



101 Things To Do in the Valley

SEPTEMBER-OCTOBER 2020 EDITION

Subscribe for FREE to this list and get it every two months: 101things@travellourbackyard.com

Download this list at www.travellourbackyard.com

ALL SEASON

NUMBER 1

New! Home Decor

Drop in to Runge Stationers in Downtown Pembroke for new home decor and embellishments. We've been busy adding awesome items to a new section of the store. Whether you're looking for a gift or an item for your home - we have it! 243 Pembroke Street West Downtown Pembroke

NUMBER 2

Marine Repair

Chris Forbes Marine in Deep River is your marine and small engine repair and maintenance provider. Boats, personal watercraft, ATVs, side-by-sides, seasonal preparation, winterizing, mobile pick-up and delivery. Get back out on the water or trails with confidence. Phone/Text: 613-633-7767

NUMBER 3

Kitchen Eatery and Catering

Give yourself a break from cooking with a lunch or dinner (eat in or take out) from the Kitchen Eatery and Catering Company in Pembroke. Follow our Facebook page for specials or order from our regular menu. We do catering too. Phone: 613-629-3287 thekitcheneatery8@gmail.com

NUMBER 4

Ride The Trails

More than 1,000kms of trails in Renfrew County for ATV and side-by-side riding. Six unique trail systems. Your permit supports local trails and improvements. Volunteer-run, member-based organization. Stretching across Renfrew County, there's no limit to what you can see on the trails. www.renfrewcountyatv.ca permits.ofatv.org

NUMBER 5

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. When you follow our Facebook page, open positions will appear in your timeline. www.facebook.com/eojobs www.easternontariojobs.com

NUMBER 6

Need Tenants?

Community Living Upper Ottawa Valley would like to connect with property owners and manager about available rental units. We have clients looking to live independently as part of our commitment to inclusive housing. Talk to Tina Williams, Executive Director. Phone: 613-735-0659 twilliams@cluov.ca

NUMBER 7

COVID-19 Signage

Do you need COVID-19 signage for your business, store or organization? Talk to us. We have floor graphics, signs of all sizes, sneeze guards and more. Help is available to make what suits your business and what fits with the local health unit requirements. Phone: 613-732-7775 marc@speedpropembroke.ca

NUMBER 8

Bruham Food Mart

Contact us for your next party platter! Cheese, pickles and olives, cold cuts, veggies and fruit trays - we make them all! When you need some extra munchies for your family or friends get-together, let us do it for you. Phone: 613-732-4185 613 Bruham Avenue, Pembroke

NUMBER 9

Valley Artisans

The longest running artisan co-operative in Ontario. A unique selection of locally handcrafted fine art and fun gifts from over 30 artists and crafters. Jewelry, woodworking, custom razors, books, drums, glasswork, silk, greeting cards, weaving, cut paperwork, knitting, sewing, painting and drawing, pottery, skin care products, photography. 33373 Highway 17, Deep River www.ValleyArtisans.com

NUMBER 10

Skylight Drive-In

Come out to outdoor movies at Skylight Drive-In in Pembroke! Check our website for upcoming movies. Concession is open. \$20 per carload (6 people). You must have an FM radio in your vehicle. Take in a unique Ontario experience at the drive-in! 199 Forest Lea Road, Pembroke www.skylightdrivin.com

NUMBER 11

Deep River Yacht Club Lunch

Stop in for lunch by Maven Catering at the Deep River Yacht Club. Offered Monday to Friday. Open at 9:00am with fresh scones and coffee with lunch served from 11:30am to 1:30pm. Limited seating inside and out. Take-out available. Accessible from the Ottawa River or road. 34 Pier Road, Deep River www.facebook.com/mavencatering

NUMBER 12

Rolphton Restaurant

We have new hours starting August 11th. Monday to Wednesday: open 7:00am-1:00pm, closed 1:00pm-4:00pm and then open 4:00pm-8:00pm. Thursday-Saturday: open 7:00am-9:00pm. Sunday: open 8:00am-8:00pm. 37069 Highway 17, Rolphton www.facebook.com/rolphtonrestaurant

NUMBER 13

Lance's Convenience

When you're in the Swisha, stop in at Lance's Convenience. Great beer prices, SAQ, gas, propane exchange, Quebec hunting and fishing licences. Just five minutes off Highway 17 at Rolphton. Open 7 days a week. Swisha Spuds open seasonally. Phone: 613-586-2692 www.lancesconvenience.com

NUMBER 14

Kingburger Pembroke

Daily specials available on our Facebook page or order from our menu. All your favourites at Kingburger. Celebrating 60 years in business. Drive thru or call your order in for pick-up. Phone: 613-732-2395 www.facebook.com/kbpembroke

NUMBER 15

Food Handler Safety Training

Earn your Food Handler certification online. Recognized by all health departments in all provinces. \$29.95 plus tax with group discounts available. Certificates issued immediately. www.foodsafetytraining.ca

NUMBER 16

Algonquin Park

Algonquin Park Visitor Centre has reopened. Exhibits, viewing deck, Algonquin Room, all portions of the Algonquin Park Visitor Centre are open except Theatre and cafe. Daily 9:00am-5:00pm for day use permits, information, park books, maps, souvenirs, bathrooms and more. www.algonquinpark.on.ca

NUMBER 17

Fresco's Tap & Grill

Join us for Happy Hour. Every Tuesday to Saturday from 3:00pm to 5:30pm. Appetizers, drafts, cocktails and coolers. See us on Facebook. 660 Pembroke Street East Phone: 613-732-9725

NUMBER 18**Local Face Shields**

SRB Technologies in Pembroke has manufactured face shields. \$15 plus tax to support a local manufacturer. Washable, durable and easy to assemble. Produced under Health Canada licence. See our data sheet at: www.srbt.com/face.shields.pdf
Phone: 613-732-0055 ext.111
face.shields@srbt.com

NUMBER 19**Nook On The Go**

Stop in at Nook on the Go in Petawawa for a variety of to-go crepes, fries, homemade potato chips and so much more. Open Tuesday to Saturday, 11:30am to 6:30pm. Mobile food trailer located at GearHeads, 3067 Petawawa Boulevard in Petawawa.

NUMBER 20**Rowan's Pharmasave**

Rowan's Pharmasave invites you to sign up for their weekly flyer at <https://pharmasave.com/flyer> and have it delivered to your inbox. Plus stop in to see our selection of health products, dietary food options and so much more. We are located in Downtown Pembroke.
rowanspharmasave@gmail.com
www.pharmasave.com/pembroke

NUMBER 21**Welcome To The Fort**

Keep summer going strong with a visit to The Fort. Food available. Live music often. Great beach and new patio to enjoy. We're on Facebook at www.facebook.com/welcometothefort.ca or you can contact us by email or phone. Phone: 819-689-2605
welcometothefort@gmail.com

NUMBER 22**Pete's Sales & Service**

Your #1 choice for all your recreational needs. Full service on every product. Factory-trained mechanics, genuine parts and our commitment to your satisfaction. Your source for accessories to make your ride one-of-a-kind. A great selection of helmets, clothing and riding gear. Competitive pricing, great selection. Located at 2107 Petawawa Boulevard in Petawawa.
Call 613-735-3711
www.petessalesandservice.ca

NUMBER 23**Community Support Services**

Community Support Services throughout Renfrew County include wellness checks, delivering essentials, Seniors Centre Without Walls and more. If you or a family friend could use some help to stay connected, give us a call. Services provided across Renfrew County.
Phone: 1-833-617-4357

NUMBER 24**Keep Mentally Healthy**

Counselling services are available during this time of uncertainty in our world. Consider telephone and video counselling as an opportunity to adjust to the changes in your life and keep moving forward. Contact Forging Forward Counselling Services for more information.
Phone: 613-631-1097
www.forgingforward.ca

NUMBER 25**Business Plan Help**

Looking to take control of your future and start your own business? We consult with future business owners on creating a business plan, funding resources, marketing, employee recruitment and more. Already in business? Let us help you take that next step forward for growth and expansion. Talk entrepreneur to entrepreneur.
jenn@fwdthink.net
www.fwdthink.net

NUMBER 26**Shoes! Shoes! Shoes!**

Looking for great shoes for summer, fall or winter? Make a stop at Integrated Health Centre in Pembroke. Top styles that are comfortable and suit any lifestyle. Stop in and see our wide selection of name brands and choose the right shoe.
570 Nelson Street, Pembroke
www.integratedhealthcentre.ca

NUMBER 27**Orthotic Specialist**

Loftus Mobile Orthotics is available for in-person services for custom orthotics and compression stocking measurement. We offer one-on-one home appointments with safety protocols in place. Jane Loftus, Registered Kinesiologist.
Phone: 613-735-4007
www.wefixfeet.ca

NUMBER 28**Outdoor Mural Tour**

Looking for something to do during COVID-19? Take a walk through Pembroke's Outdoor Art Gallery. Take a look at 34 murals and download our audio mural tour to take with you. Explore the murals by foot or by car and enjoy our local artists and some of the incredible history of the City of Pembroke.
www.pembroke.ca

NUMBER 29**The Shed Food Truck**

Stop in at The Shed Food Truck in Petawawa for donairs, a variety of poutine choices and fries. Open Wednesday to Saturday from 11:30am to 7:00pm and Sunday from Noon to 7:00pm. You can also call in your order at 613-687-4040.
3476 Petawawa Boulevard
www.facebook.com/theshedpetawawa

NUMBER 30**Willow Vein Clinic**

Are you tired of heavy, restless legs? Do you have painful, bulging veins or unsightly spider veins? Visit The Willow Vein Clinic in Petawawa or Ottawa. Book by phone, email or through our website. Your initial consultation is covered by OHIP.
thewillowveinclinic@gmail.com
www.thewillowveinclinic.ca

NUMBER 31**Foundation Donations**

The Pembroke Petawawa District Community Foundation supports a variety of causes in the community that might not otherwise be able to benefit from funds. Your contribution to the Foundation makes "the community's greatest need" possible to meet. Consider a personal fund or contribute to a fund that is already established. See more on our website or reach out to us for more info.
www.givingthatgrows.com

NUMBER 32**Here To Help: MPP Yakabuski**

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.yakabuski@pc.ola.org

NUMBER 33**LifeShare**

Do you have a room in your home that isn't being used? Community Living Upper Ottawa Valley has a LifeShare program where someone with an intellectual disability lives with a family as part of our efforts with inclusion. Supports available. Contact Tina Williams, Executive Director.
Phone: 613-735-0659
twilliams@cluov.ca

NUMBER 34**Free Business News**

Subscribe for free to Ottawa Valley Business, the region's business newsletter. Tenders, business news and information, events, marketing, human resources and more. Delivered twice a month to your inbox.
admin@ovbusiness.com
www.ovbusiness.com

NUMBER 35**Fidget Quilts & More**

Do you know someone who likes to fidget? It could be a busy child or an adult who needs to keep their fingers active. Contact Joyce Layman for fidget quilts, aprons and books for all ages. Plus, boot covers, heated magic bags, adult bibs and plenty of other homemade crafts.
Phone: 613-687-2896
joyceml4566@gmail.com

NUMBER 36**Hugli's Blueberry Ranch**

Butter tarts, dips, Equator coffee, donuts, pasties and more Ontario-made products. And of course, blueberries! Plus, sun dresses, Cobblestone puzzles, live edge charcuterie boards and more in our ranch store. We offer all kinds of experiences for all ages. Make a trip to Hugli's Blueberry Ranch today.
East End Pembroke
www.blueberryranch.ca

NUMBER 37**Buy A Foot Of Runway**

The Pembroke & Area Airport is fundraising to repave its 5,000 foot runway. Buy your own foot of runway for \$250 and help us keep this important infrastructure available to the community. Donations are 100% charitably receiptable. Contact Jennifer for more information.
marketing@flycyta.ca
www.flycyta.ca

NUMBER 38**Plan B Restaurant**

Plan B Restaurant is open in Deep River. Located in the former Laurentian View Dairy, Plan B offers burgers, poutine, sandwiches, wraps, wings, fish and chips, pizza, salads and bowls and a kids menu. Owned by Thoth Technology and located along Highway 17 in Deep River.

Phone: 613-656-0928

NUMBER 39**Find Your Next Career**

Ottawa Valley Jobs is your source for great local jobs. New opportunities are posted regularly and all positions are with real, local employers who are in search of great employees to join their staff. Follow our Facebook page to have jobs promoted to you automatically. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 40**Inner Strength**

Our new fitness centre is open and running in Downtown Pembroke! We are seeing clients and taking on new clients for personal training and life coaching classes. Talk to Jodi, CanFitPro Personal Trainer Specialist and Certified Life Coach. Locations in Pembroke and Cobden. Phone: 613-432-1788 www.myinnerstrength.ca

AUGUST EVENTS**NUMBER 41****August Wing Nights**

Wing Night at the Cobden Legion. August 21. 4:00pm-7:00pm. Patio is open. Call in your order by 2:30pm. Debit and credit available. There will be seats inside the lounge. 45 minutes to eat inside, no time limit on patio. Full menu on our Cobden Legion Facebook page. Phone: 613-646-7914 Phone: 613-570-1920

NUMBER 42**August 15, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. The Legion is located at 202 Pembroke Street East in Pembroke.

NUMBER 43**August 15, 2020**

Rick's Pet Stores Grand Re-opening of our Arnprior store. 9:30am-6:00pm. Lots of games including win your discount. Refreshments at a sanitized snack bar, contests, giveaways and so much more. 100 Madawaska Blvd., Arnprior rickspetstores@gmail.com

NUMBER 44**August 16, 2020**

Barry's Bay Legion Pancake Breakfast. 8:00am-12:30pm. All you can eat pancakes, maple syrup, scrambled eggs, home baked beans, sausages, fruit salad, juice, coffee and tea. \$10 adults. \$6 children 6-12. Free children under age 6. 250 John Street, Barry's Bay Phone: 613-756-3018

NUMBER 45**August 17, 2020**

Deadline for parents to complete the survey for the Renfrew County District School Board on whether your child will be returning to school in the fall or opting for online learning. www.facebook.com/rcdsb www.rcdsb.on.ca

NUMBER 46**August 18, 2020**

2020 Eganville Skating Club annual general meeting. Hosted by the Eganville Skating Club. 7:00pm. Held at the Bonnechere Union Public Library, 74 Maple Street in Eganville. Please RSVP if you plan to attend so we can ensure proper physical distancing. Masks are required. eganvilleskatingclub@gmail.com

NUMBER 47**August 18, 2020**

Work Matters roundtable on transportation. 2:00pm-3:30pm. For small business owners, hiring manager and HR personnel. Smiths Falls. Phone: 613-283-7002 ext.101 shelley@work-matters.ca

NUMBER 48**August 18, 2020**

Ottawa Valley Business publishes today! Download the issue from our website or subscribe and have every issue delivered to your inbox. Issues publish the first and third Tuesdays of every month. admin@ovbusiness.com www.ovbusiness.com

NUMBER 49**August 18, 2020**

Work Matters roundtable on manufacturing 9:00am-10:30am. For small business owners, hiring manager and HR personnel. Smiths Falls. Phone: 613-283-7002 ext.101 shelley@work-matters.ca

NUMBER 50**August 19, 2020**

In three weeks you can walk the runway at night at the Pembroke & Area Airport. Two walks available - 1.4km and 4.2km. Hourly starting times from 4:00pm to 9:00pm. Preregistration is required. marketing@flycyta.ca www.facebook.com/flycyta

NUMBER 51**August 20, 2020**

Work Matters roundtable on health care. 9:00am-10:30am. For small business owners, hiring manager and HR personnel. Phone: 613-283-7002 ext.101 shelley@work-matters.ca

NUMBER 52**August 20, 2020**

Work Matters roundtable on manufacturing 2:00pm-3:30pm. For small business owners, hiring manager and HR personnel. Smiths Falls. Phone: 613-283-7002 ext.101 shelley@work-matters.ca

NUMBER 53**August 21, 2020**

A Night of Celebrations at the Petawawa Golf Club. Wine, bread, salad, prime rib or salmon Wellington, cheesecake and coffee. 6:30pm. Reserve by August 17th. \$54.95 per person. Come celebrate those missed moments during COVID-19. Phone: 613-687-8294 www.facebook.com/petawawagolfclub

NUMBER 54**August 21, 2020**

Drop -In Story Walk Program at the Madawaska Valley Public Library. 10:30am and 1:00pm times. A fun, interactive program that allows kids (and families) to walk through story stations and complete activities that correspond to the book. This is an outdoor drop-in program and social distancing protocols will be in place. Phone: 613-756-2000 www.madawaskavalleylibrary.ca

NUMBER 55**August 22, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. 202 Pembroke Street East, Pembroke

NUMBER 56**August 24, 2020**

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

NUMBER 57**August 26, 2020**

One week from today, on September 2nd, you can walk the runway at the Pembroke & Area Airport with runway lights. See what the pilots see when they land! \$20 per person (\$10 ages 12 and under). 1.4km and 4.2km routes. Register in advance. Hourly walk times 4:00pm-9:00pm. marketing@flycyta.ca www.flycyta.ca

NUMBER 58**August 27, 2020**

Blood Donor Clinic at the Civitan Club in Almonte. 500 Almonte Street. Book your appointment online at www.blood.ca.

NUMBER 59**August 27-30, 2020**

Wilderness Advanced First Aid. Madawaska Kanu Centre. Includes elements for outdoors groups and guiding wilderness adventures. Special emphasis on accident scene management, group leadership, leader responsibility and liability, prevention of injuries, advanced first aid kits, wound management and managing the trauma victim. Phone: 1-888-652-5268 www.mkc.ca

NUMBER 60**August 27-September 3, 2020**

Wilderness First Responders course. Madawaska Kanu Centre. This course starts the four day Wilderness Advanced First Aid, then continues for another four days building upon the material covered in the 40 hour program. Details on the course at www.ravenrescue.com Phone: 1-888-652-5268 www.mkc.ca

NUMBER 61**August 28, 2020**

Interactive Walking Tour at Petawawa Heritage Village. 10:00am-4:00pm with last admittance at 3:00pm. Adults and children over age five is \$5 or \$20 per carload. It is largely an outdoor event, however if you wish to enter our buildings, a face mask is required. phsv1999@gmail.com www.petawawaheritagevillage.com

NUMBER 62**August 28-30, 2020**

Calabogie Cup Race Weekend. Auto Racing presented by Perth Brewery and Star Motors of Ottawa. Radical Canada East, CTCC, Coupe Nissan Micra Cup, Super Production Challenge, VARAC - Vintage Automobile Racing Association of Canada, GT Sprints and Formula Libre. Access is only permitted to drivers and crews. 462 Wilson Farm Rd, Calabogie www.calabogiemotorsports.com

NUMBER 63**August 29, 2020**

Interactive Walking Tour at Petawawa Heritage Village. 10:00am to 4:00pm with last admittance at 3:00pm. Adults and children over age five is \$5 or \$20 per carload. It is largely an outdoor event; if you wish to enter our buildings that will be open, a face mask is required. phsv1999@gmail.com www.petawawaheritagevillage.com

NUMBER 64**August 29, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. We are located at 202 Pembroke Street East in Pembroke.

SEPTEMBER EVENTS**NUMBER 65****September Wing Nights**

Wing Night at the Cobden Legion Branch 550. September 4 and 18. 4:00pm-7:00pm. Patio is open. Call in your order by 2:30pm. There will be seats inside the lounge. Time limit of 45 minutes to eat inside, no time limit on patio. Full menu at Cobden Legion Facebook page. Phone: 613-646-7914 Phone: 613-570-1920

NUMBER 66**September Golf**

Fall golf is always awesome at the Pembroke Golf Club and Island Brae Golf Club. Choose 9 or 18 holes, walk or take a cart. New to golf? It's a great year to take it up. Visit our websites for more details. www.pembrokegolfclub.ca www.islandbraegolfclub.com

NUMBER 67**September 2, 2020**

Blood Donor Clinic at Royal Canadian Legion Branch 148 in Renfrew. 30 Raglan Street South. Book your appointment online at www.blood.ca.

NUMBER 68**September 5, 2020**

2020 Annual Yard Sale by the Madawaska Valley Fish & Game Club. Lots of bargains. Doors open at 9:00am - no early birds please. 3380 Quadeville Road in Quadeville. For information on donation drop offs, call Iris at 613-758-2851.

NUMBER 69**September 5, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. We are located at 202 Pembroke Street East in Pembroke.

NUMBER 70**September 9, 2020**

Blood Donor Clinic at the Nick Smith Centre in Arnprior. 77 James Street. Book your appointment online at www.blood.ca

NUMBER 71**September 11, 2020**

The Box Closer Together Tour with special guests Chalk Circle. VIP or regular seats. \$61.50 for VIP. \$41.50 for general admission. Festival Hall in Pembroke. www.festhall.ca

NUMBER 72**September 12, 2020**

Fall Artisan and Farmers' Market at Petawawa Heritage Village. 10:00am-2:00pm. A wide selection of carefully crafted and homemade items. Although an outdoor event, please bring a mask in case physical distancing can't be maintained. phsv1999@gmail.com www.petawawaheritagevillage.com

NUMBER 73**September 12, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. We are located at 202 Pembroke Street East in Pembroke.

NUMBER 74**September 12, 2020**

Liverpool 4: A Tribute to the Beatles. Held at Festival Hall in Pembroke. \$38.50 tickets. www.festhall.ca

NUMBER 75**September 12, 2020**

Madawaska Valley Fish & Game Club Gun and Sportsman Mini Show. A scaled-down version of our annual gun and sportsman show. Held in our clubhouse. \$6 admission. Free for ages 12 and under. 8:30am-4:00pm. Face masks required. Phone: 613-758-2222 3380 Quadeville Rd, Quadeville

NUMBER 76**September 12, 2020**

Madawaska Valley Fish & Game Club ATV Poker Run. Registration at 10:00am at the clubhouse. \$10 fee. Gun draw for 30/30 Marlin to take place. To register or for information contact Iris at 613-758-2851.

NUMBER 77**September 12-13, 2020**

Almonte General Hospital Run for Women's Health. 6:00am-6:00pm. Participants will choose from one of three distances: 3km Family Fun, 3km Walk-Run (timed), 5km Walk-Run (timed), 10km Walk-Run (timed). www.almontehospitalfoundation.com

NUMBER 78**September 15, 2020**

Blood Donor Clinic at the Petawawa Civic Centre in Petawawa. 16 Civic Centre Road. Book your appointment online at www.blood.ca

NUMBER 79**September 18, 2020**

Come out to the Community Living Upper Ottawa Valley Golf Day! For \$100 you get 18 holes, cart, lunch at the Oaks of Cobden Golf Club plus a \$50 gift card to a local eatery. Register in twosomes or foursomes. COVID friendly event. pleclair@cluov.ca www.cluov.ca

NUMBER 80**September 18, 2020**

Deadline to book into the Fall edition of Health Matters magazine. Issue distributes October 9, 2020. We provide writing and design assistance as part of our advertising price. Request the rate card or give us a call at 613-732-7774 to discuss what might be best for you. behealthy@ovhealth.ca www.ovhealth.ca

NUMBER 81**September 18, 2020**

Fall Artisan and Farmers' Market at Petawawa Heritage Village. 10:00am-2:00pm. A wide selection of carefully crafted and homemade items. Although this is primarily an outdoor event, please bring a mask in case physical distancing can't be maintained. We look forward to seeing you. phsv1999@gmail.com www.petawawaheritagevillage.com

NUMBER 82**September 19, 2020**

Pembroke Legion BBQ. 4:00pm-6:00pm. Hamburgers and hotdogs. Hall and patio are open. Bring your mask - social distancing is in effect. We are located at 202 Pembroke Street East in Pembroke.

NUMBER 83**September 19, 2020**

Solitary Man: Neil Diamond Tribute. Will Chalmers has been performing his tribute to Neil Diamond for the past eight years. Will's natural resemblance to Neil Diamond combined with his outstanding stage presence has been captivating audiences wherever he goes. this show will be a sellout. Held at estival Hall in Pembroke. www.festhall.ca

NUMBER 84**September 23, 2020**

Community Living Upper Ottawa Valley Annual General Meeting. Meet us at Skylight Drive-In for an AGM and a movie! Stay tuned to our website and Facebook page for more information, the name of the movie and the time it's playing. The AGM is open to the public and we want you to attend. AGM meeting is short but informative. www.facebook.com/cluov www.cluov.ca

NUMBER 85

September 23, 2020

Fall Yoga Teacher Training. Develop insightful self-practice, intuitive teaching rooted in anatomy and alignment and integrating yogic philosophies into our daily lives. Carefully crafted by local teachers Allison Tomotsugu and Maegan Adams and recognized by the Yoga Alliance. We're in Pembroke. info@whitepineyoga.com www.whitepineyoga.com

NUMBER 86

September 25, 2020

16th Annual Upper Ottawa Valley Chamber of Commerce Business Excellence Awards. Celebrating business excellence in the Upper Ottawa Valley by recognizing businesses, organizations and persons. \$65. 6:00pm at Festival Hall. manager@uovchamber.com www.uovchamber.com

NUMBER 87

September 28, 2020

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

OCTOBER EVENTS

NUMBER 88

October Wing Nights

Wing Night at the Cobden Legion. October 2, 16 and 30. 4:00pm-7:00pm. Patio is open. Call in your order by 2:30pm. There will be seats inside the lounge. Time limit of 45 minutes to eat inside, no time limit on patio. Full menu at Cobden Legion Facebook page. Phone: 613-646-7914 Phone: 613-570-1920

NUMBER 89

Thanksgiving Decor

Looking for some ways to spruce up your home for Thanksgiving or autumn? Make a stop in to Runge Stationers in Downtown Pembroke. Our newly renovated showroom for home decor and embellishments awaits! Fantastic finds and just the right accents to complete your fall season. 243 Pembroke Street West, Pembroke Phone: 613-735-6827

NUMBER 90

October 1, 2020

Dreamer, The Supertramp Experience. 7:30pm. World's most authentic tribute to Supertramp. Near identical vocal similarity to Roger Hodgson and Rick Davies An 8-piece band featuring live clarinet, sax, flute, trombone and vintage keys (Wurlitzer). \$38.50 tickets. Festival Hall in Pembroke. www.festhall.ca

NUMBER 91

October 2, 2020

Crystal Head Vodkat presents The Legendary Downchild Blue Band 50th Anniversary Party. Downchild came to international prominence as the inspiration for Hollywood stars Dan Aykroyd and the late John Belushi's hit film, The Blues Brothers. \$56.50 tickets. Festival Hall in Pembroke. www.festhall.ca

NUMBER 92

October 3, 2020

The AC/DC Canada Show. 7:30pm. Back by popular demand. A show not to miss. All of the hits. \$38.50 tickets. Festival Hall in Pembroke. www.festhall.ca

NUMBER 93

October 4-10, 2020

Layman Fire & Safety reminds you that this is Fire Prevention Week. This year's theme focuses on kitchen safety. Unattended cooking is the number one cause of fires in Ontario. Be fire safe and visit the Ontario Fire Marshal's office for more on fire safety in your home. www.mcses.jus.gov.on.ca www.laymanfireandsafety.com

NUMBER 94

October 6, 2020

Pembroke Outdoor Sports Club General Meeting. As a member it's important to attend these meetings. You can vote on club matters (ie: building projects, range upgrades, etc.) Please ensure as a member you attend a meeting to have a word in the way your club is run. 2398 Doran Road, Pembroke Phone: 613-735-6969

NUMBER 95

October 9, 2020

The Fall edition of Health Matters magazine publishes today. Pick up your free copy of this awesome local magazine around Renfrew and Lanark Counties, Bancroft and Mattawa. www.healthmattersmag.ca

NUMBER 96

October 12, 2020

Deadline to book into the November-December edition of 101 Things to Do in the Valley. Issue publishes October 15, 2020. Just \$25 plus HST for your event, notice or something you want the public to know about. Book five listings for \$100 plus HST. 101things@travelourbackyard.com www.travelourbackyard.com

NUMBER 97

October 13, 2020

Blood Donor Clinic at the Germania Club in Pembroke. 15 Bennett Street. Book your appointment online at www.blood.ca

NUMBER 98

October 18-24, 2020

Welcome to Small Business Week in Canada! Our Box of Possibilities lunch takes place this week. Watch our website or Facebook page for details. www.cluov.ca

NUMBER 99

October 26, 2020

Blood Donor Clinic at Bancroft Pentecostal Tabernacle in Bancroft. 311 Hastings Street North. Book your appointment online at www.blood.ca

MORE EVENTS

NUMBER 100

November Wing Nights

Wing Night at the Cobden Legion Branch 550. November 13 and 27. 4:00pm-7:00pm. Call in your order by 2:30pm. There will be seats inside the lounge. Time limit of 45 minutes to eat inside. Full menu at Cobden Legion Facebook page. Phone: 613-646-7914 Phone: 613-570-1920

NUMBER 101

December Wing Nights

Wing Night at the Cobden Legion Branch 550. December 11. 4:00pm-7:00pm. You must call in your order by 2:30pm. Debit and credit available. There will be seats inside the lounge. Time limit of 45 minutes to eat inside. To see full menu, go to Cobden Legion Facebook page.

DO YOU HAVE SOMETHING FOR OUR NEXT ISSUE?

Do you have an event or announcement to promote from mid-October and into the end of the year? You should be in our next issue of 101 Things to Do in the Valley.

November-December Issue

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Email us at 101things@travelourbackyard.com or call 613-732-7774.