



101 Things To Do in the Valley

SEPTEMBER-OCTOBER ISSUE

Download this list online at: www.travelourbackyard.com

Email us: 101Things@travelourbackyard.com | Call us: 613-732-7774 | www.facebook.com/travelourbackyard

All Season

NUMBER 1

The 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. Knitting classes available. See us on Facebook. Phone: 613-257-2714 www.realwoolshop.ca

NUMBER 2

Freddie's Trading Post

The best fresh cut fries you will ever have! Stop in at East Side Freddie's Fries in Chalk River. And, we have more than fries so there's something for everyone. You'll find us at the red picnic tables and umbrellas. Phone: 613-584-1115

www.facebook.com/freddiestradingpost

NUMBER 3

Share Your Home

Do you have an extra room in your home? Community Living's LifeShare program matches host families with individuals looking to live with a family. Visit our website for information on how LifeShare works and if it might be an option for you. Phone: 613-735-0659 www.cluov.ca

NUMBER 4

Pontiac Adventure

Have you had your Pontiac adventure this year? Experience true wilderness, rich culture, delicious food and drinks and great people in the Pontiac. For a full listing of attractions and services, visit our website. Phone: 1-800-665-5217 www.tourisme-pontiac.com

NUMBER 5

Bath Bomb Workshops

Bath Bomb Workshops by The Bath Boutique. Our fizzy fun bath bomb making workshops are tons of fun. Learn the basics of bath bomb making and go home with your creation. Contact us today to book. Phone: 613-929-5899 www.bathboutique.ca

NUMBER 6

Open A Business Downtown

Downtown Pembroke is undergoing a great revitalization and we want you to bring your business to us! Contact the Pembroke BIA office for details on properties for sale and lease, and to talk about being downtown. We are investing in our infrastructure and moving this business community forward. Phone: 613-629-5555

www.facebook.com/downtownpembroke

NUMBER 7

Madawaska Kanu Centre

Come paddle at Madawaska Kanu Centre in Barry's Bay. Devoted to getting people on the river and improving skills in an atmosphere of fun and friendship. Kayaking, canoeing, family rafting, retreats and more! Whether a new paddler or a pro, we welcome everyone to our riverside resort on the Madawaska. Phone: 613-756-3620 www.owl-mkc.ca

NUMBER 8

Crisis Volunteers

Victim Services of Renfrew County is looking for Volunteer Crisis Responders. Responders assist police and fire services in the community by providing on-site crisis support to victims in Renfrew County 24/7. The next training session will take place this fall. Apply by September 15. Details online at www.ovjobs.ca.

NUMBER 9

Hunting In the Pontiac

Hunting for the next great spot to track your trophy buck or bull? The outfitters in the Pontiac are setting up their blinds and tree stands and waiting for you! If you're looking for some of the best hunting grounds in the region, book your adventure with a Pontiac outfitter. Find a full list of outfitters on our website. Phone: 1-800-665-5217 www.tourisme-pontiac.com

NUMBER 10

Plummer Marine

At Plummer Marine, we have been getting people in the water since 1949. We are your boat service specialist and accessory store. At Plummer's we make sure your watercraft is ready to go for the season and winterized properly at the end of the season. Phone: 613-735-2316 www.dickplummer.ca

NUMBER 11

Canada 150 Quilt

The Champlain Trail Museum is creating a Canada 150 quilt and we need quilters! Submit a finished 12.5" block, any design, and any colour. Call Angela for information. The deadline to submit squares is October 27. Phone: 613-735-0517 www.champlaintrailmuseum.com

NUMBER 12

The Bath Boutique

The Bath Boutique is a hand-made Canadian cosmetic company located in Petawawa. Our goal is to create products that are made with the highest quality ingredients, and at the same time add a splash of fun to our daily routine! Bath bombs, soaps, lotion bars and more. Phone: 613-929-5899 www.facebook.com/bathboutiquekeepingitreal

NUMBER 13

Speakers Bureau

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

NUMBER 14

Pembroke & Area Airport

We're raising money to repave our runway. Would you like to buy a foot of runway for \$250 to help us do it? We have 5,000 feet to pave. Tax receipt is available. Email us for details. marketing@flycyta.ca

NUMBER 15

Get Hunting Season Ready

Be prepared for the upcoming hunting season with a visit to Perkins. Guns, ammunition, hunting supplies and more. One-stop shop for everything you need for a great trip. Phone: 613-735-6690 www.perkinsgunsandammo.com

NUMBER 16

Health Matters Magazine

Pick up your copy of the Fall edition of Health Matters magazine beginning September 5th. Full magazine also available for download on our website. www.ovhealth.ca

NUMBER 17

Freddie's Trading Post

Freddie's Trading Post is your one-stop shop this fall. Groceries, convenience store, fireworks, local art, camping essentials, bait, cards and gifts and antiques. Plus, awesome locally made subs, ice cream and more. Specials on our Facebook page. Phone: 613-584-1115 www.facebook.com/freddiestradingpost

NUMBER 18**Fall Fitness**

Visit Integrated Health Centre for fall fitness ideas to get you on track this season. Try our MedEx program at just 15 minutes a week, join our 24 hour fitness centre or have a custom program with one of our personal trainers. Phone: 613-732-3333
www.integratedhealthcentre.ca

NUMBER 19**Rafters Restaurant**

Looking for a new restaurant to discover? Visit Rafters Bar & Grill at Wilderness Tours. Open to the public May until October, we offer nightly entertainment, indoor and outdoor dining, spectacular lakeside views and more. Enjoy some local craft beer and delicious food. A fun night out at a great dining option.

Phone: 613-646-2241 ext. 250
www.raftersrestaurant.com

NUMBER 20**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. Knitting classes available. See us on Facebook. Phone: 613-257-2714
www.realwoolshop.ca

NUMBER 21**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 22**Party Favours**

Looking for a unique wedding or shower favour? Bath bombs from The Bath Boutique in Petawawa make a truly unique takeaway for your guests. Tons of colours and scents to choose from to perfectly compliment your event colours and theme. Wholesale pricing is available. See complete product list online. Phone: 613-929-5899
www.bathboutique.ca

NUMBER 23**Here To Help**

Fall is a great time in the Ottawa Valley with the beautiful weather and wonderful spots to visit. To all new to this area, welcome from John Yakabuski MPP, Renfrew-Nipissing-Pembroke. If I can be of assistance, please call or drop in to my office at 84 Isabella Street in Pembroke. Also see our website for info. Phone: 613-735-6627
john.yakabuski@pc.ola.org

NUMBER 24**Elements Luxury Camp**

The ultimate outdoor hotel experience. Surrounded by your own private forest retreat, our sites are designed to give you the ultimate glamping experience. We offer an array of activities, from relaxing fire-side yoga to SUP and mountain biking. Visit our website for more information and to secure your luxury retreat. Phone: 613-432-8000
www.outdoorhotel.ca

NUMBER 25**The Bath Boutique**

Looking for a great gift? Give the gift of handmade Canadian cosmetics. The Bath Boutique offers an array of products from bath bombs, to soaps, lotion bars and more. Our products are made with the highest quality ingredients. See our complete product list online. Gift certificates also available. Phone: 613-929-5899
www.bathboutique.ca

NUMBER 26**Eastern Ontario Jobs**

Do you know someone who is looking to move back to Eastern Ontario? Send them to www.easternontariojobs.com for the latest job postings in the area. Like us on Facebook. www.facebook.com/easternontariojobs
www.easternontariojobs.com

NUMBER 27**Valley Artisans Co-op**

The Valley Artisans Co-op in Deep River, showcases the handmade works of 40 local artists. We have a large selection of distinctive items including fine art, pottery, woodworking, jewellery, fiber arts, leather work, photography, glasswork, soap and more. Open daily 10:00am to 5:30pm. 33373 Highway 17 West, Deep River. www.valleyartisans.com

NUMBER 28**The Real Wool Shop**

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www.realwoolshop.ca

NUMBER 29**Wilderness Tours**

Canada's #1 raft and kayak resort for over 40 years. Our trips range from mild to wild and are perfect for kids ages 5+. We have Ontario's only bungee tower! Experience the magic in whitewater with WT. Phone: 1-888-RAFT-NOW
www.wildernesstours.com

NUMBER 30**Autumn In The Pontiac**

Discover the splendor of fall in the Pontiac. Take a drive through the countryside, hike the Cyclopark PPJ or the Oiseau Rock Trail. Sample some of the fall harvest and take in the crisp fresh air. Information about planning your fall excursions in the Pontiac on our website. Phone: 1-800-665-5217
www.tourisme-pontiac.com

NUMBER 31**Ottawa Valley Jobs**

Looking for a job? Or maybe a friend or family member is? We have great local jobs posted with us almost daily! you can also "like" us on Facebook to have our newest postings appear in your timeline! We are the Ottawa Valley's source for employment opportunities. Visit us today and find your best career. www.facebook.com/ovjobs
www.ovjobs.ca

NUMBER 32**The Real Wool Shop**

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www.realwoolshop.ca

NUMBER 33**Covering The Fall Holidays**

With back to school and Thanksgiving as part of the fall line-up, you can find the things you need in Downtown Pembroke. School and office supplies, fall health programs, clothing and shoes, gifts, food and more are all in Pembroke's downtown core. We look forward to welcoming you. www.downtownpembroke.ca
www.facebook.com/downtownpembroke

NUMBER 34**Museum Birthday Parties**

Looking for a unique and different birthday party venue for your child? Check out Champlain Trail Museum in Pembroke! Basic parties: just \$50 for 2 hours. Phone: 613-735-0517
www.champlaintrailmuseum.com

NUMBER 35**Seeking Organizations**

Do you need volunteers for your organization? Maybe for a special event or new program? Community Living might be able to help. We have people looking for volunteer opportunities that could fit your needs. Phone: 613-735-0659 ext.220
htennian@cluov.ca

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www.realwoolshop.ca

August Events**NUMBER 37**

August 18-September 10, 2017
Classic Theatre Festival presents "I'll Be Back Before Midnight." An Alfred Hitchcock-styled thriller about a young couple who rent an old, spooky farmhouse. Apparitions appear, and strange noises are heard. You'll be on the edge of your seat! Tues.-Sun. at 2:00pm, Wed. and Sat. at 8:00pm. 54 Beckwith Street East, Perth. Tickets available online or by phone. Phone: 1-877-283-1283
www.classictheatre.ca

NUMBER 38**August 25-27, 2017**

Tent Meeting at Antrim Truck Stop featuring Freddy Clark. Friday-Sunday at 7:00 pm. Freddy has been in the ministry of healing and miracles by the Holy Spirit for more than 50 years. Enjoy their bluegrass and country style gospel music. All are welcome to attend. 580 White Lake Road, Arnprior. www.oldfashionedrevivals.com

NUMBER 39**August 26, 2017**

Pembroke Summer Jam. Free at the Pembroke Waterfront. 10:00am-11:30pm. Skyza Aquapark, archery tag, the water tumbler, Zorb ball, bubble soccer and a section suitable for small children. Runs 10:00am-6:00pm. Amphitheatre: Finding Dory at 8:00pm; Beauty and the Beast at 10:00pm. Presented by HGS. www.pembroke.ca

www.facebook.com/thecityofpembroke

NUMBER 40**August 26, 2017**

After you spend the morning at the Skyza Aquapark, head over to Downtown Pembroke for their annual patio party. Noon-4:00pm. Stop in at Madameek, Courtyard Bistro, The Grind or Kerry's Pace. Or, hit all four! An easy way to spend time in Downtown Pembroke rediscovering local flavour. www.downtownpembroke.ca

www.facebook.com/downtownpembroke

NUMBER 41**August 26, 2017**

BBQ at Smitty's Home Hardware in Pembroke. Supporting the OSPCA Renfrew County Animal Centre. 11:00am-2:00pm. Bring your pooches and treat them too.

1395 Pembroke St. W., Pembroke www.facebook.com/ospcarb

NUMBER 42**August 26, 2017**

The annual Festival au Style de L'Isle/Islandfest in Chapeau, Québec, presented by the Municipality of L'Isle-aux-Allumettes. Plenty of activities for all ages, including sporting events, a duck race, a kids zone, fun with agriculture activities, vendor's market, good food, live music (featuring The Ramblin' Valley Band), and so much more. www.facebook.com/pontiacouest

sadam@mrcpontiac.qc.ca

NUMBER 43**August 27, 2017**

An evening of Australian Blues with Lloyd Spiegel. With 9 albums, a swag of accolades to his name and 26 years writing, performing and recording, Lloyd Spiegel is an artist at the forefront and cutting edge of Australian Blues. 7:00pm, at A Place For the Arts, 23 Bridge Street West, Bancroft. Tickets \$20 advance, \$25 at the door. Phone: 613-630-0063

www.boxofficebancroft.com

NUMBER 44**August 31 - September 4, 2017**

See you at the Fair! It's the 161th anniversary of the Shawville Fair! Come see the exhibits, listen to the music, ride the midway, sample the food and take in all that the Shawville Fair has to offer! Labor Day weekend the Pontiac is the place to be!

www.shawvillefair.ca

www.tourisme-pontiac.com

September Events**NUMBER 45****September 2, 2017**

Maritime Kitchen Party at Rafter's Restaurant inside Wilderness Tours. 6:00pm. Celtic music. \$2 oysters, champagne special and feature cocktails. Reservations are required for dinner, call to reserve your table.

Phone: 1-888-723-8669

www.facebook.com/vtraftersrestaurant

NUMBER 46**September 2-3, 2017**

Heritage Fest at Madonna House Pioneer Museum & Handicraft Centre. 1:00pm-4:00pm. Activities including include spinning, weaving, felting, pottery, bee-keeping, butter-churning, and more! Enjoy live music and puppet show. A free fun event for the entire family!

2887 Dafoe Road, Combermere. Phone: 613-756-3713

www.madonnahouse.org

NUMBER 47**September 3, 2017**

The Annual Wilno Chicken Supper at St. Mary's Catholic Church. Roasted chicken with all the fixings and homemade dessert. Adults: \$13. Children 12 and under: \$5. Under 5 are free. 17325 Highway 60, Wilno.

Phone: 613-756-2344

www.stmaryswilno.com

NUMBER 48**September 8-10, 2017**

Amphibious Challenge, Long Trek Ultra, Shamrock Shakeout. Join us for a 10 mile run, swim-run (15 km sprint and 40 km long course) and trail race (25 & 50 km).

120 Sullivan Road, Sheenboro www.amphibiouschallenge.ca

NUMBER 49**September 9, 2017**

Pembroke Outdoor Sports Club Open House. 9:00am-4:00pm.

Our experienced club members will be on hand to show you our club, shoot a variety of firearms and bows and have a great time! Take part in the silent auction, 50/50 draw and BBQ lunch. All are welcome.

2396 Doran Road, Pembroke pembrokesportsman@gmail.com

NUMBER 50**September 9, 2017**

Join us for the Melissa Bishop Thunder Run, benefitting girls hockey and Shaw Woods Outdoor Education Centre. You can do either a 1.6 km, 3.1 km, 4.3 km or 9.2 km run. Be on site between 8:00am-9:30am to get your race kit. For more information and to register go to www.events.runningroom.com/site/?raceID=144B1

NUMBER 51**September 9, 2017**

3rd Annual Paint Me Petawawa Colour Run. Free. 2 km or 5 km routes. 11:00am to 1:00pm. For information visit our website. Phone: 613-687-2932

www.cafconnection.ca

NUMBER 52**September 9, 2017**

Join us for The Bath Boutique's grand opening of our flagship store at 60 Mohns Avenue in Petawawa! We'll have hot dogs, demos (including a giant bath bomb), giveaways, and tons of stock for you to take home. 8:00am-3:00pm.

Phone: 613-929-5899

www.bathboutique.ca

NUMBER 53**September 12-17, 2017**

Join Tom Seay and Del Shields for their first ever location shoot of "Best of America By Horseback" in Ontario! Come with your horse or rent one of ours! Horse Country Campground, 503 Rafting Road, Foresters Falls. Phone: 613-867-0585

NUMBER 54**September 14, 2017**

Square Dance Club Open House. Learn a bit about square dancing and about our club. You'll never have more fun than in a square! 275 Pembroke Street East, Pembroke. 7:00pm.

www.facebook.com/swingingswallows
www.getupanddance.ca

NUMBER 55**September 14, 2017**

Valley Animal Rescue's 3rd Spay-Ghetti No Balls fundraising dinner. Renfrew Legion. 4:00pm-7:00pm. \$15 per person.

Tickets: Mill Music, Rick's Pet Store in Renfrew or at the door. 30 Raglan St., S., Renfrew

www.facebook.com/valleyanimalrescue

NUMBER 56**September 16, 2017**

First Time Home Buyers Seminar - The Financial Advice You Need. Join industry experts to learn about buying your first home; a top priority for many Canadians. 12:00pm-1:30pm. Space is limited, registration is required. Please call or e-mail Leslie Burke to RSVP.

Phone: 613-735-4173 ext. 228 leslie.burke@cibc.com

NUMBER 57**September 16, 2017**

St. John's Lutheran Church Chicken Pie Supper. 4:00pm-7:00pm. Chicken pie, gravy, mashed potatoes, coleslaw, rolls, cranberry sauce, apple crisp and ice cream, juice, tea/coffee. Baked goods, preserves and a raffle. \$14 adults. \$10 students. \$6 kids 5-12. Free if under age 5. 605 Black Bay Road, Petawawa www.stjohnspetawawa.com

NUMBER 58**September 16, 2017**

Scrapbooking Crop in support of the Douglas Lions Club. 9:00am-9:00pm. \$30 includes a catered lunch, snacks and drinks all day, door prizes and more. Pre-registration required. Grace Lutheran Church, Eganville. dutch3@hotmail.com

NUMBER 59**September 16, 2017**

Annual Renfrew County Plowing Match. Children's activities, tractor square dancing, live entertainment, vendors and much more. Adults: \$10. Children under 12: free. 8:00am-5:00pm. www.facebook.com/renfrewcountyplovingmatch

NUMBER 60**September 16-17, 2017**

Bancroft & Area Studio Tour. Held two weekends: September 16-17 and 24-25. Brochures with descriptions and maps available in Bancroft. More information is on our website.

www.bancroftstudiotour.org

NUMBER 61**September 19, 2017**

The Robbie Dean Centre, and Crazy Beautiful Dresses present Fall Fashions by Karisma Fashion Boutique. Treats, fashion and fun to support mental wellness. \$20. 6:00pm-9:00pm. Karisma Fashions, inside Sunset Nursery. 2177 Greenwood Rd., Pembroke www.robbiedeancentre.com

NUMBER 62**September 19, 2017**

Ontario Trillium Foundation Capital Grant Workshop. If your NPO is planning a capital improvement this workshop is for you! Kiwanis Field House in Pembroke 2:00pm-4:30pm. Register online.

961 Pembroke St., W., Pembroke www.eventbrite.ca

NUMBER 63**September 20, 2017**

Women in Business event. A free event to network, make connections, hear keynotes and panelists and more. Hosted by ontrac and Renfrew County Community Futures. 8:30am-3:00pm, St. John's Parish Hall in Arnprior. Register in advance.

Phone: 613-623-4680

www.getontrac.ca/arnprior-home

NUMBER 64**September 21, 2017**

Hear Nick Foley speak on inclusion and our children. Part of the Community Living Upper Ottawa Valley's 59th Annual General Meeting. 6:30pm-8:00pm. Clarion Hotel in Pembroke.

RSVP to Carol Ripley. Free to attend. Light refreshments and appetizers will be provided. Phone: 613-735-0659

cripley@cluov.ca

NUMBER 65**September 21, 2017**

Square Dance Club Open House. Learn a bit about square dancing and about our club. You'll never have more fun than in a square! 275 Pembroke Street East, Pembroke. 7:00pm.

www.facebook.com/swingingswallows
www.getupanddance.ca

NUMBER 66**September 22, 2017**

Special Paint Your Pet Event at Rocky Mountain House. Paint Nite loves pets, and we think they deserve their own portrait - painted by you! 7:00pm at the Rocky Mountain House, 409 Stewart Street, Renfrew Tickets: \$50. Register online in advance. www.paintnite.com

NUMBER 67**September 23, 2017**

Canada 150 Fly In at the Pembroke & Area Airport. Free to attend! See the Herc, the Griffon and the Chinook from Garrison Petawawa plus a flying simulator, Ry-J's Climbing Adventures and more. The most unique event being held in the Ottawa Valley this year! A chili lunch is available for purchase on site with proceeds going to our runway project.

www.facebook.com/flycyta

www.flycyta.ca

NUMBER 68**September 23, 2017**

Ladies' Breakfast with Margaret Gibb at the Pembroke Pentecostal Tabernacle. 9:30am. Margaret is a visionary, an encourager, and a champion of women everywhere. \$10 per person, children 9-3 \$5.00, children 2 and under free. Tickets available at the door. Call for more information. 34 Jordan Avenue, Pembroke. Phone: 613-732-9721

www.pptchurch.com

NUMBER 69**September 24, 2017**

Back To Church Sunday at 10:00am at St. John's Lutheran Church in Petawawa. Open invitation to come to church. 605 Black Bay Road, Petawawa. facebook.com/stjohnspetawawa www.stjohnspetawawa.com

NUMBER 70**September 24, 2017**

Chartwell Retirement Residence's national Open House Day. Chartwell offers a variety of senior living options including independent living and assisted living. Come experience a taste of Chartwell at a retirement residence near you. Doors open between 1:00pm-4:00pm. Local locations include: Pembroke Heritage and Pinewood in Pembroke, and Quail Creek in Renfrew. www.chartwell.com

NUMBER 71**September 29-October 1, 2017**

Get out your lederhosen and celebrate your German heritage at Ladysmith Oktoberfest in the Pontiac! Hear the sounds, sample the sausage and beer, and visit the craft sale and many of the other attractions await you. www.ladysmithoktoberfest.ca www.tourisme-pontiac.com

NUMBER 72**September 30, 2017**

Ottawa Valley Waste Recovery Centre celebrates 15 years. Join us for an open house. 10:00am-2:00pm. Touch-a-Truck, Meet-a-Machine, face painting, kid's activities, tours, refreshments and more. 900 Woito Station Road, Pembroke. Enter at gate 2. info@ovwrc.com

www.ovwrc.com

NUMBER 73**September 30, 2017**

The 7th Run Off-the-Grid Race. 12.5 km, 25 km or 50 km loops. Register before August 31 for early bird pricing. Nature's Harmony Ecolodge in Mattawa. www.naturesharmony.ca

NUMBER 74**September 30, 2017**

Holiday Inn Express Dr. Kim Armstrong Turkey Trot. Benefiting Pembroke Regional Hospital. \$25 for 5k walk/run, \$30 for 10k run, \$10 for Family Obstacle Course. Raise \$100 in pledges and get free registration. First 100 people to register online get free Turkey Trot sport socks. foundation@prh.email

www.prhfoundation.com/turkey-trot

NUMBER 75**September 30, 2017**

It's Downtown Funk in Downtown Pembroke! After the Turkey Trot in the morning, enjoy live music, a DJ and dance party, the Acrobat Guy, life-sized board games and more!

www.downtownpembroke.ca

www.facebook.com/downtownpembroke

October Events**NUMBER 76****October 1, 2017**

24th Annual Peace of Minds Walk for Schizophrenia. Meeting at Metro in Pembroke. 2:00pm. BBQ to follow at 126 Lake Street, Pembroke. Support awareness of Schizophrenia. www.schizophrenia.on.ca

NUMBER 77**October 1, 2017**

International Coffee Day at Snark Coffee in Arnprior. Watch how coffee is roasted, enjoy a free tasting and learn about the art of brewing. 11:00am-2:00pm. 480C McCartney St., Arnprior www.facebook.com/snarkbean

NUMBER 78**October 1, 2017**

Ontario snowmobile trail passes are now available! Purchase your pass before November 1st and save! Access over 30,000 kilometres of trails in Ontario. Purchase your pass online.

www.snowcountysnowmobileregon.ca

NUMBER 79**October 1, 2017**

The 6th Annual Kitchissippi Run in Chalk River. Distances include: 2k, 5k, 10k, Half and Full marathons, and a 21 or 42 km bike ride (road bikes not suitable). Register or pledge online at www.raceroster.com: search for kitchissippi. Register before August 31 for early bird pricing! Find us on Facebook. kitchissippirun@hotmail.com

www.kitchissippirun.wordpress.com

NUMBER 80**October 1, 2017**

Laurentian Valley Team Penning club Championships. 1Alice & Fraser Rec Centre. 10:00am-3:00pm. Arena riders of all ages are out to impress the judges. Search us on Facebook!

1 Henan Road, Pembroke

NUMBER 81**October 2-6, 2017**

An autumn getaway with Jamieson Travel and Tours! Mackinac Island & Frankenmuth tour. Enjoy the fall foliage as we travel through Sault Ste. Marie to Michigan and visit Mackinaw City, Mackinac Island, and Frankenmuth. Call us for details. Phone: 613-582-7011

www.jamiesontravel.com

NUMBER 82**October 7, 2017**

Meditation Workshop. Jennifer Evans from Sage Fox Healing teaches about meditation and different methods. Three hour beginner's class. RSVP by September 29. 9:00am-12:00pm. Held at the Head, Clara & Maria municipal office, 15 Township Hall Road in Stonecliffe. Phone: 613-586-2526 hcminfocfischer@gmail.com

NUMBER 83**October 8, 2017**

St. Casimir's Beef & Bean Supper. 12:30pm-6:00pm. Adults: \$13. Children 12-5: \$5. Children under 5: free. Homemade food, live entertainment, crafts, bingo and draws. Takeout available. St. Casimir's Hall, 2642 Round Lake Road, Round Lake Centre. Phone: 613-757-3312

www.stcasimirchurchroundlake.org

NUMBER 84**October 8-14, 2017**

Layman Fire & Safety reminds you it is Fire Prevention Week. There are more than 10,000 residential fires with loss reported to the Ontario Fire Marshall each year. Have an escape plan for your home and business. For tips and more, visit Fire Prevention Canada at: www.fireprecan.ca

joel@laymanfireandsafety.com

www.laymanfireandsafety.com

NUMBER 85**October 10, 2017**

Join the Renfrew County Federation of Agriculture for their annual region meeting and breakfast. Held at 8:30am at the Rocky Mountain House in Renfrew. There is a limit of 100 attendees so reserve your tickets today with Donna Campbell. 409 Stewart Street, Renfrew. Phone: 613-432-5568

NUMBER 86**October 11, 2017**

Bring everyone out to the Thanksgiving Family ATV Rally. 10:00am. Join the Renfrew County ATV Club for a beautiful fall run through the trails around Barry's Bay. Pack a lunch and bring some extra gas. Expect to be back around 3:30pm for a BBQ (by donation). Trail pass required. Day passes can be purchased for \$20.

info@renfrewcountyatv.ca

www.renfrewcountyatv.ca

NUMBER 87**October 14, 2017**

The 2nd Annual Frew Tober Craft Beer & Food Truck Festival. 1:00pm-7:00pm in Low Square, 127 Raglan Street South, Renfrew. Come and sample craft beers and unique food from vendors around the Ottawa Valley region and beyond. While in Renfrew, check out the craft sale happening downtown as well.

info@renfrew.ca

www.renfrew.ca

NUMBER 88**October 14, 2017**

Cobden's 11th Annual Taste of the Valley. Over 100 food and craft vendors from Renfrew County! It's a celebration of local foods, crafts and products from the Ottawa Valley. 8:00am-3:00pm. Cobden Fairgrounds, 43 Astrolabe Road, Cobden.

Phone: 613-646-2282

info@whitewaterregion.ca

NUMBER 89**October 14, 2017**

Hastings Highlands Hilly Hundred, The Toughest Century Ride in Ontario. Bike routes for avid cyclists and beginners. Bancroft. Register online.

Phone: 613-334-1721

www.hillyhundred.ca

NUMBER 90**October 15, 2017**

St. Joseph's Parish Dinner. Roast beef, mashed potatoes and all the fixings, homemade pie. 5:00pm. Advance tickets only. Held at the St-Joseph Municipal Hall. 6 St-Joseph Street, L'Isle-aux-Allumettes.

Phone: 819-689-5232

NUMBER 91**October 15-21, 2017**

It's Small Business Week! Small towns are filled with local businesses that are your employers, charitable supporters, donors and more. Ottawa Valley Business reminds you of the importance of small business in your own backyard.

www.ovbusiness.com

NUMBER 92**October 20, 2017**

Stone Fence Theatre presents "Stick Out Your Tongue and Say MOO - Making the rounds with the Amorous Veterinarian". Knights of Columbus Hall, 170 Ellis Avenue, Pembroke. 6:00pm. Pre-show entertainment Megan Lavigreur. Come for dinner, or just dessert. Tickets available online or by phone.

Phone: 1-866-310-1004

www.stonefence.ca

NUMBER 93**October 20, 2017**

The Township of Laurentian Valley's Spooky Trivia Night. Shady Nook Recreation Centre. Proceeds go to minor sports at Shady Nook. 7:00pm-10:00pm. Register your team in advance. 80 Richardson Cres., Pembroke

kjanke@lvtownship.ca

NUMBER 94**October 21, 2017**

Parent to Parent Sale. Rent a table for \$20 and bring your baby and child's gently used clothing, toys, books, footwear and sell for your own profit. 9:00am-Noon. Search Renfrew Childs Paradise on Facebook. Phone: 613-432-2627

164 Argyle St., S., Renfrew

NUMBER 95**October 23, 2017**

Deadline to submit your listing for the November-December edition of 101 Things to Do in the Valley. Listings are \$25 plus HST, or 5 for \$100 plus HST. A great edition to promote Christmas craft sales, holiday sales, winter events and more. Edition will publish October 26.

101things@travellourbackyard.com

www.travellourbackyard.com

NUMBER 96**October 28, 2017**

Zombie Thrill Run in Pembroke. 2k, 5k, 10k, and a new 3k seniors poker walk option. Prizes for team entries. Win a GPS watch, mountain bike, and more. Raising funds for the Algonquin Trail previously known as the CP Rail corridor. Register today! Search Zombie Thrill Run on Facebook or visit our website.

www.zombiethrillrunpembroke.com

NUMBER 97**October 28, 2017**

Get your costumes ready for Rankin Culture & Recreation Centre's Annual Halloween Dance. Prizes for the best costume. Cash only bar. You must be 19 years of age or older to attend this event. 8:00pm-1:00am. Tickets are \$10 each and includes a late lunch.

rankincentre@rankincentre.ca

www.rankincentre.ca

NUMBER 98**October 28, 2017**

Guitars Alive Quartet in Concert. This internationally acclaimed group thrills audiences with Latin-classical, electric, and acoustic guitars, dobro and electric bass. Advance tickets at the Arnprior Book Shop. Adults: \$25. Students/Seniors: \$20. Ticket price increases at door. 7:30pm. Grace St. Andrews United Church, 269 John Street North, Arnprior. philipcandelaria@gmail.com www.guitarsalivequartet.com

NUMBER 99**October 29, 2017**

The last performance of "Stick Out Your Tongue and Say MOO - Making the rounds with the Amorous Veterinarian", by Stone Fence Theatre. St Andrews Parish Hall, 141 Queen St, Killaloe. 1:30pm. Pre-show entertainment by Ken Ramsden. Come for dinner, or just dessert. Tickets available online or by phone.

Phone: 1-866-310-1004

www.stonefence.ca

November Events**NUMBER 100****November 1, 2017**

Rankin Culture and Recreation Centre's Gift Basket Auction. Over 30 baskets to help get your holiday shopping done. Viewing at 6:30pm. Auction at 7:30pm. \$10 includes beverage, hors d'oeuvres, and prizes. Basket themes include Pampered Chef, scrapbooking, pickles and jams, gift certificates and more! 20 Rankin Rink Road, Pembroke

www.rankincentre.ca

NUMBER 101**November 18, 2017**

The Renfrew County Federation of Agriculture's first ever Annual Harvest Gala in recognition of our local farming history in Canada's 150th birth year. Meal by Waterfall BBQ and Catering, a film premier created to depict farming in Renfrew County, and a dance featuring the Ghost Town Cryers. \$40 per person. Renfrew Armouries, 115 Veterans Memorial Boulevard. Phone: 613-623-4542

Upcoming Issues

November-December Edition

Deadline: October 26, 2017

Publishes: October 23, 2017

How To Subscribe

101 Things to Do in the Valley is free to receive every two months by email. 101things@travellourbackyard.com

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