

101Things@travelourbackyard.com

Phone: 613-732-7774

www.facebook.com/
travelourbackyard

101 Things To Do in the Valley

SEPTEMBER-OCTOBER EDITION

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add you!

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All Season

NUMBER 1

Hugli's Blueberry Ranch

Fall Family Fun Season - six-acre corn maze, wagon rides to the pumpkin patch, hay maze, pig races, pedal carts, pumpkin cannon show with pirates, evening haunted house and creepy corn maze, school tours, birthday parties, fresh baking and fudge. Visit our website for dates and times of activities.

Phone: 613-638-1288

www.blueberryranch.ca

NUMBER 2

Renfrew Taste of the Valley

Renfrew's Taste of the Valley is being held September 22 at Mate-way Park. 8:00am-3:00pm. Spaces still available. Contact Renfrew town hall or visit our website and click on the Taste of the Valley icon for registration information. Enjoy everything Renfrew County has to offer!

Phone: 613-432-4848

www.renfrew.ca

NUMBER 3

Pembroke Golf Club

Fall golf is the best kind of golf and we want you to play it with us! Enjoy great fall rates or buy your membership for 2019 and play the rest of this year for free. Licensed clubhouse, practice facilities, 18 holes, pro shop and plenty of member opportunities.

Phone: 613-732-1665

www.pembrokegolfclub.ca

NUMBER 4

Many Thanks

The Pembroke & Area Airport extends a huge "thank you" to the forest firefighters who attended to one of the largest fires in our region. From Ontario to Mexico, thanks for your efforts. #runwayheroes

NUMBER 5

Bancroft Farmers' Market

Open Fridays 11:00am-4:00pm, June 1-October 5. Local produce, meat, honey, maple syrup, jams and preserves, leather goods, jewellery, skin care products, handmade soaps, plants and flowers, crafts, local wines, baking, crab cakes, meat pies and other prepared foods.

168 Hastings St. N., Bancroft
Phone: 613-332-2129

NUMBER 6

Valley Artisans' Gallery & Gift

Make a fall trip to the longest running gallery and gift cooperative in Ontario. A unique selection of locally handcrafted jewelry, pottery, skin care, woodworking, glasswork, greeting cards, silk, leather, weaving, knitting, sewing, felting, painting, drawing, cut paperwork, photography, soap, bath products, books by local authors. Excellent gift opportunities.

33373 Highway 17, Deep River
www.ValleyArtisans.com

NUMBER 7

Eastern Ontario Jobs

Whether you're looking to move to this area, or you're already living here and looking for a change, this job board is a great place to check for opportunities.

www.easternontariojobs.com

NUMBER 8

Perth Farmers' Market

Saturdays, May 12-October 6 at the Crystal Palace on the Tay Basin. 8:00am-1:00pm. Local organically grown produce, pies, pastries and bread, pickles, jams/preserves, confections, flowers, herbs and plants, garlic, honey, maple syrup, meat, eggs, weaving, juried crafts and jewellery, BBQ pork and the Market Cafe.

www.facebook.com/PerthFarmersMarket
www.perthfarmersmarket.ca

NUMBER 9

Arnprior Antique Tour

Home of four unique antique shops with wide variety of antiques and collectables. Wonderful finds and unique gifts. Vintage advertising, glassware, furniture, toys, folk art, primitives, repurposed items and so much more. Start your antiques visit at Antiques, Etcetera and receive the Arnprior Antique Tour Map. 32 Elgin Street West
Phone: 613-769-8168

NUMBER 10

Project Runway

The Pembroke & Area Airport is raising money to repave our 5,000 foot runway and you could be a part of it! Buy a foot of runway for \$250 - 100% tax receiptable. A great gift for an aviation enthusiast or to support larger community initiative.

marketing@flycyta.ca
www.facebook.com/flycyta

NUMBER 11

Shop Downtown Perth

Unwind and relax after a long week. Enjoy an evening stroll, shopping and dinner in beautiful downtown Perth. We have live music at various pubs and 13 stores that are open until 8 p.m. Friday evenings! Free parking after 5:00pm weekdays and all weekend in downtown lots.

www.downtownperthbia.ca

NUMBER 12

Fall Insurance Quotes

As summer winds down, it's a good time to review your insurance policies to make sure your coverage is still adequate, especially if you have made improvements to cottages or homes over the summer. We work with great insurance companies to bring you the best coverages. Let us give you a quote - it's free!
Phone: 613-735-1046

NUMBER 13

Jocko's Beach Motel & Resort

An all-seasons, family-friendly resort in the heart of Calabogie featuring a lakeside house, chalets, log cabins and motel efficiency units. Boat rentals and a beautiful sand beach. Access to all season fun and local amenities. Located on beautiful Calabogie Lake with an expansive sandy beach. Close to many attractions and events.

Phone: 866-376-6265

www.jockosbeach.com

NUMBER 14

Cobden Farmers' Market

Open Saturdays 8:00am-Noon, May 19-October 13. Our season wraps up with the popular Taste of the Valley. Visit our indoor vendors as well as our outdoor vendors. Local produce, meat, honey, baking, preserves, bedding plants and crafts. Come early because we also serve breakfast. Celebrating 27 years. Cobden Fairgrounds

www.cobdenfarmersmarket.ca

NUMBER 15

Island Brae Golf Club

Get in some extra rounds this fall at the Island Brae Golf Club. Our par-33 course lets you finish 9 or 18 holes fast, on a well-conditioned course. Riding carts and easy to walk too.

Phone: 613-732-9022

www.islandbraegolf.com

NUMBER 16

Employment Solutions

Bee Successful is a new employment solutions provider, focusing on connecting people who have a disability with employment. Employment matching, coaching and follow-up and we help local employers benefit from being inclusive employers. Phone: 613-602-6572
contact@beesuccessful.ca

NUMBER 17**Ottawa Valley Jobs**

Is it time to make a career move? Check out the local opportunities at www.ovjobs.ca. Celebrating 10 years bringing the best local jobs to one easy-to-search location. Follow us on Facebook for jobs in your news feed. www.facebook.com/ovjobs
www.ovjobs.ca

NUMBER 18**Share Your Home**

Do you have some extra space in your home that could be a safe environment for someone with an intellectual disability? Consider the LifeShare program at Community Living Upper Ottawa Valley. See our website or contact Stephanie Moss. Phone: 613-735-0659
smoss@cluov.ca

NUMBER 19**Free Subscriptions**

Subscribe for free to 101 Things to Do in the Valley. We publish six times a year and you can get this list in your inbox. Email 101things@travellourbackyard.com. If you're business minded, get Ottawa Valley Business, a twice-month e-newsletter delivered to your inbox. Email admin@ovbusiness.com to get on the list.
www.ovbusiness.com
www.travellourbackyard.com

NUMBER 20**Renfrew Farmers' Market**

Open Saturdays 9:00am-Noon. May 12-October 6. Shop local and feel good about it. Locally grown produce and meats. Delicious baked goods and preserves. Local honey and maple syrup. Handmade crafters, local artisans and so much more. Produce is in from July through to October. 115 Veterans Memorial Blvd., Renfrew
www.renfrewfarmersmarket.com

NUMBER 21**Speakers' Bureau**

Looking for a great guest opportunity for your service club or community group? Consider booking the Community Living Upper Ottawa Valley Speakers' Bureau. Hear the stories of how people in our own community have overcome obstacles to live their best lives. Truly inspiring. Book with Dillon Watts. Phone: 613-735-0659
dwatts@cluov.ca

NUMBER 22**Ottawa Valley Business**

Subscribe for free to the region's business newsletter. Delivered to your inbox: events, tenders, book club, facts, marketing and more. Keep up-to-date on the latest local business news and happenings. Subscriptions are open to everyone.
admin@ovbusiness.com
www.ovbusiness.com

August Events**NUMBER 23****August 17, 2018**

Kids Pop-Up Market in Downtown Pembroke. 11:30am-1:30pm. Shamrock Park on the main street in Downtown. The market offers kids the opportunity to sell their crafts, art work, and home made products. To promote services they offer, babysitting, lawn mowing etc. Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 24**August 23, 2018**

David Archibald in concert at the Davenport Centre, Bonnechere Provincial Park. He will be making a pit-stop at Bonnechere on his Ontario Parks tour in celebration of Ontario Parks 125th anniversary! It will not be a concert to miss! Concert begins at 7:00pm.
4024 Round Lake Road, Killaloe

NUMBER 25**August 23, 2018**

Fitness Fiesta in Downtown Pembroke. White Pine Yoga, Pembroke Pole Fitness, Awe Yoga and Pembroke Boxing Club. 5:30pm-9:00pm. Come dressed appropriately and bring a water bottle. See businesses for details or search the Fiesta on Facebook. Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 26**August 24, 2018**

Kids Pop-Up Market in Downtown Pembroke. 11:30am-1:30pm. Shamrock Park on the main street in Downtown. The market offers kids the opportunity to sell their crafts, art work, and home made products. To promote services they offer, babysitting, lawn mowing etc. Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 27**August 25, 2018**

Breakfast at the Pembroke & Area Airport. 9:30am-12:30pm. Blueberry buttermilk pancakes with real maple syrup, bacon and fruit salad. Tea/coffee and juice. \$15 per person. Cash only please. 176 Len Hopkins Drive in Petawawa.
www.facebook.com/flycyta
www.flycyta.ca

NUMBER 28**August 25, 2018**

Pembroke Outdoor Sports Club Open House. 9:00am-4:00pm. Trap and skeet, rifle/handgun, black powder, archery, silent auction, 50/50 draw and BBQ lunch. Our experienced club members will be on hand to show you the club. Shoot a variety of firearms and bows. Have a great time. 2396 Doran Road, Pembroke.
www.facebook.com/POSC.biz
www.posc.biz

NUMBER 29**August 25, 2018**

Renfrew Animal Hospital and Valley Animal Rescue invite you to our Open House. 12:00pm-2:00pm. Meet the veterinary staff and see the clinic. Stay for the Valley Animal Rescue BBQ fundraiser. Plus cotton candy, cupcakes a bouncy castle, door prizes and more. Across from No Frills in Renfrew.
825 O'Brien Road, Renfrew

NUMBER 30**August 25, 2018**

Memorial Ride for Carl Laroque. Held at the Pembroke & Area Airport. Hosted by the Renfrew County ATV Club. Brown bag your lunch on the trail and join us for a BBQ at the trailhead. Trail is Black Bay Road to Ottawa Valley Recreation Trail and then to RCATV "B" Trail Pembroke.
www.facebook.com/RCATVClub

NUMBER 31**August 25, 2018**

Do you need your CPR HPC (BLS) before you go to school? St. John Ambulance is offering a CPR HPC course in Pembroke. \$95 per person. Call today to reserve your spot; advance registration required. Training is held at St. John House, 310 Mackay Street in Pembroke. Phone: 613-735-0772
renfrewcounty@on.sja.ca

NUMBER 32**August 25, 2018**

Wolf Howl, 25th Anniversary Edition. A multi-media presentation on the Eastern Wolf, then car pool to Basin Depot, where Mike will call out to the wolves. Begins at 7:00pm.
Bonnechere Provincial Park

NUMBER 33**August 25, 2018**

Andrew's Mission Day at Logos Land Resort. A live concert by Gate 47 takes place 12:00pm-1:00pm at the Gazebo and a portion of Logos Land's Water-park sale will be going towards Andrew Bailey's mission fund. Everyone is welcome. Phone: 613-646-9765
www.logosland.com

NUMBER 34**August 26, 2018**

We are proud to announce the grand opening of the Mattress Depot operated by Ashley Homestore Select. Amazing deals on all mattress sets and a free gift with purchase. 11:00am. 10 Matthews Avenue, Pembroke
Phone: 613-629-5464

NUMBER 35**August 27, 2018**

Academic Upgrading Intake Session at Algonquin College. 9:00am-12:00pm. We can help you complete your college pre-requisites. Free to Ontario resident adults. Phone: 613-735-4700 ext. 2764
burtonm@algonquincollege.com

NUMBER 36**August 27-29, 2018**

Perth Ribfest and Music Festival. Held at Last Duel Park. Features talented local musicians, delicious ribs and much more. There are kids' activities and multiple vendors. Car shows starting at 11:00am Saturday and Sunday featuring antique and exotic vehicles, draws for Rib dinners, door prizes and people's choice prizes.
www.perthribfest.com

NUMBER 37**August 31, 2018**

Our last Kids Pop-Up Market in Downtown Pembroke. 11:30am-1:30pm. Shamrock Park on the main street in Downtown. The market offers kids to promote services they offer, babysitting, lawn mowing etc. Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 38**August 31, 2018**

The Trews play at Shawville Fair. 7:00pm-10:00pm. Fair runs August 30 to September 3. Celebrating 162 years! 215 Lang Street, Shawville
Phone: 819-647-3213
www.shawvillefair.ca

NUMBER 39**August 31-September 3, 2018**

The 173rd Perth Fair. Full agricultural shows plus demolition derby, lawn mower races, lawn tractor pull, truck and tractor pulls, Woof Jocks dog training camp, Zucchini races and more. Entertainment includes Jordy Jackson Band, The Stares, Gail Gavin, The Ryan Bros. and Valley Friends and Brock Zeman. Plenty of kids' entertainment too.
www.facebook.com/perthfair
www.perthfair.com

September Events**NUMBER 40****Join The Quilt Club**

Pembroke Log Cabin Quilters start up for the season on September 18. Meetings are the third Tuesday of every month. \$30 if you join in Septembers. New members are welcome. Meetings at Carefor Mackay Centre, Madawaska Room. 7:00pm.
info@pembrokelogcabinquilters.com
www.pembrokelogcabinquilters.com

NUMBER 41**Health Matters**

The Fall 2018 edition of Health Matters starts distributing in early September. Watch for copies at your favourite local health place. Great articles, crossword, interesting facts and more information from local healthcare experts. Our 5th year publishing.
behealthy@ovhealth.ca
www.ovhealth.ca

NUMBER 42**September 1-2, 2018**

Madonna House invites you to Heritage Fest. Demonstrations include wool carding, spinning, weaving, felting, pottery, bee keeping, butter churning, and more! Visit the museum and tour St. Raphael's Handicraft Centre. Enjoy live music and a puppet show. 1:00pm-4:00pm daily. A free fun event for the whole family!
2887 Dafoe Road (Hwy 517)
Combermere, Ontario

NUMBER 43**September 5, 2018**

Drop-in for Grief Recovery support and learning about how grief affects us. Facilitated by Gina Pilon, Grief Recovery Specialist. No charge, but if you can, please bring a monetary donation of any size. Funds will be donated to the Grove Nursing Home Redevelopment. First Wednesday of each month. 7:00pm-9:00pm.

50 John Street North, Arnprior
www.responsiblyhealthy.ca

NUMBER 44**September 6, 2018**

Downtown Pembroke Shop-Hop. Shops stay open later - 4:00pm-8:00pm. Exclusive Shop Hop specials such as product launches, samples, draws, sales, gifts and more! Plus, take advantage of special Shop Hop deals at our participating restaurants. It's sure to be a great night out with your favourite shopping buddies!
Phone: 613-629-5555
pbia@downtownpembroke.ca

NUMBER 45**September 6, 2018**

North Lanark Seniors Expo. This free event showcases information, services and products for people 50 years and older, as well as their families and caregivers. Complimentary tea, coffee, water and snacks available, and you can purchase lunch on site. Last year saw 650 people and 78 booths!

182 Bridge Street, Almonte
Phone: 613-256-1031

NUMBER 46**September 8, 2018**

Petawawa Presbyterian Church Supper. Ham, scalloped potatoes, beans, salads and pies. Gluten free and vegetarian options. 4:00pm-6:30pm. Adults: \$14. Ages 6-12: \$7. Ages 5 and under: Free. Wheelchair accessible.

24 Ethel Street, Petawawa

NUMBER 47**September 8-9, 2018**

Fibrefest is a celebration of everything textile and fibre-related, including spinning, knitting, weaving, rug hooking and more. Enjoy 40 demonstrations and more than 40 vendors as well as a vintage clothing show. Even is held at the Mississippi Valley Textile Museum
curator@mvtm.ca
www.mvtm.ca

NUMBER 48**September 9, 2018**

Holy Trinity Anglican Church Supper. Roast beef, gravy, mashed potatoes, vegetables, coleslaw, rolls and butter, homemade pie, tea and coffee. 4:00pm-6:00pm. Adults: \$15. Students: \$10. Ages 7-12: \$7. Ages 6 and under: Free.
68 Renfrew Street, Pembroke

NUMBER 49**September 9, 2018**

Our Lady of Mount Carmel Church Supper. Turkey, baked ham, dressing, gravy, mashed potatoes, carrots, coleslaw, homemade dinner rolls, homemade pies, coffee/tea. 2:30pm-6:00pm. Adults: \$15. Ages 4-12: \$6. Ages 3 and under: Free.
86 Lacroix Bay Rd, Westmeath

NUMBER 50**September 9, 2018**

Our Lady Of Mercy Parish Church Supper. Ham and roast beef with homemade salads, baked beans and pies. Takeout. 11:30am-6:00pm. Adults: \$13. Ages 6-11: \$6. Ages 0-5: Free.
196 Bridge Street West, Bancroft

NUMBER 51**September 12, 2018**

Are you a hot, hormonal mess? Come hear Vicki Dickson, RHN, CYT and learn how doTerra essential oils and other natural health products can come to your rescue. This is a free event with door prizes and light refreshments. 6:30pm-7:30pm. Jenn Mathieu Holistic Counseling Centre in Pembroke.

1330 Pembroke Street West
Phone: 613-401-2277

NUMBER 52**September 15, 2018**

St. John's Lutheran Church Supper. Chicken pie, gravy, mashed potatoes, coleslaw, rolls, apple crisp, ice cream, tea, coffee or juice. Takeout and gluten free. Preserves, baked goods. 4:00pm-7:00pm. Adults:\$15. Students: \$10. Ages 5-12: \$6. Ages 0-5: Free. Wheelchair accessible.

605 Black Bay Road, Petawawa

NUMBER 53**September 15, 2018**

Cageless - Free To Be Me. Ottawa Valley Pentecostal Church in Cobden. 10:00am-2:00pm. Celebrating your unique value, worth and purpose. \$15. Interdenominational.
www.ovpc.ca

NUMBER 54**September 15, 2018**

Pembroke & Area Airport 50th Anniversary Fly-In. 10:00am-3:00pm. Open to the public. Enjoy aviation plus visit with Community Living Upper Ottawa Valley, Trillium Gift of Life Network, Algonquin Aeromodellers and more. Free to attend (donations accepted).
www.flycyta.ca

NUMBER 55**September 15, 2018**

Community Living Upper Ottawa Valley celebrates their 60th anniversary at the Pembroke & Area Airport's Fly-In. Join us for freebies, spin to win, giveaways, timeline tent, photo booth and more. Free to the public. 10:00am-3:00pm.
www.facebook.com/cluov
www.cluov.ca

NUMBER 56**September 16, 2018**

St. Columbkille Cathedral Church Supper. Roast beef, ham, baked bean dinner with assorted salads and homemade pies. Bazaar. 11:30am-6:30pm. Adults: \$15. Ages 10 and under: \$5.
188 Renfrew Street, Pembroke

NUMBER 57**September 18, 2018**

Seniors Strum at Bob's Music Plus in Pembroke. Learn to play the ukulele and sing in a fun group class with Frank Rosbottom. 200pm-3:00pm. Classes are 1 hour. Session is 4 weeks in length. Cost is \$50 per session. Phone: 613- 732-3454
www.bobsmusic.com

NUMBER 58**September 19, 2018**

Are you a woman in business? This event is the perfect opportunity for you to network and reflect on how you are doing as a small business entrepreneur. This year's themes are understanding business financials and branding. Free event. 8:00am-4:00pm. Phone: 613-623-4680
jarmstrong@getontrac.ca

NUMBER 59**September 22, 2018**

Sharon and Bram Family Concert. 2:00pm at Festival Hall in Pembroke. Adults: \$25, Children under 14: \$15. These are two members of the famed Sharon, Lois and Bram trio that performed all over the world.
www.festhall.com

NUMBER 60**September 22, 2018**

Lorrain School of Nursing Reunion. 5:00pm-11:00pm. Clarion Hotel & Conference Centre in Pembroke. Contact Mary McBride or Gisele Shields. mcbridemary@yahoo.ca shieldg68@gmail.com

NUMBER 61**September 22, 2018**

Rising Stars Music Program. For children 6-8. 12:20pm-1:05pm. To prepare the older child for private lessons by developing their musical brain in a group setting using rhythm, games, movement and song. \$100. 8 classes, 40 minutes each. Bob's Music Plus. Phone: 613-732-3454 ext.3

NUMBER 62**September 22-23, 2018**

Bancroft Studio Tour. 10:00am-5:00pm. Enjoy the rugged landscape and spectacular autumn colours while driving to visit the artists in their studios. Search us on Facebook. www.bancroftstudiotour.com

NUMBER 63**September 23, 2018**

St. Jean Baptiste Church Supper. Turkey and ham lunch or dinner. Takeout available. 11:30am-7:00pm. Adults: \$15. Kids: \$5. 500 Isabella Street, Pembroke

NUMBER 64**September 23, 2018**

St. George's Anglican Church Supper. Hot turkey supper and homemade pies. Takeout and gluten free. 3:00pm-6:00pm. Adults: \$15. Ages 5-12: \$5. Ages 0-5: Free. 2968 Doran Road, Pembroke

NUMBER 65**September 25, 2018**

Breakfast at the Pembroke & Area Airport. 9:30am-12:30pm. Bacon breakfast sandwich on fresh baked biscuits, fruit salad and hash browns. Tea/coffee and juice. \$15. Cash only please. 176 Len Hopkins Drive. www.facebook.com/flycyta www.flycyta.ca

NUMBER 66**September 29, 2018**

Dr. Kim Armstrong Turkey Trot 2018. 9:00am start. Held in Downtown Pembroke. 5K, 10K and family obstacle course. Register by August 20 for a chance to win an Apple watch. www.prhfoundation.com/turkey-trot

NUMBER 67**September 29, 2018**

Showcase the Valley. Every year, RCATV tries to showcase new areas of our trail map and take you to areas of our County you may not have been on. For 2018, RCATV Area Director Kyle Waugh will be hosting a ride through the Griffith Highlands and Calabogie Area. More details to follow closer to the event. www.renfrewcountyatv.ca

NUMBER 68**September 29-30, 2018**

Enjoy fall colours and spectacular scenery, while getting personal glimpses into the works of local artists and artisans. All artwork and crafts have been selected through a jury process that ensures quality and variety for the visitor. 10:00am-5:00pm. All the details are on our website: www.madawaskastudiotour.com Phone: 613-633-6902 info@madawaskastudiotour.com

NUMBER 69**September 29-30, 2018**

Bancroft Studio Tour. 10:00am-5:00pm. Enjoy the rugged landscape and spectacular autumn colours while driving to visit the artists in their studios. Search "Bancroft & Area Autumn Studio Tour" on Facebook. www.bancroftstudiotour.com

NUMBER 70**September 30, 2018**

St. Alphonsus Parish Dinner. Turkey, beans and all the trimmings. 12:00pm-6:00pm. Adults: \$15. Ages 0-12: \$7. Chapeau Arena, 52 chemin Pembroke in Chapeau.

NUMBER 71**September 30, 2018**

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

NUMBER 72**September 30, 2018**

St. Patrick Church at Mount St. Patrick. Church Supper. Turkey, ham and beans. 12:30pm-6:00pm. Adults: \$15.

NUMBER 73**October Events****October 1, 2018**

2019 Ontario snowmobile trail passes go on sale today! Save \$80 if you buy your permit on or before November 1. Save \$50 if you buy your permit between November 2 and December 1. Snow Country District 6 member clubs need your support so please buy where you ride. www.permits.ofsc.on.ca www.snowcountrysnowmobilerregion.ca

NUMBER 74**October 6-8, 2018**

This Thanksgiving weekend, take the Crown and Pumpkin Tour, one of the most diverse in Eastern Ontario. Visit 20 stops and over 55 artists, artisans and creators of fine food and drink. Almonte and Clayton area, 40 minutes west of Ottawa. 10:00am-5:00pm daily. Search "Crown-and-Pumpkin-Studio-Tour" on Facebook. www.crownandpumpkin.com

NUMBER 75**October 7, 2018**

St. Casimir Parish Dinner in Round Lake. Roast beef and bean dinner. Takeout available. Crafts, bingo and draws. 1:00pm. Adults: \$15. Under 12: \$5. Under 5: Free. Wheelchair accessible.

NUMBER 76**October 8, 2018**

Wes' Chips will be closing for the winter on Thanksgiving Monday at 7:00pm. Until then, we are open 10:00am-8:00pm until September 3rd, and then 10:00am-7:00pm until we close. Picnic area and plenty of parking. See you again when we reopen March 1, 2019. Located at 198 Madawaska Boulevard in Arnprior. Phone: 613-623-5492 www.weschips.ca

NUMBER 77**October 12, 2018**

Community Living Upper Ottawa Valley golf tournament. This date has been rescheduled from August 17, 2018 which was cancelled due to pending weather. More details to follow but feel free to register in advance. Phone: 613-735-0659 info@cluov.ca

NUMBER 78**October 13, 2018**

Trinity-St. Andrew's United Church. Roast beef dinner, potatoes, vegetables, salad, tea and coffee and dessert. Ticket price to be determined. Phone: 613-432-2285.

291 Plaunt St., S., Renfrew

NUMBER 79**October 13, 2018**

Renfrew Craft Beer & Food Truck Festival. 11:00am-8:30pm. Come out and enjoy great beer and food, end the evening with a dance in the park! Low Square, 127 Raglan Street South, Renfrew. For more information, call Renfrew Town Hall or visit our website. Phone: 613-432-4848 www.renfrew.ca

NUMBER 80**October 13, 2018**

Pawramedics Pet First Aid. Held at the Best Western Renfrew. 9:00am-5:00pm. Hands-on first aid and CPR courses for pet owners and professionals. Dogs that are up to date on shots, and well behaved are welcome to attend. Portion of this fees help support Valley Animal Rescue. www.pawramedics.com

NUMBER 81**October 13, 2018**

Taste of the Valley. 8:00am-3:00pm. Don't miss the popular Taste of the Valley. Visit our indoor vendors as well as our outdoor vendors. Local produce, meat, honey, baking, preserves, plants and crafts. Come early because we also serve breakfast. Like us on Facebook: TownshipOfWhitewaterRegion Cobden Fairgrounds. www.whitewaterregion.ca

NUMBER 82**October 14, 2018**

St. John Chrysostom Parish Dinner. Annual Harvest Festival and roast beef dinner. Crafts and draws. 12:00pm-6:00pm. Adults \$14. Children: \$6. Under 6: Free. 295 Albert Street, Arnprior

NUMBER 83**October 14, 2018**

St. Joseph's Parish Church Supper. Held at the St. Joseph's Family Centre on Allumette Island. Roast beef, mashed potatoes and all the fixings and homemade pie. One sitting at 5:00pm only. Advance tickets. Phone: 819-689-2558

NUMBER 84**October 14, 2018**

Zion Evangelical Lutheran Church Supper. Scallop potatoes, sausages, ham, baked beans, sauerkraut, salad, rolls, an assortment of pies for dessert. 3:30pm-7:00pm. Adults: \$14. Ages 6-12: \$5. Under 5: Free.

454 Miller Street, Pembroke

NUMBER 85**October 14-20, 2018**

It's Small Business Week in Canada. Watch for upcoming Small Business Week events in Ottawa Valley Business. Make your own event with a business breakfast, lunch, after hours social or dinner.

www.ovbusiness.com

NUMBER 86**October 17, 2018**

Bridges to Better Business event. Hosted by Enterprise Renfrew County. Focus: Human Resources 101. Learn about cannabis in the workplace, health in the workplace, hiring diverse employees, health and safety, employee assistance programs and employee retention. Held at the Best Western Pembroke Inn and Conference Centre.

Phone: 613-432-6848

www.enterpriserenfrewcounty.com

NUMBER 87**October 19, 2018**

Grace-St. Andrew's United Church Supper. Spaghetti supper. Adults: \$10. Ages 8 and under: \$5. Silent auction, talent auction. Held at the Christian Education Centre in Arnprior.

NUMBER 88**October 19-24, 2018**

Mindfulness Starts here. An eight-week guide to skillful living. Hosted by Ottawa Mindfulness Clinic. 4:00pm-10:00pm. Held at the Galilee Centre, 398 John Street North in Arnprior. Cultivating wisdom and compassion through roots and mindfulness. See website for tickets.

www.ottawamindfulnessclinic.com

NUMBER 89**October 20, 2018**

Breakfast at the Pembroke & Area Airport. 9:30am-12:30pm. Eggs Benedict, roasted potatoes with green onions and fruit salad. Tea/coffee and juice. \$15 per person. Cash only please. 176 Len Hopkins Drive in Petawawa
www.facebook.com/flycyta
www.flycyta.ca

NUMBER 90**October 22, 2018**

It's election day in Ontario! Remember to get out and vote for your mayors, reeves and councillors. Check with your municipality for voting information and locations.

NUMBER 91**October 25, 2018**

Deadline to book into the November-December edition of 101 Things to Do in the Valley. Share your Christmas shopping deals, end of the year sales, new winter products and services, events and more. Just \$25 for one listing, or list five in the same edition of \$100.

Phone: 613-732-7774

101things@travelourbackyard.com

NUMBER 92**October 26-28, 2018**

Bristol Dryland 2018. Hundreds of racers and dogs compete in this world class event. Racers and their dogs can compete in several events: scooter, canicross, bikejoring and 4, 6, and 8 dog rigs. Spectators can observe from several look out points.

36 Chemin Ragged Chute, Bristol
www.facebook.com/BristolDryland

NUMBER 93**October 27, 2018**

The Zombie Thrill Run returns to Pembroke, raising money in support of the Robbie Dean Family Counselling Centre. Start and finish along the Kiwanis Walkway at the Pembroke Waterfront. 2K trick or treat family run, 5K and 10K options. Costume contest, train into Downtown Pembroke and more.

www.zombiethrillrun.com

November Events**NUMBER 94****November 3-4, 2018**

Exceptional Choices. Are you looking for gifts with originality, quality and locally made? Then make your first holiday shopping destination the popular Christmas in the Valley Artisan Show where a juried selection of artists, crafters and bakers will be presenting their creations. Almonte Community Centre upper hall. www.facebook.com/Christmas-in-the-Valley-Artisan-Show-November-3-4-2018
182 Bridge Street, Almonte
www.valleyartisanshow.blogspot.ca

NUMBER 95**November 4, 2018**

St. Matthew The Apostle Parish Church Supper. Annual turkey, ham and baked bean supper. Raffle tickets. 12:00pm-6:00pm. Adults: \$13. Under 10: \$5. Ages 3 and under: Free. Held at the Community Hall in Madawaska.

NUMBER 96**November 9, 2018**

PIGS: Canada's Pink Floyd Tribute. 7:30pm. \$40 plus tax. Back by popular demand. The group spent over 10 years perfecting their craft. They are performing the entirety of The Dark Side of the Moon in honour of its 45th anniversary.

www.festhall.ca

NUMBER 97**November 10, 2018**

Hotel California - The Eagles Tribute returns. 7:30pm. \$35 plus tax. One of the most game-changing song catalogs in the history of rock n' roll is performed to perfection before your eyes and ears. A returning patron favourite of Festival Hall.

www.festhall.ca

NUMBER 98**November 14, 2018**

Newcomers' Night. Are you new to the Renfrew area or do you know someone who is. Come out to the Annual Newcomers' Night. Local merchants, restaurants and services available. Free to attend. 6:30pm-8:00pm. 30 Raglan Street, Renfrew
Phone: 613-432-4015

NUMBER 99**November 15, 2018**

The Town of Perth and Perth BIA are hosting "Celebrate Christmas." See our website for more details but plan your trip!
www.downtownperthbia.ca
www.perth.ca

NUMBER 100**November 24, 2018**

The Town of Perth and Perth BIA are hosting "Festival of Good Cheer." See our website for more details; plan your trip!
www.downtownperthbia.ca
www.perth.ca

NUMBER 101**November 30, 2018**

The Town of Perth and Perth BIA are hosting "Festival of Lights." See our website for more details but plan your trip!
www.downtownperthbia.ca
www.perth.ca

Upcoming Editions of 101 Things

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@

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