by a Dickensian-inspired dinner at 5:00pm.

Dressing in Dickens attire is welcome. Tickets available at Galilee Centre. \$40 adults and \$25 children age 12 and under.

Phone: 613-623-4242

www.galileecentre.com

NUMBER 34**December 18, 2016**

Golden Lake & Area Community Group hosting a Christmas Kitchen Social. 2:30pm-4:30pm at the Golden Lake Community Center. Tea, coffee, hot chocolate and Christmas sweets served, music admission free accepting freewill offerings of food items, children's clothing and toys. Everyone is welcome. 1657 Mishomis Inamo, Golden Lake.

NUMBER 35**December 19, 2016**

Join the Eganville Skating Club 1st ever Christmas Ice Show. 6:00pm at the Eganville Arena. Skaters will be showcasing their talent, and of course their Christmas spirit. Treats will be served afterward for all in the Eagle's Nest. Free-will offering at the door in lieu of admission.

178 Jane Street, Eganville

NUMBER 36**December 19, 2016**

Join Holly Dole (PhD and fitness and nutrition enthusiast) from 6:00pm-8:00pm at the Rankin Rec Centre for a discussion on how to fuel your body so you have energy and feel great, inside and out, get yourself moving and stronger (without necessarily needing the gym). Free. Samples of some healthy goodies, will be served.

20 Rankin Rink Road, Pembroke
holly.dole@gmail.com

NUMBER 37**December 26-30, 2016**

Festival of Lights at Chutes Coulonge. If you haven't seen it, make a point to go this year. Admission is \$10 per person or \$32 for family of four. Children 5-12 get in for \$6. Over 7,000 lights and lasers, bonfire, displays, and snacks.

Phone: 1-888-683-2770

info@chutescoulonge.qc.ca

NUMBER 38**December 27, 2016**

Blood Donor Clinic at the Paul J. Yakubski Community Centre in Barry's Bay. Every donation saves seven lives. Blood: it's in you to give. Book your appointment at: www.blood.ca

NUMBER 39**December 29, 2016**

Red Cross certified in Standard First Aid CPR C (with AED). A comprehensive course (14-16 hours) for those who need training due to work requirements or who want more knowledge for emergencies at home. Held at the Kiwanis Field House in Pembroke. \$135 per person. www.ottawavalleyfirstaid.com

NUMBER 40**December 31, 2016**

Come celebrate New Years at Sands on Golden Lake! Choose from one of our packages: Early to Bed, Evening Package, Stay the Night Package, Dance the Night Away. Find out more on our website, or call us to book your reservation. 13163 Highway 60, Golden Lake. www.sandsongoldenlake.com

NUMBER 41**December 31, 2016**

Come to Spruceholme Inn to ring in the New Year! With live music by Eli and the Scramblers, and with special guests Me & Him. \$60 per person includes hors d'oeuvres, four-course dinner and champagne at midnight. 6:30pm-2:00am. www.spruceholmeinn.com

NUMBER 42**December 31, 2016**

Family's First New Year's Celebration. Join us for a family friendly celebration and reconnect with nature. Overnight accommodation packages starting at \$201.60. Phone: 705-744-1715 www.canadianecology.ca

NUMBER 43**December 31, 2016**

Rogers Hometown Hockey Tour. December 31st and January 1st. Free weekend of events for the whole family. Live broadcast of the Sens vs. Caps game. Activities, fireworks, skating, interactive displays and so much more! December 31st and January 1st at the Petawawa Civic Centre. 16 Civic Centre Road, Petawawa. www.petawawa.ca

January Events**NUMBER 44**

Eganville Sno Drifters New Year's Eve Party. 9:00pm-2:00am. \$10 per person. Held at the Sno-Drifter's clubhouse. For details, search "Eganville Sno-Drifters" on Facebook.

NUMBER 45**January 1, 2017**

All you can eat breakfast buffet at the Cobden Legion. 9:00am-1:00pm. Eggs, pancakes, sausages, bacon, home fries, toast and jam, juice, coffee/tea and the famous moose milk! \$10 for adults and \$5 for ages 12 and under. 43 Main Street, Cobden Phone: 613-646-7914

NUMBER 46**January 1, 2017**

Deadline to submit comments on the CP Rail Corridor. Comments can be submitted by email or dropped off in person at the County of Renfrew building. Written forms also available at the County of Renfrew. ovrt@countyofrenfrew.on.ca

NUMBER 47**January 2, 2017**

Start off the New Year by giving the gift of life at the Blood Donor Clinic at the Royal Canadian Legion in Eganville. Every donation saves seven lives. 57 Pontiac Street, Eganville. Book your appointment in advance online. www.blood.ca

NUMBER 48**January 3, 2017**

AWE Yoga gentle yoga session. Class will run for six weeks starting January 3, 2017 and running to February 7, 2017. 6:00pm-7:00pm. Rankin Culture & Recreation Centre (off Highway 41 in Pembroke). \$60. Register online. www.aweyoga.com

NUMBER 49**January 4, 2017**

Come join us at Our Lady of Mount Carmel Parish Hall in Lapasse for a Soup and Sandwich Lunch and Bake Sale. 11:30am-1:00pm. \$7 per person. There will also be a collection for our local foodbank, please bring non-perishable items or cash. All welcome. 86 Lacroix Bay Road, Westmeath Phone: 613-587-4448

NUMBER 50**January 6, 2017**

Family movie night at the Dacre and Area Community Centre. Movie "The Imitation Game" (rated PG-13), begins at 6:30pm. \$2 for a single, \$5 for a family of four. Includes admission and snacks. Bring a comfy chair. 111 Flat Road, Dacre. www.dacacentre.com

NUMBER 51**January 7, 2017**

L.O.V.E. Wedding Expo at Code's Mill on the Park. 17 Wilson St. East, Perth. 11:00am-3:00pm. Each bride and groom will receive free admission. \$10 for other attendees. Enjoy a complimentary glass of sparkling wine while you view the fashion shows featuring exquisite gowns, and enjoy tasty hors d'oeuvres. Come see the best vendors in the industry. Phone: 613-250-0417 facebook.com/loveweddingexpo

NUMBER 52**January 11, 2017**

Teen night workshop series at the Bonnechere Union Public Library in Eganville. 5:00pm. Workshop will focus on Safe Dating 101, with Renfrew County Women's Sexual Assault Centre's very own Jancy. Tips, info and county resources. www.bonnechereupl.com

NUMBER 53**January 13-15, 2017**

Winter Wonderland Family Retreat at Galilee Bible Camp. A fun-filled, but relaxing way for families with exceptional needs to come together and enjoy a winter retreat. Lots of activities including skating, tobogganing, crafts and games, themed dinners and snow-painting. 203 Camp Galilee Lane, Haley Station. Tickets available online. info@christian-horizons.org www.facebook.com/FriendofCH

NUMBER 54**January 14, 2017**

Snowmobile Driver Training Course. Snow Country Snowmobile Office, 40484 Highway 41 in Pembroke. Open to those 12 years of age or older without a valid drivers licence. Cost is \$40, doors open at 8:00am, course runs from 9:00am-2:00pm. Pre-registration is required. Phone: 613-646-7736. ljackson4508@yahoo.ca

NUMBER 55**January 14, 2017**

Children's movie at O'Brien Theatre in Arnprior. Part of the Optimist Winter Carnival. Admission is a carnival button which can be purchased at the theatre for \$2.00. 10:00am-1:00pm. The movie will be announced closer to the date. www.facebook.com/ArnpriorOptimist

NUMBER 56**January 14-16, 2017**

Timberland Tours hosts the 2017 Pontiac International Sled Dog & Skijoring Race. Come and meet some of the fastest teams on the planet! Admission and parking is free. Vendors will be on site with warm food and beverages as well as some merchandise. 36 Ragged Chute Road in Bristol. Phone: 819-647-3185 www.pontiacsleddograce.ca

NUMBER 57**January 15, 2017**

The final day to apply for funds from the Pembroke Petawawa District Community Foundation (PPDCF). \$30,000 available for local organizations. Apply via our website. foundation@givingthatgrows.com www.givingthatgrows.com

NUMBER 58**January 15, 2017**

Photography 101 Workshop. 9:00am-4:00pm. Want to finally figure out how to use that camera? We will cover the basics and advance options of your DSLR, lighting and lighting setups. \$89. 192 Prince Street, Pembroke. www.ottawavalleystudios.com

NUMBER 59**January 15, 2017**

DACA January Breakfast. The annual breakfasts are put on by Susan Keller and her Horse Draw Committee. If you haven't been to one before, then make a point of attending because the meals are delicious and the company is even better. 8:00am-11:00am. 111 Flat Road, Dacre

NUMBER 60**January 17, 2017**

Raising Money For Your Business Webinar. 2:00pm-3:00pm. Prepare to raise financing, traditionally and with new methods. Offered by BizLaunch. info@bizlaunch.com

NUMBER 61**January 17, 2017**

Starter Company Program: Mentoring, Money and You. Last intake session. 10:00am-Noon. If you have a great idea for a business and the entrepreneurial drive to see it through, then Starter Company is here to help. Register in advance. Phone: 613-735-8224
kfraser@countyofrenfrew.on.ca

NUMBER 62**January 17, 2017**

Adult Breakaways Program at Mount Pakenham. Breakaways is an afternoon 90-minute lesson starting Tuesday, January 17th at 1:30pm. Program runs for 8 consecutive weeks. Join us for après-ski socializing in the Lounge!
Phone: 613-624-5290
www.mountpakenham.com

NUMBER 63**January 18, 2017**

Social Media for Non-Profit Organizations. 9:00am-Noon. \$125. More than half of Canadians use social media. Does your non-profit make the most of free social media tools?
Phone: 613-736-5270 ext. 114
maria@volunteerottawa.ca

NUMBER 64**January 19, 2017**

The annual meeting of the Renfrew County Beef Association. 7:30pm at the Cobden Ag Hall. Contact Donna Campbell for more information.
Phone: 613-432-5568

NUMBER 65**January 19, 2017**

Drop in bereavement support group (3rd Thursday of every month) at Hospice Renfrew. 7:00pm-9:00pm. A peer support group for all losses is facilitated by trained volunteers who have also experienced grief and loss. Free. Light refreshments will be served.
459 Albert Street. Renfrew
Phone: 613-433-3993

NUMBER 66**January 19, 2017**

Night Owls ski/snowboard program at Mount Pakenham. 60-minute evening lesson. 8:00pm. Program runs for 8 consecutive weeks. Join us for après-ski socializing in the Lounge!
Phone: 613-624-5290
www.mountpakenham.com

NUMBER 67**January 20-22, 2017**

Jim's Lake Carnival. Snowmobile races, games, contests, music, dinner and more. Tons of prizes to be won! The only weekend where it's free to drive on the Québec snowmobile trails! Snowmobile races on the 21st. Brunch on the 22nd. Crowning king and queen of the carnival. 35 chemin du Lac Jim, Mansfield-et-Pontefract
pourvoirie.lacjim@gmail.com

NUMBER 68**January 20-28, 2017**

Laurentian Valley's Alice in Winterland Carnival. Come join us for a fun week of activities including a trivia night, magic show by Stephen Anthony, kids dance party, disco DJ dance party, family movie night, craft brew fest, outdoor winter activities and much more. All events require a \$2 carnival button. Like our page on Facebook for updates!

lvaliceinwinterland@gmail.com
facebook.com/lvaliceinwinterland

NUMBER 69**January 26, 2017**

Second Career is a re-training program for unemployed, laid-off Ontarians. If you are interested in making a career change reserve a seat at the Employment Networks Second Career info session. 1:00pm-4:00pm. 231 Argyle Street South in Renfrew.
Phone: 613-432-3424
www.employmentnetworks.ca

NUMBER 70**January 27, 2017**

A Night of Memories Lumber-Jack dinner at Spruceholme Inn. Live music by Gail Gavan, Louis Schryer and more! 5:30pm. Tickets are \$25 and available at Spruceholme Inn or at Hodgins Hardware in Shawville. 204 rue Principale, Fort Coulonge.
Phone: 819-683-5635
facebook.com/SpruceholmeInn

NUMBER 71**January 28, 2017**

Renfrew County Junior Farmers Anniversary Banquet. Celebrating over 100 years of Junior Farmers in Renfrew County. Everyone is welcome! Cocktails 5:30pm, dinner at 6:30pm and dance at 9:00pm. Semi-formal event. Tickets are \$30 each. Purchase tickets by January 20.
Phone: 613-602-1619

NUMBER 72**January 28, 2017**

Winter Magic at Bonnechere Provincial Park has a great line-up of outdoor activities for the whole family. This is a free event for family. Keep up to date with by following us on Facebook.
facebook.com/bonnecherepark

NUMBER 73**January 28, 2017**

Bryson Lions Wildlife Supper. Doors open at 4:00pm and dinner is served at 6:00pm. Entertainment by Nelson Towns. \$20 per person. Limited tickets. Contact Ed or Rose Gutoskie. 660 Principale Street, Bryson
Phone: 819-648-5597

NUMBER 74**January 28, 2017**

PPT's Ladies Evening of Elegance. 6:30pm at Pembroke Pentecostal Church (corner of Highways 17 and 41). Mingle with other ladies, enjoy hors d'oeuvres and hear guest speaker Lori Boucher from Lifecentre, Ottawa. \$10. Tickets must be purchased in advance.
Phone: 613-732-9721
cahurtubise@pptchurch.com

NUMBER 75**January 28, 2017**

Deep River's 45th Silver Spoon Ski Fest. Featuring both classic nordic (cross-country) ski races and exciting sprint ski-skating races. Various categories and distances to choose from. Register online. St. Mary's School.
www.bright-ideas-software.com/silverspoon

NUMBER 76**January 28, 2017**

Nicole Coward at Bryson's Bistro. Enjoy classic French and English songs from throughout the decades in this beautifully restored 1850s hay barn historic restaurant. Delicious Quebecois influenced dishes in hearty portions! 5:00pm-8:00pm. Bryson's Bistro Du Bucheron. 204 Rue Principale in Fort Coulonge.

NUMBER 77**January 29, 2017**

Opeongo Nordic's Third Annual Classic Loppet presented by the Opeongo Hills Nordic Ski Club. Kids, women's or men's ski race (2.5km, 5km, 10km or 20km). Fantastic cross country skiing in the beautiful Opeongo mountains. Register online.
www.opeongonordic.com

NUMBER 78**January 31, 2017**

Adults only colouring night at the Chalk River Library. Relaxing and creative evening with adult colouring. We provide the colouring sheets, markers and pencil crayons. 6:00pm-8:00pm. 15 Main Street, Chalk River.
Phone: 613-589-2966
crlibrary@laurentianhill.ca

February Events**NUMBER 79****February 3, 2017**

Red Cross Babysitting Course. 9:00am-4:00pm at the Renfrew Recreation Centre. For youth between the ages of 11 and 15 years old. \$50. Register online. 67 Argyle Street, Renfrew
www.ottawavalleyfirstaid.com

NUMBER 80**February 4, 2017**

Mosaic Signs Workshop at The Railway Station in Barry's Bay. Led by Kathryn Bossy. Workshop runs from 10:00am to 4:00pm. Cost is \$90 + HST per person. Register today and enjoy this artist-led event.
Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 81**February 4, 2017**

Snowmobile Driver Training Course. Snow Country Snowmobile Association office 40484 Highway 41, Pembroke. Open to those 12 years of age or older without a valid drivers licence. Cost is \$40, doors open at 8:00am, course runs from 9:00am-2:00pm. Pre-registration is required.
Phone: 613-646-7736.
ljackson4508@yahoo.ca

NUMBER 82**February 4, 2017**

Join Downtown Pembroke for the second annual Downtown HockeySpree Street Hockey Tournament! Teams in three divisions will play for the HockeySpree Cup while raising funds for Elevate Youth Fitness Studio. Youth Division (Ages 10-14): \$15/person; Open Division (Ages 15-34): \$20/person; Old Timers Division (Ages 35+): \$20/person. Free jersey for each registered participant! Register by February 1, 2017.
pbia@downtownpembroke.ca
www.downtownpembroke.ca

NUMBER 83**February 4, 2017**

3rd Annual Polar Bear Dip. Held in support of the Pembroke and Laurentian Valley Handi-Bus. Starting at 11:30am. Pledge sheets can be picked up at the City of Pembroke's recreation office located at the Pembroke Memorial Centre and at Shepard & Gervais Law office or at the Handi-Bus office, located at 170 Ellis Avenue in Pembroke. Event is being held at the Pembroke Marina.

NUMBER 84**February 10, 2017**

Join us for the second annual Festival of Outdoor Rinks! Runs February 10-12, 2017. 20 rinks participating around Renfrew County and the Pontiac. Full schedule available in mid-January on our website. Festival is free. Check the website for events and rink information. www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 85**February 10-12, 2017**

Winter's Embrace Couples Weekend. Embrace winter with someone you love at the Canadian Ecology Centre. Package includes two nights' accommodation, lunch and dinner on Saturday, breakfast on Sunday, Saturday afternoon activities and a Saturday evening campfire. \$275+HST per couple. Phone: 705-744-1715 www.canadianecology.ca

NUMBER 86**February 10-12, 2017**

The 2017 Beaver Cup Pond Hockey Festival on Calabogie Lake. 4 on 4 pond hockey tournament with men's and women's recreation division (must be 19+.) \$400/team. Guaranteed up to five games. Register online. Calabogie Peaks Resort. www.beavercuppondhockey.ca

NUMBER 87**February 11, 2017**

Join us for the second annual Festival of Outdoor Rinks! Runs February 10-12, 2017. 20 rinks participating around Renfrew County and the Pontiac. Full schedule available in mid-January on our website. Festival is free. Check the website for events and rink information. www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 88**February 11, 2017**

Vintage Snowmobile Show + Shine at Railway Station Park. Wear a vintage snowmobile suit and get a prize! 10:00am-4:00pm. Fun for the whole family: sledders special lunch at the Balmoral Hotel, maple taffy by Spring to Life Farm, bonfire and marshmallow-roasting, snow mountain for painting and sliding and hot chocolate and coffee. Opeongo Line, Barry's Bay. Phone: 613-756-5885

NUMBER 89**February 12, 2017**

Join us for the second annual Festival of Outdoor Rinks! Runs February 10-12, 2017. 20 rinks participating around Renfrew County and the Pontiac. Full schedule available in mid-January on our website. Festival is free. Check the website for events and rink information. www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 90**February 13, 2017**

Deadline to book into our March-April 2017 edition of 101 Things to Do in the Valley. Issue publishes February 16th. Features events in late February, March and April such as winter activities, special events, March Break activities, entertainment and more. Anyone can purchase a listing for \$25 each, or book 5 listings in the same issue for \$100. Budget-friendly promo! Phone: 613-732-7774 travel@travelourbackyard.com

NUMBER 91**February 15, 2017**

Save the date for Downtown Renfrew's Annual General Meeting. Guest speaker to be announced. 6:00pm-8:00pm. 161 Raglan Street South in Renfrew. Phone: 613-433-6079 www.renfrewbia.ca

NUMBER 92**February 15, 2017**

Pembroke Symphony Orchestra will be playing your favorite classics from the Looney Toons Cartoons. Enjoy the musical thrills of your favorite Saturday mornings cartoons. Performance starts at 7:30pm at Festival Hall. Tickets available for purchase online. Festival Hall, Pembroke www.festhall.ca

NUMBER 93**February 18, 2017**

Grief Recovery One Day Intensive Workshop. Have you experienced a death, divorce, breakup, retirement, empty nest, loss of health, job loss or any other type of loss? You may have unresolved grief. Workshop by Gina Pilon, Grief Recovery Specialist. 9:00am-5:00pm. \$130 includes refreshments, lunch, and materials. Register online. Galilee Centre Arnprior www.responsiblyhealthy.ca

NUMBER 94**February 18, 2017**

Club Quad Pontiac presents Veterans Emergency Transition Services Awareness Ride. \$20/ATV with pass, \$40/ATV without pass, \$10/passenger. Door prizes, 50/50 draw. Ride begins at 9:30am from the Gavan Hotel, 1157 de Clarendon in Quyon. gavellepat@yahoo.ca facebook.com/clubquadpontiac

NUMBER 95**February 24-26, 2017**

Eastern Ontario Broomball Association's 2017 Regional Championships. Held at the Silver Dart Arena (on base), 51 Peacekeepers Way, Petawawa. lesley.squibb@ontariobroomball.ca www.ontariobroomball.ca

NUMBER 96**February 25, 2017**

Timberline Mystery Snowmobile Poker Run. Registration at 11:00am. Run to start at 1:00pm from the Timberline Snowmobile Clubhouse, 1 Henan Road Pembroke. A great day of fun! Phone: 613-732-1427 www.snowcountryscsa.ca

NUMBER 97**February 25, 2017**

Coldest Night of the Year Fundraiser. Walk 2k, 5k or 10k in the cold. Walk begins at 5:00pm. Call Katrina at The Grind to register your team. Phone: 613-631-0201 www.coldestnightoftheyear.org

NUMBER 98**February 28, 2017**

Ladies Day at Mount Pakenham! Join us from 1:00pm-4:00pm for an exclusive opportunity to enhance your skiing/boarding skills in a fun, comfortable environment! Beginner to expert, this is for you! Reservations required. Phone: 613-624-5290 www.mountpakenham.com

March Events**NUMBER 99****March 4, 2017**

The AC/DC Tribute Show. Re-Live the AC/DC concert experience. 8:00pm-11:00pm at Festival Hall. \$30. Tickets online. www.festhall.ca

NUMBER 100**March 4, 2017**

Dust off your bridal gown, or bridesmaid dress for the Bridal Ball. 8:00pm-1:00am. Late lunch, DJ, door prizes, contests and fashion show. Search Bridal Ball on Facebook.

Clarion Hotel, Pembroke
900 Pembroke Street East

NUMBER 101**March 13-17, 2017**

Mount Pakenham March Break Costume Contest! With each day a new theme (Princess, Superhero, Halloween, Retro, Valley and more!) just post your costumes on our Facebook Page for a chance to win prizes. Photos must be taken at Mount Pakenham Ski Resort. See Facebook Page for details www.facebook.com/MountPakenham www.mountpakenham.com

Upcoming Issues of 101 Things

March-April Edition
Deadline: February 13th
Publishes: February 16th

May-June Edition
Deadline: April 10th
Publishes: April 13th

July-August Edition
Deadline: June 12th
Publishes: June 15th

September-October Edition
Deadline: August 21st
Publishes: August 24th

November-December Edition
Deadline: October 23rd
Publishes: October 26th

Each listing is \$25 + HST or you can book 5 listings for \$100 + HST.