

101 Things To Do in the Valley

JANUARY-FEBRUARY EDITION

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

101things@travelourbackyard.com | P: 613-732-7774 | www.facebook.com/travelourbackyard

All Season

NUMBER 1

Looking For Good Tenants?

Are you a property manager, landlord or developer who is looking for good tenants? Community Living Upper Ottawa Valley can help fill rental needs in the upper Ottawa Valley with long-term tenants supported by our agency. Contact Tina. Phone: 613-735-0659 ext.105 twilliams@cluov.ca

NUMBER 2

Mount Pakenham

Skiing, snowboarding, snow tubing and snowshoeing. The only resort to offer night skiing 5 nights a week in Eastern Ontario! Open daily and evenings, Tuesday to Saturday. Just south of Arnprior and west of Ottawa. "Learn to Ski or Snowboard" packages for all ages! Terrain park, cafeteria, licensed lounge! Lessons and rentals available. Phone: 613-624-5290 www.mountpakenham.com

NUMBER 3

Ice Bungalows

Adam's Outfitting in White Lake offers a unique winter experience: ice bungalows. Four insulated ice bungalows that can accommodate 4-6 people. Three Mile Bay at White Lake. Half, full or multi-day rentals. Details on our website. Phone: 613-724-0865 www.adamsoutfitting.ca

NUMBER 4

Voyageur Country

Mattawa Voyageur Country is home to hundreds of kilometres of world-class groomed snowmobile trails. Escape to the uncrowded trails of Ontario's Near North. www.visitmattawa.travel www.bonfieldsc.vianet.ca

NUMBER 5

Horseback Riding

Enjoy winter horseback riding in the Wilno Hills, 10 minutes from downtown Wilno. Deregulated. Natural bareback trail rides, chaga hunts and winter game for experienced riders. Lead line trail rides and bareback lessons for beginners. Pop-up pony rides by request. Family parties. Family rates. Riding packages available. Contact Linda. Phone: 613-756-6533

NUMBER 6

Ice Hiking

New ice hiking Ontario in your backyard. Christmas is now the time; go out and buy a pair of walking crampon cleats and a pair of cross country ski poles with a sharp end. In Algonquin Park the Logging Museum Trail is an excellent trail to walk anytime this winter. Video at www.couplesresort.ca/winter.php www.adventurelodge.ca

NUMBER 7

Ski & Snowboard For Less

Tuesdays and Saturdays enjoy 2-for-1 lift tickets and rentals. 4:00pm-9:00pm. Red Fridays: 50% lifts and rentals for all military personnel and immediate family. 9:00am-10:00pm. Discover ski/board lessons daily and evenings at 5:00pm and 6:00pm. \$55 (includes beginner group lesson, lifts, rentals, helmet). Phone: 613-624-5290 www.mountpakenham.com

NUMBER 8

Business News

Keep track of business news taking place in the Ottawa Valley with a free subscription to Ottawa Valley Business. Stories, events, tenders, business briefs, books and more. All free, twice a month to your inbox. admin@ovbusiness.com

NUMBER 9

Eco-Odyssey Labyrinth

Does snowshoeing in three labyrinths nested in the vibrant nature of Eco-Odyssey appeal you? This is your chance to do a truly unique hike in the forest while being safe to return whenever you want in a warm and cozy room. Gaze upon the Gatineau hills in our modern lodge! Phone: 438-499-9040 info@lebellevue.ca

NUMBER 10

Flight Training

The Pembroke & Area Airport is pleased to welcome Blue Sky Advanced Ultralights who is offering flight training for ultralight aircraft at the airport. Sign up for flight training and earn your licence to fly. Plus, a rental aircraft will be available in the spring to continue training. www.facebook.com/blueskyultralights www.blueskyultralights.com

NUMBER 11

Share Your Home

LifeShare is a program through Community Living Upper Ottawa Valley that helps adults with intellectual disabilities who are 18 years of age and older, live as independently as possible in their communities. We do this by connecting with host families who have rooms in their homes. Contact Stephanie Moss. Phone: 613-735-0659 smoss@cluov.ca

NUMBER 12

BeADonor.ca

BeADonor has a goal to achieve over 250,000 new registrations by March 31, 2019. As of September 30, they are at 116,738. Have you registered yet? Health Matters magazine encourages anyone willing to being an organ donor to register online. www.beadonor.ca

NUMBER 13

OVJobs.ca

With 75-100 jobs in the Ottawa Valley posted on www.OVJobs.ca every month, this is your one-stop shop for employment opportunities in the Ottawa Valley. Bookmark us! Plus, follow our Facebook page and see jobs in your timeline. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 14

Elder Abuse Presentation

The local Retired Teachers of Ontario organization has trained facilitators to offer presentations on elder abuse. We are looking to present to service clubs, seniors' groups, church organizations, college classrooms, healthcare industry groups and any other kind of community group. Contact Carol to book a presentation. Phone: 613-432-5060 dsulphur@hotmail.com

NUMBER 15

Employment Solutions

Bee Successful is an agency that assists youth and adults who have a disability obtain employment. This service is open to all resident so Renfrew County. 894 Pembroke Street West in Pembroke. Contact Stephanie Reid. Phone: 613-602-6572 www.beesuccessful.ca

NUMBER 16

Insurance Options

Johnston & Mackie Insurance reminds you that the New Year is a good time to review your insurance policies and note any changes that you might have with your broker. Changes can happen with insured drivers, renovations and acquired properties that should be brought to the attention of your broker. insure@jmackie.com www.jmackie.com

NUMBER 17**Women's Addiction Centre**

Many women in our community struggle with addiction issues. They have to travel outside Renfrew County to receive residential addiction treatment services. That is a barrier for women who have children and families. We want to bring a women's residential addiction treatment centre to Pembroke. Can you help us? Contact Mackay Manor. Phone: 613-433-5969
mackaymanor@bellnet.ca

NUMBER 18**Eastern Ontario Jobs**

Do you know someone who wants to move back to Eastern Ontario and they're looking for a job to bring them here? Send them to www.easternontariojobs.com for great opportunities. Follow us on Facebook.

www.facebook.com/easternontariojobs
www.easternontariojobs.com

NUMBER 19**Stocking Stuffer**

Yoga Brunch with Jordan is back with Pembroke Fitness Centre. Takes place on Sunday, January 27th. Tickets are \$30 from the Fitness Centre or Westwinds Restaurant. Makes an awesome stocking stuffer. We sold out quickly last year so pick up your ticket soon. Yoga at 10:30am and brunch at 11:45am.

1 International Drive, Pembroke
Inside the Best Western

NUMBER 20**Save \$65**

Skydive Petawawa is offering a great Christmas gift incentive - save \$65 on a tandem gift certificate. Experience the thrill, take jump courses, earn solo certification and progress through various levels of licenses. Or, just mark this off your bucket list! Full details on our website. Phone: 613-602-1002
www.skydivepetawaw.ca

NUMBER 21**Last Minute Gift Idea**

Looking for a last minute gift that is truly unique? Buy someone a foot of runway as part of the Pembroke & Area Airport's campaign to repave their runway. We'll provide a certificate that you can include with your gift. \$250 is 100% receiptable. We take Visa, Mastercard or cheque. marketing@flycyta.ca
www.facebook.com/flycyta

NUMBER 22**Speakers Bureau**

Book the Community Living Upper Ottawa Valley Speakers Bureau and hear the stories of local people who are advocates for inclusion. Hear their trials and triumphs and how they learned to advocate for themselves. Available for small and large groups, all audiences. Contact Robyn Beauchamp to book. Phone: 613-735-0659 ext.548
rbeauchamp@cluov.ca

December Events**NUMBER 23****December 13, 2019**

Downtown Pembroke Shop Hop. 4:00pm-8:00pm. Start or finish your Christmas shopping in Downtown Pembroke with product launches, samples, draws, sales, gifts and more. Special deals at participating restaurants as well. Participating businesses listed on Facebook. Plus, enjoy live caroling from the Pembroke Community Choir. Free parking all month!

www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 24**December 15, 2018**

OFSC Driver Training Course. Held at 40484 Highway 41 in Pembroke. Course cost is \$40 (bring cash that day). Bring a brown bag lunch. Finished at 3:00pm. Register in advance with Linda Jackson. Phone: 613-646-7736
ljackson4508@yahoo.ca

NUMBER 25**December 15, 2018**

Factory Tour at Hummingbird Chocolate. 10:30am-11:15am. Tickets are \$5.65 each. Come see how it happens at this award-winning, artisan, bean-to-bar chocolate maker. 9-A Houston Drive, Almonte
www.hummingbirdchocolate.com

NUMBER 26**December 15, 2018**

People's Party of Canada (PPC) is meeting residents of Renfrew-Nipissing-Pembroke. Come out to find out about our grassroots movement or volunteer to help us take back control of Canada. 11:00am-1:00pm. Pembroke Public Library, 237 Victoria Street in Pembroke.
www.facebook.com/PPCRNPEDA

NUMBER 27**December 19, 2018**

Downtown Pembroke Christmas Tree Draw. With every \$10 purchase or appointment at participating businesses from November 26 to December 19, you get a Tree Draw Passport stamp. Once you reach \$100, you are entered into the draw to win. Tree is worth more than \$2,000! Participating businesses listed on Facebook.

www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 28**December 20, 2018**

Christmas Caroling at the Pioneer Church. Champlain Trail Museum and Pioneer Village. 7:00pm-8:30pm. Donations to the museum will be happily accepted. Come and sing some festive tunes!

Phone: 613-735-0517
www.champlaintrailmuseum.com

NUMBER 29**December 20, 2018**

Blood Donor Clinic at Civitan Club in Almonte. Make an appointment online at: www.blood.ca. 500 Almonte Street, Almonte
Phone: 1-888-236-6283

NUMBER 30**December 21, 2018**

Little Bones (tribute to the Tragically Hip.) St. John's Pub in Arnprior. Doors open at 9:00pm. Showtime at 9:45pm. \$10 cover. 9+ please.

www.littlebones.ca
www.facebook.com/TheJohnStreetPub

NUMBER 31**December 22, 2018**

Free family movie event at Wesley Community Church. Movie event for the whole family or if you have last minute Christmas shopping, drop off your children (over age 3) so you shop! 10:00am-Noon.

201 Renfrew Street, Pembroke
wcc@bellnet.ca

NUMBER 32**December 24-25, 2018**

Christmas Services at St. John's Lutheran Church on Black Bay Road in Petawawa. December 24 worship services at 4:00pm and 7:00pm. December 25 service at 10:00am. We welcome everyone to attend a Christmas service with us. (You are also welcome to stay beyond the season!) Phone: 613-687-6187
www.stjohnspetawawa.com

NUMBER 33**December 25, 2018**

27th Annual Christmas Friendship Dinner. 11:00am-2:00pm in Renfrew. Hosted by the Knights of Columbus. Turkey, dressing, potatoes, gravy, vegetables. Free transportation and meal delivery for shut-ins and seniors. Call in advance. Donations are accepted. For information call Brian 613-432-0887. Christmas Day only call 613-432-6121.

NUMBER 34**December 26, 2018**

Opening day at Antoine Mountain. Have your skis and snowboards ready for the upcoming season. 15 spectacular runs, a 630 vertical foot elevation. Expert and advanced, intermediate and beginner runs. Doppelmayr quad chairlift. Apres ski experience. For ticket prices and lessons, visit our website.

Phone: 705-744-4754
www.antoinemountain.ca

NUMBER 35**December 30, 2018**

Searson at The Wilno Tavern. 7:00pm-10:00pm. Giving Canada's old-time sounds a renewal into modern roots. Seamlessly blending spirited fiddling, energetic dancing and gorgeous harmonies. Tickets available at the Wilno Tavern.

www.wilnotavern.com

NUMBER 36**December 31, 2018**

New Year's Eve Party with the Ghost Town Cryers. 7:30pm-1:00am. \$55 per ticket. Group seating available upon request. Door prizes, 50/50 draw, hot and cold appetizers sold. Petawawa Golf Club.

Phone: 613-687-8294
www.petawawagolfclub.com

January Events**NUMBER 37****Start Your New Year With Fun**

Start your New Year off in an active fashion. The Township of McNab/Braeside Recreation offers snowshoeing, pickleball, archery, yoga, kick-boxing, outdoor skating and hockey to name a few. Prices Range from free to \$40 for 10 weeks. Call Scott for more information on these events in the municipality. Phone: 613-623-5756 ext.232
www.mcnaibraeside.com

NUMBER 38**Fitness Fridays - January**

Downtown Pembroke offers Fitness Fridays every second Friday for the winter season. Showcasing many of our health and wellness providers, and the chance to experience a new class with no commitment. Check our Facebook page for the upcoming Fitness Fridays.

www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 39**January 1, 2019**

On behalf of Forward Thinking, we wish our community a very happy New Year. To quote C.S. Lewis, "There are far better things ahead than any we leave behind." You don't need to hope that 2019 is your best year ever, you can make it happen.

www.fwdthink.net

NUMBER 40**January 1-March 31, 2019**

Looking for a new dentist? Try Dentistry@Renfrew, Renfrew's newest dental office! New patients booking an exam and x-rays will receive \$100 off their dental hygiene appointment. Promotion runs from January 1st until March 31st. 850 O'Brien Road in Renfrew. Between Wal-Mart and No Frills.

Phone: 613-432-2800

NUMBER 41**January 3, 2019**

Fun Fitness in Palmer Rapids. Brudenell, Lyndoch and Raglan Community Centre. Registration is Thursday, January 3, 2019 at 7:00pm. Eight-week session running Tuesdays and Thursdays, January 15 to March 7. \$125 for the eight weeks. \$10 drop-in fee. Burn fat, sculpt muscle and enjoy cardio benefits. Contact Norma Woods.

Phone: 613-583-7971

normawoods7@gmail.com

NUMBER 42**January 7, 2019**

Fun Fitness in Barry's Bay. Paul J. Yakabuski Community Centre. Registration is Monday, January 7, 2019 at 7:00pm. Eight-week session running Mondays and Wednesdays, January 14 to March 6. \$125 for the eight weeks. \$10 drop-in fee. Burn fat, sculpt muscle and enjoy cardio benefits. Contact Norma Woods.

Phone: 613-583-7971

normawoods7@gmail.com

NUMBER 43**January 7, 2019**

The first issue of Health Matters in 2019 distributes this week. Reserve copies by January 2, 2019 for your organization. Phone: 613-732-7774

behealthy@ovhealth.ca

NUMBER 44**January 9, 2019**

Do you know a charitable organization that could benefit from a grant of up to \$5,000 for supporting the causes of women and children? Apply for a grant with the Pembroke Petawawa District Community Foundation. Letter of Intent is due today at 5:00pm. Phone: 613-635-2256

www.givingthatgrows.com

NUMBER 45**January 10, 2019**

Bookkeeping 101: What you need to know to run your business. 9:00am-12:00pm. By Lynn Marsh of HealthyBOOKS. How to set-up accurate record-keeping systems, establish efficient work-flows and accounting needs. Smiths Falls.

smallbusiness@smallbizcentre.ca

www.smallbizcentre.ca

NUMBER 46**January 12, 2019**

Old Sled Show. \$5 per person. Eganville Snodrifters Clubhouse. Swap section (buy and sell parts and sleds). Clubhouse open for food and refreshments. 10:00am-3:00pm. Near the corner of Highway 41 and 60 in Eganville. Phone: 613-735-6269

www.oldsledheads.com

NUMBER 47**January 15, 2019**

Blood Donor Clinic at Dundonald Hall at Garrison Petawawa. Make an appointment online at: www.blood.ca

Phone: 1-888-236-6283

NUMBER 48**January 15 and 17, 2019**

Adult Breakaways and Night Owls ski and snowboard program at Mount Pakenham. Both run for 8 consecutive weeks. The Breakaways is an afternoon 90-minute lesson starting January 15th at 1:30pm. Our popular Night Owls program is a 60-minute evening lesson starting January 17th at 7:00pm. Both allow for après-ski socializing in the lounge!

Phone: 613-624-5290

www.mountpakenham.com

NUMBER 49**January 16, 2019**

Solitary Refinement: Incredible true stories from the persecuted church. A free immersive live stage experience based on the best-selling books of Richard Wurmbrand, and on persecution around the world today. 75 minutes. For ages 13 and older. Free admission with donations gratefully accepted. Calvary Baptist Church.

567 Melton Street, Pembroke
www.solitaryrefinement.ca

NUMBER 50**January 18-20, 2019**

Carnaval du Lac Jim. Free to ride the snowmobile trails this weekend. Carnaval opening Friday. Snowmobile races, spaghetti dinner and DJ on Saturday. Hangover breakfast on Sunday. Games, contests, music and tons of prizes. Search us on Facebook for more information.

pourvoirielacjim@gmail.com

NUMBER 51**January 18-25, 2019**

Alice in Winterland 2019 Winter Carnival. A week-long community event featuring activities for all ages! Vendor Show, outdoor activities, great food and more. Stay tuned to our Facebook page for all the events: www.facebook.com/lvaliceinwinterland

NUMBER 52**January 19, 2019**

Breaking the Boundaries. Designed to meet the needs of children with unique physical, emotional, behavioural or medical challenges. Recreation-based program held at the Recreation Complex at Garrison Petawawa. Open to CAC members (\$12) and non-members (\$22). Call in advance to register.

Phone: 613-687-2932

slaney.christina@cfmws.com

NUMBER 53**January 19, 2019**

Funny in a Good Way. Christian unity event. 7:00pm-9:45pm. A unique ecumenical event that is meant to unite Christians in laughter and the joy of the Lord. Appearances by nationally recognized Leland Klassen, Canadian Military Wives Choir, GATE47 and a skit by local pastors. Proceeds to support local Food Banks.

Festival Hall, Pembroke

www.funnyinagoodway.ca

NUMBER 54**January 19, 2019**

Open Sesame Snowmobile Poker Run. Missing Link Snowmobile Club. 10:30am-8:00pm. Register at the Sronecliffe Township Hall starting at 10:00am. \$20 per entry. Community dinner at the Hall available anytime after 2:00pm. Everyone welcome. Fun and games; cash and prizes. All proceeds go back into the trails. Register at 1256 Pine Valley Road in Stonecliffe.

www.missinglinksc.ca

NUMBER 55**January 19, 2019**

OFSC Driver Training Course. Held at 40484 Highway 41 in Pembroke. Course cost is \$40 (bring cash that day). Bring a brown bag lunch. Finished at 3:00pm. Contact Linda Jackson to register.

Phone: 613-646-7736

ljackson4508@yahoo.ca

NUMBER 56**January 19-20, 2019**

Free snowmobiling weekend in Quebec. Fall in love without 33,000 kilometres of trails -all free for this one weekend only. Visit <https://portesouvertessurlessentiersdemotoneige.ca> for information on this weekend and the trails.

Phone: 514-252-3076

www.fcmq.qc.ca

NUMBER 57**January 21, 2019**

Gwynne Dyer: The Populist Revolt. 7:00pm-9:00pm. Nationalism is back, and it's very angry. Populists have already come to power in three major countries, and some people even fear that we are seeing a re-run of the 1930s. \$20 tickets. Buy 10 tickets and get 2 free.

Algonquin College, Pembroke

Phone: 613-735-4700 ext.2702

NUMBER 58**January 23, 2019**

Breakfast 'n Learn. Carp Commons Retirement Village. Speaker is Rebekah Gunning, Sales and Marketing Manager. For those age 55 and older. Riverside Grill and Bar, 10 Madawaska Boulevard, Arnprior. \$6 per person. Tickets must be purchased by January 21, 2019. Hosted by the Arnprior McNab Braeside Seniors at Home. Phone: 613-623-7981
www.cssagency.ca

NUMBER 59**January 23, 2019**

China Night. Westmeath Rec Centre Hall. Homemade Chinese food by local Chef Bob Thompson. Plus a chat on China with Peter Valliant. Menu: wonton soup, egg rolls, fried wonton, pineapple chicken, dry garlic spare ribs, fried rice, skewered beef, stir-fried veggies, lemon cake. Starts at 5:00pm. Meal at 6:00pm. \$15.

Westmeath Rec Centre Hall
Phone: 613-582-3741

NUMBER 60**January 24, 2019**

Blood Donor Clinic at Bonnechere Manor in Renfrew. Make an appointment online at: www.blood.ca

470 Albert Street, Renfrew
Phone: 1-888-236-6283

NUMBER 61**January 26, 2019**

Rejuvenate Yourself in Perth. 9:00am-5:00pm. 25 local shops and some of Perth's incredible wellness practitioners doing workshops at participating stores. Plus, a psychic dinner at Michael's Table, 5:50pm-8:30pm. Tickets available at Shadowfax or online. Full details on our website. Renew body, mind and spirit in the New Year. Phone: 1-800-518-2729
www.downtownperthbia

NUMBER 62**January 30, 2019**

Search Engine Optimization (SEO): Why SEO matters to your business. 10:00am-12:00pm. Learn the basics of using SEO to increase awareness of your business online. Held at the Mississippi Golf Club in Almonte.

smallbusiness@smallbizcentre.ca
www.smallbizcentre.ca

February Events**NUMBER 63****Fitness Fridays - February**

Downtown Pembroke offers Fitness Fridays every second Friday for the winter season. Showcasing many of our health and wellness providers, and the chance to experience a new class with no commitment. Check our Facebook page for the upcoming Fitness Fridays with details.

www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 64**February 2, 2019**

Downtown Pembroke Hockey Spree! 12:00pm-3:00pm on the streets of Downtown Pembroke. Three-on-three format plus goalies. Competitive format. Kids (ages 7-10), Youth (ages 11-14), Open (ages 15-34) and Old Timers (ages 35+). Register by January 30, 2019. Part of the City of Pembroke's SnoSpree Winter Carnival. Raising funds for the Phoenix Centre.

www.facebook.com/downtownpembroke
www.downtownpembroke.ca

NUMBER 65**February 2, 2019**

Braeside Winter Carnival with a hearty breakfast, skating and winter activities, kids games and prizes, entertainment, outdoor hockey, skating and snowshoeing. We are celebrating in our new facility, so come check it out! Details on our website.

Phone: 613-623-5756
www.mcnabraeside.com

NUMBER 66**February 2, 2019**

Evening of Elegance. Enjoy a girls night out where you don't have to worry about anything. Pembroke Pentecostal Tabernacle. Hors D'oeuvres at 6:30pm. Program at 7:15pm with speaker, Nancy Bloodworth. \$10 per ticket which must be purchased by January 27th. Bring a friend. Phone: 613-732-9721
info@pptchurch.com

NUMBER 67**February 2, 2019**

Silver Spoon Ski Fest. Timed classic races from 0.5-15km for ages 3 to 70+, a recreational classic 1.5 km loop, and skate-ski sprints. Visit www.bright-ideas-software.com/silverspoon for details. Contact Helena. Phone: 613-584-4321
rummensh@gamma.ca

NUMBER 68**February 2, 2019**

North Renfrew Snowmobile Association Poker Run. Part of the Chalk River Winter Carnival. Register at Chalk River Lions Hall 9:00am-11:00am. Prizes for first, second and third place. \$20 per hand plus \$2 carnival button. Bonfire and hotdogs along the trail at the Stopping Place on the A-trail west of Deep River.

Phone: 613-586-1951
www.nrsa.ca

NUMBER 69**February 2, 2019**

The Art of Whisky Tasting. Hosted by the Rotary Club of Petawawa. A great night of food, friends and whisky! Tickets are \$100 and include whisky and food pairings. Not a whisky fan? Food only \$50. Cash bar. Petawawa Civic Centre
Phone: 613-687-5000

NUMBER 70**February 2, 2019**

Midwinter Indoor Farmers' Market. Rankin Culture & Recreation Centre. 1000am-2:00pm. Break from winter with farm produced organic meat and veggies, hearth-baked bread, sweet treats, preserves, prepared meals and local artisan crafts.

www.facebook.com/rankincentre
www.facebook.com/yourfarmersmarkets

NUMBER 71**February 2, 2019**

Kennelly Mountain Hillcross. 7:00am-6:00pm. A combination of Snocross and Hilleclimb race format. Two sleds race head-to-head up the mountain, over a series of jumps, tabletops, elevation step-ups, and corners. 1000 feet. This race tests your skill not what's under the hood!
ride@kmmx.ca
criopelleloveless@gmail.com

NUMBER 72**February 7-9, 2019**

People Driving Change: a learning exchange from Presence to Citizenship. Community building is an essential investment for a welcoming and inclusive society. This year's conference is about educating the community and how everyone has a right to be a part of it. Early bird deadline December 20th. Contact Community Living
Phone: 613-735-0659 ext.220
hennian@cluov.ca

NUMBER 73**February 8-10, 2019**

Festival of Outdoor Rinks celebrates McNab/Braeside style with activities and tournaments in all three ODRs. Outdoor skate under the stars on February 8th at Braeside, all-day pond hockey tourney at White Lake on February 9th and old-time afternoon skate on February 10th at McNab Public School. Giveaways and prizes.

Phone: 1-800-957-4621 x232
www.mcnabraeside.com

NUMBER 74**February 8-10, 2019**

It's the annual Festival of Outdoor Rinks! Check out the activities happening at rinks across the Ottawa Valley. Details on our Facebook page as they become available, and then on the website closer to the event.
maria@festivalofoutdoorrinks.com
www.facebook.com/outdoorrinks

NUMBER 75**February 9, 2019**

North Renfrew Snowmobile Association Poker Run. Part of the Deep River Winter Carnival. Register at Bear's Den 10:00am-12:00pm. Prizes for first, second and third place plus door prizes. \$20 per hand. Poker hand drawn at Bear's Den at 5:00pm.

Phone: 613-586-1951
www.nrsa.ca

NUMBER 76**February 9, 2019**

Breaking the Boundaries recreation program. Designed to meet the needs of children with unique physical, emotional, behavioural or medical challenges. Recreation Complex at Garrison Petawawa. Open to CAC members (\$12) and non-members (\$22). Register in advance. Phone: 613-687-2932
slaney.christina@cfmws.com

NUMBER 77**February 9-10, 2019**

Battle on the River 2.0. Hosted by the Northeast Snowmobile Racing Association. Rolph Airstrip in Deep River. 500-foot flat snowmobile drag races. New two-day event this season. On Facebook: [northeastsnowmobile](https://www.facebook.com/northeastsnowmobile)

NUMBER 78**February 12, 2019**

Celebrate Canada's Agriculture Day. Post a pic of your favourite Canadian Food and tag it with #CdnAgDay. Become an "agvocate!" and promote agriculture.
www.facebook.com/agmorethanever
www.agriculturemorethanever.ca

NUMBER 79**February 12, 2019**

Do you love this list and wish your event was listed here? Today is the deadline to submit for the March-April edition! Listings are 50-words plus contact info. 101 Things is free to receive, just send us your email address. Six issues annually.
101things@travelourbackyard.com
www.travelourbackyard.com

NUMBER 80**February 14, 2019**

This Valentine's Day, take a moment to spread some love to your local business community. The best way we can make every part of our community better is by investing in it, and that includes supporting local businesses. www.ovbusiness.com

NUMBER 81**February 15, 2019**

OFSC Driver Training Course. Held at 40484 Highway 41 in Pembroke. Course cost is \$40 (bring cash that day). Bring a brown bag lunch. Finished at 3:00pm. Register in advance. Phone: 613-646-7736 ljackson4508@yahoo.ca

NUMBER 82**February 15-16, 2019**

Curl Up in Arnprior. \$200 per team includes three 8-end games of curling and casino games both nights. Lots of prizes. Enter by February 1. Must pre-register. bonspiels.acc@gmail.com www.facebook.com/arnpriorcurling

NUMBER 83**February 16, 2019**

Burnstown Polar Plunge if you're Brave enough! Our second annual dip into the chilly Madawaska for charity! Join community leaders as they brave the elements on this invigorating event! See www.mcnabbraeside.com for your pledge sheets. Come out to the beach and cheer on these hearty individuals! Phone: 613-623-5756 x 232 www.mcnabbraeside.com

NUMBER 84**February 16, 2019**

McNab Braeside Firefighters Association Winter Ball. 6:00pm. St. John Chrysostom Parish in Arnprior. Music by Ambush. kellyourke2009@hotmail.com

NUMBER 85**February 16-18, 2019**

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

NUMBER 86**February 18, 2019**

7th Annual Winter Family Festival. Held at Garrison Petawawa, Dundonald Hall. 4:00pm-6:30pm. Details forthcoming. recplex@forces.gc.ca www.cafconnection.ca/petawawa

NUMBER 87**February 18, 2019**

The Flying Fathers are coming to the City of Pembroke on Family Day. 2:00pm game. This will be a fundraiser in support of long-term care. The Fathers will play a team of coaches from Minor Hockey. \$10 for adults; \$5 for children under 15. Pembroke Memorial Centre Phone: 735-6821 ext.1501

NUMBER 88**February 18, 2019**

Adam's Outfitting & Cedar Cove Resort bring you the 2nd Annual Family Ice Fishing Tournament. Competitive division and family division. <https://www.eventbrite.ca/e/white-lake-2nd-annual-ice-fishing-derby-tickets-52944842449> Registration closes February 15th. adampugh4@gmail.com www.eventbrite.ca

NUMBER 89**February 19, 2019**

Blood Donor Clinic at Germania Club in Pembroke. Make an appointment online at: www.blood.ca. 15 Bennett Street, Pembroke Phone: 1-888-236-6283

NUMBER 90**February 23, 2019**

White Lake Carnival! A firefighters' breakfast at the Hall followed by a day of community events all around the village. Carnival includes hay rides, kids' games and entertainment, sliding, snowshoeing, hockey, great food choices and more. Phone: 613-623-5756 x 232 www.mcnabbraeside.com

NUMBER 91**February 23, 2019**

It's National Aviation Day in Canada! Invite the Pembroke & Area Airport to make a presentation to your group or organization, or make a donation to the airport's Project Runway campaign to repave the 5,000-foot runway. marketing@flycyta.ca www.facebook.com/flycyta

NUMBER 92**February 23, 2019**

Be part of the Coldest Night of the Year event. Funds raised to go The Grind in Pembroke. Participate or sponsor the event. www.cnoy.org/location/pembroke Phone: 1-877-743-3413 info@blueseafoundation.org

NUMBER 93**February 26, 2019**

It's Ladies Day at Mount Pakenham! Join us from 1:00pm to 4:00pm for an exclusive opportunity to enhance your skiing and snowboarding skills in a fun, comfortable environment! Whether you are a beginner or an expert or somewhere in between, this day is for you (and your friends!) Advance reservations are required.

Phone: 613-624-5290

www.mountpakenham.com**NUMBER 94****February 27, 2019**

It's Pink Shirt Day! Wear pink in support of the anti-bullying message. Bullying is a form of aggression with a power imbalance; the person doing the bullying has power over the person being victimized. In addition to any physical trauma, bullying can result in serious emotional problems, including anxiety, low self-esteem or depression. www.pinkshirtday.ca

More Events**NUMBER 95****Fitness Fridays - March**

Downtown Pembroke offers Fitness Fridays every second Friday for the winter season. Showcasing many of our health and wellness providers, and the chance to experience a new class and meet some new practitioners. You can check our Facebook page for the upcoming Fitness Fridays with locations, details, times and costs for each event.

www.facebook.com/downtownpembroke www.downtownpembroke.ca

NUMBER 96**Land Lease Opportunities**

The Pembroke & Area Airport offers several leasable opportunities available at very reasonable rates. There is secured land, open land and office space available for lease. Aviation and non-aviation uses possible. We are also planning to build a new hangar in 2019 (ready for Fall.) Conveniently located near Garrison Petawawa and CNL and just off the Trans Canada Highway. For information and to view the property, contact Steve Gilchrist, Airport Manager.

Phone: 613-687-5300

info@flycyta.ca**NUMBER 97****March 2, 2019**

Bow Tie Classic snowmobile poker run and silent auction. Poker run registration 10:00am-Noon at the township hall. \$20 per hand. Trophies for first, second and third place. Silent auction viewing starts at Noon, bidding opens at 2:00pm, auction starts at 6:00pm. Cash, cheque, Visa and MasterCard accepted. Dinner available 3:00pm-7:00pm.

1256 Pine Valley Rd, Stonecliffe www.missinglinksc.ca

NUMBER 98**March 2-3, 2019**

Jim's Lake Ice Drags. Spaghetti supper, outdoor bar and grill, cold beer and snack shack on site, outdoor and indoor music, 50/50 draw, an exciting way to spend the weekend. Everyone gets a chance to race.

www.facebook.com/pourvoirielaclacjim**NUMBER 99****March 2-3, 2019**

The Renfrew Gun & Hunting Show. Renfrew Armouries. \$7 admission. Children under 12 are free when accompanied by an adult. Saturday 8:00am-4:00pm, Sunday 9:00am-2:00pm. Note: vendor tables for 2019 sold out! Phone: 613-257-7489

www.valleysportsmanshow.com**NUMBER 100****March 11-15, 2019**

Mount Pakenham March Break theme days! With each day there is a new theme (Jersey, Twin, Superhero, Pajama, Retro). All day camps - choose from three, four or five days plus a five-day lesson program available. Book early to ensure your spot! Phone: 613-624-5290

www.mountpakenham.com**NUMBER 101****April 6-7, 2019**

Mark your calendars for the Pakenham Maple Run Tour. Indulge on sweet maple products and meet local craftspeople, fine artists, try out great food and drink on this self-guided tour using the brochures with maps to take you destinations in and around the historic village of Pakenham.

www.mapleruntour.com