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for FREE!

101 Things To Do in the Valley

MARCH-APRIL EDITION

To subscribe, send your email to: 101things@travellourbackyard.com | Visit us online at: www.facebook.com/travellourbackyard

ALL SEASON EVENTS

NUMBER 1

Cottage Booking Deal

Book into the Cottages at Bon Echo's Edge in Cloyne, Ontario. Five cottages on Mazinaw Lake. Main cottage open for winter bookings. Book from now through to April 30 and save the tax on all bookings this year. See the property online.

Phone: 613-336-0048
info@cottagesatbonechosedge.com

NUMBER 2

Something To Think About

Feeling blue because you're snowed in? It's a great time to review your home and auto insurance, cottage insurance and recreational vehicle or boat insurance. Our local brokerage has you covered. Call us for a quote or a second opinion on your insurance.

insure@jmackie.com
www.jmackie.com

NUMBER 3

Employment Solutions

BEE Successful is an agency that assists youth and adults who have a disability obtain employment. This service is open to all residents of Renfrew County. 894 Pembroke Street West in Pembroke.

Phone: 613-602-6572
www.beesuccessful.ca

NUMBER 4

Land Lease Opportunities

The Pembroke & Area Airport has land lease opportunities available at very reasonable rates. Secured land, open land and office space available.

Aviation and non-aviation uses possible. New hangar ready for Fall 2019. Conveniently located near Garrison Petawawa and CNL and just off the Trans Canada Highway. For info contact Steve Gilchrist.

Phone: 613-687-5300
info@flycyta.ca

NUMBER 5

Visit Bancroft Century Shoppe

Upstairs, main floor, basement, white shed and 40-foot metal container full of stuff! Ladies boutique, latest new fashions and accessories plus used boutiques. New and vintage kitchen accessories, antiques, garden ideas, old cement bird baths, statues and new items. Clearance shelf and Saturday special.

Open Saturdays only til April 1. 8 Bridge Street East, Bancroft
Check us out on Facebook

NUMBER 6

Unique Wallets

It's Sew Fun! Pick up a unique wallet for yourself or a friend. See the designs on Facebook. Animals, cannabis theme, cities, cycling and more. Well made and unique by Connie Daiken.
conniedaiken61@gmail.com

NUMBER 7

Birthday Ideas

Have your birthday at the Nick Smith Centre in Arnprior. Book a private swim or skate. Book 7 days ahead. Customized options.
Phone: 613-623-7301

NUMBER 8

Chris Forbes Marine

Take your boat to Chris Forbes Marine to ensure its ready when the season opens. Boats, PWS, ATVs, side-by-sides and snowmobile repairs and maintenance. Mobile service, winterizing, pick-up and delivery. Located in Deep River.
Phone: 613-633-7767

NUMBER 9

Attention Organizations

Does your organization have Directors & Officers insurance? Is it providing you with the best coverage? Johnston & Mackie insures local organizations and we could insure you. Quotes are free. We would love to show you what a local brokerage can do.
insure@jmackie.com
www.jmackie.com

NUMBER 10

Troyes Cinema

Looking for an activity you can do all year long? Visit Troyes Cinema. \$10 for adults, \$9 for seniors (60+), \$8 for youth (age 13 and under). Matinees are \$7 for everyone. Tuesday is cheap night at \$7. Now accepting credit, debit and ApplePay. See our website for upcoming shows.
Phone: 613-687-5826
www.troyescinema.com

NUMBER 11

Looking For Speakers?

If your classroom, organization or service club is looking to hear from inspiring people, book the Speakers Bureau at Community Living Upper Ottawa Valley. Local people who have achieved incredible life goals while overcoming barriers they face with an intellectual disability. Contact Robyn Beauchamp to book a day.

www.facebook.com/cluov
rbeauchamp@cluov.ca

NUMBER 12

Frozen Meals

Want to make meal preparation easier? Order homemade frozen meals from Griffith Farm and Market. A family of farming history with nutritious meals. See our options online, ask for a brochure or just give us a call. Plus, drop by the farm for farm fresh eggs.

Phone: 613-401-6956
www.griffithfarm.ca

NUMBER 13

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 14

Municipal Employees

Are you an employee of a local municipality? If so, you should ask us about our municipal employee home and auto insurance program. Quotes are free so why not ask us, a local insurance brokerage, what we can do for you.

insure@jmackie.com
www.jmackie.com

NUMBER 15

Building Owners

Layman Fire & Safety reminds you that as a building owner, you have a significant responsibility in terms of the fire safety of your building. Fire extinguishers, fire alarms, emergency lighting and other safety needs are what our business is all about. If you have questions about your safety needs, we have answers.

Phone: 613-732-5320
joel@laymanfireandsafety.com

NUMBER 16

Meeting Space

The Pembroke & Area Airport has a boardroom and open area available for presentations and meetings. Rental options available for half day and full day events. Easily accessible, one level and you might even see some aircraft landing and taking off. Contact the Airport for booking dates and more information.

Phone: 613-687-5300
info@flycyta.ca

NUMBER 17

Ottawa Valley Business

Keep up with the local business news and events by subscribing (for free) to Ottawa Valley Business. Articles, tenders, marketing, provincial and local news and events. Delivered the first and third Tuesdays of the month by email. Publishing since 2006.

admin@ovbusiness.com
www.ovbusiness.com

NUMBER 18**Find Your Job Here**

Ottawa Valley Jobs is your source for the best local jobs. No matter what kind of position you're looking for, you'll find it on Ottawa Valley Jobs. Job by categories, latest 20, location. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 19**Elder Abuse Presentation**

The local Retired Teachers of Ontario organization has trained facilitators to offer presentations on elder abuse. e 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
dsulpher@hotmail.com

NUMBER 20**Grow Your Business**

If you think your business could be doing better and that you should be attracting more customers, you're probably right. Professional marketing can help you achieve those outcomes. Speak to Jennifer Layman about how to make people aware or more aware of what you do. jenn@fwdthink.net www.fwdthink.net

NUMBER 21**A High Flying Talk!**

The Pembroke & Area Airport wants to speak to 20 organizations this year about what happens at the airport. Could you invite us? We speak to a variety of groups from businesses to horticultural societies, service clubs and everyone in between. Learn about this great community asset and how it impacts your life. Phone: 613-687-5300 marketing@flycyta.ca

NUMBER 22**Eastern Ontario Jobs**

Eastern Ontario Jobs is celebrating five years in business. We promote jobs in Eastern Ontario for employers that want quality candidates. Check out our website and follow us on Facebook to have new postings in your feed. www.facebook.com/easternontariojobs www.easternontariojobs.com

NUMBER 23**Here To Help**

As your Member of Provincial Parliament (MPP), I'm here to assist you in matters concerning the provincial government. If I can be of assistance with something you need addressed, please call or drop into my office at 84 Isabella Street, Pembroke. Phone: 613-735-6627 john.yakabusko@pc.ola.org

NUMBER 24**Hospital Employees**

Are you an employee of Pembroke Regional Hospital or Deep River & District Hospital? If so, take a look at our hospital home and auto insurance group plan. Quotes are free so why not ask what a local insurance broker can do for you. insure@jmackie.com www.jmackie.com

NUMBER 25**Local Art. Open Daily.**

Visit Valley Artisans daily from 10:00am to 5:30pm and choose from incredible local art works. Whether it's a gift or for you, you're sure to find something special. Paintings, basketry, pottery, fibre arts, woodworking, glasswork, jewellery, metal work, stone work, drawings, multimedia, clothing, gift cards. 33373 Highway 17, Deep River www.valleyartisans.com

NUMBER 26**Local Beef**

Local beef just tastes better! But don't take our word for it - try it yourself. We sell steaks, ground beef and more in packages or individually. Locally raised beef from a long-time farming family. Don't want to cook? We have frozen meals too. See our products online or give us a call. Phone: 613-401-6956 www.griffithfarm.ca

NUMBER 27**Grants Settlement Farms**

Bring your family to visit our working sugar shack and sample our fresh wood-fired maple syrup. Enjoy a walk through our maple bush and stop in at the Maple Store, a restored 1800's log building, fresh maple baking, sugar and our world-renowned syrup. Open Saturdays 10:00am-4:00pm. Phone: 613-639-9567 www.grantssettlementfarms.ca

NUMBER 28**Need A Renter?**

Community Living Upper Ottawa Valley is looking for landlords and property owners who want long-term tenants in their units. As part of our inclusion goals, we want to hear when you have open opportunities for people with intellectual disabilities who wish to live independently. Contact us for the details and to discuss property options.

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

NUMBER 29**Thank A Retailer**

M&R Feeds (Micksburg, Pembroke, Shawville) wishes to send out a huge "thank you" to the community who helped them win \$15,000 in the Thank A Retailer event. Proceeds were raised for the Muskrat Watershed Council and Robbie Dean Family Counselling Centre. www.mandrfeeds.com

NUMBER 30**Until March 31st**

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. Until March 31. 850 O'Brien Road in Renfrew. Between Wal-Mart and No Frills. Phone: 613-432-2800

FEBRUARY EVENTS**NUMBER 31****February 19, 2019**

Simple Solutions for IBS. Join Valerie Clement, Registered Holistic Nutritionist to learn simple ways to manage your IBS and feel like yourself again. 6:00pm. Held at the Petawawa Public Library, Civic Centre Road in Petawawa. Phone: 613-687-2227 outreach@petawawapubliclibrary.ca

NUMBER 32**February 19, 2019**

Join Ontrac Employment Resource Services in Smiths Falls for a job fair. Smiths Falls Memorial Centre. 1:00pm-4:00pm. Bring your resume and meet with employers. Need help preparing your resume? Stop in and see us. www.getontrac.ca

NUMBER 33**February 20, 2019**

Join Ontrac Employment Resource Services in Renfrew for a job fair. Renfrew Legion. 12:30pm-3:30pm. Bring your resume and meet with employers. www.getontrac.ca

NUMBER 34**February 21, 2019**

Mississippi Mills All Business Breakfast. 7:00am-9:00am. Almonte Civitan Community Hall. \$10 at the door. You, your employees, coworkers and neighbours are enthusiastically invited to join us at our Mississippi Mills Quarterly Business Breakfast. These breakfasts are open to everyone, please pass along the invitation and encourage a friend or colleague to come with you. Phone: 613-256-2064 500 Almonte Street, Almonte

NUMBER 35**February 21, 2019**

Join Ontrac Employment Resource Services in Arnprior for a job fair. Arnprior Legion. 12:30pm-3:30pm. Bring your resume and meet with employers. www.getontrac.ca

NUMBER 36**February 22, 2019**

Calling all Petawawa businesses. An information business meeting is taking place at Quality Inn and Suites. 7:30am doors open. 8:00am-9:00am meeting. Discussion about alleviating traffic on Petawawa Boulevard and whether we should for a business association. Hosted by Quality Inn & Suites and Forward Thinking. Have an item for the agenda? Let us know. vpopembroke@gmail.com jenn@fwdthink.net

NUMBER 37**February 23, 2019**

Today is National Aviation Day in Canada. Celebrate by buying a foot of runway to support Project Runway, repaving the runway at the Pembroke & Area Airport. Just \$250 for your foot of runway or make a larger donation in your name, as a gift or for an aviation enthusiast in your family. 100% receiptable. marketing@flycyta.ca www.flycyta.ca

NUMBER 38**February 24, 2019**

The Science Behind Dog Training Hosted by Tail Waggers K9Sport. 9:00am-1:00pm. Shady Nook Rec Centre. Information on how science and dog training has developed and how our engagement and understanding of the canine world has changed. Kim Cooper Instructor. \$85 with dog. \$60 without dog. www.tailwaggersk9sport.com

NUMBER 39**February 24, 2019**

Timberline Snowmobile Club-house Olde Time Country Jam. Free admission. 1:30pm-4:00pm. Come, listen, play or sing along. 2 Henan Road, Pembroke Phone: 613-732-0276

NUMBER 40**February 26, 2019**

Career Fair. Petawawa Civic Centre. 2:00pm-6:30pm. Bring your resume and visit with employers who are looking to hire. Host: County of Renfrew. Phone: 613-735-0091 jtstott@countyofrenfrew.on.ca

NUMBER 41**February 27, 2019**

Health Talk. Join us for an information session on Celiac disease and what it means to be gluten-free. Tierney Lunney, NP, will facilitate the session. 6:30pm-7:30pm. Whitewater Bromley Community Health Centre. 70 Main Street, Cobden Phone: 613-582-3685

NUMBER 42**February 27, 2019**

Breakfast and Learn: Senior Active Living Centre. 8:30am greetings. 9:00am breakfast. 10:00am presentation. \$6 tickets must be purchased by February 25. For ages 55 and older. Hosted by Arnprior-Braeside-McNab Seniors at Home. Phone: 613-623-7981 www.cssagency.ca

NUMBER 43**February 28, 2019**

Are you or is someone you know in need of food or friendship? St. John's Lutheran Church is hosting a free community meal. Silver Threads Seniors' Club in Petawawa. Serving from 5:00pm to 7:00pm. All are welcome. Phone: 613-687-6187 pazstjohns@cogeco.net

NUMBER 44**February 28, 2019**

The Pembroke Petawawa District Community Foundation is accepting inquiries for funding. Fill out our Letter of Intent by today. If accepted, you will be asked to complete an application. Download our granting guidelines and Letter of Intent online. foundation@givingthatgrows.com www.givingthatgrows.com

MARCH EVENTS**NUMBER 45****March**

It's National Nutrition Month! Health Matters Magazine reminds you to visit our local nutrition stores, local food producers and more. Pick up a copy of our magazine to find the places you should go. Celebrate nutrition all year, long! behealthy@ovhealth.ca www.ovhealth.ca

NUMBER 46**March 1, 2019**

Wes' Chip is open for the season today! We have been serving French Fries in the Valley for more than 50 years so come see us at 198 Madawaska Boulevard in Arnprior. Open 10:00am to 7:00pm for March and April. Open 10:00am to 8:00pm starting May 1. Picnic area and plenty of parking. Phone: 613-623-5492 www.weschips.ca

NUMBER 47**March 1, 2019**

World Day of Prayer hosted by St. Paul's Anglican Church on Argyle South in Renfrew. 2:00pm. Ecumenical service. All are invited to participate. This year's theme is "Come - All is Ready." The service was written by the women of the Slovenian churches. Light refreshments.

NUMBER 48**March 1, 2019**

Trivia and Curling Fundraiser Night. Deep River Curling and Squash Club. Hosted by North American Young Generation in Nuclear. Proceeds to Victim Services. 6:00pm-7:30pm. Coaches will be present. Pizza and snacks with cash bar. \$20. Bring slippers. 1 Granite Lane, Deep River ypncrl@cnl.ca

NUMBER 49**March 1-3, 2019**

The Pirates of Penzance by Our Lady Seat of Wisdom College and SWC Don Bosco Drama Club. March 1, 7:00pm. March 2, 7:00pm. March 3, 2:00pm. \$12 advance. \$15 door. Students and seniors \$10. www.seatofwisdom.ca

NUMBER 50**March 2, 2019**

Tune in to 104.9 myFM from 10:00am-5:00pm as your Pembroke Regional Hospital Foundation hosts its Connect to Care Radiothon. Proceeds support your hospital's Cutting Edge Campaign. Call 613-629-3343 on March 2nd to make your donation or stop by the Pembroke Mall, where there will be live entertainment all day. foundation@prh.email www.prhfoundation.com

NUMBER 51**March 2, 2019**

Bow-Tie Classic snowmobile poker run and silent auction. \$1,000 grand prize. Register at 10:00am-Noon. \$20 per hand. Silent auction bidding 2:00pm-6:00pm. Dinner 3:00pm-7:00pm. info@pinevalleyresort.ca

NUMBER 52**March 2, 2019**

Pembroke Symphony Orchestra presents Celebrating Women. 7:30pm Festival Hall, Pembroke. Soloist Christina Petrowska Quilico performs Kuzmenko's Concerto for Piano and Orchestra. Presentation by composer Maya Badian. Music by Mendelssohn, Albert, Bushnaq, Boulanger, McTee. Tickets: \$25 adults. \$15 youth. Free 12 and under. Call 613-735-2182 or www.festhall.ca. Search us on Facebook www.pembrokesymphonyorchestra.ca

NUMBER 53**March 3, 2019**

5th Annual Carefor Maple Brunch & Dessert Competition. Join us for a delicious hot brunch and sample some of the tastiest maple desserts in the Valley! Includes silent auction, raffle prizes and live music. Tickets: \$30. Tickets are \$10 per child ages 10 and under. Tickets available by phone or website. Phone: 613-732-9993 x 3237 www.carefor.ca/prc

NUMBER 54**March 5, 2019**

Annual General Meeting (AGM) of the Renfrew & Area Chamber of Commerce. Rocky Mountain House. Networking held before the AGM with guest speakers from ontrac Employment Services and County of Renfrew. Phone: 613-4332-7015 info@renfrewareachamber.ca

NUMBER 55**March 6, 2019**

International Women's Day dinner and celebration. 5:30pm. Guest speakers, "Woman of the Year" award, silent auction, raffle prizes and 50-50 draw. Dinner by Maven Catering. womensdaydepriver@hotmail.com

NUMBER 56**March 6, 2019**

Women's Week at the Pembroke Public Library. Judy Rebick presents her life journey and her books. 6:00pm. Seating is limited, call to reserve. Hosted by EVA Renfrew County. Phone: 613-732-8844 fineprint@pembrokelibrary.ca

NUMBER 57**March 7, 2019**

Discover Ability Breakfast Workshop. 7:00am-9:00am. Learn how the Accessibility for Ontarians with Disabilities Act applies to your business and the advantages of developing an inclusive work force. Phone: 613-623-6817 info@gacc.ca

NUMBER 58**March 8, 2019**

International Women's Day Breakfast, hosted by Community Living Upper Ottawa Valley. Guest speaker is Julie Keon who will share her inspiring career story. Presentations by the Speakers Bureau and BEE Successful. Janna and Kerry's restaurant in Pembroke. \$15 per ticket - buy one and get one free! RSVP in advance. Phone: 613-735-0659 x.113 dlambert@cluov.ca

NUMBER 59**March 8, 2019**

International Women's Day Breakfast: women in agriculture. 7:30am-9:00am. Rocky Mountain House. Host: Renfrew Victoria Hospital Foundation. \$20 tickets in advance. Phone: 613-432-4851 ext.276

NUMBER 60**March 9, 2019**

March Break Open House at Algonquin College in Pembroke. 9:00am-1:00pm. Meet our student services staff and find out about admissions, financial aid, payment fee, recruiters, housing and more. 30-minute sessions. Tour of the campus. Phone: 613-735-4700
yourfuture@algonquincollege.com

NUMBER 61**March 10, 2019**

Timberline Snowmobile Club-house Olde Time Country Jam. Free admission. 1:30pm-4:00pm. Come, listen, play or sing along. 2 Henan Road, Pembroke Phone: 613-732-0276

NUMBER 62**March 11, 2019**

DIY herb garden planter. \$40. 6:15pm. Have you ever wanted to add more fresh herbs into your home cooked meals or someone who would love to learn how to care for their own herb garden but don't know where to start? Join us and find out! Hubert's Springhill Nursery. Phone: 613-735-5551
publiceducation@vianet.ca

NUMBER 63**March 14-15, 2019**

Goalie Camp. 7:00am-3:00pm. Silver Dart Arena in Petawawa. 8 hours ice time, 2 hours gym time, 2 hours class. \$275. For all levels and ages. Great coaches with years of experience. Hosted by Valley Goalie Academy. thesens@hotmail.ca

NUMBER 64**March 16, 2019**

St. Patrick's Day Dance. 8:00pm to 1:00am. Legion in Eganville. Please join us in the upstairs hall for music by DJ Shanon! Late lunch, door prizes, raffle table and 50/50 draw! \$10 at the door. Funds to Ketcha Star Daycare. 57 Veterans Way, Eganville

NUMBER 65**March 16, 2019**

St. Patrick's Day Breakfast. 7:30am-11:00am. Pancakes, sausages, music, door prizes and more. \$10 adults. \$6 ages 5-12. Free ages 4 and under. Proceeds to support Arnprior Braeside McNab Seniors at Home. Held at Christian Education Centre, Arnprior. Phone: 613-623-7981
beckyranger@cssagency.ca

NUMBER 66**March 21, 2019**

Community Economic Development 101 workshop put on by the Ontario Ministry of Agriculture, Food and Rural Affairs. Horton Community Centre. 1:00pm-4:00pm.

NUMBER 67**March 21, 2019**

Senior's Information and Active Living Fair. Hosted by the Golden Age Activity Centre, Renfrew. Renfrew Recreation Centre. 12:00pm-6:00pm. Several presentations throughout the day and a trade show of 30+ exhibitors. Bring a friend. Swag bags, refreshments, door prizes. Phone: 613-431-8289
info@renfrewgoldenage.ca

NUMBER 68**March 21, 2019**

Pembroke NHL Alumni Hockey Game. 7:00pm-9:00pm. \$20 adults. \$15 seniors and youth 12 and under. Hockey's greatest family featuring former NHL legends from the Original 6 classic teams, Stanley Cup winners, Team Canada heroes. Phone: 1-844-363-0500
www.benefithockey.com

NUMBER 69**March 23, 2019**

Cornerview Charolais 4th annual bull and heifer sale. With guest consignor Fondoak Farm. 1:30pm at the farm, 1012 Snake River Line in Cobden. 23 yearling bulls and 4 yearling heifers. See online catalogue. Phone: 613-312-0270
www.cornerviewcharolais.com

NUMBER 70**March 24, 2019**

Timberline Snowmobile Club-house Olde Time Country Jam. Free admission. 1:30pm-4:00pm. Come, listen, play or sing along. 2 Henan Road, Pembroke Phone: 613-732-0276

NUMBER 71**March 27, 2019**

18 months ago, most people thought the Pembroke and Area Airport was closed. That was the starting point of a \$1.25 million campaign to repave the runway. Learn how marketing made it possible and put the airport on the map. Marketing tips you can use. Deep River. manager@uovchamber.com
www.uovchamber.com

NUMBER 72**March 28, 2019**

Are you or is someone you know in need of food or friendship? St. John's Lutheran Church is hosting a free community meal at Silver Threads Seniors' Club in Petawawa. Come out on this end of March day. Serving from 5:00pm to 7:00pm. Anyone is welcome. Phone: 613-687-6187
pazstjohns@cogeco.net

NUMBER 73**March 28, 2019**

Working at Heights Workshop. 9:00am-12:00pm. Regulations, rescue plans, suspension trauma, fall protection equipment, legal advice for workers and employers. Cobden Agricultural Hall, Cobden. Hosted by Valley WorkSafe. Free to attend. Register in advance. Phone: 613-639-1056
david@valleyworksafe.ca

NUMBER 74**March 29-31, 2019**

Frosty Algonquin 2019 Photo Workshop with Chad Barry and Jesse Villemaire. This workshop is geared towards amateur photographers looking to build their confidence in the field. Open to all ages and all levels of photography enthusiasts. We recommend that you have a DSLR camera to get the best out of the workshop experience. www.facebook.com/chadbarryphotography
www.chadbarryphotography.com

NUMBER 75**March 30, 2019**

March Match. 2019 Petawawa PRS Club Series. First of four one-day PRS sanctioned club matches being held on the Petawawa military base. Expect to shoot 8-10 stages on steel from 200m to 630m. Fun match for all skill levels. 7:30am-4:30pm. Search 2019 Petawawa PRS club series on Facebook.

APRIL EVENTS**NUMBER 76****April Promotion**

We're having a fun giveaway in April. Like our Facebook page to win something you want, for free, while we support local business. Intrigued? Stay in touch and we'll see you in April! www.facebook.com/jmackieinsurance
www.jmackie.com

NUMBER 77**April 4, 2019**

Greater Arnprior Chamber of Commerce 2019 Awards Gala. 6:00pm. Nominations are now open for business and business person of the year, skilled trades business, young entrepreneur, young community involvement, innovation and new business. info@gacc.ca
www.gacc.ca

NUMBER 78**April 6-7, 2019**

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

NUMBER 79**April 7, 2019**

Timberline Snowmobile Club-house Olde Time Country Jam. Free admission. 1:30pm-4:00pm. Come, listen, play or sing along. 2 Henan Road, Pembroke Phone: 613-732-0276

NUMBER 80**April 7-13, 2019**

It's National Volunteer Week in Canada. Consider getting involved with an organization that could benefit from your volunteerism. Need some ideas? Pick up a copy of Health Matters Magazine to see some of the organizations in our area that might be looking for volunteers. behealthy@ovhealth.ca
www.ovhealth.ca

NUMBER 81**April 9, 2019**

Deadline to book into the May-June edition of 101 Things to Do in the Valley. \$25 per listing or five listings in this issue for \$100. Customer appreciation days, sales, special event days and general promotion. Book in anytime. Publishes April 11th. 101things@travelourbackyard.com

NUMBER 82**April 11-14, 2019**

9th Edition Coupe Pontiac Cup 3-on-3 Fort-Coulonge. Three on three tournament. Four divisions: Open, Junior A, Junior B and Women. Entertainment available, 18+. www.coupepontiaccup.com

NUMBER 83**April 12, 2019**

Deadline for the Spring-Summer edition of Health Matters Magazine. Body health, mental health, spiritual health, home health, fitness and well-being and more. 15,000 copies distributed free across Renfrew and Lanark Counties. Book in today. Publishes May 3. Phone: 613-732-7774 behealthy@ovhealth.ca

NUMBER 84**April 14, 2019**

Krista's One Hop Easter Shop Craft & Vendor Show. 10:00am-4:00pm Pembroke Knights of Columbus Hall. 40+ crafters and vendors, hourly giveaways, Easter dinner basket giveaway, colouring contest for the little ones, visit with the Easter Bunny. Accepting non-perishable food donations for St. Joseph's Food Bank. 170 Ellis Avenue, Pembroke fb.me/Kristascraftandvendorshows

NUMBER 85**April 24, 2019**

Ottawa Valley Business reminds all employers that today is Administrative Professional Day. Where would you be without your administrative staff? To all the administrative superstars that help with our requests, thanks! admin@ovbusiness.com www.ovbusiness.com

NUMBER 86**April 25, 2019**

Are you or is someone you know in need of food or friendship? St. John's Lutheran Church is hosting a free community meal at Silver Threads Seniors' Club in Petawawa. Come out on this end of April day. Serving from 5:00pm to 7:00pm. All welcome. Phone: 613-687-6187 pazstjohns@cogeco.net

NUMBER 87**April 26, 2019**

Deadline to book into the 2019 edition of Travel Our Backyard Magazine. 30,000 copies of the region's tourism and local travel publication. Remind people of what they can do this year right in their own backyard. For locals and distributed at regional tourism offices. Publishes the May long weekend. travel@travelourbackyard.com www.travelourbackyard.com

NUMBER 88**April 26, 2019**

Today is the last day to book your lunches for the Community Living Upper Ottawa Valley Box of Possibilities lunch. Order five or more lunches and we will deliver to your workplace. Or, pick up your lunches at our office. Support inclusion in our community. Proceeds towards our Outcomes Fund for people with intellectual disabilities. Call Diedre to book your lunches. Phone: 613-735-0659 ext.113 dlambert@cluov.ca

NUMBER 89**April 27, 2019**

Pembroke Symphony Orchestra presents The French Connection. 7:30pm. Festival Hall, Pembroke. Features Saint-Saens' Carnival of the Animals with local pianists Ivan Barney and Elena Semenets. Narrator: Doug Hempstead, CBC. Offenbach "Orpheus in the Underworld," Franck Symphony in D minor. Tickets: \$25 adults. \$15 youth. Free 12 and under. Call 613-735-2182 or www.festhall.ca. Search us on Facebook www.pembrokesymphonyorchestra.ca

NUMBER 90**April 27, 2019**

Spring Painting & Creating Workshop 2019. 1:00pm. Join us for a fun and creative afternoon learning how to use Country Chic Paint products. Instruction is provided by Lori Sheppard of Country Creations & Crafts (you local Country Chic Paint retailer) and Sheri-Lyn Schock of Schocking Creations. \$65 workshop fee. RSVP by April 24. Held in Ladysmith, Quebec. Phone: 819-647-4710 lori.sheppard@live.com

NUMBER 91**April 27, 2019**

RTO ERO Retirement Planning Workshop. 9:00am-Noon. Register for a retirement planning workshop designed for those in the education sector – early years, K-12, post-secondary and more. Financial future, pension, health benefits and peer insight. Book in advance with Monica Harrington. Phone: 613-735-7816 monicah@nrtco.net

MAY EVENTS**NUMBER 92****Follow Our Facebook Page**

May is Community Living Month. Watch our Facebook page for unique stories of how local businesses and organizations have helped make our community inclusive for people with intellectual disabilities. Like and share and help spread the word. www.facebook.com/cluov www.cluov.ca

NUMBER 83**Mark Your Calendar**

After a successful pilot project, breakfasts are back at the Pembroke & Area Airport. We are confirming dates but we will be starting in May. Watch our Facebook page or website for the upcoming dates, or just email us and we'll let you know! marketing@flycyta.ca www.facebook.com/flycyta

NUMBER 94**May 2, 2019**

It's our annual Box of Possibilities lunch in support of Community Living Upper Ottawa Valley. Order by April 27th for your workplace and we'll deliver! Email us or follow our Facebook page for lunch choices. It's a great cause and supports local people with intellectual disabilities. Book your lunches with Diedre. Phone: 63-735-0659 x.110 dlambert@cluov.ca

NUMBER 95**May 3, 2019**

Harry Potter Trivia Night. Renfrew Public Library. 6:00pm-10:00pm. To celebrate the 21st anniversary of the Battle of Hogwarts and the end of the Second Wizarding War, we will be hosting a Harry Potter Trivia Night fundraiser. Ages 8+. Team registration will open April 1st. Phone: 613-432-8151 ext.201 renlib@renfrew.library.on.ca

NUMBER 96**May 3-5, 2019**

Women's Rustic Retreat. Self-care, adventure, empowerment, friendship, business and personal development. Cedar Ridge Camp in Bancroft. Two nights and six meals. Secure your spot with just \$150 deposit. www.ladieslounge.ca/rock-your-biz

NUMBER 97**May 4, 2019**

Save the Date for the annual Hike For Hospice event in support of Renfrew Hospice. Stay connected to us for more details. Phone: 613-433-3993 www.hospicerenfrew.ca

NUMBER 98**May 5, 2019**

It might be hard to think about golf season right now, but mark this date on your calendar for members and future members of the Pembroke Golf Club. This will be our Ladies Section Opening Meet and Greet. Details to follow so join our Facebook group and stay informed! We look forward to seeing you all at the golf club. www.pembrokegolfclub.com

NUMBER 99**May 17, 2019**

Skylight Drive-In re-opens for the 2019 season. Visit our website for shows and admissions. Open Thursday-Sunday from May 17-June 27. Open 7 days a week from June 27 to September 1. Open Thursday-Sunday from September 5 to October 13. 199 Forest Lea Road, Pembroke www.skylightdrivein.com

JUNE EVENTS**NUMBER 100****June 18-19, 2019**

Jason Blaine 6th Annual Celebrity Charity Golf Classic. June 18 is a Night with the Stars. 7:00pm. June 19 is the golf tournament, 12:30pm shotgun start at the Pembroke Golf Club. Sponsorships are now open. Attending the events? Mark your calendars. www.jasonblainecharity.com

NUMBER 101**June 22-23, 2019**

Ottawa Valley's Yoga & Wellness Festival. 9:00am-5:00pm. Activities will include yoga workshops, body positivity workshops, movement workshops, mindfulness and more. Vendor spots available. Held in Cobden. Phone: 613-890-0550 ottawavalleyyoga@gmail.com