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101 Things To Do in the Valley

MARCH-APRIL EDITION

Download this list at: www.travelourbackyard.com

101Things@travelourbackyard.com | Phone: 613-732-7774 | www.facebook.com/travelourbackyard

All Season

NUMBER 1

Here to Help

Winter is a great time in the Ottawa Valley with all the wonderful spots to visit and activities to take part in. Welcome from John Yakabuski, MPP, Renfrew-Nipissing-Pembroke. Feel free to call or drop into my office at 84 Isabella Street, Pembroke, if I can be of assistance.

Phone: 613-735-6627

john.yakabuski@pc.ola.org

NUMBER 2

PRH Employees

Are you an employee at Pembroke Regional Hospital? If so, you can qualify to be quoted on our PRH employee group plan for home and auto insurance. We know there is strength in numbers. If we can save you some money and ensure you have the right coverage, that's a win-win!

Phone: 613-735-1046

insure@jmackie.com

NUMBER 3

Find Your Next Job

Looking to work in the Ottawa Valley? See all the great opportunities at www.ovjobs.ca! Easy to navigate with jobs listed by category and location. Follow us on Facebook to get openings in your feed.

www.facebook.com/ovjobs

www.ovjobs.ca

NUMBER 4

Gems of the Mind

If you have ever wanted to write or publish a book, Gems of the Mind Writer's Club is the place for you. We meet the last Tuesday of every month, 6:30pm-7:30pm. Pembroke Public Library boardroom.

Phone: 613-732-8844

www.pembroke.library.ca

NUMBER 5

Forward Thinking

Do you think more people should know about your business? Have you been in business 20 years and people still don't know what all you do? That's marketing and it's what we do.

Phone: 613-732-7774

jenn@fwdthink.net

NUMBER 6

LifeShare

Community Living Upper Ottawa Valley is working diligently to build more inclusive communities. In doing that, we are encouraging local families to be part of our LifeShare program - providing a home for someone with an intellectual disability. If you think this might be a possibility for you, please contact us.

Phone: 613-735-0659

cripley@cluov.ca

NUMBER 7

Potatoes

If you are looking for a different variety of potatoes to sow this year, we have choices. They come in 10lb, 50lb and 75lb bags. Call our Pembroke or Shawville locations for varieties, availability and prices. Email us at: pembroke@mandrfeeds.com or shawville@mandrfeeds.com.

Phone: 613-732-2843

Phone: 819-647-2814

NUMBER 8

St. John's Church

If you have been thinking about going back to church, we invite you to come join us for a Sunday morning. We hold weekly worship services on Sunday morning at 10:00am with a coffee hour at the church at 11:00am. We welcome new people to attend. Meet Pastor Albert and the congregation.

605 Black Bay Road, Petawawa

www.stjohnspetawawa.com

NUMBER 9

Art Therapy

Art therapy uses visual images and art media to help express feelings and emotions, explore difficult issues and develop self-awareness. No art experience or talent is needed. Clients are people of all ages and backgrounds, from children to seniors. All sessions confidential. Free initial consultation. Marillyn Saffery.

Phone: 613-735-1858

mal.saffery@gmail.com

NUMBER 10

Municipal Employees

Municipal employees make sure our cities and towns run smoothly. You clear our streets, manage our finances and help our businesses and residents. Johnston & Mackie would like to do something for you in return - give you a quote on our Municipal Group Insurance Plan for home and auto insurance.

Phone: 613-735-1046

insure@jmackie.com

NUMBER 11

101 Subscriber List

Do you know that you can have 101 Things to Do in the Valley delivered to your email every two months? And, it's free! Just let us know you would like to be on our subscriber list. Automatic things to do in one place.

101things@travelourbackyard.com

www.travelourbackyard.com

NUMBER 12

It's Sew Fun

Wallets, yoga mat bags, totes, casual bags, purses, quilts, mugs, skirts and custom orders. If you're looking for a unique gift for Mother's Day, or a special gift for a birthday, this could be it. Contact Connie or see our ad in Health Matters magazine.

Phone: 613-639-2763

connie.daiken@primus.ca

NUMBER 13

Project Runway

The Pembroke & Area Airport is raising money to repave our 5,000 foot runway and you could be a part of it! We are selling a foot of runway for \$250 and its 100% tax receiptable. A great gift for an aviation enthusiast (adult or child) or if you're looking for a way to donate to a larger community initiative.

marketing@flycyta.ca

www.facebook.com/flycyta

NUMBER 14

Thank You

The Festival of Outdoor Rinks 2018 would like to say "thanks" to the many staff and volunteers who helped make this year's event such a success. It doesn't happen without you! See you next year: February 8-10, 2019.

maria@festivalofoutdoorrinks.com

www.festivalofoutdoorrinks.com

NUMBER 15

Safety Check

Layman Fire & Safety reminds you that if you missed doing a check of your smoke alarms, carbon monoxide detector and fire extinguishers in the fall, do them in the winter. Be safe with working alarms and extinguishers.

www.laymanfireandsafety.com

NUMBER 16

Parkinson's Support

Support groups provide an opportunity for people living with Parkinson's and their care partners to share experiences and discover new resources for daily living. Open to people living with Parkinson's and their care partners. Groups meet monthly in Arnprior, Pembroke, Renfrew, Smiths Falls, Perth, and Almonte. Contact Margaux Wolfe for information.

Phone: 1-800-565-3000 x. 3425

www.parkinson.ca/support-groups

February Events

NUMBER 17

February 15, 2018

Are you a parent of a child or young adult with an intellectual disability? Join us for an information session about opportunities for their future. Includes employment opportunities, transitional support, Passports and how to use them, financial planning and more. 6:30pm at the Community Living office. Phone: 613-735-0659 cripley@cluov.ca

NUMBER 18

February 17, 2018

Ottawa Valley Maple Workshop and Information Day. 9:30am-3:00pm at the Eganville Legion, 57 Pontiac Street, Eganville. Learn how to work with tubing, filtering your syrup, making maple candy and more! \$20 members, \$25 non-members. Pre-registration encouraged. Phone: 613-735-2366 www.omspa.ca

NUMBER 19

February 17, 2018

Battle on the River. Hosted by the Northeast Snowmobile Racing Association. 8:00am start. Being held at the Deep River airport. Watch drag racing on a 500-foot snow track. This is a kid friendly event so bring the family and enjoy the day.

NUMBER 20

February 18, 2018

Johnston & Mackie is a proud sponsor of the Coldest Night of the Year walk in Pembroke on February 24. We want to remind you that the fee to participate increases to \$40 per person (up from \$25) starting tomorrow, so register now. 2K, 5K and 10K walk options. See us at KM #3! alison.jones@rcsrenfrew.on.ca www.cnoy.org/Pembroke

NUMBER 21

February 18, 2018

North Renfrew Snowmobile Association Family Day Social. 11:30am-2:30pm. Hot dogs, hot chocolate, bonfire and a great opportunity to meet fellow sledders. We will be starting at the Stopping Place on the A Trail west of Deep River. Look forward to seeing you out. Phone: 613-586-1951 karenrain@sympatico.ca

NUMBER 22

February 19, 2018

Snow Snake Workshop at Shaw Woods Outdoor Education Centre. Construction from 1:00pm-2:30pm. Competition 2:30pm-3:30pm. Bring your own files and rasps for wood working. Tools provided for those without. Workshop led by Rick Klatt. Great for parents/grandparents and children ages 6+. rklatt@rcedsb.edu.on.ca www.shawwoods.ca

NUMBER 23

February 21, 2018

Attention young professionals! We want to see you at our #NetworkIN event at 24 West Lofts in Downtown Pembroke! Check out new businesses Ottawa Valley Studios, AWE Yoga and Chamber of Secrets Escape Rooms! A great opportunity to network and check out a cool new space in Pembroke. 7:00pm-9:00pm. pbia@downtownpembroke.ca www.facebook.com/downtownpembroke

NUMBER 24

February 22, 2018

Second Career Info Session. Find out if training through Second Career is the right step for you. February 22nd 9:30 am to 11:00 am. Kenwood Corporate Centre, 120-16 Edward Street South, Arnprior. Contact us by phone or email to register or for additional information. Phone: 613-623-4680 arnprior@getontrac.ca

NUMBER 25

February 23, 2018

Trivia Night at Haley United Church. 7:30pm. Doors open at 6:30pm. \$60/table, maximum six people per table. \$60 cash prize for winning team. Door prizes and free snacks. Funds to support the Haley United Church. 760 Calvin Road, Haley Station Phone: 613-432-7035

NUMBER 26

February 23, 2018

The Pembroke & Area Airport invites you to celebrate National Aviation Day with a donation to the Project Runway campaign! For \$250 you can "buy" a foot of runway. Be part of our Friends of the Airport group. Tax receipts available. marketing@flycyta.ca www.facebook.com/flycyta

NUMBER 27

February 23, 2018

2018 Business Achievement Awards Gala. Pontiac Conference Centre in Fort-Coulonge, Quebec. Drinks and appetizers at 6:00pm followed by the awards presentation. Tickets required. Phone: 819-647-2312 info@pontiacchamberofcommerce.ca

NUMBER 28

February 24, 2018

Johnston & Mackie invites you to take a walk tonight in support of homelessness. Pembroke's Coldest Night of the Year takes place throughout the city with funds raised going to help those who are homeless or at risk of being homeless. See us at KM #3. Walk is 4:00pm-8:00pm. Start at Pembroke Armouries. alison.jones@rcsrenfrew.on.ca www.cnoy.org/Pembroke

NUMBER 29

February 24, 2018

Renfrew Nipissing Pembroke Conservative Association Nomination Meeting. RCAF #433 Champlain Wing in Renfrew. Call to order at 10:00am. Speeches 10:00am. Voting 10:30am-12:30pm. Must be a member to vote. www.rnp-conservative.ca

NUMBER 30

February 24, 2018

Renfrew Nipissing Pembroke Conservative Association Nomination Meeting. Opeongo Seniors Centre in Barry's Bay. Call to order at 3:30pm. Speeches 3:30pm. Voting 4:00pm-6:00pm. Must be a member to vote. www.rnp-conservative.ca

NUMBER 31

February 24, 2018

An Evening With Trapperman, Gordie McMillan. He shares his experiences and knowledge of local wildlife and the outdoors. 7:00pm-9:00pm. Golden Lake Community Centre. Free. www.facebook.com/NAW2017

NUMBER 32

February 24, 2018

Brudenell Lyndoch and Raglan Fire Departments Poker Run and Fishing Derby. Known as the "Palmer Poker Run." 9:00am-4:00pm. Start at Raglan White Lake Beach. Fishing derby, midway point and food stand on Moccasin Lake. Prizes and fun in support of the fire department. Phone: 613-758-2061

NUMBER 33

February 24-25, 2018

Telfer Entrepreneurship Program for Military Families. Learn about entrepreneurship in this two day session. Learn the start-up process first hand. Held at the PMFRC office at 12 Reichwald Crescent, Petawawa. www.telfer.uottawa.ca/mfs

NUMBER 34

February 25, 2018

Renfrew Nipissing Pembroke Conservative Association Nomination Meeting. Royal Canadian Legion Branch 72 in Pembroke. Call to order at 12:00pm. Speeches 12:00pm. Voting 12:30pm to 3:30pm. Must be a member to vote. www.rnp-conservative.ca

NUMBER 35

February 26, 2018

Academic Upgrading Intake Session. Held at Algonquin College in Pembroke. 9:00am-12:00pm. In this session you will learn how to complete your college admission pre-requisites. This is free to adults who are Ontario residents. Contact Melanie Burton at the College to register in advance. Phone: 613-735-4700 x.2764 burtonm@algonquincollege.com

NUMBER 36

February 27, 2018

Job Fair Success Workshop. Let ontrac Arnprior help you put your best foot forward in advance of our March 28th Job Fair. Learn the tools for success and how to ensure employers notice you. 10:00am-11:30am. Held at 120-16 Edward Street South, Arnprior. Contact us by phone or email to register or for additional information. Phone: 613-623-4680 arnprior@getontrac.ca

March Events

NUMBER 37

March Giveaway

Did you know that Downtown Pembroke has a giveaway every month from one of their businesses? Stay tuned to our Facebook page in March to see who it is and how to win! There's no cost to enter and you could end up with a little something extra in your pocket for playing along. pbia@downtownpembroke.ca www.facebook.com/downtownpembroke

NUMBER 38**March 1, 2018**

Wes' Chips is open for the season! Take a drive 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. Located at 198 Madawaska Boulevard in Arnprior.
Phone: 613-623-5492
www.weschips.ca

NUMBER 39**March 1, 2018**

Ottawa Valley Business reminds you that 2018 is a municipal election year. If you are interested in running for council, we recommend that you watch a video put out by the Association of Municipalities of Ontario that discusses the role that elected officials play in municipalities. "So You Want To Run For Council" is online and available March 1. Nominations open May 24.
amo@amo.on.ca
www.ovbusiness.com

NUMBER 40**March 1, 2018**

Today is the last day you can make a contribution to your RRSP (Registered Retirement Savings Plan) for the 2017 tax filing year. Contact your financial planner for more details.

NUMBER 41**March 2, 2018**

Local Authors Exposed. Hear the truth about publishing from local authors Joelle Hubner-McLean, Claudio Radmore, David Mullholland and Sandra Nikolai. 6:30pm meet and greet. 7:00pm panel. Tickets are \$5 and on sale now at the Carleton Place Library. 101 Beckwith Street, Carleton Place
Phone: 613-257-2702

NUMBER 42**March 2-4, 2018**

Westmeath & District Recreation Association presents their annual Winter Carnival. Hockey tournament, public skating, tween dance, euchre tournament, live music, outdoor kids games, and more! Watch for details on our Facebook page closer to the event. You can find us on Facebook!
119 Synton Street, Westmeath

NUMBER 43**March 3, 2018**

Rookie Bonspiel. Pembroke Curling Centre. Morning or afternoon draw times. Coffee and treats in the morning. Lunch in the afternoon. \$100 entry fee. Prizes to be won. Contact Brian. Phone: 519-568-9567
muellerb@live.ca

NUMBER 44**March 3, 2018**

Missing Link Snowmobile Club. 21st Annual Bow-Tie Classic snowmobile poker run and silent auction. Stonecliffe Township Hall Register 10:00am-Noon. \$20 per hand. Dinner 3:00pm-7:00pm. Silent auction viewing at Noon. Proceeds to the trails. We're on Facebook!
www.missinglinksc.ca

NUMBER 45**March 4, 2018**

Irish Kitchen Party with Gail Gavan, Mike Ryan, Seamus Costello, Louis Schryer and the Enright-Donohue Dancers. 2:00pm. Cobden Agricultural Hall. Buy tickets before March 2, 2018. \$15 or \$20 at the door. Roast pork supper for \$14 (advance tickets only.)
Phone: 613-646-2481

NUMBER 46**March 5-10, 2018**

It's Crochet Week at the Renfrew Public Library. Celebrate this cozy event by yarning together and kicking off our new crochet-knitting club. Free!
Phone: 613-432-8151 x. 0
renlib@renfrew.library.on.ca

NUMBER 47**March 6, 2018**

Are you a subscriber to Ottawa Valley Business? You should be. It's free and we publish twice a month, including today! Tenders, marketing advice, business news and events, OPP report, election information, books and more.
admin@ovbusiness.com
www.ovbusiness.com

NUMBER 48**March 9, 2018**

Are you Smarter than a Curator? Join us for a fun Friday Trivia Night at the Champlain Trail Museum and Pioneer Village. Challenge your level of historical and cultural knowledge. A fun night. Teams of six to eight. Call to book your team.
Phone: 613-735-0517
www.champlaintrailmuseum.com

NUMBER 49**March 10, 2018**

Planning to Build Seminar. Find out how to start planning and designing your new home or cottage. Presented by Home Hardware Building Centre. \$15 per person, \$20 per couple. Space is limited, reserve your spot by phone or email. Days Inn, 760 Gibbons Road, Renfrew. 10:00am-1:00pm.
Phone: 613-432-8874
beaverhomes.renfrew@bellnet.ca

NUMBER 50**March 10, 2018**

Wild-Foraged Basketry Workshop. Hosted by Firefly Meadows Farm. Workshop includes potluck lunch for sharing inside or around a bonfire outside, and we will provide hot drinks, freshly baked sourdough bread, and dessert. Meant for beginners, with discussions around plant materials and basic basketry technique. Class size of 6 participants. 9:30am-4:00pm. \$85.
fireflymeadowsfarm@gmail.com

NUMBER 51**March 10, 2018**

Douglas St. Patrick's Day Parade. Be in the parade with a float (family, organization, business, school or more!) or come and join in the fun. Parade at 7:00pm starting at St. Michael's school. Sponsored by the Douglas Lions Club. Register with Preston Cull.
Phone: 613-649-2378
prestoncull@sympatico.ca

NUMBER 52**March 10, 2018**

Vintage Sled Show in Barry's Bay. Prizes include vintage snowmobile and vintage snowmobile suit. Bonfire and BBQ with the Madawaska Valley Fire Department. 9:00am-3:00pm. Railway Station Park, Barry's Bay

NUMBER 53**March 11, 2018**

Forward Thinking reminds you to Spring Forward! Daylight Savings Time begins today! Don't forget to turn your clocks ahead an hour for that extra hour of daylight. Neat fact: while Germany became the first country to switch to Daylight Savings Time in 1916, the city of Thunder Bay, Ontario had been implementing DST since 1908.
www.fwdthink.net

NUMBER 54**March 12, 2018**

March Break at the Arnprior Library. Noon-2:00pm. Bingo and Pizza Party. Snacks, prizes and tons of fun. Ages 7 and up. Registration begins February 15 for all our free March Break programs. Valid library membership required.
Phone: 613-623-2279
www.arnpriorlibrary.ca

NUMBER 55**March 12-15, 2018**

Join us at the Champlain Trail Museum and Pioneer Village for March Break Kids Program. Monday, March 12 (1:00pm-3:00pm) Adventures along the Ottawa River. For ages 8-11. Wednesday, March 14 (1:00pm-3:00pm) Water Rangers: Protect our Waters. For ages 5-12. Thursday, March 15 (1:00pm-3:00pm) A Trip to Wonderland. For ages 5-9. Register today!
Phone: 613-735-0517
curator@champlaintrailmuseum.com

NUMBER 56**March 13, 2018**

March Break at the Arnprior Library. 1:30pm-3:00pm. Are You Smarter than a Librarian? Bring your A game and test your skills against our in-house librarian. Ages 8 and up. Registration begins February 15 for all our free March Break programs. Valid library membership required.
Phone: 613-623-2279
www.arnpriorlibrary.ca

NUMBER 57**March 14, 2018**

Second Career Info Session. Find out if training through Second Career is the right step for you. March 14th 9:30 am to 11:00 am. Kenwood Corporate Centre, 120-16 Edward Street South, Arnprior. Contact us by phone or email to register or for additional information.
Phone: 613-623-4680
arnprior@getontrac.ca

NUMBER 58**March 14, 2018**

Equine Conference. Building the Basics of Nutrition. Speaker is Jill Dickson, a Purina Equine Nutrition Consultant. 7:00pm. Alice & Fraser Rec Centre, 1 Henan Road in Pembroke. Bring a friend - all are welcome. Please RSVP to help us with space.
Phone: 613-732-2843
pembroke@mandrfeeds.com

NUMBER 59**March 14, 2018**

March Break at the Arnprior Library. 1:00pm. Interpretive Nature Walk at Macnamara Trail. Family activity perfect for curious nature lovers. Hot chocolate and snacks after at the library. Registration begins February 15.

Phone: 613-623-2279

www.arnpriorlibrary.ca

NUMBER 60**March 15, 2018**

Equine Conference. Building the Basics of Nutrition. Speaker is Jill Dickson, a Purina Equine Nutrition Consultant. 7:00pm at M&R Feeds in Shawville.

Phone: 819-647-2814

shawville@mandrfeeds.com

NUMBER 61**March 15, 2018**

March Break at the Arnprior Library. 10:00am for The Magic and Mystery of Chris Pilsworth. Illusions and humour. 2:00pm is the movie Wonder, based on the novel by R.J. Palacio.

Phone: 613-623-2279

www.arnpriorlibrary.ca

NUMBER 62**March 16, 2018**

March Break at the Arnprior Library. Drop in morning. Toddler Tales for kids 15-30 months. 10:00am-10:30pm. Have a Hoot for kids aged 30 months to school age. 11:00am-11:30am. No registration required. 3:00pm fort building. Bring a flashlight and pillow. Snacks and sheets provided. Registration required.

Phone: 613-623-2279

www.arnpriorlibrary.ca

NUMBER 63**March 17, 2018**

Exclusive Mini Crop by Sisterhood Papercrafts. Centre Culturel francophone de Pembroke. Free gift for every attendee, coffee/tea, light snacks, door prizes. Limited seating. \$25. Prepayment is required. Crop is 9:00am-5:00pm.

Phone: 613-629-0029

info@sisterhoodpapercrafts.ca

NUMBER 64**March 17, 2018**

St. Patty's Day at The Prior. 7:00pm start. Come party at The Prior with Glass-Town from 7:00pm till close! No cover, green beer, great food and live music! Everyone is Irish on St. Patty's Day. Arnprior.

NUMBER 65**March 17, 2018**

Come out to our Indoor Farmers Market. 10:00am-2:00pm. Over 30 local food and craft vendors offering maple syrup, honey, homemade prepared meals, frozen meats: beef, pork, lamb, chicken, duck, goat. Many organic products, baked treats, woodworking artists, soap and body products, kombucha and more! Hot lunch available. Held at Rankin Culture & Recreation Centre, Highway 41, Pembroke.

NUMBER 66**March 17, 2018**

March Break at the Arnprior Library. Lego Lounge at 10:30am-11:30pm. Come build using our Lego collection and have your masterpiece displayed in the library. Drop in event.

Phone: 613-623-2279

www.arnpriorlibrary.ca

NUMBER 67**March 19, 2018**

Do you remember Canada's most notorious bank robber? Hear Ed Arnold talk all about it. Algonquin College. 7:00pm. For three years in the 1980s, Gilbert Galvan robbed 59 banks and jewellery stores and used local airline, Pem-Air to do it! \$15 advance tickets. \$20 at the door. Phone: 613-735-4700 ext. 2702

NUMBER 68**March 17-31, 2018**

Shop Downtown Pembroke and join in the fun of our Easter Basket promotion! Win discounts and prizes by cracking open Easter eggs at participating merchants. Plus, pick up some great Easter gifts for your own egg hunts! And, we have free parking from March 29 to April 2.

pbia@downtownpembroke.ca

www.facebook.com/downtownpembroke

NUMBER 69**March 22, 2018**

Job Fair Success Workshop. Let ontrac Arnprior help you put your best foot forward in advance of our March 28th Job Fair. Learn the tools for success and how to ensure employers notice you. March 22nd 9:00am-10:30am. Kenwood Corporate Centre, 120-16 Edward Street South, Arnprior. Contact us by phone or email to register or for additional information.

Phone: 613-623-4680

arnprior@getontrac.ca

NUMBER 70**March 22, 2018**

Selling Food to Ontario. Hosted by Renfrew County CFDC and the Laurentian Valley. Shady Nook Recreation Centre. Phone: 613-431-3951

NUMBER 71**March 24, 2018**

Renfrew County ATV Club, AGM. 9:00am-11:30am. Best Western Pembroke. Invitational volunteer lunch to follow. Voting membership included with annual RCATV trail pass. 2018 is a pivotal year - have your say! New trails update, approval for trails budgets, new Board, club affiliation changes and decision. 2018 trail passes sold.

www.renfrewcountyatv.ca

NUMBER 72**March 24-25, 2018**

Firearms and Hunter Education and Safety Course. 8:30am start. \$270. Eganville & District Sportsman's Club. Includes books and exam fees.

Phone: 613-432-7065

www.ontariohunt.ca

NUMBER 73**March 28, 2018**

Ontrac Arnprior presents their 3rd Annual Job Fair for adults and youth. Parish Hall, 295 Albert Street, Arnprior. 1:00pm-4:00pm. Bring your resume and references and interview with local employers looking to hire for full-time, part-time, casual and seasonal work. Business casual dress encouraged.

Phone: 613-623-4680

arnprior@getontrac.ca

April Events**NUMBER 74****April Giveaway**

Did you know that Downtown Pembroke has a giveaway every month from one of their businesses? Stay tuned to our Facebook page in April to see who it is and how to win! There's no cost to enter and you could end up with a little something extra in your pocket for playing along. pbia@downtownpembroke.ca

www.facebook.com/downtownpembroke

NUMBER 75**Hiring For Summer?**

If you need to hire for the summer, consider posting an ad on www.ovjobs.ca. employers@ovjobs.ca

NUMBER 76**April 7, 2018**

Renfrew County Regional Science & Technology Fair. Any Renfrew County student grades 6-12 can register, you don't need to attend a school fair first. www.rcrsf.ca

NUMBER 77**April 7-8, 2018**

The 16th Maple Run Tour is a sweet reason to wander through Pakenham. 10:00am-5:00pm. Inspiring art, craft, food and heritage locations. Indulge in locally produced fudge, solar roasted coffee and craft beer. 29 participants, 9 venues, food stops, demonstrations, special events and a map all on our website.

www.mapleruntour.com

NUMBER 78**April 13, 2018**

Last day to book into the Spring-Summer Edition of Health Matters magazine. If you can make someone's life better, you should be in Health Matters. Edition publishes on May 4, 2018.

behealthy@ovhealth.ca

www.ovhealth.ca

NUMBER 79**April 20, 2018**

Deadline to book your listing for the May-June Edition of 101 Things to Do in the Valley. Listings are \$25 or 5 for \$100 plus HST. Edition publishes April 12. 101things@travellourbackyard.com

www.travellourbackyard.com

NUMBER 80**April 21, 2018**

Retirement Workshop offered by the Retired Teachers of Ontario (RTO/ERO). Eganville. For teachers, school board administrators, educational support staff (consultants, office support staff, secretaries and custodians), college faculty, ECE staff and child care workers.

Phone: 613-735-7816

monicah@nrtco.net

NUMBER 81**April 21, 2018**

AC/DC Canada Tribute. This band has been recognized around the world for amazing likeness and sound of AC/DC. Old and new catalogue is performed. This show sold out last time. Time to get out and rock at Festival Hall, 401 Isabella Street, Pembroke. 7:30pm. Get your tickets ASAP. Phone: 613-735-2182

www.festhall.ca

NUMBER 82**April 26, 2018**

Support Community Living's 60th anniversary by ordering Box of Possibilities lunches for your office. You order and we deliver! Lunches are \$10 (minimum order of 5).

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

NUMBER 83**April 27, 2018**

Deadline to book an ad in the 2018 edition of Travel Our Backyard. Boost your business this Spring, Summer and Fall by being part of this regional magazine. 30,000 printed copies and it's available online.

Phone: 613-732-7774
travel@travelourbackyard.com

NUMBER 84**April 28, 2018**

Buy, Sell and Trade Day for Birds and Small Animals. M&R Feeds Pembroke location. 8:30am-12:30pm. For information, contact the Pembroke store.

Phone: 613-732-2843
pembroke@mandrfeeds.com

NUMBER 85**April 28, 2018**

The Upper Ottawa Valley Chamber of Commerce their 60th Anniversary & Annual Business Achievement Awards. Rankin Culture & Recreation Centre. Theme of the event is Diamond Masquerade. Nominations for award will be accepted until March 1st at 5:00pm so feel free to make some nominations. For more details visit our website.

Phone 613-732-1492
www.uovchamber.com

NUMBER 86**April 29, 2018**

Meet and Greet for the Pembroke Golf Club ladies section. 1:00pm downstairs in the clubhouse. If you're a new or returning member, come out for a season kick-off social. Hopefully we will be golfing by then! We hope to see you.

www.pembrokegolfclub.ca

NUMBER 87**April 30-May 6, 2018**

Wilderness First Responders Course. Hosted by Canadian Wilderness Medical Training. Meals and accommodations included. Held at the Bear Creek Outdoor Centre in Renfrew. 3828 Burnstown Road, Renfrew
jill@cwmt.ca

May Events**NUMBER 88****Community Living Month**

May is Community Living Month. As 2018 is our 60th anniversary, we are sharing some of our past with you through our Facebook page. Like our page and see how far we have come as an agency for people with intellectual disabilities. Follow us: www.facebook.com/CommunityLivingUpperOttawaValley
www.cluov.ca

NUMBER 89**Cottage Season**

As cottage season approaches, it is a good time to make sure your insurance coverages are up-to-date and adequate for your home and recreational vehicle needs. Talk to a Johnston & Mackie broker about packaging options, seasonal residence coverage and more. Start your summer being properly insured.

Phone: 613-735-1046
insure@jmackie.com

NUMBER 90**May 1, 2018**

Ottawa Valley Business reminds you that if you are interested in serving on municipal council or the local school boards, today is the opening day of nominations. Check with your local municipality for information on what you need to know.

www.ovbusiness.com

NUMBER 91**May 4, 2018**

Festival Hall presents Suddenly Mommy - Anne Marie Scheffler. Hilarious one-woman show. Every mom's experience of good times, bad advice, and trying to do it all. Hot dates to play dates, rollercoaster of motherhood. A Second City actress. Great idea for a ladies night or date night theatre. 7:30pm. 401 Isabella Street, Pembroke.

www.annemariescheffler.com

www.festhall.ca

NUMBER 92**May 5, 2018**

Save the date for the Annual Indoor Yard and Plant Sale at the Rankin Culture & Recreation Centre. Spring cleaning? Donations accepted in advance. Watch Facebook page for details.

www.rankincentre.ca

www.facebook.com/rankincentre

NUMBER 93**May 5, 2018**

The Great Downtown Garage sale will be taking place in Renfrew on Saturday May 5th in Downtown Renfrew. 8:00am-2:00pm. Don't let the construction scare you from all the great deals! The Garage Sale will be the first Saturday in our "Saturday's in the Square" event series.
info@downtownrenfrew.ca
www.downtownrenfrew.ca

NUMBER 94**May 5, 2018**

Festival Hall presents Carl Dixon - a Canadian musician who played with bands such as Coney Hatch, April Wine, and The Guess Who. Carl's story is inspiring - he survived a massive car crash in Australia and the crazy world of the Canadian music business. Special opening guest Richard Souliere. 7:30pm. 401 Isabella Street, Pembroke.
Phone: 613-735-2182
www.festhall.ca

NUMBER 95**May 8, 2018**

Ladies Night begins at the Pembroke Golf Club. We look forward to seeing all women members at our kickoff night. Our ladies nights run until September 4th every Tuesday.
www.pembrokegolfclub.ca

NUMBER 96**May 12, 2018**

Festival Hall presents The Mudmen - A Canadian Celtic rock band. Perfect for the Ottawa Valley. The Mudmen are a blast of Celtic energy whose members are characters both on and off stage. With over 2,600 shows to date, they translate to all audiences. Amazing night of music, fun, bagpipes, and rock. 7:30pm. 401 Isabella Street, Pembroke.
Phone: 613-735-2182
www.festhall.ca

NUMBER 97**May 11-12, 2018**

It's the Downtown Pembroke Connect Trade Show! Join us at the PMC Friday evening and Saturday during the day and see our Downtown merchants and their neighbours. Bring the kids because there's plenty for them to do too. Want to participate? Book your booth with us today. Open to any business.
Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 98**May 19-20, 2018**

Second Annual Gun & Sportsman Show. Hosted by the Madawaska Valley Fish & Game Club. All welcome. Admission: \$5.00, kids 16 and under free with an adult. 9:00am to 4:00pm Saturday and Sunday at the Paul J. Yakabuski Centre.
65 Arena Road, Barry's Bay
Phone: 613-758-2222

NUMBER 99**May 24, 2018**

Spring Business and Leadership Conference featuring keynote speaker, Doug Griffiths. Griffiths is the author of 13 Ways to Kill Your Community. Register in advance. Algonquin College. Early bird registration fee of \$199 plus tax until March 31st. \$239 plus tax as of March 31.

Phone: 613-735-4700 x.2831
lchann@algonquincollege.com

NUMBER 100**May 26-27, 2018**

Pembroke Log Cabin Quilters present their Quilt Show "Every Quilt Has A Time." Enjoy our merchant mall, tea room, raffle quilt, raffle baskets, demos and special displays. Saturday, May 26th (10:00am-5:00pm) and Sunday, May 27th (10:00am-3:00pm). Admission \$6. Accompanied children admitted free. Petawawa Civic Centre, 16 Civic Centre Road.

www.pembrokecabinquilters.com
www.facebook.com/pembrokequilters

NUMBER 101**May 27, 2018**

Festival Hall presents The Barra MacNeils. The MacNeil siblings are widely regarded as one of the greatest live concert acts in the Celtic world. Hailing from Sydney Mines, Cape Breton Island, the family is deeply rooted in Celtic music, culture, dance, language and history. Critically acclaimed worldwide. 7:30pm. 401 Isabella Street, Pembroke.
Phone: 613-735-2182
www.festhall.ca

Our May-June issue publishes April 12, 2018. Submit your event to us by April 9th. Email us: 101things@travelourbackyard.com