

101 Things To Do in the Valley

JANUARY-FEBRUARY EDITION

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

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

All Season

NUMBER 1

Employment Solutions

Do you need someone to run errands for you this busy holiday season? Maybe pick up the mail, prepare recycling, make a coffee run or weekly organizing. We have people looking for casual work that could fit your needs. Phone: 613-735-0659 ext.220 htennian@cluov.ca

NUMBER 2

Project Runway Donation

Do you have an aviation enthusiast in your family? If so, we have a gift for you! Give the gift of a foot of runway at the Pembroke & Area Airport. \$250 gets your name on a foot, a photo, a tax receipt plus an invite to the paved runway grand opening! Phone: 613-732-7774 marketing@flycyta.ca

NUMBER 3

Last Minute Shopping

Looking for last minute gift ideas? Take a stroll in Downtown Pembroke. Add local flair to your Christmas gift giving with music, treats, clothing, unique gifts, dining out certificates and so much more. No matter who that hard-to-buy-for person is on your list, Downtown Pembroke has you covered. www.downtownpembroke.ca
www.facebook.com/downtownpembroke

NUMBER 4

O'Brien Theatre

Here's something you have to put on your "to do" list this year or in 2018 - taking in a move at the O'Brien Theatre in Renfrew or Arnprior. It's a great movie experience in a classic theatre! Follow us on Facebook for the latest movie releases - O'Brien Theatre Renfrew & Arnprior.

NUMBER 5

Winter In Mattawa

Mattawa Golf and Ski Resort offers winterized cabins for your winter activities. Located on top Trail A for your snowmobiling needs and only 20 minutes away from Antoine Mountain to enjoy some downhill skiing. Cabins are equipped with kitchens, BBQ's, satellite TV, and more. Meal plans are also available. Phone: 1-800-762-2339 www.golfmattawa.com

NUMBER 6

Summer Jobs Grant

The annual Canada Summer Jobs grant application period is open from December 19 to February 2. The program provides funding to non profits, public-sectors and small businesses (under 50 employees) to create summer jobs for those aged 15 to 30 years who are full-time students and returning to school. Phone: 613-732-4404 cherylgallant@parl.gc.ca

NUMBER 7

Eastern Ontario Jobs

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

NUMBER 8

Dine In Downtown Pembroke

This holiday season, invite someone close to you out for dinner at one of Downtown Pembroke's awesome restaurants. Take the time to catch up over the holidays, and enjoy the festive spirit at any of the eateries. Plus, a restaurant gift certificate always makes a great gift for any occasion. www.downtownpembroke.ca
www.facebook.com/downtownpembroke

NUMBER 9

Johnston & Mackie Insurance

The snow is here so make sure your snowmobile is insured when you're ready to hit the trails. Check with us about your home or auto policies as well. Did you know there could be discounts for snow tires? Local brokers are licensed in Ontario and Quebec. Phone: 613-735-1046 insure@jmackie.com

NUMBER 10

Speaker's Bureau

Community Living Upper Ottawa Valley local speaker's bureau is looking for bookings! This free presentation allows individuals connected with our agency to share their life stories - the achievements and the challenges of inclusive living. We can speak to large and small groups alike. Phone: 613-735-0659 ext.200 cringley@cluov.ca

NUMBER 11

Have A Fire Safe Holiday

Layman Fire & Safety would like to wish the community a fire safe holiday season. Please check your smoke detectors and ensure your fire extinguishers are in working order as your home is busier than usual. Phone: 613-732-5320 joel@laymanfireandsafety.com

NUMBER 12

Young Adults With Disabilities

If you are a recent graduate from high school, or you are a young adult with an intellectual disability, we may have programs, services and supports available to you. You do not have to be registered with Community Living in order to participate in our programs. Contact us for info. Phone: 613-735-0659 twilliams@cluov.ca

NUMBER 13

Free Skating In Pembroke

The City of Pembroke has free skating days this season: December 17 (2:00pm-3:00pm), December 22 (7:00pm-8:30pm), December 27-28 (1:30pm-3:00pm), December 29 (1:30pm-3:00pm and 7:00pm-8:30pm), December 30 (1:30pm-3:00pm), January 2-4 (1:30pm-3:00pm) and January 5 (1:30pm-3:00pm and 7:00pm-8:30pm). Phone: 613-735-6821 ext.1501 www.pembroke.ca

NUMBER 14

Ski & Stay

Winter is here - plan your trip to Antoine Mountain in Mattawa for some skiing or snowboarding and stay at Mattawa Golf and Ski. Only 20 minutes away, our cozy cabins feature a full kitchen, BBQ, satellite TV and more. Meal plans also available. Located on the snowmobile trail! Phone: 1-800-762-2339 www.golfmattawa.com

NUMBER 15

Ottawa Valley Jobs

Are you looking for a new job in the new year? We have great local jobs at www.ovjobs.ca! Like us on Facebook and all our new postings appear in your timeline. We are the Valley's source for employment opportunities. www.facebook.com/ovjobs
www.ovjobs.ca

NUMBER 16

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 17**Mattawa Golf & Ski**

Plan your getaway to Mattawa Golf and Ski Resort. Located on top Trail A for your snowmobiling needs and only 20 minutes away from Antoine Mountain if you are into some exciting downhill skiing. All winterized cabins are equipped with kitchens, and BBQ's, satellite TV and more. Meal plans also available. Phone: 1-800-762-2339
www.golfmattawa.com

NUMBER 18**Loss of Pet**

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 19**Ottawa Valley Business**

Keep up to date with what's going on in the business community with a free subscription to Ottawa Valley Business. Delivered twice monthly by email, this online newsletter covers business news, events, tenders, marketing advice and more. admin@ovbusiness.com
www.ovbusiness.com

NUMBER 20**Laurentian Valley Skate Trail**

Bring your skates to the Alice & Fraser Recreation Centre for a skate on the new 1.5km Laurentian Valley Skating Trail. The trail is free to use and open daily, weather permitting. Special night skates are planned for January 20 & February 10, 2018. For information and a map of the trail see our website or Facebook.
www.lvtownship.ca

NUMBER 21**Calling All Snowmobilers**

Mattawa Golf and Ski Resort is located on the Top A Trail and is a perfect spot to spend the night. Chalets include fireplaces, full kitchen, gas barbecue, BBQ, satellite TV and more. Small cottages can accommodate up to 6; large cottages can accommodate up to 12. Meal plans also available. Book your stay today. Phone: 1-800-762-2339
www.golfmattawa.com

NUMBER 22**Winter Fun**

Mount Pakenham - 50 years of winter family fun. The only resort to offer night skiing five nights a week in Eastern Ontario! Open daily and evenings Tuesday to Saturdays. We offer "Learn to Ski or Snowboard" packages for all ages! Terrain park, X-country skiing, tubing, and snowshoeing! Lessons and rentals available. Phone: 613-624-5290
www.mountpakenham.com

NUMBER 23**Conway's Pharmacy**

It's cold and flu season so see the experts at Conway's Pharmacy in Cobden, Eganville or Petawawa and let us help you get through this winter. We are your medication professionals. www.conwayspharmacy.ca

NUMBER 24**Winter Escape**

Looking for some R&R? Plan your winter escape today to Mattawa Golf and Ski Resort. Cozy winterized cabins perfect for your winter escape. Cabins are equipped with a kitchen, BBQ, satellite TV and more. Enjoy downhill skiing at Antoine Mountain, just 20 minutes away. On the snowmobile trail! Snowmobile rentals are also available. Phone: 1-800-762-2339
www.golfmattawa.com

NUMBER 25**January 1-March 31, 2018**

Stay & Play at the Canadian Ecology Centre! Stay a minimum two nights in our heated and modern accommodations and save 25% each night! 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. Highway 17, Mattawa. Phone: 705-744-1715
www.canadianecology.ca

NUMBER 26**Let's Talk Aviation**

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 27**Ski & Snowboard For Less**

Great deals all winter at Mount Pakenham! Tuesdays: 2-for-1 Lift Tickets 9:00am-9:00pm. Red Fridays: 50% lifts and rentals for all military personnel and immediate family 9:00am-10:00pm. Saturdays: 2-for-1 lift tickets and rentals 4:00pm-9:00pm, Discover ski/board lessons 5:00pm and 6:00pm. (Plus taxes. Holidays exempt.) Phone: 613-624-5290
www.mountpakenham.com

December Events**NUMBER 28****December 14-17, 2017**

Deck the Hall at Cidrerie Coronation Hall Cider Mills. 10:00am-6:00pm. An old-fashioned Christmas event featuring a 45 foot Christmas Tree, gingerbread house decorating, fresh baked treats and carol singers, local businesses with holiday gift ideas and more. School groups welcome! Bristol, QC. Phone: 819-647-2547

NUMBER 29**December 14-23, 2017**

Stay tuned to Integrated Health Centre's 12 Days of Christmas promotion. Posted daily on Facebook, there are 12 deals that you can get throughout the holidays. If you have a healthy person on your Christmas list, you should make a point to visit Integrated Health Centre. Phone: 613-732-3333
www.facebook.com/ihcentre

NUMBER 30**December 15, 2017**

Elder Abuse Workshop. Topic: Financial Abuse. 1:00pm at the Eganville Seniors Centre, 30 Bell Street. Free to attend. Catherine Yarmel, OPP Community Officer will share resources and information, along with a finance industry speaker. Confidentially will be encouraged. Phone: 613-628-2354
www.eganvilleseniors.com

NUMBER 31**December 16, 2017**

Arnprior District High School's second annual bake sale and gift wrapping event. Arnprior Public Library. Noon-5:00pm. Pick up some sweet treats and have your gifts wrapped. Cost: by donation. 21 Madawaska Street, Arnprior

NUMBER 32**December 17, 2017**

You are invited to St. John's Lutheran Church Sunday School production of "Just a Little Christmas." 2:00pm at Luther Hall. A free will offering will be divided between St. John's and the local food banks. All welcome. We're on Facebook! 605 Black Bay Road, Petawawa Phone: 613-687-6187

NUMBER 33**December 18, 2017**

Algonquin College Pembroke Waterfront Campus Tour. 9:00am-Noon. Tour of the campus, meet with Student Services and get answers to your questions. Noon-2:00pm tour of three student residences available. Phone: 613-735-4700 ext. 2712
www.algonquincollege.com/pembroke

NUMBER 34**December 19, 2017**

TV Crew Call by Yourtv Ottawa Valley (Cogeco)! Fulfill your community involvement activity by producing TV! We will teach you camera, audio and graphics for a broadcast. 4:30pm-8:30pm. Pembroke Council Chambers. Phone: 613-735-2100 ext.232

NUMBER 35**December 20, 2017**

PMFRC Mental Health Walk-in Clinic. No appointments or referrals required. For military families, couples, children and parents. 4:00pm-8:00pm. First come, first served. Single sessions also available. Call for info. The Family Centre. 12 Reichwald Crescent, Petawawa Phone: 613-687-2104 ext. 224

NUMBER 36**December 23, 2017**

Horse-drawn Christmas caroling in Downtown Ladysmith, QC. 30-minute ride. 12 people at a time. \$10 each. Child on knee is free. Rides around Ladysmith and on the 710 Excursions Farm. 7:00pm-10:00pm. Phone: 819-647-2724
www.710excursions.com

NUMBER 37**December 24, 2017**

Grace United Church, Admaston Live Nativity. Join us as we reenact the Nativity story outdoors with actors and live animals. All welcome. 1875 Foy Road, Renfrew. 7:00pm. Phone: 613-401-2453
admastonpastoralcharge@gmail.com

NUMBER 38**December 31, 2017**

New Years Eve Party at the Pembroke Legion. 202 Pembroke Street East, Pembroke. Music with The John Priebe Band. Cocktails 8:00pm-9:00pm, music 9:00pm-1:00am in the main hall. Late lunch included. Bring your own hat and horn. Tickets are \$25 and must be purchased by December 28th. See lounge bartender for tickets.

Phone: 613-732-2691

www.pembrokelegionbr72.ca**NUMBER 39****December 31, 2017**

Who wants to party with WBC on NYE? We are ringing in the New Year at Lakeside with live music from Jack & The Aces! We'll be popping champagne at midnight, the kitchen is open late, and there will be dancing! Dinner available before. \$10 a ticket. Transportation. Bus drop off at Canex and Irving Big Stop. You must make a reservation! Phone: 613-646-0101

January Events**NUMBER 40****Festival of Outdoor Rinks**

Save the date for the region's most awesome winter festival happening February 9-11, 2018. The 2018 Festival of Outdoor Rinks welcomes new rinks this year! See website for details. www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 41**Celebrating 60 Years**

Community Living Upper Ottawa Valley is kicking off this New Year in style - celebrating our 60th anniversary! We would like to hear from former clients, employees, board members and anyone with a Community Living experience to share. If you have something to share, please contact Holly Tennian. Phone: 613-735-0659 hntennian@cluov.ca

NUMBER 42**Happy New Year**

Kallie and Jennifer at Forward Thinking wish our local business community best wishes for a healthy and prosperous 2018. Being able to live in the Ottawa Valley is truly one of the greatest gifts. May 2018 be the best year! www.fwdthink.net

NUMBER 43**January 1, 2018**

Perth Polar Bear Plunge. Legion Branch 244, 26 Beckwith Street, Perth. Watch brave souls battle the frigid Tay River waters in support of the Table Community Food Centre. 8:00am-9:30am breakfast (\$5 or free for plungers). 8:00am registration, 9:45am safety briefing, 10:00am plunge! plunge@thetablecfc.org www.perthpolarbearplunge.ca

NUMBER 44**January 2, 2018**

Academic Upgrading Intake Session. Algonquin College Waterfront Campus in Pembroke will be offering evening college preparation biology and chemistry courses beginning in January. Free to Ontario residents. 6:00pm-9:00pm. To register contact Melanie Burton. Phone: 613-735-4700 Ext. 2764 burtonm@algonquincollege.com

NUMBER 45**January 3, 2018**

Red Cross Babysitting Course at the Renfrew Recreation Centre, 67 Argyle Street, Renfrew. Newly revised course for youth 11-15 years of age has an emphasis on first aid skills and covers everything from managing difficult behaviors to content on leadership and professional conduct as a babysitter. Pre-register online. info@ottawavalleyfirstaid.com www.ottawavalleyfirstaid.com

NUMBER 46**January 5, 2018**

Health Matters Winter Edition publishes! We are the Ottawa Valley's most popular resource for local health information. This edition has a focus on fitness and workouts. Reserve free copies for your business. Paid subscription also available to your door! www.facebook.com/healthmattersmag www.ovhealth.ca

NUMBER 47**January 5, 2018**

Red Cross Stay Safe Workshop at the Renfrew Recreation Centre, 67 Argyle Street, Renfrew. For youth 9-13 years of age. It teaches applicable and age appropriate skills while increasing and reinforcing youth's capacity to improve his/her own safety. Preregistration is required online. Email us for more info. info@ottawavalleyfirstaid.com www.ottawavalleyfirstaid.com

NUMBER 48**January 8, 2018**

Indoor walking at Beachburg Public School. A free program to walk with neighbours, friends and family for fun and fellowship in a safe, warm place. Mondays 5:00pm-6:30pm, and Wednesdays 5:00pm-7:00pm. Everyone is welcome.

20 Cameron Street, Beachburg

NUMBER 49**January 11, 2018**

Crazy Beautiful Dresses presents the 2018 Prom Showcase. Clarion Hotel in Pembroke. 6:00pm-8:00pm. This event is a fundraiser in support of the Robbie Dean Family Counselling Centre with dresses on display from popular prom suppliers. 900 Pembroke St. E., Pembroke Phone: 613-638-2590

NUMBER 50**January 12, 2018**

The Training & Learning Centre of Renfrew County is offering "Up Skills For Work." A series of free workshops with a focus on soft skills. 10:00am. 60-90 minutes in length. Contact Sue or Rachel for more information. Phone: 613-628-1720 trainingandlearningcentre@gmail.com

NUMBER 51**January 14, 2018**

Free public skating. 7:00pm-8:15pm at the Eganville Arena. Sponsored by the Eganville Rotary Club.

178 Jane Street, Eganville

NUMBER 52**January 14, 2018**

The Olde Time Country Jam at the Timberline Snowmobile Clubhouse. Come, play, listen, sing and dance! Admission is free and refreshments will be available. Call for more info. 2 Henan Road in Pembroke Phone: 613-732-0276

NUMBER 53**January 16 & 18, 2017**

Adult Breakaways and Night Owls ski/snowboard program at Mount Pakenham. Both run for 8 consecutive weeks. The Breakaways is an afternoon 90-minute lesson starting January 16th at 1:30pm. Our popular Night Owls program is a 60-min evening lesson starting January 18th at 7:00pm. Both allow for après-ski socializing in the Lounge! Phone: 613-624-5290 www.mountpakenham.com

NUMBER 54**January 17, 2018**

United Way Spaghetti Lunch & Bake Sale. Algonquin College in Pembroke. 11:00am-1:00pm. \$4 a plate for students and kids. \$5 a plate for employees and community. www.facebook.com/renfrewcountyunitedway

NUMBER 55**January 18, 2018**

The Training & Learning Centre of Renfrew County is offering "UP Skills For Work." A series of free workshops with a focus on soft skills. 10:00am. 60-90 minutes in length. Contact Sue or Rachel for information. Phone: 613-628-1720 trainingandlearningcentre@gmail.com

NUMBER 56**January 19, 2018**

Sisterhood Papercrafts Peaceful Winter Cards Workshop. Use stamping techniques, emboss over ink and water colour and use markers and daubers to create beautiful cards. 1:30pm. \$25. Pre-registration is required. 452 Pembroke St. W., Pembroke We're On Facebook!

NUMBER 57**January 19-21, 2018**

Jim's Lake Carnaval du Lac Jim. Crowning of Queen and her Duchesses. Snowmobile races on the 21st starting at Noon followed by spaghetti supper and DJ Trippy Trist. Hangover breakfast on the 22nd. Games, contests, prizes and more. www.facebook.com/pourvoirielacljm

NUMBER 58**January 20, 2018**

Laurentian Valley Alice in Winterland Carnival. Craft and Vendor Show. Alice & Fraser Recreation Centre in Laurentian Valley. 10:00am-3:00pm. This is opening day of our annual Winter Carnival. Win a draw and find some awesome local crafts!

NUMBER 59**January 20, 2018**

Brew it Right coffee course at Equator Coffee Roasters in Mississippi Mills. 10:00am-12:00pm. We'll cover the basics of freshness, quality, and what makes Equator different. Ticket includes a 340g take-home bag of our featured coffee, and a 10% off in-store coupon! \$30 per person. outreach@equator.ca www.equator.ca

NUMBER 60**January 20, 2018**

Arnprior Optimist Club wine tasting. 7:00pm-1:00am. Taste eight great wines by sommelier Jay Whitelock. Learn how to select great value wines, match wine with food and more. Food pairings by The Greenside Tavern. Dance to follow with Schnob Disc Jockey Services. Nick Smith Centre, Arnprior www.facebook.com/arnprioroptimist

NUMBER 61**January 23, 2018**

Kombucha Brewing Workshop at the Deep River Public Library. 7:00pm-8:30pm. 55 Ridge Road in Deep River. Learn how to make kombucha at home. Kombucha is a naturally probiotic fermented tea with numerous health benefits. \$45. Register in advance via email or at The Olive Tree in Deep River. info@laurentianbrew.ca www.laurentianbrew.ca

NUMBER 62**January 25, 2018**

Family Trivia Night. Kids from kindergarten to Grade 6, along with adult family members are invited to test their skills at questions from topics such as music, movies, animals and more. 6:00pm-7:30pm. Petawawa Public Library. Register in advance by phone or email please. Phone: 613-687-2227 ext. 2203 kschubert@bellnet.ca

NUMBER 63**January 25, 2018**

Ottawa Valley Thunder will be hosting the Montreal Canadiens Alumni for a charity hockey games at Pembroke Memorial Centre. The Habs Alumni will face-off versus the Friends of the Thunder local team. Presented by Canadian Tire. 7:00pm at the Pembroke Memorial Centre. Tickets available at the Pembroke Recreation Office, 393 Pembroke St. W., Pembroke. President@GirlsHockey.ca

NUMBER 64**January 26, 2018**

The Training & Learning Centre of Renfrew County is offering "UP Skills For Work." A series of free workshops with a focus on soft skills. 10:00am. 60-90 minutes in length. Contact Sue or Rachel for more information. Phone: 613-628-1720 trainingandlearningcentre@gmail.com

NUMBER 65**January 26-28, 2018**

Think your town is the best at hockey? Enter a team in the Renfrew County Cup in support of Big Brother Big Sisters of Renfrew County. A 12 team, 3 division round robin style tournament. \$600 per team. Friday: 6:00pm-11:00pm. Saturday: 9:00am-9:00pm (dance to follow). Sunday: 11:00am-2:00pm. 2 Club House Road, Deep River www.bbbsrc.ca

NUMBER 66**January 27, 2018**

Acrodance is coming to Renfrew! Acrodance combines classical dance technique with familiar gymnastics movement suitable for both girls and boys. Classes for children of all ages. 4-week programs. Register at the Renfrew Recreation Centre January 20, 10:00am-3:00pm. lift.acrodance@gmail.com www.facebook.com/liftacrodance

NUMBER 67**January 27, 2018**

Stars & Songs Weekend at the Canadian Ecology Centre. Enjoy an evening of songs and storytelling with Canadian Musician, Ian Tamblyn, followed by a night of star gazing in our observatory and a campfire! Individual tickets or weekend packages available. We are located on Highway 17 in Mattawa. Phone: 705-744-1715 www.canadianecology.ca

NUMBER 68**January 27, 2018**

Go Hunt Birds presents the Hunting Film Tour. An evening of the hunting industries best voted films of the year showcased on the big screen at Festival Hall in Pembroke. Prizes, raffles, free gear and more. Tickets: \$40 per person available online. 7:00pm-10:00pm, 401 Isabella Street, Pembroke. www.facebook.com/gohuntbirds www.gohuntbirds.com

NUMBER 69**January 27, 2018**

Kennelly Mountain HilCross Snowmobile Race Event. 8:00am-6:00pm. Calling all snowmobile racers! Snowcross, hill drag and weekend warriors! There are classes for most everyone regardless of experience! ride@kmmx.ca criopelleloveless@gmail.com

NUMBER 70**January 30, 2018**

Dinner Club at the Barn. Wedding and events. Join us for an evening of Mexican cuisine. 6:00pm-9:00pm. Black bean and corn salsa and chips, chicken enchiladas, rice and beans and a glass of red or white house wine or draft beer. Churros, coffee and tisane for dessert! \$90 for two seats. 7109 County Road No 29, Mississippi Mills www.eventbrite.ca

February Events**NUMBER 71****Get Ready To Hit The Rinks**

Get your skates sharpened for the 2018 Festival of Outdoor Rinks. It's only days away, running February 9-11, 2018. Who needs Parliament Hill when we have a whole lot of ice right here in the Valley? See website and Facebook for updated details. www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 72**February 1, 2018**

The 6th Annual Soup Sensations fundraising event for First Step Options Pregnancy Resource Centre. St John's Lutheran Church. 11:00am-2:00pm and 4:00pm-7:00pm. Enjoy some tasty soups made by local restaurants and be entertained by some local talent. There will also be a bake sale and silent auction. 357 Miller Street, Pembroke www.facebook.com/firststepoptions

NUMBER 73**February 2-4, 2018**

Douglas Frosty Fun. Celebrating 43 years. Join us for a weekend of winter fun for all ages. Euchre tournament, men's and women's hockey tournament, Ry-J's fun zone, public skating, sleigh rides and so much more! Free admission. Proceeds to Douglas Recreation Improvements. Phone: 613-432-2885 www.admastonbromley.com

NUMBER 74**February 3, 2018**

Save the date for the 1st Annual Sno-Drifters Poker Run. The clubhouse will be open with hot food and refreshments. Door prizes available. www.facebook.com/snowcountrydistrict6 and online at: www.snowcountry snowmobileregion.ca for details.

NUMBER 75**February 3, 2018**

It's the Downtown Pembroke Hockey Spree on main street in Downtown Pembroke! Enter a team and vie for the Hockey-Spree Cup while funds go to supporting a great charitable cause. Part of the City of Pembroke's SnoSpree festivities. www.downtownpembroke.ca www.facebook.com/downtownpembroke

NUMBER 76**February 4, 2018**

Hymn sing at the Rankin Culture & Recreation Centre. Part of the 2018 Winter Carnival. A free will offering will be taken. Light refreshments and door prizes. 7:30pm. Public skating 7:00pm-9:00pm.

www.facebook.com/rankincentre www.rankincentre.ca

NUMBER 77**February 6, 2018**

Women's eating Disorders anonymous group. Meeting Thursdays. 6:00pm-8:00pm in Pembroke. ottawavalleyeda@gmail.com www.4EDA.org

NUMBER 78**February 7-10, 2018**

Save the date for the Community Bonspiel hosted by Pembroke Curling Centre. Open to members and the public. Watch Facebook for more details closer to the event. www.facebook.com/pembrokecurlingcentre Phone: 613-732-4113

NUMBER 79**February 8-11, 2018**

Rankin Culture & Recreation Centre's Annual Winter Carnival. Tons of activities for all ages. Adult and kids games, hymn sing night, trivia night and more! All events require a carnival button (\$2). Free public skating when ice is not in use on our brand new rink! See our website for full schedule. www.facebook.com/rankincentre www.rankincentre.ca

NUMBER 80**February 9, 2018**

It's day one at the third annual Festival of Outdoor Rinks! Rinks participating from around the Ottawa Valley. See our website and Facebook for the full schedule. Attending the rinks is free. Come out and enjoy! www.facebook.com/outdoorrinks www.festivalofoutdoorrinks.com

NUMBER 81**February 9-11, 2018**

Winter's Embrace Couples Weekend at the Canadian Ecology Centre. Embrace winter with someone you love at the Canadian Ecology Centre. Package includes 2 nights' accommodation, lunch & dinner on Saturday, breakfast on Sunday, Saturday afternoon activities & a Saturday evening campfire. Package price: \$300+HST per couple. Highway 17, Mattawa.

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

NUMBER 82**February 10, 2018**

It's day two at the third annual Festival of Outdoor Rinks! Rinks participating from around the Ottawa Valley. See our website and Facebook for the full schedule. Attending the rinks is free. Come out and enjoy this great winter festival.

www.facebook.com/outdoorrinks
www.festivalofoutdoorrinks.com

NUMBER 83**February 11, 2018**

It's day three at the third annual Festival of Outdoor Rinks! Rinks participating from around the Ottawa Valley. See our website and Facebook for the full schedule. Attending the rinks is free. Come out and enjoy this great winter festival.

www.facebook.com/outdoorrinks
www.festivalofoutdoorrinks.com

NUMBER 84**February 13, 2018**

Today is Canada's Agriculture Day. It's a time to celebrate the contribution that our farmers make to our world, our country, our province and our local communities. On behalf of M&R Feeds Micksburg, Pembroke and Shawville, our hats off to all of our local farmers.

www.mandrfeeds.com
www.agday.ca

NUMBER 85**February 13, 2018**

Today is the deadline to submit your listing for the March -April Edition of 101 Things to Do in the Valley. Listings are \$25 plus HST, or 5 listings for \$100 plus HST. A great edition for ST. Patrick's Day, March Break, Easter and Spring events. Edition publishes February 15.

101things@travelourbackyard.com
www.travelourbackyard.com

NUMBER 86**February 14, 2018**

It's Valentine's Day in Downtown Pembroke! Book ahead at your favourite local eatery and take your sweetheart out for dinner. Reservations are highly recommended as our restaurants tend to book up early, though many have multiple sittings. Share the love in Downtown! www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 87**February 16-19, 2018**

Family Day Weekend at the Canadian Ecology Centre! Join us on Sunday evening for a candlelit snowshoe hike, campfire, star gazing in our observatory, and wolf howling. Weekend packages available with meals and accommodations, or just come for Sunday evening. Highway 17, Mattawa. On Facebook. Phone: 705-744-1715

www.canadianecology.ca

NUMBER 88**February 17-19, 2018**

Free Ontario Family Fishing Weekend! Canadian residents can fish Ontario waters free. There is no better time to introduce a friend to fishing! www.ontariofamilyfishing.com

NUMBER 89**February 17, 2018**

Battle on the River. 500-foot snow track. Hosted by Northeast Snowmobile Racing. 8:00am-Noon. Rolph Airstrip in Deep River. Admission: \$10 adult. Free: 12 and under. For entry fee details and more information: www.facebook.com/northeast snowmobile

www.nesnowmobiledragracing.com

NUMBER 90**February 19, 2018**

In the Kitchen cooking classes for kids 7+ and adults. Science of baking, the measuring tools, quantities, calculations and prepare a healthy baked goods. 5:00pm-8:00pm. \$25 per pair. Phone: 613-623-7301

www.facebook.com/nicksmithcentre

NUMBER 91**February 23, 2018**

The Pontiac Chamber of Commerce 6th Annual Business Achievement Awards Gala. Pontiac Conference Centre in Fort-Coulonge, Quebec. Starting at 6:00pm. Phone: 819-647-2312

NUMBER 92**February 27, 2018**

Ladies Day at Mount Pakenham! Join us Tuesday, February 27th from 1:00pm to 4:00pm for an exclusive opportunity to enhance your skiing/boarding skills in a fun, comfortable environment! Beginner to expert, this is for you! Advance reservation required.

Phone: 613-624-5290
www.mountpakenham.com

March Events**NUMBER 93****Employment Support**

Community Living Upper Ottawa Valley will soon be delivering a program of employment supports for people with disabilities. For more information and to be notified of the program launch, register with Carol.

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

NUMBER 94**March 3-4, 2018**

Renfrew Gun & Hunting Show. March 3: 9:00am-4:00pm. March 4: 9:00am-3:00pm. 100 tables of guns and lots of hunting products! Admission: \$7.

115 Veterans Memorial Blvd., Renfrew
www.valleysportsmanshow.com

NUMBER 95**March 11, 2018**

Seminar on puppyhood. Presented by Nancy Trus. Natural behaviours of puppies, why they do certain things and when it is necessary to stop them. The merits of socialization, teething issues, what to expect in the teenage years and a Q&A session. 10:30am-12:30pm. \$20 each. Register in advance.

www.facebook.com/TailWaggers.K9Sport
80 Richardson Crescent, Pembroke

NUMBER 96**March 12-16, 2018**

Mount Pakenham March Break theme days! With each day a new theme (Princess, Superhero, Canada, Retro, Valley and more!) Just post your costumes on our Facebook Page for a chance to win prizes. Photos must be taken at Mount Pakenham Ski Resort. Details will be added to our Facebook page closer to the date.

Phone: 613-624-5290
www.facebook.com/mountpakenham

NUMBER 97**March 19, 2018**

Our annual Easter Basket promotion begins in Downtown Pembroke. Visit participating stores and you can save during this Spring kick-off event. Plenty to win in Downtown Pembroke! www.downtownpembroke.ca www.facebook.com/downtownpembroke

NUMBER 98**March 22, 2018**

Make Your Pitch invites high school students in Ontario to pitch their business ideas in a two-minute video. 20 finalists are chosen who are awarded a trip to Toronto to pitch their ideas live at OCE's Discovery conference and showcase, April 30-May 1, 2018, in front of a panel of judges.

Phone: 613-735-8224
www.enterpriserefnwcounty.com

NUMBER 99**March 23-25, 2018**

Save the date for the Opeongo Heritage Cup at the Paul J. Yakabuski Community Centre, Barry's Bay. A men's and women's hockey tournament featuring four of our heritage communities: Kashubian Griffins, Algonquin Thunderbirds, Irish Shamrocks, and the German Black Eagles. Cultural food and dance as well.

www.heritagecup.ca

NUMBER 100**March 24, 2018**

Hockey Night in Pembroke at the PMC. The 2018 NHL Alumni Benefit Tour featuring NHL legends, local former NHLers in support of Special Olympics Ontario and the Law Enforcement Torch Run! Doors open at 5:00pm. Game starts at 6:00pm. Call or visit our website for tickets.

Phone: 1-844-363-0500
www.benefithockey.com

NUMBER 101**March 24, 2018**

Mark your calendars for the 2018 Cornerview Charolais Bull Sale. Held in Cobden on March 24, 2018. For information, call 613-646-9714 or inquire with M&R Feeds Micksburg location. www.mandrfeeds.com

Our March-April issue publishes February 15, 2018. Submit your event to us by February 12th. 101things@travelourbackyard.com