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101 Things To Do in the Valley

MARCH-APRIL 2020 EDITION

101things@travelourbackyard.com ★ Download this list at www.travelourbackyard.com

ALL SEASON

NUMBER 1

Fitness Options

Inner Strength Fitness Centre offers certified personal training, certified life coaching, learn to run, MindBody classes and circuit training. Email, call or text for a free assessment at either location: 1330B Pembroke Street West, Pembroke and 32 Main Street, Cobden. Phone: 613-432-1788 jodi@myinnerstrength.ca

NUMBER 2

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 3

Inspiring Talk

Book the Community Living Upper Ottawa Valley Speakers Bureau. Hear the trials and triumphs of local people and how they advocate for themselves and inclusion. Available for small and large groups, all audiences. Phone: 613-735-0659 ext.548 cedwards@cluov.ca

NUMBER 4

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. Cabbage rolls and BBQ pulled chicken, Shepherd's pie, lasagna rolls and more Ask for the menu! bvlfarm@bell.net www.griffithfarm.ca

NUMBER 5

Until April 1, 2020

Unmasking Influenza at Arnprior & District Museum. The world's deadliest influenza pandemic, the Spanish Flu, swept across Canada in 1918-1919. This timely exhibit looks at the lasting impacts of the pandemic and asks if we're prepared for the next one. Presented by Ingenium. Open Tuesday-Thursday and weekends, 11:00am-4:00pm. Phone: 613-623-4902 www.arnprior.ca

NUMBER 6

Join The Quilting Group

St. John's Lutheran Church in Petawawa invites you to participate in their St. John's Piece Makers Quilting Group. The group meets on Thursdays from 9:30am to 2:30pm in Luther Hall. No experience required! Fun environment and relaxing time of fellowship. Donna Chaput: 613-687-6652 Brenda Gillies: 613-687-1683

NUMBER 7

Cooking Classes

Improve your skills, learn new recipes, have fun with friends or family, have a neat party idea or just looking to give the gift of good cooking? We're now taking bookings for cooking classes in groups of 6-8. \$65/person + tax. mavencatering@hotmail.com www.mavencatering.com

NUMBER 8

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

NUMBER 9

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

NUMBER 10

Subscribe For Free

Ottawa Valley Business (OVB) covers news and events for local business in the Renfrew and Lanark regions. Delivered by email twice a month. Free for anyone to subscribe. An easy way to stay connected to the local business community. admin@ovbusiness.com www.ovbusiness.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

NUMBER 12

Mount Pakenham

Skiing, snowboarding, snowtubing and snowshoeing. 52 years of winter family fun. Night skiing five nights a week! Open daily and evenings Tuesday-Saturday. Learn to ski or snowboard, terrain park, cafeteria, licensed lounge. Rentals available. Phone: 613-624-5290 www.mountpakenham.com

NUMBER 13

Find Local Jobs

Find the jobs available locally on our website: www.ovjobs.ca. Listings are current and from real employers who are invested in promoting good jobs to the right potential candidate. Opportunities posted daily and shared on our Facebook page. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 14

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 www.griffithfarm.ca

NUMBER 15

Work in Eastern Ontario

If you're looking for a great lifestyle, room to roam and the opportunity to be part of a thriving business community, take a look at job opportunities at Eastern Ontario Jobs. One link to great careers in the best region of Ontario. www.facebook.com/eojobs www.easternontariojobs.com

NUMBER 16

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. We are looking specifically for locations in the Upper Ottawa Valley. Contact Tina Williams. Phone: 613-735-0659 ext.105 twilliams@cluov.ca

NUMBER 17**Need More Customers?**

If you think that more people should be coming to your business, you're probably right! Find out how to make that happen and continue. Phone: 613-732-7774 jenn@fwdthink.net

FEBRUARY EVENTS**NUMBER 18****February 14-16, 2020**

Bonnechere Cup. Some of the greatest names in snowmobiling history have experienced the thrill of victory and the agony of defeat right here at our track. Part of the Ontario Snowmobile Oval Racers association. Clubhouse will be open all weekend for food and refreshments!

www.bonnecherecup.ca

NUMBER 19**February 15, 2020**

Calabogie Ice Racing at Calabogie Motorsports Park. February 15, 22 and 29. Starts at 10:00am. Qualified drivers only. Rubber tires only, no studs. \$249 per car. \$0/driver and spectator. Children 12 and under are free. info@calabogiemotorsports.com www.calabogiemotorsports.com

NUMBER 20**February 15-17, 2020**

Perth Tourism's Frost & Fire Winter Carnival. Laser tag, dance, open bowling, games, swimming, indoor and outdoor skating, skiing, workshops and more. Come see us in Perth. tourism@perth.ca

www.facebook.com/perthtourism

NUMBER 21**February 17, 2020**

Winter Fun Day at Cobden Pentecostal Church. 9:30am-2:30pm. Indoor and outdoor games. Hot lunch, snacks and more. Fun for the whole family. 17 Astrolabe Road, Cobden. Contact us to register. Phone: 613-646-2332

office@cobdenchurch.com

NUMBER 22**February 17, 2020**

Family Day Breakfast. Held at the Presbyterian Church (Kirk Hall). 9:00am-11:00am. \$10 for adults. \$5 for children aged 12 and under. 460 Raglan Street South, Renfrew

NUMBER 23**February 18, 2020**

On this date in 1920, the Canadian Air Force was formed at Camp Borden. The Pembroke & Area Airport has a strong connection to the Canadian Forces at Garrison Petawawa. Your support of Project Runway, the airport's runway repaving campaign, supports our community as a whole. marketing@flycyta.ca www.flycyata.ca

NUMBER 24**February 19, 2020**

Petawawa Bassmasters Meeting. 7:00pm-11:30pm. Held at Great Canadian Warehouse Bar & Billiards on Petawawa Boulevard. We host open and club-only tournaments annually. If you're a serious tournament fisherman or just starting out, Petawawa Bassmasters has lots to offer you!

www.petawawabassmasters.ca

NUMBER 25**February 20, 2020**

Canada Revenue Agency Tax Information Seminar Farm Tax. When you're a small business owner self-employed, it can be a challenge to balance customers and manage your many other responsibilities, such as bookkeeping and taxes. There are free resources to help you. 9:30am-11:30am. Brought to you by SADC Pontiac. Phone: 819-648-2186 amy.taylor@sadcponiac.ca

NUMBER 26**February 23, 2020**

It's National Aviation Day in Canada! The Pembroke & Area Airport is fundraising to repave their 5,000 foot runway. You can help buy buying a foot of runway for \$250. This donation comes with a 100% charitable tax receipt and an invitation to the opening of the new runway when paved. marketing@flycyta.ca www.flycyata.ca

NUMBER 27**February 24, 2020**

Crop Producer Breakfast. Hosted by Barclay Dick & Son. Held at The Rocky Mountain House in Renfrew. 9:00am-11:30am. Discussion on crops and a few speakers. Reserve a seat by calling 613-649-2440.

NUMBER 28**February 25, 2020**

Shrove Tuesday at St. John's Lutheran Church in Petawawa. Join us for pancakes, sausage and fruit cocktail from 5:30pm to 7:30pm in Luther Hall. All are welcome! Free-will offering. 605 Black Bay Road, Petawawa stjohsparishsecretary@gmail.com

NUMBER 29**February 25, 2020**

Death Café in Combermere. Tea, coffee, dessert and a discussion on death and dying in a relaxed, respectful setting. There is no agenda. Discussion-based rather than grief support. Free. Facilitated by Dawn Cruchet, Madawaska Valley Hospice Care. Heartwood Restaurant. 2:00pm-4:00pm. Phone: 613-756-3045 ext. 350 mvhospice@sfmhosp.com

NUMBER 30**February 25, 2020**

Ladies Day at Mount Pakenham! 1:00pm-4:00pm. Exclusive opportunity to enhance your skiing and boarding skills in a fun, comfortable environment. Beginner to expert. Advance reservation required.

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

NUMBER 31**February 26, 2020**

Join us at St. John's Lutheran Church in Petawawa for Ash Wednesday worship service. 7:00pm. All are welcome. 605 Black Bay Road, Petawawa stjohsparishsecretary@gmail.com

NUMBER 32**February 26, 2020**

Blood Donor Clinic at the Smiths Falls Civitan Club, Highway 15 in Smiths Falls. Book your appointment. Phone: 1-888-236-6283 www.blood.ca

NUMBER 33**February 26-27, 2020**

Mental Health First Aid Veteran Community. 8:00am-4:00pm. The training ensures that those most in contact with members of the Veteran Community can identify an emerging mental health problem and respond effectively in the event of a crisis. To register, contact Louise Anderson. Phone: 613-687-1641ext.2234 louise.anderson@forces.gc.ca

NUMBER 34**February 27, 2020**

Blood Donor Clinic at Civitan Club, 500 Almonte Street in Almonte. Book your appointment at www.blood.ca or call 1-888-236-6283.

NUMBER 35**February 27, 2020**

Community Friendship Meal at Silver Threads Seniors Club in Petawawa. 5:00pm-7:00pm. Meals are free of charge for those in need of food and friendship.

1163 Victoria Street, Petawawa www.facebook.com/stjohnspetawawa

NUMBER 36**February 29, 2020**

Mid-Winter Milling. Explore the delightful shops and cafés along Mill Street in Downtown Almonte. Enjoy some spiritual and self-awareness sessions. Card readers, energy workers, reiki, intuitives, mediumship and more. Register at 10:00am. Prices (\$20-\$60) per practitioner. www.midwintermilling.com

MARCH EVENTS**NUMBER 37****Wednesdays (March)**

Join St. John's Lutheran Church in Petawawa for five evenings of worship and song. Holden evening prayer every Wednesday of Lent. March 4, 11, 18, 25 and April 1. 7:00pm-7:45pm. 605 Black Bay Road, Petawawa stjohsparishsecretary@gmail.com

NUMBER 38**March is Nutrition Month**

March is Nutrition Month. Pick up the latest issue of Health Matters magazine for local professionals who can talk to you about proper nutrition. Food and nutrition is an important part of everyday life. www.healthmattersmag.ca

NUMBER 39**Order Chicks**

M&R Feeds and Farm Supply (Micksburg, Pembroke, Shawville) is taking orders for chicks, turkeys, waterfowl and ready-to-lay pullets. Place all poultry orders five weeks in advance of your scheduled delivery date. Chicks take three weeks to hatch, while turkeys, ducks and geese take four weeks. Details on our website. www.mandrfeeds.com

NUMBER 40**March 3, 2020**

Education & Employment Expo. Hosted by Petawawa Military Family Resource Centre. 10:00am-5:00pm. Meet representatives from a variety of educational institutions in person to find the best fit for your educational and career goals as well as local employers that are hiring for the upcoming season. Petawawa Civic Centre
Phone: 613-687-1717

NUMBER 41**March 3, 2020**

Short-Term Accommodation Workshop. Grow from host to superhost. Hosted by Hastings County Tourism. \$15 per person. 5:00pm-9:00pm. For participants who already have an Airbnb. 10 spaces available. Club 580 in Bancroft (168 Hastings St. N.)
Phone: 613-966-1311 ext.4012
www.hastingscounty.com

NUMBER 42**March 4, 2020**

Voyageur Multi Use Trail System (VMUTS) monthly meeting. 6:30pm-8:30pm. Mattawa Legion. Open to the public. In order to speak at a meeting or add to our agenda, please contact us.
360 Hurdman Street, Mattawa
info@vmuts.com

NUMBER 43**March 4, 2020**

The SADC Pontiac is taking a field trip to the Shopify headquarters for a full day of exciting workshops! A bus will leave the Shawville arena (215 Lang Street) at 7:30am and return at approximately 5:30pm. Workshops are 9:00am-Noon and 1:00pm-4:00pm. Lunch included. \$25 per person.
Phone: 819-648-2186
amy.taylor@sadcponiac.ca

NUMBER 44**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 45**March 6, 2020**

Community Living's annual International Women's Day Breakfast. This year's guest speaker is Gwen Greenstock who shares an inspiring story of her life, the challenges and triumphs. Held at Janna & Kerry's in Downtown Pembroke. \$15. Advance tickets required.
Phone: 613-735-0659 ext.220
sflaming@cluov.ca

NUMBER 46**March 6, 2020**

Connect to Care Radio-Telethon, supporting the Pembroke Regional Hospital Foundation. Hosted by Art Jamieson and Kyle Robinson. Listen in on 104.9 myFM and YourTV (Cable 12/HD 700). Let us know if you want to hear your name on air! 10:00am-4:00pm. We broadcast from the Pembroke Mall with live entertainment.
Phone: 613-629-3343
foundation@prh.email

NUMBER 47**March 7, 2020**

Mothers-Daughter Workshop featuring Sheila Gregoire and Katie Emmerson. Girls discover how they'll experience the same things as her mom did. And, there are new challenges that moms can learn to understand. Suggested for 10-15 years old. \$10 per family. 1:00-2:30pm
Phone: 613-735-1241
www.sheilawraygregoire.com

NUMBER 48**March 7, 2020**

Sheila Gregoire is the author of eight books. Sheila's Girl Talk is straight talk about marriage, sex and intimacy. It'll be one of the most fun night you've ever had in a church. Advance tickets \$12. \$16 at the door. 7:00-9:30pm.
Phone: 613-735-1241
www.sheilawraygregoire.com

NUMBER 49**March 7, 2020**

Bob Izumi's Kids, Cops & Canadian Tire Fishing Days. Poverty Lake, Whitney. Registration 8:30am-10:00am. Free. Prizes, chili, hot dogs, hot chocolate. For ages 2-15. Weigh-in by noon. Fishing licence mandatory for adults. Sponsored by OPP, EMS and the Township of South Algonquin.
Phone: 613-334-0360

NUMBER 50**March 7-8, 2020**

Renfrew Gun & Hunting Show. Saturday 8:00am-4:00pm. Sunday 9:00am-2:00pm. \$7 admission. Children under 12 are free. Renfrew Armouries on Veteran's Memorial Boulevard.

NUMBER 51**March 10, 2020**

Blood Donor Clinic at Garrison Petawawa. Location is Dundonald Hall. Book your appointment at www.blood.ca or call 1-888-236-6283

NUMBER 52**March 11, 2020**

Blood Donor Clinic at Nick Smith Centre in Arnprior. 77 James Street. Book your appointment at www.blood.ca or call 1-888-236-6283.

NUMBER 53**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. Book early, www.facebook.com/MountPakenham www.mountpakenham.com

NUMBER 54**March 13, 2020**

Blood Donor Clinic at Eganville Royal Canadian Legion, 57 Veterans Way, Eganville. Book appointment at www.blood.ca or call 1-888-236-6283.

NUMBER 55**March 14, 2020**

St. Patrick's Day Ceilidh by Almonte Celtfest. 7:30-11:00pm. 182 Bridge Street (Gemmill Park) Almonte. Music, Irish celebrations, and cold beer! Cash bar with Crooked Mile Brewing, merchandise and more. Doors open at 7:00pm. \$10 at the door. almonteceltfest@hotmail.com www.almonteceltfest.com

NUMBER 56**March 14, 2020**

Annual St. Patrick's Day Breakfast. Pancakes, sausage, fresh fruit and more! \$10 adults. \$6 children aged 5-12. Free kids under 4. Door prizes, music, kids craft station. Proceeds in support of Seniors at Home. 8:00am-11:00am. JAG Recreation Centre, 138 Sara Street East in Braeside.
Phone: 613-623-7981
www.cssagency.ca

NUMBER 57**March 15, 2020**

Breakfast at the Royal Canadian Legion Branch #550 in Cobden. Scrambled eggs, bacon, sausages, beans, hash browns, pancakes, toast & jam, juices, coffee and tea. Adults \$11.50. Children \$5.00. 9:00am-1:00pm
43A Main Street, Cobden
Phone: 613-646-7914

NUMBER 58**March 17, 2020**

Red Cross babysitting course at the Cobden municipal building. For youth 11-15 years of age. Emphasis on first aid skills and covers 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

NUMBER 59**March 20, 2020**

Today is the deadline to book into the spring 2020 edition of Health Matters magazine. The spring edition publishes on April 9, 2020. Celebrate warmer weather, new beginnings and opportunities for change. behealthy@ovhealth.ca www.healthmattersmag.ca

NUMBER 60**March 21, 2020**

Blood Donor Clinic at Royal Canadian Legion, Renfrew Branch 148. 30 Raglan Street South in Renfrew. Book your appointment at www.blood.ca or call 1-888-236-6283.

NUMBER 61**March 16-20, 2020**

Wheeler's Pancake House and Sugar Camp March Break Maple Festival. Featuring maple taffy-on-snow, pancake meals, snowshoeing and self-guided tours of maple syrup production. Phone: 613-278-2090
www.wheelersmaple.com

NUMBER 62**March 22, 2020**

Bliss Wedding Show in Renfrew. 12:00pm-4:00pm. Renfrew Armouries. \$5 tickets; \$15 VIP tickets. Photography, catering, flowers, dresses, photo booth, entertainment, make-up and hair, financial advice, event decor and more. 115 Veterans Memorial Boulevard, Renfrew.
www.kellycobusphotography.ca

NUMBER 63**March 23, 2020**

Food Handler Certification course. 25 Johnston Street, Smiths Falls. 9:00am-4:00pm. Bring own refreshments and lunch. \$55 includes materials and exam.

Phone: 613-283-2740
Phone: 1-800-660-5853

NUMBER 64**March 25, 2020**

Perth & District Chamber of Commerce AGM. 5:00-7:00pm. Held at The Commons at Algonquin College on Craig Street in Perth. \$20 includes food and light refreshments. Phone: 613-267-3200
welcome@perthchamber.com

NUMBER 65**March 26, 2020**

Community Friendship Meal at Silver Threads Seniors Club in Petawawa. 5:00-7:00pm. Meals are free of charge for those in need of food and friendship. 1163 Victoria Street, Petawawa
www.facebook.com/stjohnspetawawa

NUMBER 66**March 27, 2020**

5th Renfrew County Home Schooling Fair. 12:00-3:00pm. Public is invited to visit more than 100 home schooling families in Renfrew County. Our forms of home-schooling include structured, online, credit-based high school, unschooling, military families, special needs and more. Pembroke Pentecostal Church, 34 Jordan Avenue.

NUMBER 67**March 27, 2020**

Trivia Night fundraiser for the Canadian Military Wives Choir of Petawawa. 7:00pm. Petawawa Legion, 3583 Petawawa Blvd. 7:00pm doors open. Starts at 7:30pm. \$10 per person at the door. 50-50 draw, bake sale, cash bar. Register by email.

cmwcpetawawa.fundraising@gmail.com
www.canadianmilitarywiveschoirs.com

NUMBER 68**March 27-29, 2020**

Canadian Firearms Course and Ontario Hunter Education Course. 12 students per course. \$300 per student. Held at the Barry's Bay Legion. Non-refundable deposits are required upon registration. Contact Dave Arbour.

Phone: 613-250-8111

NUMBER 69**March 28, 2020**

Canadian Lutheran World Relief Day in the Ottawa Valley. Rev. Carla Blakely is the presenter. Held at St. Timothy's Lutheran Church in Pembroke. 9:30am-12:30pm. Lunch provided. For information, contact Susan Autio at 613-584-90220

NUMBER 70**March 28, 2020**

Spring Laugh & Craft Crop. 9:00am-9:00pm. Madawaska Room at Carefor, 700 Mackay Street in Pembroke. \$35 plus tax. Your own 6-foot table, a goodie bag of product, draws, snacks and beverages all day. Space is limited so call to register today to avoid disappointment!

Phone: 613-629-0029
info@sisterhoodpapercrafts.ca

NUMBER 71**March 30, 2020**

Blood Donor Clinic at Civitan Club, Highway 43, Perth. Book appointments at www.blood.ca or 1-888-236-6283.

APRIL EVENTS**NUMBER 72****Oral Health Month**

April is National Oral Health Month. Pick up the latest issue of Health Matters magazine to see what local dental health professionals can offer. Poor oral health can affect quality of life.
www.healthmattersmag.ca

NUMBER 73**April 1, 2020**

Wes' Chip is open for the season today! This year marks our 60th year serving French Fries in the Valley! Come see us at 198 Madawaska Boulevard in Arnprior. Open 10:00am to 7:00pm daily. Picnic area and plenty of parking available. Phone: 613-623-5492
www.weschips.ca

NUMBER 74**April 1, 2020**

Voyageur Multi Use Trail System (VMUTS) monthly meeting. 6:30pm-8:30pm. Mattawa Legion. Meetings are open to the public. In order to speak at a meeting, or If you have something that you would like added to our agenda, please contact us.

360 Hurdman Street, Mattawa
info@vmuts.com

NUMBER 75**April 4, 2020**

Groves Park Lodge Spring Craft Show. 9:00am-4:00pm. Vendors are wanted. Cost: \$35 for a 6-foot table and chair. All funds go to the resident fund.

Phone: 613-432-5823 ext. 113
program.dept@grovesparklodge.com

NUMBER 76**April 4, 2020**

Candu Annual Pasta Supper Fundraiser. 5:00pm-7:00pm. Held at the Deep River Legion. Save the date for this fundraiser for the Candu Swim Club in Deep River.
deeperivercandus@gmail.com

NUMBER 77**April 4, 2020**

The 2020 Renfrew County Regional Science Fair at the Petawawa Civic Centre. Students from Grade 5-12 can register. Chances to win cash prizes and an all-expenses-paid trip to the Canada Wide Science Fair in Edmonton. Students do not need to enter a school fair first. Deadline is March 28.
www.rcrsf.ca

NUMBER 78**April 9, 2020**

The spring edition of Health Matters magazine publishes today! Distribution begins April 13 throughout Renfrew and Lanark counties, Mattawa, the Pontiac and Bancroft.
behealthy@ovhealth.ca
www.healthmattersmag.ca

NUMBER 79**April 10, 2020**

Canada's first national airline, Trans-Canada Air Lines, was established on this day in 1937 as a division of the Canadian National Railway. The Pembroke & Area Airport had an airline for 30 years and we hope to have one again. Help us by donating to Project Runway.
marketing@flycyta.ca
www.flycyata.ca

NUMBER 80**April 10, 2020**

Spring Flight Craft and Vendor Event fundraiser for Renfrew Hospice. 10:00am-3:00pm. Legion Branch #148 in Renfrew. Crafts, baked goods and vendors, silent auction, raffle, donation jar and more. Proceeds going to Renfrew Hospice.
30 Raglan Street South, Renfrew

NUMBER 81**April 11, 2020**

The Annual Perth Tourism Easter Egg Extravaganza. Easter egg hunt starting at 11:00am (must be accompanied by an adult; bring your own basket.) Children 8 and under can enjoy the entertainment, visit with the Easter bunny, then search for eggs in the park. Every child will receive a treat!
Phone: 613-267-1947
www.perth.ca

NUMBER 82**April 12-18, 2020**

Arbour Week in Mississippi Mills. Get to know and love the trees in our fair community and then plant a tree for future generations to enjoy!
Phone: 613-256-1077
www.exploremississippimills.ca

NUMBER 83**April 13, 2020**

Deadline to book into the May-June edition of 101 Things to Do in the Valley. If you have an event, sale or notice and you want to spread the word, consider a listing with us. \$25 plus HST or five listings in the same edition for \$100 plus HST.
101things@travellourbackyard.com
www.travellourbackyard.com

NUMBER 84**April 14, 2020**

Blood Donor Clinic. Germana Club, Pembroke. 15 Bennett Street. Book your appointment at www.blood.ca or by calling 1-888-236-6283.

NUMBER 85**April 16, 2020**

Subscribe for free to receive the May-June edition of 101 Things to Do in the Valley. Delivered by email every two months. Filled with things to do and places to go in the area. Email us at 101things@travellourbackyard.com and we will add you to our confidential email list. Or, download the latest edition from our website.
www.travellourbackyard.com

NUMBER 86**April 17, 2020**

Family Spaghetti Dinner and Bunco Night at St. John's Lutheran Church in Petawawa. Dinner begins at 5:30pm. Games conclude around 8:30pm.
605 Black Bay Road, Petawawa
stjohnsparishsecretary@gmail.com

NUMBER 87**April 18, 2020**

Prior Chest Nuts tea party and fashion show. 1:30pm. Held at St. John Chrysostom Parish in Arnprior. Open to the public. Silent auction, door prizes and more. Tickets are \$10. Hosted by the Artful Gallery.
www.priorchestnuts.com
Phone: 613-623-5822
Phone: 613-623-5652

NUMBER 88**April 18-19, 2020**

Perth Gun Hunting & Sportsman Show. Perth Community Centre. Admission is \$6 and free to kids under 14 accompanied by an adult. Over 200 tables, antique and modern firearms, fishing items, ATV knives, military items, gun parts, archery ammunition, new and used collectables. 2 Beckwith Street East in Perth.
Phone: 905-623-1778
canadiangunowner@rogers.com

NUMBER 89**April 19, 2020**

Breakfast at the Royal Canadian legion Branch #550 in Cobden. Scrambled eggs, bacon, sausages, beans, hash browns, pancakes, toast and jam, juices, coffee and tea. Adults \$11.50. Children \$5.00. 9:00am-1:00pm
43A Main Street, Cobden
Phone: 613-646-7914

NUMBER 90**April 19-25, 2020**

We know that volunteers make our local organizations work. Health Matters magazine extends a huge "thank you" to the people who volunteer in our communities. Volunteers make it possible for many of the services we enjoy to be delivered to the people who need them most. Thank a volunteer today during National Volunteer Week.
www.healthmattersmag.ca

NUMBER 91**April 19-25, 2020**

Today, in Ontario, there are over 1,500 people waiting for a lifesaving organ transplant. During National Organ and Tissue Donor Awareness Week, Health Matters magazine encourages you to consider being a donor. For more information, visit these websites:
www.beadonor.ca
www.blood.ca

NUMBER 92**April 21, 2020**

Canadian fighter pilot Captain Roy Brown shot down feared German ace, Manfred von Richthofen, a.k.a. "the Red Baron" on this date in 1918. Have your own piece of aviation history with a donation to Project Runway at the Pembroke & Area Airport. \$250 for a foot of runway. 100% receipted.
marketing@flycyta.ca
www.flycyata.ca

NUMBER 93**April 24, 2020**

Whiskey Tasting in support of the Arnprior Optimist Club. 7:00pm-12:00am. A complimentary food pairing is provided with the whisky. Door prizes, raffles and auctions. Doors open at 6:45pm, tasting commences at 7:15pm. \$75.00 per ticket, must be 19 years or older to attend.
Masonic Hall, Arnprior
Call Chris: 613-913-9571

NUMBER 94**April 25, 2020**

Interfaith Christian Women's fellowship weekend. Held at the Carefor Building on Mackay Street in Pembroke (Madawaska Room). Theme is "Discovering the Heart of God." Keynote speaker is Susan Schmaltz. Afternoon speakers are Esther Prins and Jennifer Layman.
Contact Gayle Barks.
Phone: 613-401-1465
barksgayle@gmail.com

NUMBER 95**April 25, 2020**

Almonte General Hospital and Fairview Manor Foundation present our Spring Dance. We are hopping to the 50s, 60s and 70s with Eddy and the Stingrays. Our first event for 2020 and we will have a great time. 5:30pm-11:00pm. Almonte Civitan Club.
Phone: 613-256-2514
lbeckinsale@agh-fvm.com

NUMBER 96**April 25, 2020**

Shred Day. 106 McGonigal Street West in Arnprior. Mobile shredding vehicle offering a secure and environmentally friendly way to dispose of sensitive paper. 9:00am-12:00pm. \$10 per bankers box.
Phone: 613-623-7981
www.cssagency.ca

NUMBER 97**April 25, 2020**

The grand finale to the month-long maple celebration takes place in Downtown Perth. Maple products and taffy sales, maple syrup production maple awards, pony rides petting zoo and children's activities. Live musical entertainment, over 100 craft, artisan and food vendors, classic antique car display, EMS demonstrations and more.
Phone: 613-267-3200
welcome@perthchamber.com

NUMBER 98**April 29-May 2, 2020**

Canadian Firearms Course and Ontario Hunter Education Course. 12 students per course. \$300 per student. Held at the Barry's Bay Legion. Non-refundable deposits are required upon registration. Contact Dave Arbour.
Phone: 613-250-8111

MAY EVENTS**NUMBER 99****May 2-3, 2020**

With 40+ different hand makers each day, Cheerfully Made Market will be warming up the Almonte Agricultural Hall by showcasing some of the most creative and talented people we've ever met! \$2 admission. Kids and parking free. Almonte Agricultural Hall, 195 Water Street, Almonte.
www.markets.cheerfullymade.com

NUMBER 100**May 9-10, 2020**

Ontario Family Fishing Event. Residents can fish in Ontario waters without the mandatory fishing version outdoors card.
www.ontariofamilyfishing.com

NUMBER 101**May 10, 2020**

Looking for a unique Mother's Day gift? Give her the gift of going to a gala! The Runway Gala at the Pembroke & Area Airport will be held Sunday, June 7, 2020. Tickets are \$100 and include a significant charitable receipt. A great afternoon in support of your local airport.
marketing@flycyta.ca
www.flycyata.ca

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

Listings are \$25 each or book five listings in the same edition for \$100. Prices are plus HST.

Book with us by email
101things@travelourbackyard.com
or call 613-732-7774.

What's In A Listing?

Listings are up to 50 words plus two points of contact information. There are no graphics in the listings.

Distribution

101 Things to Do in the Valley is distributed by email to 3,700+ recipients. Copies are printed for hotel guests, new people to the area, staff lunchrooms and more.

Ideas?

Great to promote a sale, event or special day promotion. Ask to be put on our email notification list of upcoming issues.