

101 Things To Do in the Valley

MARCH-APRIL EDITION

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

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

All Season

NUMBER 1

Speaker's Bureau

If you need a guest speaker for the next meeting of your organization, consider the Community Living speaker's bureau. Our speaker's bureau members tell their inspirational stories, and how they have met and surpassed challenges in their everyday lives. Great local stories. Great local people.

Phone: 613-735-0659 ext.200
tripley@cluov.ca

NUMBER 2

Special Event Shopping

Looking for some gift ideas for St. Patrick's Day or Easter? Need a destination for March Break? Maybe time to pick up on end of winter or start of spring promotions? You need a trip to Downtown Pembroke. Retail and services await!

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

NUMBER 3

Order Chicks

Chicks are now available at M&R Feeds and Farm Supply in Micksburg, Pembroke and Shawville. See price lists online or contact any of our stores. Micksburg: 613-735-3689. Pembroke: 613-732-2843. Shawville: 819-647-2814. www.mandrfeeds.com

NUMBER 4

Thank You OPG!

A special "thank you" to Ontario Power Generation for sponsoring the 2017 Festival of Outdoor Rinks. 19 rinks offered events throughout the February 10-12 weekend stretching from White Lake to Whitney and Fort Coulonge. www.opg.com

NUMBER 5

Janna's Gallery Cafe

Enjoy a little culture while savouring great food, delectable sweet treats and fresh fair-trade coffee. Homemade food, catering, take out. All day Saturday breakfast special. At Janna's we focus on using local, seasonal ingredients when available. Downtown Pembroke.

Phone: 613-631-0443
www.jannasgallerycafe.ca

NUMBER 6

LifeShare

Do you have an extra room in your home? Community Living's LifeShare program looks to match host families with individuals looking to live with a family. Visit our website for in depth information on how LifeShare works and how it might be an option for you.

Phone: 613-735-0659
www.cluov.ca

NUMBER 7

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 8

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. Follow us on Facebook. www.easternontariojobs.com
[facebook.com/easternontariojobs](https://www.facebook.com/easternontariojobs)

NUMBER 9

Invest in Pembroke

The City of Pembroke welcomes you to invest with us and take advantage of one of our 10 grant programs. Whether you are looking for residential or commercial, in the Downtown or anywhere in the City, we want you! Talk to Heather McConnell, for more information.

Phone: 613-735-6821 ext.1500
hmccconnell@pembroke.ca

NUMBER 10

St. Francis Healthcare

Have you ever considered leaving a gift in your will to charity? It can make a real impact on our local healthcare organizations (St. Francis Memorial Hospital, Valley Manor and Hospice Palliative Care). You could also join our club with a budget friendly monthly giving program. Contact us to discuss the details. Phone: 613-756-3045 ext.217
office@svhfoundation.com

NUMBER 11

Steve Carson, Exit Realty

Looking to put your home on the market this spring? Let me give you an idea of what your list price could be, and some tips on how to make your home the most attractive to buyers. As an experienced broker for both buyers and sellers, and broker/owner of Exit Ottawa Valley, let me help you maximize your home's value. Phone: 613-732-0669
steve@exitottawavalley.ca

NUMBER 12

Farm History Project

The National Farmers' Union (NFU) is compiling a list of area farms that have remained in the same family for 150 years. For inclusion in the Renfrew County Family Farm History Project. Contact Laretta Rice. rcnfu330@gmail.com

NUMBER 13

Tax Season Experts

As tax season approaches, you may need some professional help with your personal or business remittances. Downtown Pembroke is the city's commercial hub for lawyers, accountants, tax professionals and finance. We are happy to refer you to our professionals.

Phone: 613-629-5555
pbia@downtownpembroke.com

NUMBER 14

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 15

Johnston & Mackie

It's a good time to get a quote on your home, auto, boat, ATV and cottage rates from Johnston & Mackie. It never hurts to see what kind of insurance coverage and rates are available, so let us provide you with a quick, no obligation quote today. Ask about our group plans too! Phone: 613-735-1046
insure@jmackie.com

NUMBER 16

Join 4-H

If you're looking for a great organization to join, why not consider Renfrew County 4-H? Many livestock clubs are getting started for the 4-H showing season. You can still be a part. Check us out on Facebook or contact the local 4-H association. Phone: 613-649-2734
glencromar@gmail.com

NUMBER 17**Going Out For A Meal?**

Whether it's a regular Friday night or to celebrate a special day with family and friends, Downtown Pembroke offers a variety of eateries. From Thai to Chinese, German to Sushi, Greek to French to Canadian and more, you can always find a great place to eat on Pembroke's main street.

facebook.com/downtownpembroke
www.downtownpembroke.com

NUMBER 18**Arnprior 150 Passport**

For Canada's 150th celebrations, the Town of Arnprior is promoting 150 events being held throughout 2017. All 150 events will be listed in a passport which residents and visitors may obtain with the goal of attending as many events as possible throughout 2017. For more information please visit our website or contact Lindsay Wilson.

Phone: 613-623-4231 Ext. 1829
www.arnprior.ca/150events

NUMBER 19**Health Matters**

Do you offer health services in the local region? If so, you might consider advertising in Health Matters. Our Spring/Summer edition publishes May 5th with a deadline of April 13th. If you're not sure how to be involved, we'll help guide you to being in this very popular magazine!

Phone: 613-732-7774
www.ovhealth.ca

NUMBER 20**Here to Help**

Spring is a great time in the Ottawa Valley with the beautiful weather and wonderful spots to visit. Welcome from John Yakabuski MPP, Renfrew-Nipissing-Pembroke. Call or drop in to my office at 84 Isabella Street, Pembroke, if I can be of assistance.

Phone: 613-735-6627
john.yakabuski@pc.ola.org

NUMBER 21**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 22**Seeking Employers**

Do you need someone to run errands for you on a regular basis? Maybe pick up the mail, prepare recycling, make a coffee run or weekly organizing. Community Living might be able to help. We have people looking for casual work that could fit your needs. Talk to us today.

Phone: 613-735-0659 ext.220
htennian@cluov.ca

NUMBER 23**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).

Phone: 705-744-1715
www.canadianecology.ca

NUMBER 24**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 25**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 26**37th Plowing Match**

2017 marks the 37th year of the Renfrew County Plowing Match. To celebrate Canada's 150th anniversary we are asking anyone with an antique tractor and plow to take part in our demonstration. We are also looking for volunteers. Contact Yves and Penny Rochon. We're on Facebook too!
Phone: 613-646-7737
www.renfrewcountyploymen.ca

NUMBER 27**Bancroft Century Shoppe**

Spring Extravaganza at Bancroft Century Shoppe. Expect the unexpected! Whatever you've got in mind we've got inside. Shop the latest garden decor - glass statues, glass plant stands and glass side tables - colorful, original and made locally (and affordable)! A large selection of antiques, used and old stuff. Open 10:00am-4:00pm. Closed Sundays.

8 Bridge Street East, Bancroft
facebook.com/BancroftCenturyShoppe

NUMBER 28**Jocko's All Season Resort**

An all-season, family-friendly resort in the heart of Calabogie featuring a lakeside house, chalets, log cabins and motel efficiency units. Boat rentals and a beautiful sand beach. Access to all season fun and local amenities. Located on beautiful Calabogie Lake with an expansive sandy beach. Close to many attractions and events.

Phone: 866-376-6265
www.jockosbeach.com

NUMBER 29**Travel Our Backyard**

Get your message out about things to do this summer by being part of Travel Our Backyard magazine. Publishing before the May long weekend, Deadline to advertise: April 28th.

Phone: 613-732-7774
www.travelourbackyard.com

NUMBER 30**Business Opportunities**

With major re-investment happening in Downtown Pembroke, it's a great time to think about opening or re-locating your business here. The Downtown employs more than 950 people and it's the commercial hub for business in the region's city centre. Ask us about available properties today!

Phone: 613-629-5555
pbia@downtownpembroke.com

NUMBER 31**Until March 31, 2017**

Stay & Play at the Canadian Ecology Centre! Stay two nights in our 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

February Events**NUMBER 32****February 18, 2017**

Farm Family Safety Day. Topics include: tree felling safety; ATV, snowmobiling and side-by-side safety; chemical and respiratory safety; working at heights and farm vehicle safety. Lunch and snacks provided at no cost. There will be activities for children. 9:30am-2:00pm.

Cobden Agricultural Hall
Phone: 613-432-6317

NUMBER 33**February 18, 2017**

Grief Recovery One Day Workshop. Have you experienced loss; death, divorce, breakup, retirement, empty nest, loss of health, job loss or any other type of loss? You may have unresolved grief. Conducted by Gina Pilon, Grief Recovery Specialist. 9:00am-5:00pm at the Galilee Centre. \$130, includes refreshments, lunch, and materials. 398 John Street North, Arnprior
www.responsiblyhealthy.ca

NUMBER 34**February 18, 2017**

Pembroke Public Library Teach-4Good Technology Session. Learn how to download eBooks and audiobooks to your electronic devices. 237 Victoria Street in Pembroke. 11:00am-1:00pm. Come with your devices.

Phone: 613-732-8844
www.pembroke.library.ca

NUMBER 35**February 18, 2017**

Telus Snowmobile Ride For Dad. Registration 8:00am-10:00pm. Ride departs trail at 10:30am sharp. Meet at the Timberline Snowmobile Club. Riding, lunch, poker run, prizes fight prostate cancer.

Phone: 613-401-2765
lradoway@hotmail.com

NUMBER 36**February 18, 2017**

Club Quad Pontiac Veterans Emergency Transition Services Awareness Ride. \$20/ATV with pass, \$40/ATV without, \$10/passenger. 50/50 draw and door prizes. Come out and support this great cause. Ride begins at 9:30am from the Gavan Hotel, 1157 de Clarendon Quayon, QC gavellepat@yahoo.ca
facebook.com/clubquadpontiac

NUMBER 37**February 18, 2017**

Building Connections Family LEGO contest. This year's theme is castles. We encourage families to work together on their creation. 12:00pm at the Renfrew Legion, 30 Raglan Street South, Renfrew. Register in advance.

Phone: 613-432-1551
jeady@phoenixctr.com

NUMBER 38**February 20, 2017**

Investor Information Session. Join the Ottawa Renewable Energy Co-op at Whitewater Brewery's fantastic new brewpub in Cobden! Enjoy a drink on us as well as a tour of the brewery followed by a talk on how you can invest in local solar power. 7:30pm-9:00pm.
www.orec.ca

NUMBER 39**February 20, 2017**

Family and Children's Services of Renfrew County free family skate. Rotary Park in Pembroke and Nick Smith Centre in Arnprior. Free hot dogs, balloons, face painting. 1:00pm-3:30pm.
www.fcsrenfrew.on.ca

NUMBER 40**February 20, 2017**

Only a few days left to register for Win This Space - a contest by the City of Pembroke for entrepreneurs to win a commercial space in Pembroke rent-free for 6-months on a 2-year lease. There are six commercial spaces available!
www.pembroke.ca

NUMBER 41**February 20, 2017**

Free Winter Family Festival. 4:00pm-6:00 pm. Celebrate Family Day with skating, hot chocolate, games, fireworks and more! Dundonald Hall, Petawawa. Open to both Canadian Forces and civilian families.

NUMBER 42**February 22, 2017**

Seniors that Sizzle Lunch & Learn program. Every Wednesday until March 15, 2017. For seniors 55 and over. Enjoy lunch and be inspired. This session features travel and leisure ideas. Doors open at 11:30am, lunch at 12:00pm, speaker at 12:30pm. Pre-registration required. Phone: 613-735-6821 ext. 1501
www.pembroke.ca

NUMBER 43**February 24, 2017**

Algonquin Park Bird Feeder Fridays are days when the bird feeders at the Algonquin Park Visitor Centre are broadcast live for visitors from around the world to see. 8:00am-5:00pm. Tune in to see what birds make an appearance at www.algonquinpark.on.ca/virtual/webcam/feeder_friday.php

NUMBER 44**February 24-26, 2017**

Eastern Ontario Broomball Association's 2017 Regional Championships at the Silver Dart arena in, 51 Peacekeepers Way, Petawawa. It's the 40th annual event. 23 teams in men's, women's, co-ed and masters division come from all over Eastern Ontario to compete.
lesley.squibb@ontariobroomball.ca

NUMBER 45**February 25, 2017**

HCM Rec Committee is gearing up for another month of Trail Side Cafe. Warm up at the Stonecliffe Community Centre 11:00am-3:00pm with homemade soups, hot sandwiches, biscuits and desserts. Just off Highway 17 and the "A" Trail (signs are posted along the trail). Cash bar is open.

NUMBER 46**February 25, 2017**

Madawaska Valley Fish & Game Club Poker Run. Registration 10:00am-1:00pm at the clubhouse. \$10. Hot food is available on the trail and at the clubhouse. Phone: 613-758-2851

NUMBER 47**February 25, 2017**

World's Shortest Downhill Ski/Snowboard Race! Mount Molson in Petawawa. All skiers and snowboarders are welcome. Compete for bragging rights and your name on the trophy. Everyone gets a medal. Registration 10:00am-Noon. Race starts at 1:00pm
www.mount-molson.ca

NUMBER 48**February 25, 2017**

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

NUMBER 49**February 25, 2017**

Pontiac Polar Plunge. For the benefit of Residence Meilleur. For a minimum donation of \$50, participants will brave the icy waters of the Ottawa River. 2:00pm-4:00pm at the municipal pump house in Chapeau. Phone: 819-689-2986
pontiac.polarplunge@gmail.com

NUMBER 50**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! Contact Alain DeRoy for details. Phone: 613-732-1427
www.snowcountryscsa.ca

NUMBER 51**February 25, 2017**

McNab & District Celtic Heritage Society is holding its 4th Annual Medieval Feast at the Royal Canadian Legion in Renfrew. Celebrate St. Brigid of Ireland. Cocktails start at 5:30pm. Come and meet the knights of the day and St. Brigid and St. Patrick. Tickets on sale at Aikenhead's and Dahl's in Renfrew, and Peebles in Arnprior. Phone: 613-623-3614
Phone: 613-266-1496

NUMBER 52**February 26, 2017**

Superhero Fun Day. 11:00am-2:00pm. RCAF Wing in Renfrew. Tickets: \$20 (advance only) from Renfrew OPP detachment. Meet: Captain America, Spiderman, Batman, Darth Vader, Michelangelo and more. Funds to Renfrew Victoria Hospital Foundation and OPP DARE Program. Photo Booth, Jedi Training Superhero Boot Camp and more.

NUMBER 53**February 28, 2017**

Join Brennan Loh, Shopify's Director of Business Development and Strategic Partnerships, on how to improve your business in today's world. Includes modifying your business to be relevant and have an online presence, the future of e-commerce and tactics to implement and improve your business overall. 7:00pm-9:00pm. Nick Smith Centre. \$10. 77 James Street, Arnprior
www.arnprior.ca

NUMBER 54**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 55****March 1, 2017**

Seniors that Sizzle Lunch & Learn program. For seniors 55 and over. This session features entrepreneurial tips, tricks and sage advice. Doors open at 11:30am, lunch at 12:00pm, guest speaker at 12:30pm. Pre-registration required. Phone: 613-735-6821 Ext. 1501
www.pembroke.ca

NUMBER 56**March 2-4, 2017**

Odyssey Theatre at Opeongo High School presents William Shakespeare's "The Tempest." This comic romance features one of Shakespeare's most vividly imagined worlds. A large cast of student actors. Opeongo High School stage. 7:00pm. Tickets are \$10 and available at the door.

NUMBER 57**March 3, 2017**

Champlain Trail Museum and Pioneer Village Canada 150 Trivia Night. Are you smarter than a curator? 7:00pm-9:00pm. Victoria Hall in Pembroke. Teams of six. \$10. Cash bar and prizes. 42 Renfrew Street, Pembroke
Phone: 613-735-0517

NUMBER 58**March 3, 2017**

World Day of Prayer Service. St. John Chrysostom Church in Arnprior. Prayer service will be held at 1:30pm. 295 Albert Street, Arnprior

NUMBER 59**March 4, 2017**

Madawaska Valley Fitness Centre volleyball tournament. \$80 per team. Two women on the court at all times. Spots for 12 teams. Register ASAP. Process towards the municipality's summer day camp for kids. 341 John Street, Barry's Bay
fitness@madawaskavalley.ca

NUMBER 60**March 4, 2017**

March Madness Poker Run. Hosted by the Eganville Sno-Drifter's Club. 10:00am-5:00pm. Get your sleds warmed up and save the date for the last poker run of the 2017 season.

475 Sno-Drifter's Road, Eganville

NUMBER 61**March 5, 2017**

Valley Irish Kitchen Party. 2:00pm. Cobden Agricultural Hall. Gail Gavan, Mike Ryan, Brian Hebert, Triple Trouble & Ottawa Valley Friends. \$15 advance, \$20 at the door. Roast pork supper following show \$13. Buy advance tickets until March 3rd at Dahl's Convenience in Renfrew or Rooney's Gas Station in Cobden.

Phone: 613-646-2481

NUMBER 62**March 5, 2017**

10th Annual Ottawa Valley Seedy Sunday. 10:00am-3:00pm. Free. Seed and plant swap table, presentations about gardening and related topics. Rankin Culture & Recreation Centre. 20 Rankin Rink Road, Pembroke shultzcarmen@gmail.com

NUMBER 63**March 6, 2017**

Getting Started in Aquaculture & Aquaponics. North Grenville Community Centre in Kemptville. Hosted by the OMAFEA. Workshop will include lunch, presentations from government and industry and documentation.

Phone: 613-258-8295

michel.moisan@ontario.ca

NUMBER 64**March 7, 2017**

Selling Food to Ontario. A one-day workshop to assist food producers and processors about packaging and marketing agri-food products. Horton Community Centre. 9:00am-3:00pm. 1005 Castleford Road, Renfrew

NUMBER 65**March 7-8, 2017**

The Best Friends Approach to Dementia Care. An international integrated model of care that has an emphasis on a more positive, life-affirming approach to the challenges of dementia. Learn from expert David Troxel. Germania Club in Pembroke. Phone: 613-523-4004 ext. 161 gravelinel@rogers.com

NUMBER 66**March 8, 2017**

Seniors that Sizzle Lunch & Learn program. For seniors 55 and over. This session features tips, tricks and advice on grandparenting. Doors open at 11:30am, lunch at 12:00pm, speaker at 12:30pm. Pre-registration required.

Phone: 613-735-6821 Ext. 1501
www.pembroke.ca

NUMBER 67**March 11, 2017**

Helping Hands Craft Show. Many crafters and vendors. 10:00am-3:00pm. Harrington Community Hall in Chapeau, Quebec.

64 Chemin Pembroke, Chapeau

NUMBER 68**March 11, 2017**

St. Patrick's Day Parade in Douglas. 1:00pm. The goal is to have 150 floats/hoofers. The parade is sponsored by the Douglas Lions Club. For more information visit the Douglas St. Patrick's Day Facebook page. Phone: 613-649-2378
prestoncull@sympatico.ca

NUMBER 69**March 11 & 25, 2017**

Decorative Pottery Mask Workshop at The Railway Station in Barry's Bay. 9:00am-Noon. Featuring Amy Doole. Spend a morning creating your very own ceramic mask or plaque to decorate your home or garden. Learn the basics of handling and joining clay. \$95 plus HST (materials included). Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 70**March 12, 2017**

Spaghetti Supper fundraiser in St. Andrew's United Church Hall, Westmeath. \$10. Enjoy spaghetti and sauce, Caesar salad, garlic bread, cake and ice cream, tea, coffee and juice. 4:00pm-7:00pm. Phone: 613-587-4273

NUMBER 71**March 13, 2017**

Mini-Medics. Are you curious about paramedics and ambulances? Join us for a day in the life of a paramedic and get a tour of an ambulance. Learn first aid skills and ask questions. Children 7 and up. Pre-registration required. Arnprior Public Library. 1:30pm-3:00pm.

NUMBER 72**March 13, 2017**

Family swim in support of autism. Kinsmen Pool in Pembroke. 2:00pm-3:00pm. Bring your whole family, invite your friends and enjoy an hour-long pool party just for Autism Ontario! This event is open to children with ASD, their siblings, friends and caregivers only. Advance registration required.

Phone: 613-295-9769

rachel@autismontario.com

NUMBER 73**March 13-17, 2017**

March Break at the Madawaska Valley Public Library and The Railway Station in Barry's Bay. Family Detectives (March 13th), Design a Book Cover (March 14th), Don't Be Board, Play Board Games (March 15th), Kids and Youth Clay Workshops (March 16th), and Youth Gaming Tournament (March 17th). Phone: 613-756-5885

www.therailwaystation.ca

NUMBER 74**March 13-17, 2017**

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

NUMBER 75**March 15, 2017**

Seniors that Sizzle Lunch & Learn program. For seniors 55 and over. Sit back and enjoy lunch and be inspired. Come and dance the afternoon away celebrating the last session. Doors open at 11:30am, lunch at 12:00pm, speaker at 12:30pm. Pre-registration required. Phone: 613-735-6821 Ext. 1501
www.pembroke.ca

NUMBER 76**March 17, 2017**

Tack Sale and Tack Swap! Held at Canyon Creek Farm in Pembroke. If you would like to participate, bring your gently used tack riding apparel to the Farm on in advance on March 11th and 12th. Sale runs from 2:00pm-10:00pm. 297 Barron Canyon Road, Pembroke
Phone: 613-312-7341

NUMBER 77**March 24, 2017**

Five people will be inducted into the Renfrew County Agricultural Wall of Fame. This year Ian and Lynn Clelland, Welland and Margaret Crozier and Allan James will be inducted. Tickets: \$25 each. Happy hour from 6:00pm followed by banquet and induction service at the Renfrew Armouries.

Phone: 613-432-5568

NUMBER 78**March 24, 2017**

The Friends of the Petawawa Public Library presents: St. Patrick's Day Are You "Clover" Enough Trivia night. \$10 per person, teams of 6 to 8. 19 years of age and up. Cash bar, prizes for smartest team and best dressed. Register online. See Facebook for details.

Phone: 613-687-2227

NUMBER 79**March 24-26, 2017**

Opeongo Heritage Cup – Canada's Multicultural Hockey Tournament. At the Paul J Yakabuski Community Centre in Barry's Bay. This tournament is both a display of local talent as well as a homecoming event where cultural diversity is celebrated through the game of Hockey. Full schedule on our website. www.heritagecup.ca

NUMBER 80**March 30, 2017**

Belonging: Three Perspectives on Canada's North. A panel discussion on the geographical and cultural diversity within Canada from three perspectives: a scientist, an author and a painter. Brought to you by The Railway Station and the Madawaska Valley Public Library. 7:00pm at the Royal Canadian Legion in Barry's Bay. Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 81**March 31, 2017**

Paint Nite for Chalk River Lions Club. 7:00pm. Guided by a local artist, you'll spend two hours laughing with friends and painting your masterpiece at a popular local bar. You don't have to be Picasso; you just have to be inspired. 19+ as it is a licensed event. Tickets available online. 11 Kellett Street, Chalk River
www.paintnite.com

NUMBER 82**March 31, 2017**

Early bird deadline to register for the Spring Business & Leadership Conference at Algonquin College Pembroke. Early Bird rate: \$199 + tax includes four workshops, lunch, refreshment break, keynote speaker, networking and post-conference social. After March 31, 2017 price jumps to \$229 + tax. www.algonquincollege.com/pembroke

April Events**NUMBER 83****April 1, 2017**

Celebration of Life Benefit Dance in memory of Miley. All proceeds go to the St. John Ambulance Therapy Dog program. Miley was a therapy dog who was loved by many in the Town of Renfrew. Help us continue Miley's work by recruiting and training more therapy dogs. \$5 entry includes luncheon. Renfrew Legion. Phone: 613-312-0165 lucasellen@hotmail.com

NUMBER 84**April 8, 2017**

The Renfrew County Regional Science Fair. Students from Grade 6 to 12 can register online to present their science projects for chances to win cash prizes and an all-expenses paid trip to the Canada Wide Science Fair in Regina, Saskatchewan. Registration deadline is March 31st. www.rcrsf.ca

NUMBER 85**April 8, 2017**

50's & 60's Dance. 8:00pm-12:00am. Tickets are \$30 each and can be purchased at King-burger, Valley Automotive, Dick Plummer Marine, and Saar's. Music provided by Eddy & The Stingrays. Rankin Culture & Recreation Centre.

20 Rankin Rink Road, Pembroke
Phone: 613-732-3241

NUMBER 86**April 10, 2017**

Deadline to book into 101 Things to Do in the Valley: May-June edition. Advertise an upcoming event, sale, workshop and more. \$25 per listing or five listings for \$100. travel@travellourbackyard.com www.travellourbackyard.com

NUMBER 87**April 12, 2017**

Grant Proposal Writing 101. Tips on the fundamentals of writing a good funding application. 6:30pm-9:30pm. Algonquin College Pembroke. \$60.89/person. Phone: 613-735-4700.

NUMBER 88**April 19, 2017**

Artist Talk with Kim Hanewich. 7:00pm-8:00pm. The Barry's Bay Railway Station. Kim will speak about her exhibition "A River Runs Through Me" which features a collection of paintings created during five months of painting on site along the Little Bonnechere River from May through September of 2011. Phone: 613-756-5885 www.therailwaystation.ca

NUMBER 89**April 19-21, 2017**

The Build Leadership Development Program is being held in Smiths Falls. A training program for beef farmers, designed to develop and improve the leadership skills of existing and potential leaders in the beef industry. www.ontariobeef.com

NUMBER 90**April 21-22, 2017**

Renfrew Home Garden and Leisure Show. Ma-te-way Activity Centre in Renfrew. Friday 4:00pm-9:00pm, Saturday 9:00am-5:00pm. jeanh@MBCmedia.ca

NUMBER 91**April 22, 2017**

Over 25 local crafters and vendors together just in time for Mother's Day. Shopping to help raise money for a family whose 10-year-old son is battling brain cancer. Petawawa Legion. Search "Melissa's Mother's Day Craft & Vendor Show" on Facebook for details.

NUMBER 92**April 22, 2017**

District 21 of the Retired Teachers of Ontario is hosting a Retirement Workshop at St. James Church Hall in Eganville. Employees interested in retiring within the next five years from the French and English Public and Catholic school boards in Renfrew County, and from Algonquin College are welcome to attend. Registration at: www.rto-ero.org monicah@nrto.net

NUMBER 93**April 27, 2017**

Order your Box of Possibilities! Community Living provides lunch to employees at workplaces around the Upper Ottawa Valley. This is our kick-off fundraiser for Community Living Month. Order your lunches today - we make them and deliver them to you! Phone: 613-735-0659 cripley@cluov.ca

NUMBER 94**April 29, 2017**

Buy, Sell and Trade Day for Birds and Small Animals. M&R Feeds and Farm Supply in Pembroke. 8:30am-12:30pm. For information, contact the Pembroke store. Please bring your own cages and carriers, or you can purchase them on site from us. Phone: 613-732-2843 pembroke@mandrfeeds.com

May Events**NUMBER 95****May 1, 2017**

May is Community Living Month. How could you include someone with a developmental disability in your workplace, social club or family? We have connected hundreds of people and we could make a connection for you! Visit our website or give us a call today. Phone: 613-735-0659 www.cluov.ca

NUMBER 96**May 4, 2017**

Dean Brody in Pembroke at the Pembroke Memorial Centre. With special guests James Barker Band and High Valley. Tickets are available at the City of Pembroke Recreation Department, located in the Pembroke Memorial Centre. Will be a great night so get your tickets early. Phone: 613-735-6281 ext. 1501

NUMBER 97**May 8, 2017**

Sean Conway speaks at Algonquin College Pembroke on The Character and Colour of the Ottawa Valley Political Tradition. 7:00pm. \$15 in advance or \$20 at the door. Sean Conway was a long-time politician representing the Ottawa Valley. Reserve your tickets today. Phone: 613-735-4700 ext. 2756 brambuj@algonquincollege.com

NUMBER 98**May 13, 2017**

Hell or High Water. Come and be part of one of Canada's largest paddlesports festivals, celebrate this amazing river, and help raise a few dollars for important community causes. Takes place on the Petawawa River. hohwpetawawa@hotmail.com www.hohw.ca

NUMBER 99**May 13, 2017**

Book your booth at the Downtown Pembroke trade show. Held at the PMC, this one-day trade show is an easy way for businesses to get out to the public. Running from 10:00am to 3:00pm, book your booth today. Business beyond Downtown Pembroke are welcome. Phone: 613-629-5555 pbia@downtownpembroke.com

NUMBER 100**May 19, 2017**

Opening day at Bonnechere Provincial Park! Join us for your first camping of the season. Plenty to do at Bonnechere. Book your campsite online at: www.ontarioparks.com

NUMBER 101**May 25, 2017**

Spring Business & Leadership Conference. Professional development opportunity for Renfrew County. \$199 plus HST if registered by March 31st. Includes four workshops, lunch, refreshment break, keynote speaker, networking and post-conference social. Held at Algonquin College in Pembroke. www.algonquincollege.com/pembroke

Upcoming Issues of 101 Things

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

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

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

Ideas For Listings: special days, long weekends, 150 events, and more.