



101 Things To Do in the Valley

May-June Issue

Our next issue publishes: June 15th
Deadline to book in is: June 12th

Subscribe to these lists for FREE! Travel@travelourbackyard.com

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 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 cripley@cluov.ca

NUMBER 2

Pontiac Poutine

Got a hankering for hot delicious poutine? Visit the Pontiac to sample the best poutine in the Valley as well as many other deep fried delicacies. Many Pontiac road side chip stands are opening soon! Phone: 1-800-665-5217 www.tourisme-pontiac.com

NUMBER 3

It's Sew Fun!

Looking for a great wallet or bag? Plenty of homemade wallets and bags sure to make your summer awesome! Canada wallets, golf wallets and more. Plus multi-use bags in a variety of colours and fabrics. Find us on Facebook. Made by Connie Daiken. Phone: 613-639-2763

NUMBER 4

Steve Carson, Exit Realty

Looking to put your home on the market this year? 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. I am an experienced broker and broker/owner of Exit Ottawa Valley. Phone: 613-732-0669 steve@exitottawavalley.ca

NUMBER 5

Bancroft Century Shoppe

Spring Extravaganza at Bancroft Century Shoppe. Expect the unexpected! Shop the latest garden decor - statues, plant stands and side tables - colorful, original and made locally. A large selection of antiques, used and old stuff. Open 10:00am-4:00pm. Closed Sundays. www.facebook.com/bancroftcenturyshoppe 8 Bridge Street East, Bancroft.

NUMBER 6

Johnston & Mackie

It's a good time to get a quote on your home, auto, boat, motorcycle, classic car, ATV and cottage rates from Johnston & Mackie. It never hurts to see what kind of insurance coverage and rates are available. Let us provide you with a free quick and easy quote. Phone: 613-735-1046 insure@jmackie.com

NUMBER 7

The Canadian Clock Museum

Come and visit Canada's only clock museum in Deep River. Showcasing the heritage of Canada's many clock manufacturers and sellers from the early 1800s to the present time. Drop in for a tour. See our website for museum hours. Phone: 613-584-9687 www.canclockmuseum.ca

NUMBER 8

Wes' Chips

Take a drive out to Madawaska Boulevard in Arnprior to enjoy our delicious fries. Wes' Chips has been serving french fries in the Valley for over 50 years. Open daily 10:00am-7:00pm until May 1st, then open 10:00am-8:00pm. We offer a picnic area and plenty of parking. Check out our website! Phone: 613-623-5492 www.weschips.ca

NUMBER 9

Cycle The Pontiac

Cycle through the Pontiac this spring and summer! Pack your bike and helmet and participate in the many events along the Cycloparc PPJ and through quaint villages in the Pontiac. Cycle into the past along the old rail bed of the Pontiac Pacific Junction along the shores of the Ottawa River. Phone: 1-800-665-5217 www.tourisme-pontiac.com

NUMBER 10

Renfrew Farmers' Market

Celebrating our 46th year! We have the freshest, tastiest produce, baking, preserves, honey, maple syrup, local meats, crafts and more from local producers. Our market is always flowing with fresh seasonal produce for canning, preserving and pickling. Open Saturdays 8:00am-12:00pm May 6 to October 7, at the Renfrew Fairgrounds. Phone: 613-432-8918 www.renfrewfarmersmarket.com

NUMBER 11

Health Matters Magazine

Pick up your free copy of the Health Matters Spring/Summer edition in early May. A great magazine of health resources in our local region. Also online. Phone: 613-732-7774 www.ovhealth.ca

NUMBER 12

New At Freddie's

At Freddie's Trading Post, we like to support local people. This year we are pleased to bring on board Savvy Soaperie - a collection of 100% natural soap and skin care products made right here in Deep River! If you didn't have enough reasons to visit us already, here's one more! Phone: 613-584-1115 www.facebook.com/freddiestradingpost

NUMBER 13

Come Shopping

Looking for some gift ideas for Mother's Day, Father's Day or other celebrations? Need to pick up some items for the cottage or the May long weekend? You need a trip to Downtown Pembroke. Retail and services await! www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 14

Gerber's Nursery

Stop in to Gerber's Nursery in Renfrew for all your gardening needs this summer. Offering annuals, perennials, hanging baskets, tropicals, house plants, evergreens, shrubs, shade trees, hedging, rose bushes and so much more. Ask about our landscaping services. Phone: 613-625-2304 www.gerbersnursery.com

NUMBER 15

Pembroke Heritage Murals

Google Pembroke Heritage Murals: download a free audio mural tour. Open 24/7. Enjoy Pembroke's outdoor art gallery of 34 unique large scale paintings. Use Pembroke's Z-CARD and tour our city's colourful past: one of Canada's largest heritage mural projects. Souvenirs available at Purvis Gallery and Framing in Downtown Pembroke. phmurals@webhart.net www.pembroke.ca

NUMBER 16

Calling All Employers

Do you need someone to run errands on a regular basis? Maybe pick up the mail, prepare recycling, make a coffee run or weekly organizing? Community Living can help. We have people looking for casual work that could fit your needs. Call us. Phone: 613-735-0659 ext.220 htennian@cluov.ca

NUMBER 17**Eateries Destination**

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. www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 18**Pembroke & Area Airport**

The Pembroke & Area Airport is looking for opportunities to speak with community groups, about what happens at the airport everyday! You might be surprised to learn that there are 400 movements a month here. Book us to present to your group. Phone: 613-687-5300
info@flycyta.ca

NUMBER 19**OVJobs.ca**

Find your next job, or see what's available for someone looking to move to the region. Visit the Valley's best job website!
www.facebook.com/ovjobs
www.ovjobs.ca

NUMBER 20**Oiseau Rock Trail**

Take a walk through the past, see the view of a lifetime and gaze at the majesty of the Ottawa River on the Oiseau Rock Trail. Learn about the Algonquins of the Ottawa Valley at this historical landmark in our backyard. Phone: 1-800-665-5217
www.tourisme-pontiac.com

NUMBER 21**Freddie's Trading Post**

We are now open for the season! Come to Deep River for our fresh cut fries, Kawartha ice cream, pizzas, salads and more! Then shop upstairs in our awesome antique loft with plenty of neat finds for repurposing, refinishing or more. Eastside Freddie's opening soon! Phone: 613-584-1115
www.facebook.com/freddiestradingpost

NUMBER 22**Layman Fire & Safety**

Just a reminder to protect your home, cottage and camper with appropriate fire extinguishers and smoke alarms so the summer can be fun enjoyable.
www.laymanfireandsafety.com

NUMBER 23**Joyce Layman Creations**

Lost a pet recently? A pet labyrinth pillow is an excellent way to reflect on the memory of your furry friend. In addition to labyrinth pillows we offer fidget quilts (excellent for those with ADHD or autism), therapeutic magic bags, adult bibs, aprons, boot covers and more. Phone: 613-687-2826
joyceml@bell.net

NUMBER 24**SkyDive Petawawa**

Our first official full year at the Pembroke & Area Airport. Quickly becoming one of Canada's premier destinations for jumping. We offer jumping, courses and more. A bucket list or regular activity! Phone: 613-602-1002
www.facebook.com/skydivepetawawa

NUMBER 25**Conway's Pharmacy**

It's allergy season so come see the experts at Conway's Pharmacy in Cobden, Eganville or Petawawa and let us help you get through spring. Talking with a pharmacist can make it easier for you to choose over-the-counter medications that will help soothe the inconvenience of allergies.
www.conwayspharmacy.ca

NUMBER 26**Travel Our Backyard**

Travel Our Backyard magazine is one of the most sought-after publications every year by locals and visitors alike. 30,000 printed copies, and 5,000 downloaded online. The magazine will publish and be distributed just in time for the May long weekend. See ad rates and more information on our website. Phone: 613-732-7774
www.travelourbackyard.com

NUMBER 27**Whitetail Golf Club**

Immaculate conditions, beautiful views and friendly service make our 18 hole championship course one of the preferred golfing destinations in the Ottawa Valley. 2017 membership rates for adults, couples, seniors, intermediates, and juniors. Licensed clubhouse, driving range, pro shop, PGA of Canada Professional and an unforgettable golfing experience. Phone: 613-628-3774
www.whitetailgolfclub.ca

NUMBER 28**Holiday Inn Express**

Holiday Inn Express Pembroke is centrally located to many attractions for both the business and leisure traveler. Take a refreshing swim in our indoor heated saltwater pool and work out in our fitness center. Mention 101 Things to receive 10% off our regular rate for your stay. Hot breakfast buffet included. Phone: 613-629-1990
facebook.com/hotelpembroke

NUMBER 29**Paddling Paradise**

Pack your paddles and come to the Pontiac! Float along the famous Three Sister rivers: Dumoine, Coulonge and Noire aboard your canoe, kayak or SUP. Book a shuttle service to discover three of the last wild rivers in Canada! Phone: 1-800-665-5217
www.tourisme-pontiac.com

NUMBER 30**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.yakabusko@pc.ola.org

NUMBER 31**Share Your Home**

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 and how it might be an option for you. Phone: 613-735-0659
www.cluov.ca

NUMBER 32**Ottawa Valley Business**

Subscribe for free to the region's business newsletter. www.ov-business.com/subscribe. Delivered twice a month by email. admin@ovbusiness.com
www.ovbusiness.com

NUMBER 33**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 great job!
www.easternontariojobs.com

NUMBER 34**Perth Outfitters**

Located on the Tay River, Perth Outfitters is the number one tourist destination in the Perth area attracting visitors from all over the world. We offer kayak, canoe and stand up paddleboard rentals, mini-golf, go-carting and more! We also offer summer camp as well as corporate retreats, birthday parties, weddings, and more. Phone: 613-772-1122
www.perthoutfitters.com

NUMBER 35**Spring Fishing**

Calling all anglers to the Pontiac! The weather is warming up and spring fishing is opening soon! Discover the many rivers and lakes in the vast wilderness of the Pontiac. Book a guided fishing trip with an outfitter today! Phone: 1-800-665-5217
www.tourisme-pontiac.com

NUMBER 36**Renfrew County ATV Pass**

With an RCATV Trail Permit, you can ride 80% of Ontario's organized ATV trails. Seasonal pass is \$150. Family pass is \$100. Weekly passes are \$75 and daily passes are \$20. Visit our website to find out where you can pick up your pass in the local area.
www.renfrewcountyatv.ca

April Events**NUMBER 37****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 38**April 20, 2017**

Chalk Paint 101 Workshop at the Tin Barn Market in Almonte. Learn how to use Chalk Paint by Annie Sloan. Transform your outdated furniture into pieces you will be proud to showcase in your home. Learn four different painting techniques: distressed, colour wash, smooth finish and textured. \$85 + HST. Phone: 613-801-3920
www.tinbarnmarket.com

NUMBER 39**April 21, 2017**

Re-Rock Your Prom! Join us for the third annual "Unmask the Night" in support of the Robbie Dean Family Counselling Centre. 8:00pm-1:00am at the Pembroke Legion. Ghost Town Cryers play. Late lunch, door prizes, and a silent auction! Tickets at the Robbie Dean Centre. Phone: 613-629-4243
www.robbiedeancentre.com

NUMBER 40**April 22, 2017**

Sisterhood Craft Supplies Spring Craftathon. 9:00am-9:00pm. Pembroke Legion. Advance registration required. \$40 includes table, prizes, goodie bag, snacks and dinner.
452 Pembroke Street West
Phone: 613-629-0029

NUMBER 41**April 22, 2017**

District 21 of the Retired Teachers of Ontario Retirement Workshop. St. James Church Hall, Eganville. Employees interested in retiring within the next five years from the French and English Public and Catholic school boards in Renfrew County and Algonquin College are welcome.
monicah@nrtco.net

NUMBER 42**April 22, 2017**

The first meeting of the Last Line First Club book club! Read the very last line (or two) of our selected book, make predictions on what may happen, then meet up to see how accurate your guesses were! Ages 15+. 3:00pm at the Pembroke Public Library. We're on Facebook!
Phone: 613-732-8844 ext. 2

NUMBER 43**April 23, 2017**

Spring Vendor and Craft Show at Shady Nook Rec Centre. 10:30am-4:00pm. 80 Richardson Road, off Highway 41 in Pembroke.

NUMBER 44**April 26, 2017**

Breakfast N' Learn. Getting to Know your Neighbour. Arnprior-Braeside-McNab Seniors At Home. Galilee Centre in Arnprior. Guest Speaker: Arnprior Mayor David Reid. 8:30am start. Cost: \$6.50/person. Register by April 24th at Noon. Age 55+. 106 McGonigal St. W., Arnprior. Phone: 613-623-7981

NUMBER 45**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. We make and deliver your sandwich/salad for \$10! Phone: 613-735-0659
cripley@cluov.ca

NUMBER 46**April 29, 2017**

International Table Top Day. Looking Glass Toys & Games in Petawawa. 10:00am-1:00am. Bring your kids to experience some great family board games. Free for families. 8:00pm-1:00am is adults only time! Candlelit boardgaming, drinks and snacks. Smart business casual dress code.
3025 Petawawa Blvd, Petawawa
Phone: 613-506-8697

NUMBER 47**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

NUMBER 48**April 29, 2017**

"Wedding Themed" fundraising dinner for the Eganville Library. Dress as a wedding guest or anyone in the wedding party. Dinner buffet, bar, chocolate fountain, wedding cake contest, games, auction. Cocktails 5:00pm; dinner 6:00pm, dancing 9:00pm. \$40 for whole night, \$10 for dancing and late lunch.
Phone: 613-628-2400
www.bonnechereupl.com

NUMBER 49**April 30, 2017**

It's Canada's 150th anniversary! The Pembroke Community Choir invites you to their spring concert of songs celebrating Canada from coast to coast to coast. 7:00pm at Calvin United Church. Tickets \$15 in advance; \$18 at the door; students 13 and under free. Available at: Kevin's Flowers, Petawawa, and the Pembroke Mall office.
Phone: 613-735-6604

May Events**NUMBER 50****May**

Skylight Drive-In opens for the season in May! Located at 199 Forest Lea Road in Pembroke, we are Renfrew County's only drive-in movie theatre.
www.skylightdrivein.com

NUMBER 51**May**

May is Community Living month! Visit our Facebook page where we will profile 31 neat stories of how local businesses, organizations and municipalities are being inclusive. It might give you some ideas on how you can be part of building an inclusive place to live. www.facebook.com/communitylivingupperottawavalley
www.cluov.ca

NUMBER 52**May 1-4, 2017**

Spring Yoga Retreat. Spruceholme Inn in Fort Coulonge. Two yoga sessions/day and three meals with lodging. Angel therapist, hypnotists and art activity included. Join us for a wonderful time rejuvenating and relaxing your body. Beginners welcome. No experience necessary!
Phone: 819-647-5447

NUMBER 53**May 3, 2017**

We are launching into golf season at the Island Brae Golf Club with our first Men's Night of the year. Get your gang together or let us match you up with a great group of guys.
Phone: 613-732-9022
www.islandbraegolf.com

NUMBER 54**May 4, 2017**

We are launching into golf season at the Island Brae Golf Club with our first Ladies Night of the year. Get your gang together or let us match you up with a great group of girls.
Phone: 613-732-9022
www.islandbraegolf.com

NUMBER 55**May 5, 2017**

Pembroke Golf Club first Men's Night of the season. Time to get out on the course after a very long winter. Get your membership now and join the crowd!
Phone: 613-732-1665
www.pembrokegolfclub.ca

NUMBER 56**May 5, 2017**

Archeology and Immigration in the Madawaska Valley. Exhibition opening Friday, May 5th 7:00pm-9:00pm at the Railway Station, Barry's Bay. Exhibit will feature archaeological finds from the Madawaska Valley and illustrate over a thousand years of people moving to and from the Madawaska Valley.
Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 57**May 6, 2017**

Rankin Recreation Centre's Annual Yard and Plant Sale. 7:00am-1:00pm. Come score some great finds, or get some new plants for your garden. Have some unwanted items? Donations can be dropped off May 3-5, 9:00am-3:00pm and 6:00pm-8:00pm.
20 Rankin Rink Road, Pembroke
www.rankincentre.ca

NUMBER 58**May 7, 2017**

PEM-CON 2017. 9:00am-3:00pm. Action figures, collectibles, toys, comics, video games and more. Vendors will be on site buying items so bring in your collectibles. Free! Clarion Hotel in Pembroke
rontavioustoys@gmail.com

NUMBER 59**May 10, 2017**

Pembroke Golf Club first Ladies Night of the season. The Ladies Section would like to thank all of their sponsors for supporting women's golf in the 2017 season. Join us or fun golf and even better camaraderie.
Phone: 613-732-1665
www.pembrokegolfclub.ca

NUMBER 60**May 10, 2017**

Options Skilled Trades Career Fair. Pembroke Memorial Centre. 9:00am-2:00pm. This event is free to the general public.
www.algonquincollege.com/pembroke/options

NUMBER 61**May 11, 2017**

Old Time Logging Along the Madawaska River. Author's talk with historian Rory MacKay. 7:00pm at the Opeongo Seniors' Centre, 19 Stafford Street, Barry's Bay.
Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 62**May 12, 2017**

30th Birthday Open House. Valley Artisans' Co-op. 2:00pm-8:00pm. We are excited to be celebrating 30 years in business. We hope that you will come and help us to celebrate. There will be children's crafts, hand building projects, artisans' demonstrations as well as coffee and treats. 33373 Highway 17, Deep River Phone: 613-584-4483

NUMBER 63**May 13, 2017**

Come out to the Downtown Connect Expo, a trade show at the Pembroke Memorial Centre. Plenty of great vendors in this one-day trade show that runs from 10:00am-3:00pm. Vendors both inside and outside the Downtown with plenty of on-site activities for kids. Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 64**May 13, 2017**

Eganville & Area Horticultural Society's Spring Plant Sale. 9:00am-11:00am at the Eganville Legion. Selling plants and cuttings at bargain prices. There will also be a café and raffle. Spring has sprung, come kick start your garden with us! Everyone welcome.

57 Pontiac Street, Eganville

NUMBER 65**May 13, 2017**

Rally in the Valley. Kicking off at Mile Marker 9 on Baron Canyon Road, and through the forested trails between Petawawa and Algonquin Park in Laurentian Valley. Come on out and meet other enthusiasts and camp out/RV with us at Mile Marker 9 open public camping - get there early for a good spot.

Phone: 613-401-4820

www.renfrewcountyatv.ca

NUMBER 66**May 13, 2017**

Microchip Clinic at Pembroke Animal Hospital. 9:00am-2:00pm. Have peace of mind by microchipping your pet! Simple, painless and a lifetime of worry-free ID! \$30/dog or \$20/cat. Cash, Visa or MC accepted. All proceeds to benefit the Ontario SPCA Renfrew County Animal Centre. Space is limited. appointments required.

www.renfrewcounty.ontariospca.ca

NUMBER 67**May 18, 2017**

Official Opening Day at Horse Country Campground! Plan a horseback riding vacation or day trip to the Ottawa Valley's Ranch Resort! Learn to ride, bring your own horse, city slicker multi-day vacations and pick 'n ride bluegrass festival. For information and reservations see our website. Phone: 613-867-0585
www.horsecountrycampground.com

NUMBER 68**May 19, 2017**

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

NUMBER 69**May 19, 2017**

Moments In Time Ladies Night. 5:30pm-1:00am. Shawville Fair building. Entertainment by Marc Jade, psychic medium, dinner by Cafe 349, silent auction, vendors, prizes and DJ. Tickets \$30 and available at Stedman's V&S. info@shawvillefair.ca
www.shawvillefair.ca

NUMBER 70**May 20, 2017**

Colby's Crusade. 5th annual fundraiser in support of Colby Audette. 11:00am start at the Kiwanis Fieldhouse at Riverside Park. Raising awareness about Duchenne Muscular Dystrophy. Barbecue, 50/50 draw, silent auction, face painting, Ry-J's, Mr. Dimples and more. Search us on Facebook

NUMBER 71**May 20, 2017**

The public is invited to play the Victoria Day 9 & Dine at Island Brae Golf Club. Sign up as a group or come as a single. A fun nine holes to celebrate the first long weekend of the summer. Phone: 613-732-9022
www.islandbraegolf.com

NUMBER 72**May 25, 2017**

The 3rd Annual Spring Business & Leadership Conference. Professional development opportunity for Renfrew County. \$229 plus HST. Includes four workshops, lunch, refreshment break, keynote speaker, networking and post-conference social. Held at Algonquin College in Pembroke. www.algonquincollege.com/pembroke

NUMBER 73**May 25, 2017**

We have an awesome new event this year - the Downtown Pembroke Shop Hop! Visit neat shops in the Downtown that will be open until 8:00pm. Special promotions at participating businesses and a shopping contest. This idea was brought forward by one of our awesome merchants! www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 74**May 25-27, 2017**

Showcase Paradise Tradeshow 2017 and the 5th Annual Bogie Days. Hosted by the Calabogie Rink the Roof Committee. All welcome. Free admission. Thursday 4:00pm-9:00pm and Friday 12:00pm-9:00pm. Bogie Days all day Saturday. \$5 admission, under 16 free. Something for everyone. All at the Calabogie Community Hall.

574 Mill Street, Calabogie
kimberlyarekowski@gmail.com

NUMBER 75**May 26-28, 2017**

Join wildlife researchers in the field as they unravel the mysteries of the plants and animals of Algonquin Park. Experience first-hand the science behind wildlife research. 12 spots. Phone: 705-633-5621
www.algonquinwrs.ca

NUMBER 76**May 27, 2017**

Join us for Breakfast at Heritage Village in Petawawa. Enjoy pancakes, sausage, home fries, eggs, coffee and tea. 8:00am to 12 noon. Cost for breakfast is by donation. Share a meal and then explore the Village. The Petawawa Horticultural Society will also be selling spring plants. Special announcement by MPP John Yakabuski.

Phone: 613-687-5054

www.petawawaheritagevillage.com

June Events**NUMBER 77****June 4, 2017**

Childbirth Education Class by Renfrew County Douglas. \$150. We help couples get truly excited for their births! Class runs June 4, 11, 18 and 25, 2:00pm-4:00pm in Pembroke. Phone: 613-635-1716

NUMBER 78**June 4, 2017**

Join us for a silent art auction "Art on the Green" at the Renfrew Golf Club. 1:00pm-4:00pm. Sponsored by Renfrew & Area Health Village Doctor Recruitment. All proceeds to doctor recruitment. Refreshments will be served. For information visit our website or our Facebook page. Phone: 613-432-3328
www.renfrewareahealthvillage.ca

NUMBER 79**June 4, 2017**

Petawawa Heritage Village Annual Charity Golf Tournament. Enjoy 18 holes, 4 ball best ball at Roanoke Golf Course, 610 Biesenthal Road, Petawawa. Tee off at 12:00pm. Cost \$85.00: 18 holes, cart and BBQ. Lots of prizes and a silent auction. Call Vic to register. Phone: 613-687-6367
annmcintyre21@gmail.com

NUMBER 80**June 5, 2017**

Pembroke Golf Club is hosting a Titleist Demo Day. 10:00am-1:00pm. Come try out some of Titleist's new clubs, talk to an experienced Titleist rep and find out what golf ball you should really be playing. Free to attend and open to the public. Phone: 613-732-1665
www.pembrokegolfclub.ca

NUMBER 81**June 8, 2017**

Mosaic Evening for Hospice Renfrew. Join us for an evening of creativity. 6:30pm-9:30pm at Renfrew Golf Club. Make a unique mixed media mosaic, enjoy nibbles prepared by the chef and have a great night out with friends. There will be prizes, a special raffle and cash bar. Adult only event. \$40 tickets available at Aikenhead's PharmaChoice. Phone: 613-433-3993

NUMBER 82**June 9-11, 2017**

B101A or Bust! Friday night run along the B102 towards Killaloe. Saturday main run on the B102 from The Sands to the warm up shack on Round Lake Road and back. Saturday evening bonfire. Sunday mud run on B122. Camping at trailhead and The Sands. \$40 covers meals on Saturday. Phone: 613-585-9236
info@renfrewcountyatv.ca

NUMBER 83**June 10, 2017**

World Wide Knit in Public Day. Knit for new Canadians. 11:00am-4:00pm, at the Railway Station Park, Barry's Bay. All welcome.

Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 84**June 10, 2017**

Camp Lau-Ren Open House. 11:00am-2:00pm. Come tour the site, see a camper's cabin and stay for a free BBQ, campfire, skits and s'mores. Come and see what Camp Lau-Ren has to offer. 210 Lau-Ren Road,, Located 10 km west of Deep River.

Phone: 613-584-2059
www.camplau-ren.com

NUMBER 85**June 10-11, 2017**

Tack Swap Weekend at Horse Country Campground. Interested in selling or buying pre-owned saddles, bridles and range of horse equipment and supplies? Come one come all to our tack swap weekend and come for a few hours or plan a weekend of camping! For pre-registration and details call Brenda or visit our website.

Phone: 613-716-9373
www.horsecountrycampground.com

NUMBER 86**June 11, 2017**

Vendor's Summer Market at the Rankin Culture & Recreation Centre. 11:00am-4:00pm. Norwex, Thirty One Gifts, Sunset Gourmet and more! There is sure to be something for everyone. Admission is free, but a donation of money or cat food to help support The Lucky Project (helping stray and feral cats of Pembroke).

NUMBER 87**June 15, 2017**

Eganville Escape Room. Designed to challenge all! Will your team solve the mystery? Want to test your sleuth and logic skills? Maybe create a team-building exercise! Or just have fun! A fundraising event for the Eganville Curling Club. Open June 15 to early September. Groups of 4-8 (\$20/person). Information on our website. Eganville Curling Club. 8A Foran Street, Eganville
www.eganvillecurling.ca

NUMBER 88**June 15, 2017**

Do you have an event people should know about in this list? Today is the deadline to be included in our July-August edition of 101 Things to Do in the Valley. Just \$25 or book five listings in the same issue for \$100. Promote sales, custom appreciation days and more!
Phone: 613-732-7774
travel@travellourbackyard.com.

NUMBER 89**June 16-23, 2017**

Two new exhibitions! In the lower gallery "Cottage Life," Don Monet's collection of work depicting the small moments of iconic cottage life. In the upper gallery "Backwoods," Ketha Newman will exhibit panels from her recently published book, The Backwoods Colouring Book. 7:00pm-9:00pm. Railway Station in Barry's Bay.
Phone: 613-756-5885
www.therailwaystation.ca

NUMBER 90**June 17, 2017**

Join us for the 2nd Annual Arnprior Car Show & Car Wash. Come out and see the classic and antique vehicles, have a BBQ lunch and celebrate dad on Father's Day weekend. 9:00am-3:00pm at the Arnprior Fairgrounds. Our rain date is scheduled for June 18th.
Phone: 613-355-5878

NUMBER 91**June 21-22, 2017**

Toronto PWC is hosting an event on the Upper Ottawa River - Mid Week Overnight. A two day ride from Pembroke to Mattawa. Starting at Pembroke Marina. 300kms. On the water fuel, plus a transfer at Rapides des Joachim (shuttle around hydro dam.) Overnight at Valois Motel.
www.torontopwc.com

NUMBER 92**June 22-25, 2017**

Are you a 5.5er? Are you someone who has someone in their life living with Type 1 diabetes who wants to get out and meet some other 5.5ers, share experiences and have fun on an Algonquin Park canoe trip. Join Connected in Motion for a this great trip. Open to locals and visitors to the area.
info@connectedinmotion.ca
www.connectedinmotion.ca

NUMBER 93**June 23, 2017**

KI Canada's 25th Anniversary community celebration. As a proud Ottawa Valley business, we invite our community to celebrate with us! Guided tour of the KI facility including street dance, horse-drawn rides, obstacle course, putting green, bouncy castle, bubble soccer, games, clowns, food, prizes and more. 5:00pm-9:00pm. See us on Facebook 1000 Olympic Drive, Pembroke

NUMBER 94**June 24, 2017**

McNab/Braeside Township 150 All-Canadian World Record Relay. 42 km, 100's of modes of transportation, 1 township = Priceless! See our website for details closer to the event.
Phone: 613-623-5756 x 226
www.mcnabbraeside.com

NUMBER 95**June 24-25, 2017**

First Annual Gun & Sportsman Show. Hosted by the Madawaska Valley Fish & Game Club, and the Brudenell, Lyndoch & Raglan Recreation Committee. All welcome. \$5, kids 16 and under free with an adult. 9:00am-4:00pm Saturday and Sunday at the BLR Community Centre. Palmer Rapids
Phone: 613-758-2222

Summer Events**NUMBER 96****July 1, 2017**

Where else would you be on Canada Day during Canada's 150th birthday than in Downtown Pembroke. The Summer Medley is taking place over the Canada Day long weekend. Come out and enjoy the fun.
www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 97**July 7-9, 2017**

Celtfest is a fun weekend of Ottawa Valley and Celtic entertainment, in the natural amphitheater of Gemmill Park in the heart of Almonte. Local and regional music, dance, celtic college workshops, Little Celtz Zone, senior's tent, beer gardens, food and artisan vendors, Celtic sporting events and more.
almonteceltfest@hotmail.com
www.almonteceltfest.com

NUMBER 98**July 15-17, 2017**

Horse Show at Horse Country Campground. All welcome youth, teen and adult classes for fun and prizes. Our inaugural event in our new outdoor arena! Visit for the day or plan a camping weekend. Bonus Log Jam Country Festival and white water rafting!

Phone: 613-867-0585
www.horsecountrycampground.com

NUMBER 99**July 30, 2017**

Join us for the Midsummer Herbfest at Waba Cottage Museum & Gardens in White Lake. Celebrate healthy living with vendors, cooking demonstrations, music, amazing food, wellness practitioners, museum talks, authors, dancers, beer tasting and more. Enjoy our beautiful lakeside setting with 11 themed gardens and historic buildings.

Phone: 613-623-5756 ext. 226
www.mcnabbraeside.com

NUMBER 100**August 10-13, 2017**

Pick N' Ride Bluegrass Festival. Four days of music, equestrian demonstrations and resort family fun at Horse Country Campground in Foresters Falls. Featuring Grammy-nominated Special Consensus, Kevin Prater Band and great line of local bands. Thursday features the "Mill Music" local talent showcase. Sunday bluegrass gospel. Reserve tickets by July 1st.
Phone: 613-867-0585
www.horsecountrycampground.com

NUMBER 101**September 11-17, 2017**

Best of America By Horseback visits the Ottawa Valley! America's most beloved trail riding TV program is coming to Canada for the first time. Join us for a fun week of camping, horseback riding and memories as we film a full episode of America's #1 horseback riding TV program. Call to reserve your spot.
Phone: 613-867-0585
www.horsecountrycampground.com

Next Issue:

July-August Edition
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