

# 101 Things To Do in the Valley

JANUARY-FEBRUARY EDITION

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

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## ALL SEASON

### NUMBER 1

#### Mount Pakenham

Skiing, snowboarding, snowtubing and snowshoeing. 52 years of winter family fun. The only resort to offer night skiing five nights a week in Eastern Ontario! Open daily and evenings Tuesday-Saturday. 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](http://www.mountpakenham.com)

### NUMBER 2

#### Birthday Parties

Host your birthday party with Quality Inn and Suites in Petawawa! Pool birthday parties are \$150 plus HST for four-hour rental. This is based on having 10 swimmers in the pool. Meeting space without the pool is \$100 plus HST and includes room set up. Contact the front desk to book.  
3319-B Petawawa Boulevard  
Phone: 613-687-2855

### NUMBER 3

#### Farm to Fork Catering

Catering services for small and large events. Let us provide great, healthy food for your next business meeting, family event or social gathering. Snack options also available. Need something unique? Our Red Seal Chef is waiting to go to work!  
[bvlfarm@bell.net](mailto:bvlfarm@bell.net)  
[www.griffithfarm.ca](http://www.griffithfarm.ca)

### NUMBER 4

#### Eastern Ontario Jobs

Do you know someone who wants to move back to Eastern Ontario and they're looking for a job? Send them to our site. Follow us on Facebook.  
[www.facebook.com/easternontariojobs](http://www.facebook.com/easternontariojobs)  
[www.easternontariojobs.com](http://www.easternontariojobs.com)

### NUMBER 5

#### 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 advocate for themselves. Available for small and large groups, all audiences. Phone: 613-735-0659 ext.548  
[cedwards@cluov.ca](mailto:cedwards@cluov.ca)

### NUMBER 6

#### Aviation Gift Ideas

For the aviation enthusiast in your life, the Pembroke & Area Airport has two gift ideas for you. First is a foot of runway (\$250) as part of the Project Runway campaign. Second are tickets to the 2020 Runway Gala (\$100) Gala is June 7, 2020. Phone: 613-732-7774  
[marketing@flycyta.ca](mailto:marketing@flycyta.ca)

### NUMBER 7

#### LV Skating Trail

Skate the 1.5km Laurentian Valley Skating Trail in a scenic wooded area of the Alice & Fraser Recreation Centre property at 1 Henan Road. Check the Laurentian Valley Facebook page for daily updates as the trail is open subject to weather conditions and to find out about special events.  
[www.facebook.com/lvtownship.ca](http://www.facebook.com/lvtownship.ca)

### NUMBER 8

#### 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 you fill housing rental needs with long-term tenants supported by our agency. Locations specific to the Upper Ottawa Valley. Contact Tina Williams. Phone: 613-735-0659 ext.105  
[twilliams@cluov.ca](mailto:twilliams@cluov.ca)

### NUMBER 9

#### Career Change?

Looking for a new career in 2020? Take your pick with local opportunities at [www.ovjobs.ca](http://www.ovjobs.ca). Administration, skilled trades, healthcare, manufacturing and more. Casual, part-time and full-time positions available.  
[www.facebook.com/ovjobs](http://www.facebook.com/ovjobs)  
[www.ovjobs.ca](http://www.ovjobs.ca)

### NUMBER 10

#### 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. Phone: 613-432-5060  
[dsulpher@hotmail.com](mailto:dsulpher@hotmail.com)

### NUMBER 11

#### Pembroke Badminton Club

The season of the Pembroke Badminton Club is underway. All skill levels welcome for ages 14+ (including adults). Meet every Tuesday and Friday, 7:30pm-9:30pm until the end of May. \$5 per night or \$90 for the season. Bishop Smith Catholic High School  
[pembrokebadminton@gmail.com](mailto:pembrokebadminton@gmail.com)

### NUMBER 12

#### 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](mailto:marketing@flycyta.ca)

### NUMBER 13

#### Share Your Home

Could you share your home with someone who has an intellectual disability and who is looking to live semi-independently? Talk with us about the Lifeshare program at Community Living Upper Ottawa Valley. Speak to Stephanie Moss. Phone: 613-735-0659  
[smoss@cluov.ca](mailto:smoss@cluov.ca)

### NUMBER 14

#### Wednesday Nights

Adult badminton at Opeongo High School 7:00pm-9:30pm. \$5 drop-in. Cobden Road, Douglas.

### NUMBER 15

#### Ice Fishing

With plentiful frozen lakes and rivers in the Valley, ice fishing has become a great weekend pastime to gather with friends or family. Al's Corner Store near Arnprior, has everything you need: live bait, tackle and even ice augers. Open 7 days a week (early to catch that morning bit!) Phone: 613-623-7463  
[www.alscornerstore.ca](http://www.alscornerstore.ca)

### NUMBER 16

#### BeADonor.ca

The Ontario Trillium Gift of Life Network has a goal to achieve over 233,000 new registrations by March 31, 2020. Have you registered yet? [www.beadonor.ca](http://www.beadonor.ca)

### NUMBER 17

#### Ski & Snowboard for Less

Mount Pakenham. Tuesday and Saturday - 2-for-1 lift tickets and rentals 4:00pm-9:00pm. Red Fridays - 50% off lifts and rentals for military personnel and immediate family 9:00am-10:00pm. Discover ski and board lessons days and evenings at 5:00pm and 6:00pm only \$60 (includes beginner group lesson, lifts, rentals & helmet). Phone: 613-624-5290  
[www.mountpakenham.com](http://www.mountpakenham.com)

**NUMBER 18**

**Subscribe To Our Newsletter**  
Community Living Upper Ottawa Valley has a seasonal newsletter packed full of local stories and photos around our region. You can subscribe for free - just email us. Learn about our International Women's Day event, frozen meals fundraisers and more!  
hmolenaar@cluov.ca  
www.cluov.ca

**NUMBER 19**

**Meals Gift Certificates**  
Eganville & District Seniors have Meals On Wheels and frozen meal (including from a new additional supplier) gift certificates available for anyone who would like to gift them for Christmas to a family member or friend. You can also buy gift certificates for our 2020 Diners Club events.  
Phone: 613-628-2354  
www.eganvilleseniors.com

**NUMBER 20****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 21****Healthy Frozen Meals**

Looking for meals that are ready to reheat? Great for people who live alone, families that need healthy (but quick) meals, students and anyone who wants a night off from the kitchen. From cabbage rolls to Shepherd's pie, BBQ pulled chicken and lasagna rolls. Ask us for the menu!  
bvlfarm@bell.net  
www.griffithfarm.ca

**NUMBER 22****Clothing Sale**

M&R Feeds and Farm Supply (Micksburg, Pembroke, Shawville) is having a clothing sale! Work vests, pants, jackets and more. Sale is on until December 24. Download the flyer from our website or visit us in Micksburg, Pembroke or Shawville for more info.  
www.mandrfeeds.com

**NUMBER 23****Winter Meeting Space**

The Pembroke & Area Airport has a boardroom and open area available for presentations and meetings. Rental options available for half day (\$40) and full day (\$80) events. Easily accessible, one level and you might even see some aircraft landing and taking off. Contact the Airport for dates and info. Phone: 613-687-5300  
info@flycyta.ca

**NUMBER 24****Free Subscription**

Do you have an entrepreneur or business owner on your Christmas list? Give them a free subscription to Ottawa Valley Business. Keep in touch with local news, events, tenders, marketing and more. Delivered to their inbox. Just send us their email address and we will add them to our subscriber list.  
admin@ovbusiness.com  
www.ovbusiness.com

**NUMBER 25****Land Lease Opportunities**

The Pembroke & Area Airport offers several leasable opportunities including secured and open land, office space and a new hangar planned for 2019. Conveniently located near Garrison Petawawa and just off Highway 17. For information and to view the property, contact Steve Gilchrist.  
Phone: 613-687-5300  
info@flycyta.ca

**DECEMBER EVENTS****NUMBER 26****Until December 24**

**Holiday Food Drive.** Until December 24. All proceeds to Deep River & Area Food Bank. \$15 purchases a turkey for Christmas dinner. Pre-made bags from \$5 to \$25 can be purchased at the cash. Any donation is accepted and appreciated. Jan's Valu-Mart in Deep River.  
75 Deep River Road, Deep River

**NUMBER 27****BIA Gift Certificates**

Don't know what to get someone for Christmas? Want to keep your shopping dollars local? Gift the gift of Downtown Smiths Fall dollars! Shop at more than 30 businesses.  
dba@smithsfalls.ca

**NUMBER 28****December 14, 2019**

Come out to the North Algona Wilberforce Fire Department pancake breakfast. 7:30am-10:30am. Kids under age five eat free. Ages six and older \$5 per plate. Visit from Santa 8:30am-10:00am. Proceeds from the breakfast will go to the Lair family.  
Rankin Fire Hall  
37 Marsh Road

**NUMBER 29****December 14, 2019**

Head, Clara and Maria Recreation Committee is holding a Christmas Bingo. 2:00pm. Stonecliffe Community Centre. \$500 jackpot plus 10 rounds of \$50 cash prize. \$20 entry per person (four cards). Additional cards \$5 each. Cash bar will be open. Dabbers are not required. Limit of 100 players.  
Phone: 613-586-2526

**NUMBER 30****December 15, 2019**

Re-certify your First Aid or CPR certificate during this one day course. A Red Cross First Aid-CPR re-certification course will be offered by Ottawa Valley First Aid at the Kiwanis Field House in Pembroke. Pre-register via our website or by phone. Anyone is welcome.  
Phone: 343-369-6218  
www.ottawavalleyfirstaid.com

**NUMBER 31****December 15, 2019**

Start your Christmas baking by decorating gingerbread cookies at this fun event! We will use icing, candies and sprinkles! There are plenty of festive shapes to decorate including gingerbread men, gingerbread ladies, snowflakes, bells, stars and more! Open to all ages and skill levels! \$25 per person.  
Phone: 613-281-0688  
www.forestcovefarm.ca

**NUMBER 32****December 18, 2019**

Join us for Storytime and Snowflakes. Enjoy some holiday stories and hot cocoa. We'll make a Christmas craft and enjoy some treats. Come in your PJs. 6:30pm-7:30pm. Held at the Admaston Bromley Public Library in Douglas.  
5346 Queen Street, Douglas  
Phone: 613-649-2576

**NUMBER 33****December 19, 2019**

Christmas Flower Arrangement, Table Centrepiece Workshop. Forest Cove Farm in Chalk River. 6:00pm-8:00pm. Create a beautiful table centrepiece with fresh flowers and greens. Just in time for the holiday season! \$70. Phone: 613-281-0688  
www.forestcovefarm.ca

**NUMBER 34****December 20, 2019**

Perth Library Holiday Sing-A-Long. 10:45am. With Gerry Mitchell. Free drop-in event for kids and families.  
20 Herriott Street, Perth  
Phone: 613-267-1224

**NUMBER 35****December 20, 2019**

Canadian Blood Services will be at Eganville Legion to collect blood donations. Every minute of every day, someone in Canada needs blood. It could take up to five donors to help someone through heart surgery and up 50 donors to help a crash victim. 3:40pm-6:16pm.  
57 Veterans Way, Eganville  
www.blood.ca

**NUMBER 36****December 21, 2019**

Kids Christmas Party at the Pembroke Public Library. 2:00pm. Let's celebrate with stories, crafts, games, snacks and hot chocolate! All ages welcome. Pre-registration required.  
Phone: 613-732-8844 ext.2  
fineprint@pembroke.library.ca

**NUMBER 37****December 21, 2019**

Township of Madawaska Valley Community Christmas Party. \$35. Paul J. Yakabuski Arena in Barry's Bay. Cocktails 5:30pm. Dinner 6:30pm. Catering by Rose Schulist. Live music by Sidewinder. Tickets at the township office til December 13.

**NUMBER 38****December 21, 2019**

Santa Clause is visiting the Chutes Coulonge Festival of Lights! Take a picture with Santa and make sure your name is on his nice list. Visits with Santa will be from 7:00pm- 8:00pm. Don't forget to experience the magic of our illuminated trails at the Festival of Lights!  
Phone: 1-888-683-2770  
www.chutescoulonge.qc.ca



**NUMBER 39****December 21, 2019**

Driver Training in District 6! Students must be at least 12 years old to receive a Motorized Snow Vehicle Operator's Licence. Contact Linda Jackson. Course held at District 6 office. 40484 Highway 41, Pembroke Phone: 613-312-0277

**NUMBER 40****December 22, 2019**

From Our House to Yours. An Ottawa Valley country music Christmas. Grace Lutheran Church. 7:00pm. Free will offering for Eganville Food Bank and Renfrew Hospice. 14 Bonnechere Street West www.gracelutheraneganville.ca

**NUMBER 41****December 23, 2019**

Blood Donor Clinic at Bancroft Pentecostal Tabernacle. Book your appointment online. 311 Hastings Street North. Phone: 1-888-236-6283 www.blood.ca

**NUMBER 42****December 25, 2019**

Christmas Angels Luncheon. Petawawa Civic Centre. 12:00pm-2:00pm. A festive turkey lunch with all the trimmings. For reservations or home delivery call 613-687-5678. Walk-ins welcome. Free of charge. Music, great food, fun and friendship.

**NUMBER 43****December 25, 2019**

Layman Fire and Safety wishes the community a safe and wonderful holiday season. We also wish to remind you to take extra care with fires and candles and make sure they are out before you go to sleep. Also, check your smoke detectors for good measure. Available throughout the holidays. Phone: 613-732-5320 www.laymanfireandsafety.com

**NUMBER 44****December 25, 2019**

Free Christmas Day Community Friendship Dinner. 11:00am-2:00pm. Knights of Columbus Hall, Renfrew. Turkey, dressing, potatoes, gravy and vegetables. Free transportation and mail delivery available for shut-ins and seniors. Call in advance. Phone: 613-432-0887 Christmas Day: 613-432-6121

**NUMBER 45****December 27, 2019**

Evening Coffee House at St. Paul's Anglican Church, Almonte. 7:00pm to 9:00pm. Join our musicians and singers as they offer a selection of popular, folk and praise songs. Coffee, tea, fruit punch, snacks and a pot of soup. All are welcome. No charge. Donations accepted for the food bank.

St. Paul's Anglican Church  
62 Clyde Street, Almonte

**NUMBER 46****December 29, 2019**

Looking for a First Aid/CPR course over the holidays? A Red Cross blended First Aid/CPR course will be held at the Renfrew Recreation Centre. Complete half the course online at your convenience, and then attend this one day session to be certified. Preregister via our website or by phone.

Phone: 343-369-6218  
www.ottawavalleyfirstaid.com

**NUMBER 47****December 31, 2019**

Veille du Jour de l'An - New Year's Eve event. Featuring Simon Clarke. Byrosn's Bistro Du Bucheron. 6:30pm-3:00am. Four course dinner and live entertainment. Reserve tickets now. Welcome the New Year in style! 204 Rue Principale, Fort Coulonge.

Phone: 819-683-5635

**NUMBER 48****December 31, 2019**

New Years Eve 2020. Petawawa Golf Club & All Ranks Service Club. High energy dance floor by DJ Trish, late night buffet, complimentary champagne toast, giveaways, 50-50 draws, cash bar and drink specials. Dress to impress. Must purchase tickets in advance. Open to the public.

Phone: 613-687-8294

**NUMBER 49****Year End December 31?**

Do you have a year-end of December 31? Consider a tax-deductible donation to the Pembroke & Area Airport's Project Runway campaign. Kick-off the New Year and be part of building a great community asset at the same time.

Phone: 613-732-7774  
marketing@flycyta.com

**JANUARY EVENTS****NUMBER 50****Happy New Year**

Community Living Upper Ottawa Valley wishes our community A Happy New Year! We are grateful to everyone who helps us champion inclusion by providing services, employment and opportunities for people who have intellectual disabilities. Thank you and may 2020 be your best year ever!

www.facebook.com/cluov  
www.cluov.ca

**NUMBER 51****January 2, 2020**

Starting Wednesdays and continuing weekly, McNab-Braeside recreation offers adult open pickleball for beginner and intermediate levels at the Murray Yantha Community Centre, 2473 Russett Drive. Drop-in fee is only \$2.

Phone: 613-623-5756 x232  
www.mcnabbraeside.com

**NUMBER 52****January 6, 2020**

The first issue of Health Matters for the year starts being delivered today! Pick up your copy at health organizations in Renfrew County, Lanark County, Mattawa and Bancroft. A free magazine with local health information and articles.

behealthy@ovhealth.ca  
www.healthmattersmag.ca

**NUMBER 53****January 8, 2020**

Garment Sewing Class. The perfect class for beginners and advanced seamstresses who want to learn something new! Students create a garment of their choice that is sized and tailored to their perfect fit. \$125 + HST for six weeks. 6:00pm-9:00pm. Algonquin Sewing Centre, Petawawa.

Phone: 613-732-4789  
www.algonquinsewingcentre.ca

**NUMBER 54****January 8, 2020**

Canadian Blood Services will be at Royal Canadian Legion to collect blood donations. Every minute of every day, someone in Canada needs blood. It could take up to five donors to help someone through heart surgery; up 50 to help a crash victim.

www.blood.ca

**NUMBER 55****January 8, 2020**

Dining with Friends. Hosted by the Arnprior-Braeside-McNab Seniors at Home Program. A social evening for those 55+ or with special needs of any age. Full course meal (choice of chicken cutlet on rice or ham steak). Entertainment by Dan Nicholas. Tickets \$14 from agency office until Noon, January 7th. Phone: 613-623-7981 www.cssagency.ca

**NUMBER 56****January 10, 2020**

Kashubian Embroidery Workshop. Learn how to use Kashubian embroidery techniques to make a napkin with Zosia Kosinski, Theresa Prince, Joyce Lorbetkie and Catherine Bloskie. Held at Opeongo Seniors Centre, 19 Stafford Street, Barry's Bay. Phone: 613-633-1236 anya@ov-caos.org

**NUMBER 57****January 11, 2020**

Eganville Old Snowmobile Show. 10:00am-3:00pm. Eganville Snodrifters Clubhouse. \$5 per person, free admission with show sled. The biggest old sled show in Ontario. Swap spaces \$10. Grounds open at 8:00am. Show and shine, parts section, clubhouse open for the whole family. Phone: 613-256-8734 www.oldsledheads.com

**NUMBER 58****January 11, 2020**

Learn how Chalk Paint by Annie Sloan. \$85 + HST. Transform your tired and outdated furniture into pieces you will be proud to showcase in your home. Three-hour class. Two-colour distressed, colour wash, smooth and textured finish techniques. Phone: 613-801-3920 www.tinbarnmarket.com

**NUMBER 59****January 11-18, 2020**

Arnprior Optimist Winter Carnival. Movies, bowling, air bounce activity centre, skating, pub night, Jack Smith Memorial, public swimming, shanty breakfast, live entertainment, family tobogganing and more. \$2 carnival button. www.facebook.com/arnprioroptimist

**NUMBER 60****January 14, 2020**

Blood Donor Clinic at Garrison Petawawa, Dundonald Hall. Book your appointment online at [www.blood.ca](http://www.blood.ca)  
Phone: 1-888-236-6283  
[www.blood.ca](http://www.blood.ca)

**NUMBER 61****January 14 and 16, 2020**

Adult Breakaways and Night Owls ski and snowboard program at Mount Pakenham. Both run 8 consecutive weeks. Breakaways is an afternoon 90-minute lesson starting January 14 at 1:30pm. Our popular Night Owls is a 60-min evening lesson starting January 16 at 7:00pm. Both allow for après-ski socializing in the lounge!  
Phone: 613-624-5290  
[www.mountpakenham.com](http://www.mountpakenham.com)

**NUMBER 62****January 16, 2020**

Annual Meeting for Renfrew County Beef. 7:30pm at the Cobden Agricultural Hall. Guest speaker and reports from the Beef Farmers of Ontario. Election of directors will also take place. Contact Donna for details.  
Phone: 613-432-5568

**NUMBER 63****January 17, 2020**

Kids' Paint Night at the Murray Yantha Community Centre in McNab-Braeside, 2473 Russett Drive. 20 kids maximum. \$20 per participant. Children under 10 must be accompanied by an adult. Register by January 10.  
Phone: 613-623-5756  
[kblemkie@mcnabbraeside.com](mailto:kblemkie@mcnabbraeside.com)

**NUMBER 64****January 17, 2020**

Country Dance at the Horton Community Centre. Featuring Buck Fifty. 8:00pm-12:00pm. \$10 tickets. Presented by the Horton Recreation Committee. Horton Community Centre 1005 Castleford Road, Renfrew

**NUMBER 65****January 18, 2020**

Almonte Celtfest's Annual bonspiel. 9:00am. Join us for a day of music, fun, food, beer and curling! Hearty and warm lunch is included plus live music to keep you cheery. And a cash bar to help you forget that it's January. \$25/player. \$100/team.  
[almonteceltfest@hotmail.com](mailto:almonteceltfest@hotmail.com)

**NUMBER 66****January 18, 2020**

Join us for Driver Training in District 6! Students must be at least 12 years of age in order to receive a Motorized Snow Vehicle Operator's Licence. Contact Linda Jackson. Course held at District 6 office. 40484 Highway 41, Pembroke  
Phone: 613-312-0277

**NUMBER 67****January 18-19, 2020**

Sample the snowmobile trails in Quebec at our Open House event. 33,000kms of trails. Get your free, temporary trail permit.  
[www.fcmaq.qc.ca](http://www.fcmaq.qc.ca)

**NUMBER 68****January 22, 2020**

Golden Yoga begins at the Murray Yantha Community Centre. Increase mobility and improve balance for those aged 55 plus. Golden Yoga is beginner, gentle yoga with chair poses that will help reduce swelling in joints to make you feel better. 8 weeks for \$85. Starts at 10:00am.  
[info@move-ment.ca](mailto:info@move-ment.ca)

**NUMBER 69****January 24-26, 2020**

Shake off any winter blues by celebrating winter with a variety of activities for the whole family at the Frosty Fling Winter Carnival taking place January 24th-26th, 2020! This annual family event features skating and costumes!  
Phone: 613-259-2220  
[www.lanarkcivitan.com](http://www.lanarkcivitan.com)

**NUMBER 70****January 24-31, 2020**

Alice in Winterland Winter Carnival. Mark your calendars to attend this fun, outdoor event. Follow us on Facebook at [www.facebook.com/lvaliceinwinterland](http://www.facebook.com/lvaliceinwinterland)

**NUMBER 71****January 25, 2020**

Ladies Evening of Elegance. 6:30pm. Pembroke Pentecostal Tabernacle. Our guest speaker is Caramel Gray, the wife of Pastor Thomas Gray and together they currently serve at Grace Evangelical Missionary Church in Killaloe. They have 11 children. \$12 tickets available at the church office.  
Phone: 613-732-9721  
[cahurtubise@pptchurch.com](mailto:cahurtubise@pptchurch.com)

**NUMBER 72****January 29, 2020**

Lanark County 4-H sign up night. 7:00pm-9:00pm. Come on out and check out what 4H has to offer for 2020. Join a club or two, chat with leaders! Beckwith Township Office 1702 9th Line, Carleton Place

**NUMBER 73****January 31, 2020**

A Red Cross babysitting course will be offered at the Eganville Community Centre. This course for youth 11-15 years of age has an emphasis on first aid skills and covers everything from managing difficult behaviours to content on leadership and professional conduct as a babysitter.  
Phone: 343-369-6218  
[info@ottawavalleyfirstaid.com](mailto:info@ottawavalleyfirstaid.com)

**FEBRUARY EVENTS****NUMBER 74****February 1, 2020**

Join us for the annual Braeside Winter Carnival at the John A Gillies Recreation Centre in Braeside! Prizes, indoor and outdoor activities, a community breakfast, a professional magic show, axe throwing, skating, hockey and many more activities on this wintery day. Full details on the website.  
[www.mcnabbraeside.com](http://www.mcnabbraeside.com)

**NUMBER 75****February 1, 2020**

Come join us at the 10th Cobden Civitan Club Ice Fishing Derby. Muskrat Lake Boat Launch. Over \$20,000 in cash and prizes. For details and ticket locations visit our website and follow us on Facebook or contact the Cobden Civitan Club. Register early!  
Phone: 613-433-2795  
[www.cobdencivitanclub.ca](http://www.cobdencivitanclub.ca)

**NUMBER 76****February 1, 2020**

Berenstain Bears live on stage. Tickets on sale. 2:00pm during SnoSpree weekend. Songs and dance based on five of the beloved Berenstain Bears books. (Not a movie) Price: Adults 25.00, Kids 1-12 \$15.00. These cherished stories are brought to life with fun sets, costumes, live music, song and dance! Festival Hall, Pembroke  
[events@festhall.ca](mailto:events@festhall.ca)

**NUMBER 77****February 1, 2020**

Now accepting team registrations for the 3rd Annual Wilno Winter Classic Co-ed Broomball Tournament. Entry fee is \$150 per team. Teams must have a minimum of 10 players. Two girls must be out on ice at all times. Licensed bar will be open all day.  
Text: 613-639-9816  
[sweetporridge@bell.net](mailto:sweetporridge@bell.net)

**NUMBER 78****February 1, 2020**

Join Ottawa Valley First Aid for a Red Cross First Aid/CPR course in Pembroke. Various levels of certification available. Preregistration is required and can be completed online. Want to organize a course for your group, organization or business on a different date? Email us!  
[info@ottawavalleyfirstaid.com](mailto:info@ottawavalleyfirstaid.com)  
[www.ottawavalleyfirstaid.com](http://www.ottawavalleyfirstaid.com)

**NUMBER 79****February 1, 2020**

Now in its 48th year, the Silver Spoon cross-country ski fest offers enjoyable races for both competitive and recreational skiers in classic and skate ski styles. This event attracts hundreds of skiers, from ages 3 to 80+. [www.bright-ideas-software.com/silverspoon/](http://www.bright-ideas-software.com/silverspoon/)  
Phone: 613-584-4431  
[amcmurf@gmail.com](mailto:amcmurf@gmail.com)

**NUMBER 80****February 1, 2020**

Snow Show Walk & Race. 1:00pm-10:00pm. Come join this wonderful snowshoe walk hosted by Todd and Victoria Hoffman of Brauwerk Hoffman! In the wonderful woods of Campbell's Bay, Quebec, a 5km and 10km course. \$40. 12988 route 148, Campbell's Bay  
Phone: 613-732-0388

**NUMBER 81****February 6-7, 2020**

Two-Day Mental Health First Aid Training. An important course that anyone can benefit from taking. 9:00am-4:00pm. Barr Line Community Centre. \$135 plus HST for both days. Limited spaces available. Register with Shelley McCaffrey who is also the training instructor.  
Phone: 613-341-7071  
[info@corporatewellsolutions.com](mailto:info@corporatewellsolutions.com)

**NUMBER 82****February 7-9, 2020**

Festival of Outdoor Rinks and Winter Fun. Stay tuned to our website and Facebook page for more information on what's happening at local outdoor rinks and communities for this year's event. Warm up to winter at an outdoor rink.

www.facebook.com/outdoorrinks  
www.festivalofoutdoorrinks.com

**NUMBER 83****February 11, 2020**

Blood Donor Clinic at Germania Club in Pembroke. Book your appointment online. 15 Bennett Street, Pembroke.

Phone: 1-888-236-6283  
www.blood.ca

**NUMBER 84****February 13, 2020**

Our March-April list of 101 Things to Do in the Valley publishes today. List your event by February 10. \$25 plus HST or five listings for \$100 plus HST. Phone: 63-732-7774

101things@travellourbackyard.com

**NUMBER 85****February 14, 2020**

Tired of competing? This three-day innovation bootcamp is for you! Hands-on experience designed for businesses of any size. Learn and apply a structured approach to creating actionable strategic options and leave your competition in the dust. February 14 and 21 and March 13. \$695 business owner. \$1,249 team package.

mj@imtransformation.biz  
www.imtransformation.biz

**NUMBER 86****February 14-16, 2020**

Bonnechere Cup in Eganville. See snowmobile races from across Ontario, Quebec and the northern U.S. plus local riders. Daily or weekend passes. Part of the Ontario Snowmobile Oval Racers association. Clubhouse will be open all weekend for food and refreshments!

www.bonnecherecup.ca

**NUMBER 87****February 15, 2020**

Landscapes workshop at Algonquin Sewing Centre. 10:00am-4:00pm. For intermediate level sewers. \$20 plus taxes and supplies.

Phone: 613-732-4789  
www.algonquinsewingcentre.ca

**NUMBER 88****February 15, 2020**

Perth Tourism presents a winter event in beautiful Heritage Perth! Outdoor winter activities for the whole family starting at Conlon Farm. Crystal Palace will transform into an ice palace which will include a musical guest, an ice bar and bonfire!

www.beautifulperth.com

**NUMBER 89****February 17, 2020**

Blood Donor Clinic at the Civitan Club in Perth. Book your appointment online. Highway 43 (Craig Street) in Perth.

Phone: 1-888-236-6283  
www.blood.ca

**NUMBER 90****February 22, 2020**

White Lake Winter Carnival and the 2020 Polar Plunge for Special Olympics. Join us for this fun-filled day with food, special activities for young and old alike, fun at the park and, if you're brave enough, take a dip in White Lake in support of a worthwhile charitable cause!

Phone: 613-623-5756 x 232  
www.mcnabbraeside.com

**NUMBER 91****February 22, 2020**

Driver Training in District 6! Students must be at least 12 years old to receive a Motorized Snow Vehicle Operator's Licence. Contact Linda Jackson. Course held at District 6 office. 40484 Highway 41, Pembroke. Phone: 613-312-0277

**NUMBER 92****February 22, 2020**

H-Bag workshop at Algonquin Sewing Centre. 10:00am-4:00pm. For intermediate level sewers. \$35 plus taxes and supplies (pattern is provided). 2096 Petawawa Boulevard.

Phone: 613-732-4789  
www.algonquinsewingcentre.ca

**NUMBER 93****February 25, 2020**

Ladies Day at Mount Pakenham! Join us Tuesday, February 25 from 1:00pm to 4:00pm for an exclusive opportunity to enhance your skiing and boarding skills in a fun, comfortable environment. Beginner to expert, this is for you. Advance reservation required.

Phone: 613-624-5290  
www.mountpakenham.com

**NUMBER 94****February 26, 2020**

It's Pink Shirt Day in Canada! Online shop for bulk orders is open as of December 12. Have a luncheon, host a campaign or just wear a pink shirt to support anti-bullying.

www.pinkshirtday.ca

**NUMBER 95****February 26, 2020**

Blood Donor Clinic at the Civitan Club in Smiths Falls. Book your appointment online at www.blood.ca. Highway 15 in Smiths Falls.

Phone: 1-888-236-6283  
www.blood.ca

**NUMBER 96****February 27, 2020**

Bookkeeping 101: What You Need to Know to Run Your Business. 9:00am-12:00pm. This seminar is designed to advise business owners about how to set-up accurate record-keeping systems and establish efficient work-flows to augment their business's bookkeeping and accounting needs. \$20 to attend. Small Business Advisory Centre in Smiths Falls.

Phone: 613-283-7002  
smallbusiness@smallbizcentre.ca

**NUMBER 97****February 29, 2020**

Renfrew County Agricultural Wall of Fame induction event. 2020 marks the 25th anniversary of when the Wall of Fame was first started in Renfrew County. Three new inductees will be welcomed. Held at the Renfrew Armouries. Happy Hour 6:00pm. Banquet 7:00pm. Tickets, prices and details to be determined. Phone: 613-432-5568

**MARCH EVENTS****NUMBER 98****March 5, 2020**

Seniors Active Living Fair. Silver Threads Seniors Club in Petawawa. 1:00pm-4:00pm. Held at the club, 1163 Victoria Street in Petawawa. This is a free admission event. If you are interested in being part of this event with a booth, contact Barbara Bailey for the details and a registration form. Phone: 613-687-6574  
silverthreadspetawaw@hotmail.ca

**NUMBER 99****March 7-8, 2020**

Renfrew Gun & Hunting Show. Renfrew Armouries. Admission to the Show is \$7 with children under 12 years of age are free when accompanied by an adult. 115 Veterans Memorial Boulevard, Renfrew. Saturday 8:00am-4:00pm. Sunday 9:00am-2:00pm.

**NUMBER 100****March 11-15, 2020**

Mount Pakenham March Break theme days! With each day a new theme (see website for details). Day camps (3, 4 or 5 days) and 5-day lesson programs available. Book early to ensure your spot! www.facebook.com/MountPakenham

Phone: 613-624-5290

www.mountpakenham.com

**NUMBER 101****March 17, 2020**

A Red Cross babysitting course will be held at the Cobden municipal building on March 17. This course for youth 11-15 years of age has an emphasis on first aid skills and covers everything from managing difficult behaviours to content on leadership and professional conduct as a babysitter.

Preregister online or by phone. Phone: 343-369-6218

www.ottawavalleyfirstaid.com

**ABOUT THIS LIST**

101 Things to Do in the Valley publishes every two months. Editions are as follows:  
January-February  
March-April  
May-June  
July-August  
September-October  
November-December

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