

101Things@travelourbackyard.com

Phone: 613-732-7774

www.facebook.com/
travelourbackyard

101 Things To Do in the Valley

MAY-JUNE EDITION

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

Download this list at: www.travelourbackyard.com

All Season

NUMBER 1

Summer Insurance

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

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

NUMBER 2

Rhythm of Your Soul

We have a shop, take out and Dairy Bar for you! How does it get any better than that? From new to vintage. Clothing, collectibles, home decor, one-of-a-kind finds, reclaimed barn products, building materials, topsoil and more. Stop by our funky shop and be pleasantly surprised! 13300 Highway 60 on Golden Lake in Deacon.

Phone: 613-285-4978

Facebook: Rhythm of Your Soul

NUMBER 3

Allergy Season

If you're concerned about allergy season this year, see the pharmacists at Conway's Pharmacy in Petawawa, Eganville and Cobden. We can show you products that may help. Bridge Street in Eganville, Main Street in Cobden and inside Your Independent Grocer in Petawawa.

www.conwayspharmacy.ca

NUMBER 4

OVJobs.ca

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

www.facebook.com/ovjobs

www.ovjobs.ca

NUMBER 5

Perth Outfitters

Possibly your best day-trip of the year! Well worth the drive to Perth Outfitters! Over 100 canoes, kayaks and SUP rentals. Cool paddle routes right from their docks. Calm water. Spectacular waterfront mini-golf, wooded trail with pedal-karts. Log cabin, casual, friendly atmosphere. Groups welcome. Five star reviews.

Phone: 613-772-1122

www.perthoutfitters.com

NUMBER 6

Come Shopping

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

www.facebook.com/downtownpembroke

www.downtownpembroke.ca

NUMBER 7

Sunday Mornings

Looking for some spiritual guidance and fellowship? We welcome you to St. John's Evangelical Lutheran Church in Petawawa. Sunday worship at 10:00am. Coffee hour to follow at 11:00am. Welcoming anyone who wishes to attend.

605 Black Bay Road, Petawawa

www.stjohnspetawawa.com

NUMBER 8

Free Crisis Clinics

Free crisis and walk-in clinics in Renfrew County. Monday (Eganville) 1:00pm-5:00pm. Tuesday (Renfrew) by appointment. Wednesday (Pembroke) 3:00pm-7:00pm. Thursday (Renfrew) 3:00pm-7:00pm. Friday (Petawawa) by appointment. Any age of person is welcome.

Phone: 613-629-4243

www.robbiedeancentre.com

NUMBER 9

Share Your Home

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

Phone: 613-735-0659

www.cluov.ca

NUMBER 10

Volunteers

The Pembroke & Area Airport is looking for people to volunteer at their 50th Anniversary Fly-In on September 15th. Volunteers for parking, specialty parking, airside duties, security and more. The event runs 10:00am to 3:00pm. All day or morning/afternoon shift.

Phone: 613-732-7774

marketing@flycyta.ca

NUMBER 11

The Nook Creperie

Visit The Nook in the heart of Downtown Pembroke for weekend brunch. Available Saturdays and Sundays, 10:00am-2:00pm. Be sure to try their loaded cheddar jalapeño waffle hash browns! Don't be disappointed - make a reservation.

www.facebook.com/nookcreperie

Phone: 613-735-4800

NUMBER 12

Eateries Destination

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

www.facebook.com/downtownpembroke

www.downtownpembroke.ca

NUMBER 13

PRH Employees

Do you work for Pembroke Regional Hospital? Are you a nurse, custodian, administrator? Any employee who works at the hospital can get a quote on home and auto insurance through the PRH group plan. Let Johnston & Mackie provide you with a free quick and easy quote.

Phone: 613-735-1046

insure@jmackie.com

NUMBER 14

Health Matters Magazine

Pick up your free copy of the Health Matters Spring/Summer edition in early May. A great magazine of health resources in our local region. Also online.

Phone: 613-732-7774

www.ovhealth.ca

NUMBER 15

Speakers Bureau

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

Phone: 613-735-0659

dwwatts@cluov.ca

NUMBER 16

Ottawa Valley Business

Subscribe for free to the region's business newsletter. Events, tenders, marketing, and news. Twice a month by email.

admin@ovbusiness.com

www.ovbusiness.com/subscribe

NUMBER 17

Layman Fire & Safety

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

www.laymanfireandsafety.com

NUMBER 18**Roanoke Golf Club**

Chad and Katie Paquette, the new owners of Roanoke Golf Club, hope to see you in the 2018 golf season. We are currently updating our membership and green fee rates, so please be patient as we take over the golf course. We welcome your inquiries and wish everyone a great 2018 golf season.

roanokepetawawa@gmail.com

NUMBER 19**Eastern Ontario Jobs**

Do you know someone who is looking to move to Eastern Ontario but needs a job to do it? Send them to www.easternontariojobs.com for a great job! www.easternontariojobs.com

April Events**NUMBER 20****April 15, 2018**

Deep River Legion Breakfast. Catered by Maven Catering. 9:00am-1:00pm. \$12 adult. \$6 kids age 6 and under. Blueberry and regular buttermilk pancakes with real maple syrup and fruit puree, homemade pork sausage, fresh fruit, oven-roasted potatoes with green onion, coffee, tea and juice.

Phone: 613-635-2223

mavencatering@hotmail.com

NUMBER 21**April 16, 2018**

Deadline to book your lunches for Community Living Upper Ottawa Valley's Box of Possibilities. Choose a turkey and cheese panini, veggie panini or ham and swiss ciabatta. Includes fruit, cookie and chips. \$10 per lunch - delivered if you order 5 or more to your workplace. Or, pick it up with us!

Phone: 613-735-0659

info@cluov.ca

NUMBER 22**April 18, 2018**

South Algonquin Public Library invites you to see free screening of Canadian Films as part of National Canadian Film Day. Bring snacks, a pillow or chair and join us. Madawaska Library: Long Time Running (6:00pm); The High Cost of Living (8:00pm). Whitney Lester Smith Building: Long Tim Running (6:00pm); Away From Her (8:00pm.) www.southalgonquin.ca

NUMBER 23**April 19, 2018**

Networking with Johnston & Mackie Insurance. 5:30pm-7:30pm. Hosted with the Upper Ottawa Valley Chamber of Commerce. Guest presenter is Valley Employee and Family Assistance Program (Valley EFAP). A great chance to catch up after work.

10 Nelson Street, Pembroke
Phone: 613-735-1046

NUMBER 24**April 19, 2018**

Reserve your seat for our April film screening at 1:00pm. Meryl Streep and Tom Hanks star in The Post, a thrilling drama about the unlikely partnership as they race to expose a massive cover-up of government secrets that spanned three decades and four U.S. Presidents. Arnprior Public Library.

NUMBER 25**April 20-21, 2018**

Designer and Upscale Clothing Sale. New and nearly new, brand name and designer clothing for men, women and children! Business attire, casual and athletic items, evening wear, purses and handbags, jewellery and accessories at bargain prices, hundreds of items! April 20 (10:00am-8:00pm). April 21 9:00am-5:00pm). First Presbyterian Church Hall (Pembroke)
257 Pembroke Street West

NUMBER 26**April 21, 2018**

MX Day at Pete's Sales and Service. 9:00am-3:00pm. This event will be to celebrate all things motocross. We will have awesome deals on great brands like Fox, Shift, Thor, Alpinestars, Atlas and more. Product demos and more.

2107 Petawawa Boulevard
www.petessalesandservice.ca

NUMBER 27**April 21, 2018**

Century 21 Perth Tiny House & Green Home Festival. Perth campus of Algonquin College. 9:00am-4:00pm. Brought to you by The 2 Marys Inc. A rare opportunity to tour a variety of tiny houses and learn from exhibitors and speakers on: green living, social housing and new technologies. Kids activities, food and music.

Phone: 613-264-2934

<https://the2marys-events.com>

NUMBER 28**April 21, 2018**

Retired Teachers Workshop. St. James Catholic Church Hall in Eganville. Open to all teachers, administrators, educational support staff, early childhood educators and college and university faculty. Free snacks and refreshments and retirement handbook.

Phone: 613-735-7816

monicah@nrctco.net

NUMBER 29**April 21, 2018**

Tickets available now for our fundraising concert with the award-winning Andrew Collins Trio. The Saturday evening show features two 45 minute sets with some of the best acoustics ever played in the ambiance of the library, cash bar and some door prizes to round out the evening. Arnprior Public Library.

NUMBER 30**April 22, 2018**

1:00pm documentary. The Paris Opera offers a candid look behind the scenes of one of the world's fore-most performing arts institutions. Multiple storylines from ballet and opera rehearsals, strike negotiations, last minute crises and ticket disputes revealing the dedication of the personnel who bring spectacles to the stage. Arnprior Public Library.

NUMBER 31**April 23, 2018**

Candidate Information Workshop. So you want to run for council? 7:00pm at the Ma-te-Way Centre in Renfrew. This workshop will provide an understanding of council's role and responsibility. Offered by Fred Dean. Free to attend. Register with Jennifer Charkavi. Phone: 613-432-4848
info@renfrew.ca

NUMBER 32**April 27, 2018**

Deadline to book into Travel Our Backyard magazine. One of the most sought-after publications every year by locals and visitors alike. 30,000 printed copies, and 5,000 downloaded online. The magazine will publish and be distributed just in time for the May long weekend. See ad rates and more information on our website or contact us.

Phone: 613-732-7774

www.travelourbackyard.com

NUMBER 33**April 28, 2018**

This is the last day for the safety clothing sale at M&R Feeds and Farm Supply locations in Micksburg, Pembroke and Shawville. See our website for the flyer.

www.mandrfeeds.com

NUMBER 34**April 28, 2018**

Buy, Sell and Trade Day for Birds and Small Animals. M&R Feeds and Farm Supply in Pembroke. 8:30am-12:30pm. Contact the Pembroke store. Please bring your own cages and carriers or purchase them on site from us.

Phone: 613-732-2843

pembroke@mandrfeeds.com

NUMBER 35**April 29, 2018**

The Denbigh-Griffith Lions Club is hosting their Annual Daffodil Tea for Cancer. 1:00pm-3:00pm. Cancer survivors will be pouring tea and coffee, serving lunch and there will be musical entertainment. \$7.00 per person. All proceeds go to the local cancer campaign, with all monies staying in our area. All are welcome. Highway 41, Griffith

NUMBER 36**April 29, 2018**

Ladies Meet and Greet at the Pembroke Golf Club. 1:00pm in the pub downstairs. Open to all new and returning members for the 2018 season.

www.pembrokegolfclub.ca

NUMBER 37**April 30, 2018**

Deadline to donate your books! The Pembroke Public Library is currently accepting book donations for its upcoming Summer Sale Fundraiser! Have a donation? Please contact Sharon. Phone: 613-732-8844 ext. 1
shartwig@pembrokelibrary.ca

May Events**NUMBER 38****Community Living Month**

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

www.facebook.com/cluov

www.cluov.ca

NUMBER 39**Arnprior Public Library**

The next session of our popular Art 101 program is underway. We're exploring colour in this 4 week session. There are spaces still available for the May "Play with Colour" session running May 10, 17, 24 and 31 at 1:00pm. If interested, add your name to our website. Arnprior Public Library.

NUMBER 40**Wilno Tavern**

Wilno Tavern Polish food buffet starts in May. Have your choice of our traditional Polish favourites with the buffet. Lasts until Thanksgiving weekend. Saturdays and Sundays. 17589 Highway 60, Wilno www.wilnotavern.com

NUMBER 41**May 1, 2018**

Thinking of running for municipal office or school trustee in Ontario? Today is the first day you can file your nomination. Ask your municipality for the information required to submit your nomination.

NUMBER 42**May 4, 2018**

Take a drive out to Madawaska Boulevard in Arnprior to enjoy our delicious fries. Wes' Chips has been serving french fries in the Valley for over 50 years. Open daily 10:00am-8:00pm starting May 4th. Until May 4th, open 10:00am-7:00pm. We offer a picnic area and plenty of parking. Check out our website! Phone: 613-623-5492 www.weschips.ca

NUMBER 43**May 4-5, 2018**

Find some great deals and unique items at the Annual Garage Sale at St. John's Lutheran Church at Black Bay. May 4 Noon-5:30pm. May 5 7:30am-12:30pm. Plenty of items to choose from. Held rain or shine. 605 Black Bay Road, Petawawa www.stjohnspetawawa.com

NUMBER 44**May 4-5, 2018**

Greater Arnprior Chamber of Commerce Home & Leisure Show. May 4: 10:00am-9:00pm. May 5: 9:00am-6:00pm. Free admission. Nick Smith Centre, Arnprior. To be an exhibitor, book by April 25, 2018. 77 James Street, Arnprior

NUMBER 45**May 5, 2018**

The Days Inn & Conference Centre Renfrew and Valley Animal Rescue invite you to a BBQ fundraiser and furniture sale. 11:00am-2:00pm. Enjoy some great food and go home with hotel quality furniture at liquidated prices. Our hotel has undergone a furniture upgrade so we're selling our furniture in support of a great cause. 760 Gibbons Road, Renfrew Phone: 613-432-8109

NUMBER 46**May 5, 2018**

Watch the movie Wonder for free! 1:30pm at Troyes Cinema in Petawawa. Pick up your free tickets in advance at the Community Living office. Part of our Random Acts of Kindness initiative to celebrate our 60th anniversary.

894 Pembroke Street West
Phone: 613-735-0659

NUMBER 47**May 5, 2018**

Rankin Culture and Recreation Centre Yard and Plant Sale. 7:00am-1:00pm. Bring your friends and discover some great finds, or purchase some new plants for the garden. Refreshments available for purchase. rankincentre@rankincentre.ca www.rankincentre.ca

NUMBER 48**May 5-6, 2018**

Rescue for River Runners Level 1. The focus of this is 2 day course is on the necessary river skills and knowledge for recreational paddlers, and junior guides. It is the essential foundation of river rescue which is important for anyone working or playing on the river. \$299 plus HST for instruction and rentals. www.owl-mkc.ca

NUMBER 49**May 6, 2018**

Opening day for the Almonte Flea Market. 9:00am-4:00pm. Fantastic finds old and new are calling your name at the Almonte Flea Market! Vinyl records, novels, antique collectibles, locally made preserves, textiles, trinkets and more all under one roof every Sunday of the summer. BBQ and food booths on site. A fun day trip. Almonte Fairgrounds 195 Water Street, Almonte

NUMBER 50**May 8, 2018**

Singers wanted to form new community group: The White-water Singers. Inaugural meeting. 7:00pm. Open to all White-water residents aged 50 and over. Film and stage musicals. Westmeath Rec Centre. No experience necessary. No auditions.

NUMBER 51**May 11-12, 2018**

Come out to the Downtown Connect Expo, a trade show at the Pembroke Memorial Centre. Plenty of great vendors. May 11 4:00pm-8:00pm. May 12 10:00am-3:00pm. Vendors both inside and outside the Downtown with plenty of on-site activities for kids. Be a vendor for \$100. Swag bags available while they last.

Phone: 613-629-5555

pbia@downtownpembroke.ca

NUMBER 52**May 12, 2018**

Hello Summer Vendor Show. Noon-4:00pm. Shawville RA Centre. 40+ vendors, free light lunch and coffee/tee, door prizes, 50-50 draw and more. Phone: 819-593-7748 leblancbritney85@gmail.com

NUMBER 53**May 12, 2018**

Big Spring Clean-up Clothing Drive. Hosted by Big Brothers Big Sisters. 11:00am-3:00pm at the Pembroke Mall. Donate gently used clothing or shoes and for every filled garbage bag, you are entered to win prizes.

Phone: 613-794-4776

erint@bbbso.ca

NUMBER 54**May 12, 2018**

Open House at the Pontiac School of the Arts. Meet the class instructors and learn about the courses being offered. 4:00pm-6:00pm. Stone School in Portage-du-Fort.

Phone: 819-647-2291

artschool@artpontiac.com

NUMBER 55**May 12, 2018**

Charlie Major performs in Eganville at the Eagle's Nest. 7:00pm. \$80 per person. A fundraiser for two Eganville projects. Steve Agnew is also performing. Tickets available at Papa Ron's Discount Store in Eganville, Valley Heritage Radio in Renfrew, or call Paul at 613-433-1057.

NUMBER 56**May 12, 2018**

11th Annual Giant Scale Warm-Up. What qualifies as Giant Scale: Monoplane of 80" or greater Biplane of 60" or greater Jets of 140" combined length and wingspan or greater Any plane that is 1/4 scale or greater. Spectators are welcome. 9:00am-5:00pm. \$5. Arnprior Radio Control Club.

5556 Logger's Way, Arnprior
www.arnpriorradiocontrolclub.com

NUMBER 57**May 13, 2018**

Wilderness Tours Adventure Resort is opening the season at Rafter's Restaurant with a Mother's Day Brunch, May 13th. Encompassing delicious food, photos and complimentary flower for Moms. \$23.95 for adults. \$12.95 for kids 5-10. Free for kids under 5! 10:00am-2:00pm.

Phone: 613-646-2241

www.raftersrestaurant.com

NUMBER 58**May 16, 2018**

Options Skilled Trades Fair at the Pembroke Memorial Centre in Pembroke. Hosted by Algonquin College. 9:00am-2:00pm. This event is free to exhibitors and the general public.

Phone: 613-735-4700

NUMBER 59**May 18, 2018**

Bonnechere Provincial Park opening weekend! Reserve your campsite online.

www.ontarioparks.com.

NUMBER 60**May 19, 2018**

River Run Rafting is open for day trips as of May 19th. Join us for high adventure rafting, ultimate adventure and sport rafting, river tubing and family rafting. Gift certificates make a great gift for graduation, birthdays, father's day and more.

Phone: 613-646-2501

www.riverrunrafting.com

NUMBER 61**May 19, 2018**

Colby's Crusade - Cure Duchenne Muscular Dystrophy. 11:00am-3:00pm. Kiwanis Fieldhouse in Pembroke. Donation of \$10 to enjoy the activities. OPP, Pembroke Fire Department, Ry-J's, Mr. Dimples, Ottawa Valley Face Painting, Skyza and more. \$5 for BBQ. Silent auction, 50/50 draw and more.

NUMBER 62**May 19-20, 2018**

2nd Annual Gun and Sportsman Show. Hosted by the Madawaska Valley Fish and Game Club. Paul J. Yakabuski Community Centre. \$5 admission fee. Children under 16 free with paying adult. 9:00am-4:00pm daily.

65 Arena Road, Barry's Bay

NUMBER 63**May 21, 2018**

Bingo at the Arnprior Legion Branch 174. 6:00pm-9:00pm. Community Living Renfrew County South receives proceeds from the charity game at the Bingo. Come join us for a fun Bingo night out.

Phone: 613-432-6763

www.clrcs.com

NUMBER 64**May 23, 2018**

Sign and Sip Fundraiser at the Oakes of Cobden Golf Club. 7:00pm. \$55. A fundraiser for the Whitewater Library. Email the Cobden Library to register. coblib@nrctco.net

NUMBER 65**May 25, 2018**

The Ottawa Adventure Film Festival is coming to the Pontiac. The evening will feature outdoor adventure films from around the world. Plus, an awards ceremony for outdoor athletes. 6:30pm-9:30pm. \$10. Pontiac High School in Shawville.

www.facebook.com/Ottawa

AdventureFilmFestival

NUMBER 66**May 26, 2018**

May Day Great Family Fun! Heritage Village Pancake Breakfast. Pancakes, sausages, home fries, beans, eggs, coffee and tea. 8:00am-Noon. Best breakfast in town! Music by Gillan Rutz 9:00am-11:00am. Cost by donation (minimum \$5). Spring plants by the Petawawa Horticultural Society. \$10 to be a vendor. Call to reserve.

Phone: 613-687-5054

annmcintyre21@gmail.com

NUMBER 67**May 26, 2018**

Calabogie United Church Yard Sale. 8:00am-1:00pm. Books, household items, vintage items and toys, etc. A lunch time BBQ. Donations may be dropped off at the church on Friday 9:00am-Noon. 1044 Madawaska Street in Calabogie.

NUMBER 68**May 26-27, 2018**

Pembroke Log Cabin Quilters. Every Quilt Has a Time. Petawawa Civic Centre. Saturday (10:00am-5:00pm) and Sunday (10:00am-3:00pm). \$6.

www.pembrokecabinquilters.com

NUMBER 69**May 26-27, 2018**

The Arnprior Radio Control Club will play host to this year's Huckin' In The Valley event.

This event is for those who are looking to max out their throws, defy the laws of aerodynamics but most importantly have loads of fun with great people.

matt@htoconsulting.ca

www.huckininthevalley.com

June Events**NUMBER 70****June 1, 2018**

Bus Fusion! Visit the North Lanark Agricultural Society Fairgrounds during this four-day event and take in the sight of hundreds of Volkswagen vehicles gathered in one location.

Almonte Fairgrounds
195 Water Street, Almonte

NUMBER 71**June 2, 2018**

Dentistry@Arnprior will host its 2nd Dentistry from the Heart (DFTH) event for Arnprior and surrounding areas. Services such as extractions, fillings, and more will all be free on this day. It is a great opportunity to get the dental work that you deserve. Doors open at 8:00am. Arnprior Mall. 375 Daniel Street South
Phone: 613-623-7100

NUMBER 72**June 2, 2018**

Health Matters magazine reminds you that it's National Health and Fitness Day today. Get out and do something fun and enjoy being active. There's so much to do in the Ottawa Valley, you can pick anything!
www.nhfcan.ca

NUMBER 73**June 2-3, 2018**

Quilter's Guild of Renfrew and Area presents Quilt Gems. Saturday (10:00am-5:00pm) and Sunday (10:00am-4:00pm). Ma-te-way Activity Centre in Renfrew. \$6 admission. Raffles, tea room, demos and merchants
Phone: 613-432-600

NUMBER 74**June 5, 2018**

Opening of museum buildings in Foresters Falls for the Whitewater Historical Society. The Museum will be open Tuesday through Sunday, 11:00am-6:00pm. Watch our Facebook page for upcoming events.

www.facebook.com/WhitewaterHistoricalSociety

NUMBER 75**June 7, 2018**

Ontario Provincial Election. Make sure you're on the voter's list. If you are 16 or 17 years old you can also register as a future voter. You should receive your voter card in the mail. If not, register via the website.
www.elections.on.ca

NUMBER 76**June 9, 2018**

Camp Lau-Ren Open House. 11:00am-2:00pm. Free BBQ hot-dog, drink, treats and s'mores.

Tour a camper's cabin, check out the beach, make a craft and climb the Rock. A children's summer camp of the United Church of Canada, accredited by the Ontario Camps Association. Located 10km west of Deep River just off Highway 17.

www.camplau-ren.com

NUMBER 77**June 9, 2018**

Titleist Demo Day at the Pembroke Golf Club. Come try the Titleist lines of woods, irons and wedges and get your season started with great equipment.
Phone: 613-732-1665

www.pembrokegolfclub.ca

NUMBER 78**June 9, 2018**

Whitewater Historical Society Plant Sale. 9:00am-1:00pm. Held at the Ross Museum, Foresters Falls. People are encouraged to come and check out the many plants to fill your garden. You can even donate any extras you have to the sale.

2022 Foresters Falls Road

NUMBER 79**June 9-10, 2018**

Pontiac Artists' Studio Tour 2018 - Weekend #1. 12 artists are featured in 10 studios throughout the Pontiac region. Meet and talk with local artists in their studios. Artworks are on exhibit and for sale. Admission is free.

Phone: 819-647-2291

info@artpontiac.com

NUMBER 80**June 9-10, 2018**

Rescue for River Runners Level 1. The focus of this is 2 day course is on the necessary river skills and knowledge for recreational paddlers, and junior guides. It is the essential foundation of river rescue which is important for anyone working or playing on the river. \$299 plus HST for instruction and rentals.
www.owl-mkc.ca

NUMBER 81**June 10, 2018**

Flight 14 (Cobden) Fly-In Breakfast. Support the Champlain Flying Club at their annual fly-in, walk-in, drive-in breakfast and open house. Open to the public 7:00am-11:00am. Lots of great food and down home music. Anyone is welcome.

Phone: 613-432-2815
braden.robert1@gmail.com

NUMBER 82**June 12, 2018**

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

Phone: 613-732-7774

travel@travellourbackyard.com

NUMBER 83**July 13-15, 2018**

The 160th Almonte Fair. An old-fashioned fair atmosphere makes this annual summer fair a favourite for local and out-of-town visitors. Friday (4:00pm-9:00pm), Saturday (11:00am-9:00pm), Sunday (10:00am-3:00pm). \$10 per day pass. \$20 for three-day pass. Free for ages 12 and under. Almonte Fairgrounds
195 Water Street, Almonte

NUMBER 84**June 14, 2018**

Our second Shop Hop of 2018 happens today! Visit neat shops in the Downtown that will be open until 8:00pm. Special promotions at participating businesses and a shopping contest are included. Take a look at the great stores participating by following us on Facebook:

www.facebook.com/downtownpembroke

www.downtownpembroke.ca

NUMBER 85**June 14, 2018**

Tour de Whitewater. Rides for everyone. 10K, 30K, 50K, 100K and 150K rides. Plus, new 60K gravel ride. Register by today and receive a pair of Tour de Whitewater socks. Community breakfast for \$8 per plate. Westmeath Arena and Hall. Lunch, door prizes and cash bar. tourdewhitewater@gmail.com <https://tourdewhitewater.blogspot.ca>

NUMBER 86**June 15-17, 2018**

B101 or Bust! Renfrew County ATV Club. Ride new trails. Meet new riders. Support trail rebuild and renewal. Meet at the trail head across from The Sands on Golden Lake in Deacon on Highway 60. \$35 for three days of riding, food and great swag! Phone: 613-585-9236

info@renfrewcountyatv.ca**NUMBER 87****June 15-17, 2018**

Looking for a unique activity to do this month? Attend the Canadian IKTHOF Knife & Tomahawk Championships. All throwers and spectators welcome. Participants compete for \$1,800 in prizes - professionals and amateurs. Hosted by Jodie & Ward Wright, 2740 Micksburg Road, Pembroke. See us on Facebook: [WrightGullyFarm&ThrowClub](https://www.facebook.com/WrightGullyFarm&ThrowClub) Phone: 613-735-2741 www.ikthof.com

NUMBER 88**June 16, 2018**

Pioneer Day, Ross Museum, Foresters Falls. This will be a fun-filled day for everyone. Don't worry about getting hungry, there will be a barbecue. 2022 Foresters Falls Road

NUMBER 89**June 16-17, 2018**

Pontiac Artists' Studio Tour 2018 - Weekend #2. 12 artists to meet and talk with in their studios. Artworks for sale. Free to attend. Phone: 819-647-2291 info@artpontiac.com

NUMBER 90**June 17, 2018**

Looking for a unique Father's Day gift? Buy dad a foot of runway as part of Project Runway at the Pembroke & Area Airport. Call us at 613-687-5300 or message us at: www.facebook.com/flycyta marketing@flycyta.ca

NUMBER 91**June 22, 2018**

Greater Arnprior Chamber of Commerce Golf Tournament. 4:00pm-9:00pm. Madawaska Golf Course. Phone: 613-623-6817 info@gacc.ca

NUMBER 92**June 23, 2018**

9th Annual Perth World Record Kilt Run. Race or cheer on the runners. Highlights: a Dogs of the Tartan Cross parade, Pipe Band march, street bands, cheering stations, Wee Lads and Lassies races, Haggis Toss competition, live Celtic music, face painting, Perth Brewery beer (major sponsor). The 2 Marys Inc., organizers. Phone: 613-264-8904 www.perthkiltun.ca

NUMBER 93**June 23, 2018**

Molson Canadian 9 & Dine at the Pembroke Golf Club. 3:00pm start. Fee includes nine holes of golf, food and entertainment. Great for any level of golfer and all in the name of a fun time. Phone: 613-732-1665 ext.226 www.pembrokegolfclub.ca

NUMBER 94**June 23, 2018**

Brose Jam 2018 is back! BMX action, live music camping, FMX, wake and skate. Details forthcoming at: www.facebook.com/TheBroseFarm

NUMBER 95**June 23, 2018**

Calabogie United Church Strawberry Social. Come out for a light lunch with homemade strawberry desserts. 12:00pm-3:30pm. 1044 Madawaska Street in Calabogie.

July Events**NUMBER 96****June 30-July 8, 2018**

Ontario Family Fishing free weekend! Ontario Family Fishing Events is a province-wide opportunity for Canadian residents to fish Ontario waters without the otherwise mandatory fishing version outdoors card. There has never been a better time to introduce a friend to fishing! Head to your favourite fishing place and drop a line! www.ontariofamilyfishing.com

NUMBER 97**July 1, 2018**

Where else would you be on Canada Day than in Downtown Pembroke! Wear your red and white and enjoy activities taking place in Downtown Pembroke and the Pembroke Waterfront. A great day for the whole family. More details to follow but save the date on your calendars! www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 98**July 1, 2018**

Johnston & Mackie is a presenting sponsor of the Upper Ottawa River and Paddle Festival. If you wish to register for the race, register by Canada Day to be guaranteed a free race shirt. Event takes place August 11, 2018. For details visit: www.upperottawariverrace.ca

NUMBER 99**July 7, 2018**

Tour de Whitewater Cycling Event: Westmeath Arena and Hall. Rides include: 10km family, 30, 50, 100 & 150km rides + new 60km gravel ride. Lunch, door prizes and cash bar. Register before June 15th to receive a pair of Tour de Whitewater socks. Community breakfast for \$8 per plate. tourdewhitewater@gmail.com <https://tourdewhitewater.blogspot.ca>

NUMBER 100**July 9-20, 2018**

Make great music, great friends and have fun! Deep River Summermusic 2018 provides a wonderful music and day-camp experience for young musicians ages 5 to 18, from beginners to advanced. Online registration is now open, early bird deadline is June 1. Visit our website for all the details. summermusic@magma.ca www.summermusic.ca

NUMBER 101**Humboldt**

One of the things we can all do in the Valley is send some prayers to the Humboldt Broncos and their community.

Our July-August issue publishes June 14, 2018. Submit your event to us by June 12th. Email us: 101things@travellourbackyard.com

Upcoming Editions of 101 Things

July-August Issue
Publishing:
June 14, 2018
Deadline:
June 12, 2018

September-October Issue
Publishing:
August 16, 2018
Deadline:
August 14, 2018

November-December Issue
Publishing:
October 25, 2018
Deadline:
October 23, 2018

Do You Have Something For Our Next 101 List?

Listings are \$25 each or 5 listings in the same issue for \$100. Some ideas for listings include: sales, customer appreciation days, special event celebrations, festivals, congratulatory notices, general business information, tips and more.

Listings are up to 50 words plus a title (or date) and two points of contact information.

Need help? Just ask!
101things@travellourbackyard.com

2018 Travel Our Backyard Magazine

Publishing:
May 18, 2018
Deadline:
April 27, 2018

Is Travel Our Backyard Magazine Right For You?

We distribute 30,000 copies throughout Renfrew and Larnark counties, with additional copies in Mattawa and Bancroft. It's great to promote to visitors as well as residents who are always looking for something to do in the area.

Request our rate card.
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