

# 101 Things To Do in the Valley

MARCH-APRIL ISSUE

Subscribe for FREE to this list and get it every two months: [101things@travelourbackyard.com](mailto:101things@travelourbackyard.com)

Download this list at [www.travelourbackyard.com](http://www.travelourbackyard.com)



## ALL SEASON

### NUMBER 1

#### Valley Artisans

Visit the works of local artists and add a unique piece to your home or to give as a gift. Beadwork, drawing and painting, drums and musical instruments, fibre arts, glass and enamel, greeting cards, jewellery, multi-media, soap and skin care, photography, woodwork and more. Buy online or in-person.

33373 Highway 17 W., Deep River  
[www.valleyartisans.ca](http://www.valleyartisans.ca)

### NUMBER 2

#### Fulton's Is Open!

Come play in Fulton's backyard! 400 acres of mixed forest with 8km of trails, newly widened and groomed for skiing, snowshoeing, and hiking. Don't miss our expanded Maple Farm Store! Open daily from 10:00am-3:00pm. \$10 site fee, \$40 monthly pass. Visit [www.fultons.ca](http://www.fultons.ca) for details.

Phone: 613-256-3867  
[info@fultons.ca](mailto:info@fultons.ca)

### NUMBER 3

#### English Second Language

Adult English Second Language courses are available throughout Renfrew County. Grow your confidence in English and technology with free courses. Phone: 613-732-8740

[continuingeducation@rcdsb.on.ca](mailto:continuingeducation@rcdsb.on.ca)

### NUMBER 4

#### Renfrew Bluegrass Festival

Renfrew's Bluegrass Festival for 2021 has been postponed. Set your calendars for July 7-10, 2022 for the festival of the year! Visit [www.renfrew.ca](http://www.renfrew.ca) for more information as it becomes available in 2022.

[www.facebook.com/townofrenfrew](https://www.facebook.com/townofrenfrew)  
[www.renfrew.ca](http://www.renfrew.ca)

### NUMBER 5

#### Camp Lutherlyn

We've recently expanded and upgraded! With multiple options of accommodations on 130 acres, nestled on beautiful Golden Lake, Camp Lutherlyn is an ideal sanctuary not only for camping but also for rest, renewal, and learning. Consider booking for an outdoor winter adventure, a music jam, education retreat, or family summer camp.

[www.lutherlyncamp.ca/rentals](http://www.lutherlyncamp.ca/rentals)  
[lutherlyncamp.ca@gmail.com](mailto:lutherlyncamp.ca@gmail.com)

### NUMBER 6

#### Mount Pakenham Skiing

Skiing and riding are now open with regular season hours. Tuesday-Saturday 9:00am-9:00pm, Sunday 9:00am-5:00pm. Closed Mondays. Book passes online in advance and see our COVID-19 protocols.

Phone: 613-624-5290 x0  
[www.mountpakenham.com](http://www.mountpakenham.com)

### NUMBER 7

#### Calling All Landlords

Community Living Upper Ottawa Valley would like to connect with property owners and managers 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](mailto:twilliams@cluov.ca)

### NUMBER 8

#### Mental Health First Aid

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health. You could be next. Register for virtual or in-person courses.

[www.mhfa.ca](http://www.mhfa.ca)

### NUMBER 9

#### Creating A Home Office?

If your home office is a kitchen table, maybe we can help you make a more comfortable workspace that fits with your home. There are plenty of options for any size of space that includes furniture and organizational solutions. Come in and see what we offer or visit our online office shopping site.

Phone: 613-735-6827  
[www.rungestationers.ca](http://www.rungestationers.ca)

### NUMBER 10

#### CLUOV Newsletter

Community Living Upper Ottawa Valley publishes a regular newsletter filled with information about our agency, events and workshops and more. You can get it for free by email! Just contact us and ask to be put on the list.

[pleclair@cluov.ca](mailto:pleclair@cluov.ca)  
[www.cluov.ca](http://www.cluov.ca)

### NUMBER 11

#### MPP Yakabuski

MPP John 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.yakabusko@pc.ola.org](mailto:john.yakabusko@pc.ola.org)

### NUMBER 12

#### St. John's Lutheran Church

Looking for a way to be connected in 2021? Join our congregation and be part of our church community. Services on Sundays plus committees and activities throughout the week. We welcome you to join us in person or virtually. 605 Black Bay Road, Petawawa  
[pazstjohns@cogeco.net](mailto:pazstjohns@cogeco.net)

### NUMBER 13

#### LifeShare: What Is It?

Do you have an extra room in your home? 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](mailto:twilliams@cluov.ca)

### NUMBER 14

#### Frozen Meals

Shop and pay online with Griffith Farm & Market's new Shopify website! More than 20 frozen meals to choose from including lasagna rolls, cabbage rolls, pork or roast beef dinner, smoked ham, meatballs and rice, hamburger soup, meatloaf, liver and onions and more. Gift certificates available. A gift for seniors, families and students.

[bvlfarm@bell.net](mailto:bvlfarm@bell.net)  
[www.griffithfarm.ca](http://www.griffithfarm.ca)

### NUMBER 15

#### Home Decor Consultation

Do you want to make some improvements to a room in your home but you're not quite sure what to do? Runge Stationers offers an in-home consultation for \$150. Integrate your current decor items or think about adding something new. Book an appointment today!

Phone: 613-735-6827  
[www.rungestationers.ca](http://www.rungestationers.ca)

### NUMBER 16

#### Be A MHFA Instructor

Become a Mental Health First Aid instructor. Courses range from basic instructor to youth, First Nations, police, seniors and veterans. Visit our website for course details.

Phone: 1-866-989-3985  
[www.mhfa.ca/instructor-courses](http://www.mhfa.ca/instructor-courses)

**NUMBER 17****Adult Education**

Experience a successful transition to your high school diploma, employment, post-secondary, apprenticeship and independence. Free upgrading programs through Literacy Basic Skills and a variety of credit programs taught in-person (Arnprior, Renfrew, Pembroke or Petawawa), online or by correspondence. Students have the flexibility to achieve their goals at any age.

Phone: 613-735-0151 ext.3325  
[continuingeducation@rcdsb.on.ca](mailto:continuingeducation@rcdsb.on.ca)

**NUMBER 18****Disability Resource**

Community Living Upper Ottawa Valley provides programs and support for local people with intellectual disabilities. We provide supported independent living, community respite, resources for estate planning and more. Contact us to see what we can offer you.

[pleclair@cluov.ca](mailto:pleclair@cluov.ca)  
[www.cluov.ca](http://www.cluov.ca)

**NUMBER 19****Snowshoe Mount Pakenham**

Snowshoe trails are open at Mount Pakenham. Hours are Tuesday to Sunday during daytime hours (9:00am-5:00pm). Trail pass can include rentals or bring your own snowshoes. For more details, visit our website.

Phone: 613-624-5290 x0  
[www.mountpakenham.com](http://www.mountpakenham.com)

**NUMBER 20****Local Meal Fundraising**

Looking for a unique fundraiser that doesn't mean a whole lot of work on your part? Consider a local meal fundraiser with Griffith Farm & Market. We can create a meal option for you that includes an amount to be donated to your organization. Contact us for details.

[bvlfarm@bell.net](mailto:bvlfarm@bell.net)  
[www.griffithfarm.ca](http://www.griffithfarm.ca)

**NUMBER 21****Ottawa Valley Business**

Subscribe for free to Ottawa Valley Business, the region's business newsletter. Tenders, business news and information, events, marketing, HR and more. Emailed twice a month.  
[admin@ovbusiness.com](mailto:admin@ovbusiness.com)  
[www.ovbusiness.com](http://www.ovbusiness.com)

**NUMBER 22****Get Your High School Diploma**

The Renfrew County District School Board offers a prior learning assessment recognition (PLAR) for people to apply life education to achieve their high school diploma. Based on the knowledge and skill you have acquired since high school.

Contact us for more information on this free service. Available throughout Renfrew County.  
 Phone: 613-735-0151 ext.3325  
[continuingeducation@rcdsb.on.ca](mailto:continuingeducation@rcdsb.on.ca)

**NUMBER 23****Mount Pakenham Gifts**

Looking for a unique gift from our region? Consider an apparel purchase at Mount Pakenham. Beanies, MP 5-panel hat, hoodies (toddler, youth and adult) and adult t-shirts. Promoting the Ottawa Valley and our ski hill. Order online or come into the resort.

Phone: 613-624-5290 x0  
[www.mountpakenham.com](http://www.mountpakenham.com)

**NUMBER 24****Runge Stationers on Facebook**

Follow us on Facebook and see the neat home decor items that we bring into the store on a regular basis. We feature some of the great things that are available in store. We are open Monday to Friday, 8:30am-5:00pm. New items arriving!  
[www.facebook.com/rungestationers](http://www.facebook.com/rungestationers)  
[www.rungestationers.ca](http://www.rungestationers.ca)

**NUMBER 25****Refresh English & Math Skills**

The Renfrew County District School Board offers an adult skills program so people can improve English and math skills for work, life, education and training. Computer skills are also available. Classes are free and flexible. One-on-one instruction in a class setting. Continuous intake. Contact us today.

Phone: 613-735-0151 ext.3325  
[continuingeducation@rcdsb.on.ca](mailto:continuingeducation@rcdsb.on.ca)

**NUMBER 26****Pete's Sales & Service**

Our year-end snowmobile apparel sale is on now. Save 20% on in stock regular priced snowmobile riding apparel and casual wear. Limited sizes and colours in stock so don't wait. 2107 Petawawa Boulevard.

Phone: 613-735-3711  
[www.facebook.com/petes Pembroke](http://www.facebook.com/petes Pembroke)

**NUMBER 27****Disability Resource**

Community Living Upper Ottawa Valley provides programs and support for local people with intellectual disabilities. We provide supported independent living, community respite, resources for estate planning and more.

Contact us to see what we can offer you.  
[pleclair@cluov.ca](mailto:pleclair@cluov.ca)  
[www.cluov.ca](http://www.cluov.ca)

**NUMBER 28****Local Catering**

Griffith Farm & Market can cater your small or large function. A variety of catering choices including lunches, dinners, takeout orders and more. No group too small or too large. Talk to us about what you're looking for and we are happy to quote you on it.

[bvlfarm@bell.net](mailto:bvlfarm@bell.net)  
[www.griffithfarm.ca](http://www.griffithfarm.ca)

**NUMBER 29****RC Crime Stoppers**

Crime Stoppers Pembroke-Renfrew County believes that someone may have information that could assist police in solving local crimes. If you have information on any criminal offence that results in charges being laid, you qualify for an award of up to \$2,000. Submit an anonymous tip through [www.p3tips.com/Drill.aspx](http://www.p3tips.com/Drill.aspx) or visit our website.

[www.valleytips.ca](http://www.valleytips.ca)

**NUMBER 30****Shop At Runge Stationers**

We are open! Come in and see some of the new items we have been stocking for your home and office decor. Prints, furniture, accent pieces, accessories, Charlie Paige clothing and so much more. Free parking and entrance at the back of our store. 243 Pembroke St.W., Pembroke  
[www.rungestationers.ca](http://www.rungestationers.ca)

**NUMBER 31****Ontario Business Grants**

Ontario businesses can apply for support grants. Find out if your business is eligible for help with the cost of PPE, property taxes, energy bills and extra support if you have to close or significantly restrict services due to COVID-19 measures.  
[www.ontario.ca/covid19](http://www.ontario.ca/covid19)

**NUMBER 32****Jason Blaine Charity Concert**

The Jason Blaine Charity Concert and Golf Tournament is returning for 2021. We are still working out the details, but the event will be held in 2021. Follow our website or Facebook page for details.

[www.facebook.com/JBfundraiser](http://www.facebook.com/JBfundraiser)  
[www.jasonblainecharity.com](http://www.jasonblainecharity.com)

**NUMBER 33****Fraud Prevention Month**

March is Fraud Prevention Month in Canada. Download or free Little Black Book of Scams or take a fraud quiz and see how current you are on fraud and scams. There are also resources to help report fraud. The more you know, the smarter you can be about fraud.

[www.competitionbureau.gc.ca](http://www.competitionbureau.gc.ca)

**NUMBER 34****Eastern Ontario Jobs**

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. We cover a lot of awesome towns and employers! One link to great careers in the region.

[www.facebook.com/eojobs](http://www.facebook.com/eojobs)  
[www.easternontariojobs.com](http://www.easternontariojobs.com)

**NUMBER 35****Layman Fire & Safety**

Fire Safety Tips: Check your smoke detectors to ensure they are in good working order. Ensure your fire extinguisher is annually serviced to be in good working order. Create a fire safety plan for your home or cottage to ensure everyone is safe in the event of a fire. Visit [www.mcscs.jus.gov.on.ca](http://www.mcscs.jus.gov.on.ca) and choose the Ontario Fire Marshal link for information.

[www.laymanfireandsafety.com](http://www.laymanfireandsafety.com)

**NUMBER 36****Rowan's Pharmasave**

Did you know we have a loyalty card program, flyers and great discounts? Sign up and save! Get a \$10 value offer when you sign up for our online flyer, health emails, or coupons. Plus, stop in and see us for an array of healthcare services. 115 Pembroke Street West in Downtown Pembroke.

[www.facebook.com/rowanspharmasave](http://www.facebook.com/rowanspharmasave)  
[www.pharmasave.com/pembroke](http://www.pharmasave.com/pembroke)

**NUMBER 37****Respite Support**

Respite service for individuals with intellectual disabilities provides planned relief for families and caregivers based on individual needs and circumstances. Respite also provides an opportunity for individuals to increase their participation in the community, develop supportive community relationships, develop skills and abilities and gain greater independence.

info@cluov.ca

www.cluov.ca

**NUMBER 38****www.beadonor.ca**

4.4 million Ontarians are registered to become organ and tissue donors. Let's keep it going! Register today. The Trillium Gift of Life Network is Ontario's organ and tissue resource. Visit us today to become a donor and for more information.

www.BeADonor.ca

www.giftoflife.on.ca

**NUMBER 39****Seniors Without Walls**

Seniors Center Without Walls invites ages 55+ or adults 18+ with physical disabilities to join in their virtual activities such as trivias, sports chats, music, spiritual guidance and special presentations. Register in Arnprior or Renfrew.

Phone: 613-296-1906

Phone: 613-432-7691

**NUMBER 40****Ottawa Valley Jobs**

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

www.ovjobs.ca

**NUMBER 41****Cafe 349 Is Open!**

Cafe 349 is happy to announce our dining room has reopened as of February 22. Hours are 9:00am to 2:00pm. Please call ahead to make a reservation. Seatings will be for one hour only. At the moment we can only allow two adults per table (including kids under age 18). 349 Main Street, Shawville  
Phone: 819-647-6424

**NUMBER 42****www.smartserve.ca**

Smart Serve training will prepare you to work in any environment where alcohol is sold, served, delivered, or sampled, in the province of Ontario. Get ready to learn with short videos, quizzes, text/audio, activities, and games before completing the final certification test online. \$24.95 for online training. \$29.95 for recertification.

info@smartserve.ca

www.smartserve.ca

**NUMBER 43****Bonnechere Union Library**

The Bonnechere Union Public Library has reopened as of February 17! Our updated hours are: Tuesday: 10:30am-4:00pm, Wednesday: 10:30am-6:30pm, Thursday: 10:30am-6:30pm, Friday: 10:30am-4:00pm and Saturday: 10:30am-3:00pm.

Phone: 613-628-2400

www.bonnechereupl.com

**NUMBER 44****Help For Seniors**

Opeongo Seniors and Access Work Service are offering free help for low-income seniors. Show Shovelling, light housekeeping, firewood and other services are available. Call for more details.

Phone: 613-756-0723

**NUMBER 45****A Foot of Runway**

Do you have an aviation enthusiast with a birthday coming up? Are you looking for a charitable initiative with plenty of impact? Consider purchasing a foot of runway for \$250 and support the efforts to repave the runway at the Pembroke & Area Airport. Donation is 100% charitable receiptable.

info@flycyta.ca

www.flycyta.ca

**NUMBER 46****Student Volunteer Hours**

Do you know a high school student who needs volunteer hours? The Deep River Library has created a list of COVID-friendly tasks that can be completed at home: button designs, review books and movies, artwork, Instagram challenges and more.

Phone: 613-584-4244

info@deeperiverlibrary.ca

**NUMBER 47****Volunteer Drivers**

Do you enjoy driving? Would you like to help people in your community? Arnprior-Braeside-McNab Seniors at Home Program is looking for on-call volunteers to be available one day a week to drive our new agency vehicles. Drive our clients to medical appointments in Ottawa or Renfrew County. Contact Nikki.

Phone: 613-623-7981 ext.5

nikkirumbelow@cssagency.ca

**FEBRUARY EVENTS****NUMBER 48****February 23, 2021**

It's National Aviation Day! Thank you to everyone who ordered our farm-to-fork meal in support of Project Runway. We have another foot in our goal to repave the 5,000 foot runway at the Pembroke & Area Airport. Plus, we supported a local farm on Canada's Agriculture Day! A community win-win!

info@flycyta.ca

www.flycyta.ca

**NUMBER 49****February 24, 2021**

E-Commerce Options for Small Business webinar. 12:00pm-1:00pm. Discover the basics of selling online - perfect for e-commerce beginners. Free. Offered by Digital Main Street. www.eventbrite.ca/e/e-commerce-options-for-small-business-online-webinar-tickets-130028202855?aff=ebdssbonline search

**NUMBER 50****February 25, 2021**

The Future of Retail: Exceeding post-COVID customer expectations. Free webinar. Discover the future of retail and how to use technology to evolve your customers into advocates. 1:00pm-2:00pm.

www.edc.ca

**NUMBER 51****February 26, 2021**

Last day for Renfrew County and Lanark County employers to complete the EmployerOne Survey. Help identify labour issues, training needs, funding service and more. Takes 10 minutes to complete.

www.facebook.com/LMrenfrewLanark

www.employeronesurvey.com

**NUMBER 52****February 27, 2021**

One Block Wonder. Try something new! One fabric, one shape, one-of-a-kind quilt. A quilt traditionally made from one fabric, cut randomly and then pieced together with gorgeous results. Supply list available at Algonquin Sewing. Experience: confident beginner. \$35 plus taxes/supplies. 10:00am-4:00pm. Phone: 613-732-4789

cyndi@algonquinsewingcenter.ca

**NUMBER 53****February 27, 2021**

Madawaska Valley Fish & Game Club Snowmobile Poker Run.

Registration #10 per person at the clubhouse at 10:00am. All COVID restrictions apply. No food venue along the trail. Prepared sandwiches available for purchase and take-away at the clubhouse. Contact Iris Kauffeldt for more information. 3380 Quadeville Road  
Phone: 613-758-2851

**NUMBER 54****February 28, 2021**

Deadline to submit a letter of intent for the \$10,000 granting process through the Pembroke Petawawa District Community Foundation. Visit our website for details on the application process. If your letter of intent is approved, the deadline for a full application is March 16, 2021. foundation@givingthatgrows.com  
www.givingthatgrows.com

**NUMBER 55****February 28, 2021**

Applications are now open for the Ontario government's new two-year \$115 million Skills Development Fund. For information, visit www.tcu.gov.on.ca/eng/eopg/programs/sdf.html

**MARCH EVENTS****NUMBER 56****March Radio Bingo**

Valley Heritage Radio Arnprior Lions Club Bingo happens every Thursday at 7:00pm. March 4th, 11th, 18th and 25th. A sheet of six cards is \$6. Multiple purchase locations across Renfrew and Lanark Counties. See locations on Facebook.

Phone: 613-432-9873

www.facebook.com/valleyheritageradio

**NUMBER 57****March 1, 2021**

Budgeting for the 21st Century. Determine current spending habits, set realistic goals, strategies to pay off debt and more. Two weeks, four afternoons per week. Arnprior Continuing Education Centre. Phone: 613-432-3156  
continuingeducation@rcdsb.on.ca

**NUMBER 58****March 1, 2011**

Blood Donor Clinic at the Bancroft Pentecostal Tabernacle. 311 Hastings Street North, Bancroft. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 59****March 1, 2021**

Wills and Powers of Attorney in Ontario. A March of Dimes Canada free webinar. 1:00pm-2:00pm. Join lawyer Suzanne Deliscar as she discusses preparing a will, costs associated, powers of attorney and the administration of an estate without a will. This is a free, online event.  
aclark@marchofdimes.ca  
[www.marchofdimes.ca](http://www.marchofdimes.ca)

**NUMBER 60****March 1, 2021**

RRSP contribution deadline for 2020.

**NUMBER 61****March 1-5, 2021**

Arnprior Legion Chocolate Fundraiser. Do something awesome for yourself and us too! Purchase Purdys chocolates (crafted in Vancouver, 100% sustainable cocoa) and support Arnprior Legion Branch 174.  
arnpriorlegion174fund@gmail.com

**NUMBER 62****March 1-April 30, 2021**

Community Volunteer Income Tax Clinic hosted by the Renfrew & Area Seniors' Home Support. Due to COVID-19, this year's clinic is by appointment only. Clinic runs Monday, March 1, 2021 until Friday, April 30, 2021, Monday to Friday from 10:00am to 3:00pm, closed daily from 12:00pm to 1:00pm.  
Phone: 613-432-7691

**NUMBER 63****March 3, 2011**

Blood Donor Clinic at the Royal Canadian Legion Branch 148. 30 Raglan Street South in Renfrew. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 64****March 4, 2021**

Strike It Up. A digital conference for women entrepreneurs. Free to register. Featuring Manjit Minhas, the Hon. Mary Ng, Amber Mac and more. 9:00am-2:00pm. Advancing women's economic empowerment and grow the number of women-owned Canadian businesses.  
[www.strikeup.ca](http://www.strikeup.ca)

**NUMBER 65****March 6, 2021**

Landscape Quilt. This is a stained glass look landscape wallhanging. An easy design and you'll love the finished look! Beginner class. \$35 plus taxes and supplies. 10:00am-4:00pm.  
Phone: 613-732-4789  
cyndi@algonquinsewingcenter.ca

**NUMBER 66****March 8, 2021**

International Women's Day online event. 7:00pm-8:30pm. Proceeds support the Deep River & District Community Foundation Women's Fund and Bernadette McCann House. Hear some inspirational female thought leaders, entrepreneurs, innovators and activists. (All genders are welcome). \$26.87. Options Maven Catering dinner. Register at [www.eventbrite.ca/e/international-womens-day-2021-tickets-138502361291](http://www.eventbrite.ca/e/international-womens-day-2021-tickets-138502361291)

**NUMBER 67****March 9, 2021**

Pandemic Economic Recovery. Virtual event. 9:00am. Hosted by the Upper Ottawa Valley Chamber of Commerce. Chief Economist, Trevin Stratton will speak on the impact of COVID-19 in rural areas and what the future might look like. Register in advance.  
Phone: 613-732-1492  
manager@uovchamber.com

**NUMBER 68****March 9, 2021**

FCC Women in Ag Summit. Free, virtual event. 2:00pm. Keynotes include Tonia Jahshan (Steepled Tea), Bal Arneson (Celebrity Chef) and more. Networking lounges open at 1:30pm. Register in advance.  
<https://www.eventbrite.ca/e/fcc-womens-summit-registration-129782136865>  
[www.fcc-fac.ca](http://www.fcc-fac.ca)

**NUMBER 69****March 10, 2011**

Blood Donor Clinic at the Nick Smith Centre. 77 James Street in Arnprior. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 70****March 10, 2021**

Eganville & District Seniors Drive-Thru Dinner. A fundraising event. Roast pork loin, mashed potatoes, gravy, vegetables, salad, bun, carrot cake. \$16 per meal. 4:00pm-6:00pm. Catered by Schmid'ts Catering. Register and pre-pay by March 5, 2021.  
Phone: 613-628-2354  
info@eganvilleseniors.com

**NUMBER 71****March 11, 2021**

Bone Health Presentation with the Pembroke 50+ Seniors Active Living Centre. Presentation by Osteoporosis Canada. Topics include what osteoporosis is, risk factors, how it is diagnosed and what you can do to maintain healthy bones. Contact Arlene to register.  
pembrokeactivelivingcentre@cogeco.net  
[www.pembrokeactivelivingcentre.com](http://www.pembrokeactivelivingcentre.com)

**NUMBER 72****March 13, 2021**

Advanced Free-Motion Quilting. Designed for students familiar with free motion quilting and would like to expand their skill level. Pick up the supply list at Algonquin Sewing when you sign up! Intermediate. \$35 plus taxes/supplies. 10:00am-4:00pm.  
Phone: 613-732-4789  
cyndi@algonquinsewingcenter.ca

**NUMBER 73****March 14, 2021**

Daylight savings time begins on Sunday, March 14, 2021, at 2:00am. On Saturday evening, turn your clocks ahead one hour.

**NUMBER 74****March 17, 2021**

Celebrate St. Patrick's Day with the Pembroke 50+ Seniors Active Living Centre. Sign up for our March newsletter for the details or contact Arlene.  
pembrokeactivelivingcentre@cogeco.net  
[www.pembrokeactivelivingcentre.com](http://www.pembrokeactivelivingcentre.com)

**NUMBER 75****March 17, 2011**

Blood Donor Clinic at the Royal Canadian Legion Branch 95. 7 Main Street East in Perth. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 76****March 18, 2021**

Pivoting Your Operation. Is COVID-19 affecting your business? Pivoting your operation is not simply a strategy. It's a matter of survival. Presented by Carey McMaster of Traicon. Freep. 5:00pm-8:00pm. Register in advance.  
Phone: 613-332-5564 ext 210  
cfdc@community-futures.ca

**NUMBER 77****March 19, 2021**

Today is the deadline to book into the Spring 2021 edition of Health Matters Magazine. If you offer a product or service that helps improve the health of local people, you should be part of this magazine. Issue distributes the week of April 12th. Rate card and more details online.  
behealthy@ovhealth.ca  
[www.healthmattersmag.ca](http://www.healthmattersmag.ca)

**NUMBER 78****March 20, 2021**

Poppy Bag. Experience: confident beginner. \$35 plus taxes and supplies. 10:00am-4:00pm.  
Phone: 613-732-4789  
cyndi@algonquinsewingcenter.ca

**NUMBER 79****March 20, 2021**

Babysitting course presented by the Red Cross and the Township of McNab Braeside. Murray Yantha Community Centre. \$50 for the day. Participants receive manual and certification pending successful completion of course. Target ages: 11-15. Limited enrollment. 9:00am-4:30pm. Course runs 9:00am-4:30pm. Register with the Township of McNab Braeside.  
Phone: 613-623-5756 x226  
recreation@mcnabbraeside.com

**NUMBER 80****March 22, 2021**

Serger Project with Cynthia. Can be done 100% on your serger. A great way to get comfortable with an intimidating machine! Use the skills you learned in previous workshops to put together this cute and easy project! Experience: confident beginner (must own a serger). \$25 plus taxes and supplies. 10:00am-2:00pm.  
Phone: 613-732-4789  
cyndi@algonquinsewingcenter.ca

**NUMBER 81****March 23, 2021**

Pivoting Your Operation. Is COVID-19 affecting your business? Pivoting your operation is not simply a strategy. It's a matter of survival. Presented by Carey McMaster of Traicon. Free. 9:00am-12:00pm. Register in advance. Phone: 613-332-5564 ext 210 [cfdc@community-futures.ca](mailto:cfdc@community-futures.ca)

**NUMBER 82****March 27, 2021**

Jelly Roll Rug. Wanting to decorate your home with a handmade rug? Pick your own jelly roll and make your own rug! Beginner class. \$35 plus taxes/supplies. 10:00am-4:00pm. Phone: 613-732-4789 [cyndi@algonquinsewingcenter.ca](mailto:cyndi@algonquinsewingcenter.ca)

**NUMBER 83****March 29, 2021**

Food Labelling: The good, the bad and the ugly. Join Jo-Ann McArthur, Founding Partner and President of Nourish Food Marketing, for a deep dive into the marketing and misconceptions behind food labels. 1:00pm. Free to attend. Visit our website and choose the events tab for details. [info@farmfoodcare.org](mailto:info@farmfoodcare.org) [www.farmfoodcareon.org](http://www.farmfoodcareon.org)

**NUMBER 84****March 29, 2021**

Blood Donor Clinic at the Civitan Club of Perth. Highway 43 (Craig Street) in Perth. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 85****March 31, 2021**

Perth Chamber of Commerce Annual General Meeting. Held via Zoom. 10:00am-11:00am. We will be holding elections for our board of directors as part of the annual meeting. Register with [www.perthchamber.com](http://www.perthchamber.com) or [welcome@perthchamber.com](mailto:welcome@perthchamber.com)

**APRIL EVENTS****NUMBER 86****April 6, 2021**

Food & Farm Care Ontario's Virtual Conference and Speakers' Program. 1:00pm-4:00pm. Free, virtual event. Featuring professional home economist and generational change and the future of food. [info@farmfoodcare.org](mailto:info@farmfoodcare.org) [www.farmfoodcareon.org](http://www.farmfoodcareon.org)

**NUMBER 87****April 8, 2021**

Blood Donor Clinic at the North Grenville Municipal Centre. 285 County Road 44 in Kemptville. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 88****April 9, 2021**

The Spring edition of Health Matters arrives today! Book free copies for your workplace or social group. Subscriptions also available for \$25 per year. [behealthy@ovhealth.ca](mailto:behealthy@ovhealth.ca)

**NUMBER 89****April 10, 2021**

Convergence Wallhanging. This convergence quilt features four coordinating fabrics cut into strips, sewn together, then cut and pieced again. Very simple and yet the results are amazing. The quilt is finished off by adding a couple of borders and red circles. Beginner. \$35 plus taxes/supplies. 10:00am-4:00pm. Phone: 613-732-4789 [cyndi@algonquinsewingcenter.ca](mailto:cyndi@algonquinsewingcenter.ca)

**NUMBER 90****April 10, 2021**

The 2021 Renfrew County Regional Science Fair is virtual this year. Students send a 1-3 minute video and materials describing their project and judging appointments will take place online. Interactive events are also planned. Details online. [www.facebook.com/RCRSTFair](http://www.facebook.com/RCRSTFair) [www.rcrsf.ca](http://www.rcrsf.ca)

**NUMBER 91****April 16, 2021**

Do you have an event or message to share in May or June? Publish it here! Today is the deadline for the March-April edition of 101 Things to Do in the Valley. \$25 plus HST for your listing or book five listings for \$100 plus HST. Issue publishes April 20th. [101things@travelourbackyard.com](mailto:101things@travelourbackyard.com)

**NUMBER 92****April 16, 2021**

Memory (Tie) Quilt. If you have ties and/or shirts in your stash from family members or friends why not include them in this quilt of simple blocks and sashing? Beginner. \$35 plus taxes/supplies. 10:00am-4:00pm. Phone: 613-732-4789 [cyndi@algonquinsewingcenter.ca](mailto:cyndi@algonquinsewingcenter.ca)

**NUMBER 93****April 20, 2021**

See the state of your health with a Thermography Medical Clinic at Pura Vida Nutrition Store in Renfrew. Thermography gives you a look at the most important indicator of potential health problem: inflammation. Find out if you have inflammation before it becomes a chronic condition. Phone: 613-433-9437 [www.thermographymedicalclinic.com](http://www.thermographymedicalclinic.com)

**NUMBER 94****April 22, 2021**

How Has Food Service Adapted During COVID: What does the future hold? How are restaurants responding to changes? What trends will stay around? Learn more about the restaurants of the future and impacts to public trust in the food service industry. 1:00pm. Free event. [info@farmfoodcare.org](mailto:info@farmfoodcare.org) [www.farmfoodcareon.org](http://www.farmfoodcareon.org)

**NUMBER 95****April 30, 2021**

Deadline to file your income tax return for your 2020 taxes.

**MORE EVENTS****NUMBER 96****May 1, 2021**

Art Nouveau Pillow. In the style of Scotsman Charles Rennie MacIntosh, enjoy making this Art Nouveau stained-glass-look pillow! The technique is reverse applique framed with purchased narrow fusible bias tape. Pillow cover is 18". Beginner. \$35 plus taxes/supplies. 10:00am-4:00pm. Phone: 613-732-4789 [cyndi@algonquinsewingcenter.ca](mailto:cyndi@algonquinsewingcenter.ca)

**NUMBER 97****May 6, 2021**

Blood Donor Clinic at the North Grenville Municipal Centre. 285 County Road 44 in Kemptville. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 98****May 9, 2021**

For Mother's Day this year, consider a gift certificate from Runge Stationers in Downtown Pembroke. Let the Mom in your life pick out something she will truly treasure. We offer a great selection of home decor, accessories and more. Phone: 613-735-6827 [www.rungestationers.ca](http://www.rungestationers.ca)

**NUMBER 99****May 11, 2021**

Blood Donor Clinic at the Petawawa Civic Centre. 16 Civic Centre Road, Petawawa. Book online at [www.blood.ca](http://www.blood.ca)

**NUMBER 100****June 15, 2021**

Deadline for self-employed persons to file their 2020 taxes. All taxes owed must be paid by April 30, 2021.

**NUMBER 101****June 18, 2021**

Today is the deadline to book into the Summer 2021 edition of Health Matters Magazine. Issue distributes the week of July 9th. Rate card online. [www.healthmattersmag.ca](http://www.healthmattersmag.ca)

**101 Things to Do in the Valley - 2021 Publishing Schedule.**

May-June 2021 Edition | Publishes April 20, 2021 | Deadline: April 16, 2021

July-August 2021 Edition | Publishes June 15, 2021 | Deadline: June 11, 2021

September-October 2021 Edition | Publishes August 17, 2021 | Deadline: August 13, 2021

November-December 2021 Edition | Publishes October 19, 2021 | Deadline: October 15, 2021