



101 Things To Do in the Valley

MAY-JUNE 2021 EDITION

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

Download this list at www.travelourbackyard.com

ALL SEASON EVENTS

NUMBER 1

Bernadette McCann House

Home is not a safe place for everyone. The rate of violence has increased during the pandemic. If you or someone you know needs help, we're here. Local phone: 613-732-3131. Toll free: 1-800-267-7930. Text: 613-639-1233. www.wsssbmh.org

NUMBER 2

Plan B Restaurant

Plan B is a family owned restaurant and grill. Come try burgers, chicken and steak dishes from our charboiler. We also serve pizza and powerbowl salads. Vegetarian and gluten-free options available! See our menu and order online for timed pick-up. Located in Deep River. Phone: 613-656-0928 www.planbgrill.com

NUMBER 3

Speedpro Signs

Whether you need to update signage for your business, or you want to add a decor item to canvas or print, we are still operating and are here to serve you. Vehicle graphics, banner stands, floor graphics, outdoor and indoor signage, backlit signs and more. Signage experts, inside and out. Phone: 613-732-7775 www.speedpropembroke.com

NUMBER 4

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 to the right potential candidate. Opportunities posted daily and shared on our Facebook page. www.facebook.com/ovjobs www.ovjobs.ca

NUMBER 5

Chutes Coulonge

Experience history, culture and adventure, as you explore our well-maintained pedestrian trails and various aerial installations: a tree top obstacle course, giant zip lines and the one and only VIA FERRATA in the region. Perfect for a day with family, friends and corporate groups! www.chutescoulonge.qc.ca info@chutescoulonge.qc.ca

NUMBER 6

Let's Go Sailing!

Try sailing this summer! The Deep River Yacht & Tennis Club offers weekly sailing lessons for kids and youth starting July 5th. Adult weekend lessons will also run on July 17-18 and August 7-8. Already have some sailing experience? Join us for casual dinghy racing on Tuesday evenings starting June 1st. drytcsailingschool@gmail.com www.drytc.ca

NUMBER 7

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 a donation to your organization. Contact us today! bvlfarm@bell.net www.griffithfarm.ca

NUMBER 8

Continuing Education

Do you want to get your high school diploma, pass your apprenticeship exam or improve some skills to advance your career choices? The Continuing Education department of the Renfrew County District School Board can help. Ask about our free programs. Phone: 613-432-3156 friskem@rcdsb.on.ca

NUMBER 9

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 10

Runge Stationers

Spending a lot of time at home might get you thinking about making some decor or furniture changes. We can help! Transform a room that is under-used into a room that serves a purpose. Talk with us today about how we can make your home decor changes happen. Phone: 613-735-6827 runge@nrtco.net

NUMBER 11

The Granary

During the provincial shutdown, The Granary Restaurant in Eganville will be open Thursday to Sunday for takeout only. 3:30pm-7:30pm. Phone: 613-628-2723 www.granaryrestaurant.ca

NUMBER 12

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 for inclusion. Supports available. Contact Tina Williams our Executive Director, to talk about this opportunity. Phone: 613-735-0659 twilliams@cluov.ca

NUMBER 13

Where Dragon's Fly

Adaptive lifestyle solutions for every lifestyle. Garments designed for easy access for standing and seated dressing, open back and side closures, adaptive footwear for men and women. Clothes made easy. Phone: 613-371-2564 www.wheredragonflyperth.ca

NUMBER 14

Janna & Kerry's

Open for takeout for breakfast, lunch and dinner. Omelets, wraps, starters, wings, soup and salad, tacos, fish & chips, steak, fajitas, chicken fingers, pulled pork, burgers and more. Menu online. Also on Valley Eats. Phone: 613-631-0911 www.jannaandkerrys.ca

NUMBER 15

Work With Us

How would you like to go to work everyday knowing that you are making a difference in someone's life. You can at Community Living Upper Ottawa Valley! We are recruiting for casual workers. It's a great start in a career with us. info@cluov.ca www.iamcommunityliving.com

NUMBER 16

Bombshells Tattoo Studio

As of May 1st we are moving to Pembroke! We have outgrown our cozy home in Petawawa and will surely miss our neighbours, but we are truly excited for our next chapter! 24 Pembroke St., W., Pembroke www.bombshellstattoo.ca

NUMBER 17

English Second Language

Adult English Second Language courses are available throughout Renfrew County. Free courses to help build your confidence. Phone: 613-732-8740 continuingeducation@rcdsb.on.ca

NUMBER 18**Mulvihill Drug Mart**

We are living through a time that will form a portion of the world's history, and all we want is for it to be over. Let's make a might effort to be good to one another, to be more kind, more giving and more considerate.

www.mulvihilldrugmart.com

NUMBER 19**Health Matters Magazine**

Pick up your copy of the latest issue of Health Matters magazine. Available throughout your region. Visit our Facebook page for locations of copies.

Great local health information, organ donor crossword, more. www.facebook.com/healthmattersmag
www.ovhealth.ca

NUMBER 20**Expressions Hair & Nail Salon**

To all of my valued customers and all of those who continue to show me your support, as a small local business, I stand with many others who are struggling through this third wave of COVID shutdowns. My heart goes out to all of my fellow small businesses owners. Stay safe everyone and remember to show love and kindness to one another during these difficult times.

Phone: 613-401-2691
nicole_clouthier@icloud.com

NUMBER 21**Rowan's Pharmasave**

Visit us in Downtown Pembroke for Doterra Essential Oils, cannabis consults, lamps, bamboo naturals, light therapy, myDNA genetic tests, Ideal Protein (weight loss program), Walden Farms and so much more. A full-service pharmacy with healthy lifestyle choices. 115 Pembroke Street West in Downtown Pembroke.

www.rowanspharmasave.ca

NUMBER 22**Kitchen Eatery**

Consider a food care package or just give yourself a break with a meal from Kitchen Eatery & Catering Company. Visit us on Facebook for menu options and daily specials. Located in Pembroke. www.facebook.com/thekitcheneateryandcateringcompany

Phone: 613-639-3287

thekitcheneatery8@gmail.com

NUMBER 23**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 in the community? Consider purchasing a foot of runway for \$250 and support the efforts to repave the runway at the Pembroke & Area Airport. Donation is 100% receiptable. info@flycyta.ca
www.flycyta.ca

NUMBER 24**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. One link to great careers in the region. www.facebook.com/eojobs
www.easternontariojobs.com

NUMBER 25**Adult Learning Opportunities**

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, 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

NUMBER 26**Davidson Hearing Aid Centres**

As an essential service, we continue serving our clients during the Ontario lockdown. We offer curbside service, in office appointments, mailing out online and phone orders for parts and supplies. Please call ahead so we can provide you a time to maintain social distancing. www.davidsonhearingaids.com

NUMBER 27**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 28**Integrated Health Centre**

We know you have stress - we can feel it! We can help alleviate pain with our chiropractors, physiotherapy, massage therapy, laser therapy and more. Also, try our MedEx program to increase your strength and stamina.

Phone: 613-732-3333

www.integratedhealthcentre.ca

NUMBER 29**St. John's Lutheran Church**

Looking for a way to stay connected? Be part of our church community. Services available by email in print and audio formats.

605 Black Bay Road, Petawawa
pazstjohns@cogeco.net

NUMBER 30**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 31**The Bonanza Restaurant**

Pizza, poutine, wings and more at The Bonanza Restaurant in Downtown Pembroke. Free delivery within Pembroke city limits. Take-out and curbside pick up available (Prince Street). Open daily 10:00am to 7:00pm. We're on Facebook

Phone: 613-732-4412

NUMBER 32**Seniors: Be Social!**

The Pembroke 50+ Active Living Centre welcomes seniors to be part of their Seniors Centre Without Walls program. A regular phone call on a variety of topics. Free for seniors. Stay connected and stay entertained.

Phone: 613-732-1226

www.pembrokeactivelivingcentre.com

NUMBER 33**Arnprior Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Arnprior McNab Braeside Seniors at Home Program.

Phone: 613-623-7981

www.cssagency.ca

NUMBER 34**Renfrew Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Renfrew & Area Seniors Home Support.

Phone: 613-432-7691

www.renfrewhomesupport.ca

NUMBER 35**Barry's Bay Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Barry's Bay & Area Seniors Home Support Services.

Phone: 613-756-2772

www.bbahs.org

NUMBER 36**Carefor Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Carefor Health & Community Services. Serving Renfrew County.

Phone: 613-732-3949 ext.1118

www.carefor.ca

NUMBER 37**Eganville Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Eganville & District Seniors.

Phone: 613-628-2354

www.eganvilleseniors.com

NUMBER 38**Deep River Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. North Renfrew Long-Term Care Services Inc.

Serving Deep River, Laurentian Hills and Head, Clara and Maria. Phone: 613-584-1900

www.nrltc.ca

NUMBER 39**Calabogie Seniors**

We are part of Renfrew County's Community Support Services. Visit our website or call to see the services we offer to residents in our region. Calabogie & Area Home Support.

Phone: 613-752-2828

www.calabogiehomesupport.com

NUMBER 40**Twisted Fork (Perth)**

Amazing sandwiches, salads, breakfast options, not meals, daily soups and more. Gluten free available. Tarts, muffins, pies, cake and more sweet treats. Open 7:00am-3:30pm. Free delivery in Perth.

Phone: 613-264-0506

www.facebook.com/twistedforkcafe

NUMBER 41**Layman Fire & Safety**

As summer approaches, have a working fire extinguisher and smoke detectors in your cottage. Fire extinguishers for watercraft and boats too. Keep fire safe this summer and enjoy your time - indoors and outdoors.

joel@laymanfireandsafety.com

www.laymanfireandsafety.com

NUMBER 42**Marketing Help**

If your business or organization is finding it difficult to move forward during COVID

restrictions, talk to someone who is in the business of helping people find a way to getting in front of customers. Whether you need to build sales or increase awareness, Forward Thinking consulting can help.

Phone: 613-732-7774

www.fwdthink.net

NUMBER 43**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

NUMBER 44**Looking For Tenants?**

Do you have a vacancy in a property you manage or a new build you have? Let us know - we may have a tenant for you! Being part of an inclusive community, we look for opportunities for people to live independently while connected to our agency. Talk to us about our rental needs.

info@cluov.ca

www.cluov.ca

NUMBER 45**The Nook Creperie**

We offer a wide variety of savoury and sweet crepes, with many fusion-inspired fillings and toppings. Everything is made from scratch, using the finest and freshest ingredients available. A truly innovative and gourmet gastronomic experience. We carry fine wines and bottled beers, as well as high-quality coffees and espresso.

Phone: 613-735-4800

www.facebook.com/nookcreperie

NUMBER 46**Griffith Farm & Market**

Looking for some great beef or chicken for the BBQ? Or maybe some locally-made frozen meals to tide you over on busy days? What about four-person meals for easy get-togethers? We have all of that and more at Griffith Farm & Market. Order online or by phone and email.

Phone: 613-757-3659

www.griffithfarm.ca

NUMBER 47**Create Your Home Office**

Are you someone who is now working from home? Do you need help setting up a home office that fits your working needs, is organized and fits in with the rest of your living space? Talk to us about the options we have in office furniture, storage and decor.

Phone: 613-735-6827

www.rungestationers.ca

NUMBER 48**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

NUMBER 49**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 or visit our website for more. www.valleytips.ca

NUMBER 50**Intellectual Disability Help**

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

www.cluov.ca

APRIL EVENTS**NUMBER 51**

April 24, 2021

Renfrew County ATV Club annual general meeting. 10:00am-12:00pm. Trails update, financial statement, volunteer of the year and more. Register via the website.

Nominate yourself or someone for board positions by April 20.

info@renfrewcountyatv.caw

www.renfrewcountyatv.ca

NUMBER 52

April 28, 2021

Job Interview Tips To Succeed. 1:30pm-3:30pm. This webinar will review various aspects of what it takes to prepare for and be successful in the employment interview process. Learn about different types of interviews, stages within an interview and strategies and techniques to help you. Free.

eso@sl.on.ca

NUMBER 53

April 29, 2021

Canadian Virtual Sell Your Business Conference. The Canadian Virtual Sell Your Business Conference is designed for business owners who are thinking about transitioning their business, or are in the process of doing so. Also good for people interested in buying a business.

www.torontoentrepreneurs.ca

NUMBER 54

April 29, 2021

Poetry & the Creative Mind: Virtual Gala Supporting National Poetry Month. Free online event. Academy of American Poets' annual gala brings together artists & public figures for a reading of favorite poems for National Poetry Month.

<https://tinyurl.com/2vyzp7w2>

MAY EVENTS**NUMBER 55**

May 1, 2021

Family Searching in Ontario. The availability of genealogical records and information in Ontario including pre and post 1869 timelines. Hosted by the Victoria Genealogical Society and presented by Gerry Poulton. \$20 plus service fee. This is an online course.

<https://victoriags.eventbrite.ca/>

NUMBER 56

May 1, 2021

It's Community Living Month! We're kicking off this month with great local stories about how we support people with independent and community living. Visit our Facebook page for great snippets of inspiring stories that show the true collaborative efforts that make a difference in someone's life.

www.facebook.com/cluov

www.cluov.ca

NUMBER 57

May 2, 2021

Virtual Hike For Renfrew Hospice. Walk, run or hike in any location, outside or on your treadmill and help contribute to Hospice Renfrew. Register on our website with your own page or pledge support to another "hiker." Visit our website for more information. Let us know if we can assist you.

info@hospicerenfrew.ca

www.hospicerenfrew.ca

NUMBER 58

May 3-7, 2021

Mental Health Week workshops. Offered by the National Hope Movement. Workplace mental health, kids, anxiety, motivation, grief, mental fitness bootcamp and more. Workshops take place daily from 12:00pm to 1:00pm.

www.nationalhopemovement.com

NUMBER 59

May 4, 2021

Managing Your Own Mental Health. 11:00am-12:30pm. By understanding this and its difference to mental well-being, we can regain a sense of control. We will look into what stress is and what we can do about it. This is a free course that is available virtually.

<https://tinyurl.com/8u29fysa>

NUMBER 60**May 4, 2021**

Emotional Intelligence. Understand the role it plays in your personal and professional life, how you can develop your own emotional intelligence, and how you can use this skill to become a better colleague, employee, and leader. Free webinar. 6:00pm-7:30pm. <https://tinyurl.com/bfweb2m8>

NUMBER 61**May 4-7, 2021**

State of Mind Festival. If you believe becoming an industry leader in workplace mental health and well being is good for business, then State of Mind is for you! Individual tickets at \$49. Teams at \$1499. www.stateofmindfestival.com

NUMBER 62**May 5, 2021**

I AM Empowered Women's Conference. 10:00am-6:00pm. \$26.25-\$57.75. An Alberta-based conference that is going global! Fifth annual event. For speakers and tickets visit the website. www.iamempoweredconference.com

NUMBER 63**May 6, 2021**

Blood Donor Clinic, Kemptville Campus. 48 Shearer Street, Kemptville. Call 1-888-236-6283 or book online at www.blood.ca for your appointment.

NUMBER 64**May 6, 2021**

Mindfulness For Parents. Interactive with mindful exercises and opportunities to develop plans to implement mindful practices in daily life. Resources and a handout. This free, 90-minute workshop is run by Rebekka Wallace Roy, Registered Social Worker and Psychotherapist. <https://tinyurl.com/59mpay5b>

NUMBER 65**May 7, 2021**

Matters of the Heart: Staying Alive. A simplified, state-of-the-art review of the cardiovascular system in health, disease and the management of risk factors. Dr. David Fell, an invasive cardiologist in Newmarket, Ontario, led the development of the third largest regional cardiac care program in Ontario. Free virtual event. 7:00pm. <https://tinyurl.com/k7vfue3>

NUMBER 66**May 7, 2021**

Famous 5 Fridays - A Virtual Pink Tea Conversation with Beverley McLachlin. 12:00pm-1:00pm. The Right Honourable Beverley McLachlin served as Chief Justice of Canada from 2000 to December 2017. She works as an arbitrator and mediator in Canada and internationally. Hosted by Althia Raj. \$5.25 per ticket. <https://tinyurl.com/4m4da6j2>

NUMBER 67**May 8, 2021**

Mother's Day Menu at the Chalk River Legion. Roast beef, mashed potatoes, vegetables, dinner roll and desert. \$15.00. Take out only 4:00pm-6:00pm. Phone: 613-589-2224 Phone: 613-602-6445

NUMBER 68**May 8, 2021**

The Trews live virtual concert. Professionally filmed, with 3-5 pro cameras, and streamed through VIMEO, using all the venues sound and lighting production to produce a higher level video, audio and stage look as if you were in the venue itself. \$24.18-\$28.29 per ticket. Purchase your ticket today! <https://tinyurl.com/88hsxscj>

NUMBER 69**May 8-9, 2021**

Ontario Family Fishing Weekend. A province-wide opportunity for Canadian residents to fish Ontario waters without the otherwise mandatory fishing version outdoors card. During all other times, Canadian residents between the ages of 18 and 64 years must purchase a valid fishing license to legally fish in Ontario. Enjoy fishing with your family. www.ontariofamilyfishing.com

NUMBER 70**May 9, 2021**

Looking for a great Mother's Day gift? Look no further than Runge Stationers in Downtown Pembroke. Plenty of decor items any mom would love for her home or home office. Not sure what to buy, get a gift certificate. It's a sure win! Visit us at 243 Pembroke Street West in Downtown Pembroke or online. www.facebook.com/rungestationers www.rungestationers.ca

NUMBER 71**May 9, 2021**

Do you have a golfing mom in your family? Pick up a gift certificate for the Pembroke Golf Club or the Island Brae Golf Club. Good for greenfees, carts or pro shop merchandise. Call 613-732-1665 (Pembroke) or 613-732-9022 (Island Brae). www.islandbraegolf.com www.pembrokegolfclub.ca

NUMBER 72**May 11, 2021**

How To Read Financial Statements. 9:00am-12:00pm. Virtual seminar. How to read a balance sheet, interpret cash flow, why budget variances matter and more. Hosted by Volunteer Ottawa. \$90 members. \$145 non-members. Contact Eleonore Eaves. programs@volunteerottawa.ca

NUMBER 73**May 11, 2021**

Understanding What lies beneath your Stress. 1:00pm-2:30pm. A mixture of informative and interactive. New information will be provided by the interaction of models to invite a shift in the current mindset. Participants are invited to engage new practices to shift in how they experience pressure and stress. Free. <https://tinyurl.com/36849evu>

NUMBER 74**May 11, 2021**

Second Career Information Session. 2:00pm-3:30pm. Skills for Change is hosting an online information session to cover eligibility and suitability requirements for the Second Career program through the Ontario government, and how to complete an application. Free. <https://tinyurl.com/3r642hnc>

NUMBER 75**May 11, 2021**

Essentials of Succession Planning. We will all need to manage succession planning - whether in board members, EDs, CEOs or staff. It can be done either through a planned thoughtful process, or by a reactive and possibly emergency basis. There are 5 simple elements you need to tend to, to assure the process is as planned and painless as possible. 4:00pm-5:30pm. <https://tinyurl.com/rnjwbc58>

NUMBER 76**May 12, 2021**

Young Women's Conference. Hosted by Skills Ontario. 9:30am. Free. Hear from inspiring tradeswomen, learn about skilled trades and about grants and supports available. ywc@skillsontario.com www.skillsontario.com

NUMBER 77**May 17, 2021**

Workplace Mental Health Leadership certificate program. 9:00am-1:00pm (CDT). The first of its kind in Canada, developed in partnership with the Bell Canada mental health and Queen's University. Certification showcases organizational leadership and commitment to a mentally healthy workplace, through best practices and innovative solutions. \$160.15. <https://tinyurl.com/ej83mpr>

NUMBER 78**May 19, 2021**

Workplace Mental Health Leadership certificate program. 9:00am-1:00pm (CDT). The first of its kind in Canada, developed in partnership with the Bell Canada mental health and Queen's University. Certification showcases organizational leadership and commitment to a mentally healthy workplace, through best practices and innovative solutions. \$160.15. <https://tinyurl.com/ej83mpr>

NUMBER 79**May 19, 2021**

Vegetable Gardening. A Master Gardener since 2011, Judith Cox worked for 15 years as the gardener for Saunders Farm, she is now a garden consultant and a volunteer at Master Gardener advice clinics at local farmers' markets. Free to attend virtually. Host: Ottawa Public Library. <https://tinyurl.com/rhd823pn>

NUMBER 80**May 20, 2021**

Grant Writing 101 for Women Entrepreneurs. Free. 10:00am-11:00am. Join the WE-CAN community of women entrepreneurs as we learn from grant writing specialist Nancy Churchman, PhD. who will share seven keys to grant funding success. kerry.ramsay@queensu.ca <https://tinyurl.com/upf7nnxh>

NUMBER 81

May 21, 2021

Today is the final day to save \$10 on a purchase of \$75 or more online or a \$50 purchase in-store at Pura Vida Nutrition Store in Renfrew. Your local source for high-quality vitamins, supplements, health foods and more.

267 Stewart Street, Renfrew
www.puravida-nutrition.ca

NUMBER 82

May 24, 2021

Blood Donor Clinic at Civitan Club of Perth, Highway 43 (Craig Street), Perth. Call 1-888-236-6283 or book online at www.blood.ca for your appointment.

NUMBER 83

May 25, 2021

Female Coaching Series. 8:30pm-9:30pm ADT. Free. Sport Nova Scotia's Women and Girls Task Force in conjunction with the Canadian Sport Centre Atlantic session. Designed to inspire, empower and educate female coaches. Hear from some of the great leaders in our province and a few other special guest Canadian speakers.

https://tinyurl.com/bssw97ft

NUMBER 84

May 27, 2021

Blood Donor Clinic at Civitan Club of Almonte. 500 Almonte Street. Call 1-888-236-6283 or book online at www.blood.ca for your appointment.

NUMBER 85

May 28, 2021

Closing the COVID Gap. Learning Disabilities Association of Canada Conference 2021. 11:00am-5:30pm. Because of the constraints within the educational system as a result of COVID, the gap has been widening even further for students with specific learning disorders. Online event. Phone: 613-238-5721
www.ldac-acta.ca

NUMBER 86

May 31, 2021

Public Speaking Skills. Hosted by Volunteer Victoria. An interactive and enjoyable workshop that will help you to become a more confident public speaker! 4:00pm-5:30pm EST. https://tinyurl.com/4ybut3e2

JUNE EVENTS**NUMBER 87**

June 3, 2021

Blood Donor Clinic, Kemptville Campus. 48 Shearer Street, Kemptville. Call 1-888-236-6283 or book online at www.blood.ca.

NUMBER 88

June 4, 2021

Breaking Bad: Why Accidents Do Not Happen. Doug Perovic, a University of Toronto professor, developed and teaches the only undergraduate and graduate university level forensic engineering courses in Canada. Behavioural sciences show that in the world of interpretation, human judgement is affected by how problems are initially framed. Free. 7:00pm. https://tinyurl.com/5y2dy3kw

NUMBER 89

June 8, 2021

Blood Donor Clinic at the Germania Club in Pembroke. 15 Bennet Street, Pembroke. Call 1-888-236-6283 or book online at www.blood.ca.

NUMBER 90

June 9, 2021

Introduction to Living Your Strengths. Free online course. 8:00pm-9:00pm. Do you feel unfulfilled in your work or personal roles? If so, the free Strengths Webinar was built to help you. Biblically based and scientifically validated it will start you on the journey of living your strengths.

https://tinyurl.com/bue5btwc

NUMBER 91

June 9, 2021

Blood Donor Clinic at the Royal Canadian Legion Branch 95. 7 Main Street East, Smiths Falls. Call 1-888-236-6283 or book online at www.blood.ca for your appointment.

NUMBER 92

June 11, 2021

Today is the deadline to book into the July-August edition of 101 Things to Do in the Valley. Do you have an event (in-person or virtual), information to share or a positive message to send? Publish it here for \$25 plus HST or book five listings for \$100 plus HST. Phone: 613-732-7774
101things@travellourbackyard.com

NUMBER 93

June 13, 2021

2021 Ontario Agricultural Hall of Fame Induction Ceremony. Free to attend but advance registration is required. 1:00pm. This year we will be celebrating both the 2020 inductees along with the 2021 inductees. For details visit www.oahf.on.ca or reach out by phone or email. Phone: 519-669-3350
susan.tfio@bell.net

NUMBER 94

June 16, 2021

HR For Small Businesses. All employers have legal obligations under various legislation that affect employment in Ontario, whether they have 1 employee or 100! This seminar is designed to introduce HR concepts to small business owners and help them understand the legislation that governs employment practices in Ontario. Free. 7:00pm-10:00pm. https://tinyurl.com/w4yvt232

NUMBER 95

June 18, 2021

Eganville Farmers' Market opens for the season. Visit us at the Legion field from now until Thanksgiving. 3:00pm-5:00pm on Fridays. Fresh, locally-produced products. Meet the vendors and support local agriculture and more. Find us on Facebook! www.eganvillefarmersmarket.com

NUMBER 96

June 18, 2021

Today is the deadline to book into the Summer 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 July 9th. Rate card and more details online. behealthy@ovhealth.ca
www.healthmattersmag.ca

NUMBER 97

June 20, 2021

It's the first day of summer and time to spruce up your home with awesome summer pieces at Runge Stationers in Downtown Pembroke. Whether you're looking for furniture, accessories or some great summer styles, we're worth a visit. See us at www.facebook.com/runge stationers or in person at 243 Pembroke St., West, Pembroke

NUMBER 98

June 20, 2021

Do you have a golfing dad in your family? Pick up a gift certificate for the Pembroke Golf Club or the Island Brae Golf Club. Good for greenfees, carts or pro shop merchandise. Call 613-732-1665 (Pembroke) or 613-732-9022 (Island Brae). www.islandbraegolf.com
www.pembrokegolfclub.ca

NUMBER 99

June 25, 2021

Blood Donor Clinic at the Royal Canadian Legion Branch 148. 10 Raglan Street East in Renfrew. Call 1-888-236-6283 or book online at www.blood.ca for your appointment.

MORE EVENTS**NUMBER 100**

July 17, 2021

Household Hazardous Waste Day for residents of Madawaska Valley and Brudenell, Lyndoch and Raglan. 10:00am-4:00pm. Yard 2, Madawaska Valley Municipal Garage. Automotive and garage products, household cleaning products, pesticides and garden products and more. 39844 Combermere Road, Combermere
www.makethedrop.ca

NUMBER 101

August

TSH Development Group has started the leasing process and suites are still available for their Deep River location. Available for occupancy in August 2021. 32 suites offering comfortable, secure, modern living. Call us for more. Phone: 613-883-1711

UPCOMING ISSUES

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

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

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