

# 101 Thing to do in the Valley

## WINTER EDITION 2011!

A Special Publication of Ottawa Valley Business | [www.ovbusiness.com](http://www.ovbusiness.com) | [admin@ovbusiness.com](mailto:admin@ovbusiness.com)

### January Events

#### NUMBER 1

**January 25-31**

Pakenham Frost Fest. Join a fun-filled week of events with Pakenham's celebration of winter. Phone: (613) 256-1077

#### NUMBER 2

**January 27**

Are you living with diabetes, arthritis, kidney disease, respiratory disease, chronic pain, depression or other conditions? Free workshop to help you live a healthy life. Thursdays. Jan. 13th to Feb. 17th. 1:30-4:00pm. Miramichi Lodge, 725 Pembroke Street West in Pembroke.

#### NUMBER 3

**January 27**

Free Internet Workshop Part 2. Hosted by Laurentian Valley Broadband Initiative. Info on Facebook, Twitter, Linked In, My Space and more. With Bernie Charlobois. 9:30am-4:00pm. Shady Nook Rec Centre. To register, call 613-735-6291 ext. 207.

#### NUMBER 4

**January 28**

Kidz 1st Trivia Challenge. 6-9pm. CFB Petawawa Rec Complex. 613-687-2932. [psppetawawa.com](http://psppetawawa.com)

#### NUMBER 5

**January 28**

Come out to Rocky Mountain House in Renfrew for live music with Ryan Quilty. Show start at 8:00pm. Come for dinner, drinks or stay the night. Located at 409 Stewart Street in Renfrew. [therockymountainhouse.com](http://therockymountainhouse.com).

#### NUMBER 6

**January 28**

St. John's Ambulance CPR Level C Renewal course. In Pembroke. 5:00pm-9:00pm. For info, [www.sja.ca](http://www.sja.ca) or (613) 735-0772 or 800-519-8117.

#### NUMBER 7

**January 28-31**

Frosty Fling Winter Carnival. Lanark. A great way to celebrate winter with a variety of activities for the whole family. [lanarkhighlands.ca](http://lanarkhighlands.ca)

#### NUMBER 8

**January 29**

Breakfast served from 8:00am to 10:30am. \$6 charge per person. Royal Canadian Legion at 49 Daniel Street North in Arnprior.

#### NUMBER 9

**January 29**

Babysitters Course. If you are aged 11-15, looking to babysit or stay home alone, then this is the course for you! The Red Cross Babysitters course will teach you everything you need to know to be safe, skilled and prepared. Red Cross Pembroke office from 9-5. Students must pre-register by calling 613-735-1157.

#### NUMBER 10

**January 29**

The Upper Ottawa Valley Chamber of Commerce Annual Awards Gala at the Germania Club in Pembroke. Tickets for the event are \$60/person and include a served meal, awards presentation and dance. You can reserve your ticket now by calling the Chamber office at 613-732-1492.

#### NUMBER 11

**January 29-30**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca).

#### NUMBER 12

**January 29-30**

First Aid & CPR. This Red Cross course offers comprehensive techniques along with hands on practice. The person you save will most likely be someone you know. Pembroke. 613-735-1157 or [denise.stencell@redcross.ca](mailto:denise.stencell@redcross.ca)

#### NUMBER 13

**January 30**

Pembroke Lumber Kings versus Kanata. 7:00pm. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. For info, visit [pembrokelumberkings.com](http://pembrokelumberkings.com)

#### NUMBER 14

**January 30**

Pinto Valley Ranch's Annual Family Fun Day. 11am-4pm. Free. Sleigh rides, skating and tobogganing. Bring your own equipment and helmets. Bonfire, marshmallows and more. [www.pintovalley.com](http://www.pintovalley.com)

### February Events

#### NUMBER 15

**February 1-2**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Pembroke. For info, [www.sja.ca](http://www.sja.ca) or call (613) 735-0772 or 800-519-8117.

#### NUMBER 16

**February 2**

Polar Bears Wanted! JJ's Polar Bear Dip for Diabetes. 2:00pm. Must be 18+. Raise minimum \$75 receive free lunch at JJ's following event. Call Canadian Diabetes Association at 613-735-1605.

#### NUMBER 17

**February 2**

Pembroke Lumber Kings versus Smiths Falls. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

#### NUMBER 18

**February 3**

Soup Sensations Charity Cook Off. Pembroke Heritage Manor, 1111 Pembroke Street West in Pembroke. 7:00-10:00pm. Tickets are \$10 per person and available at Pembroke Heritage Manor, The Nook Creperie, Thai Gardens, Saffron Bistro, East Side Mario's, Victorian Rose Tea Room and Café Ole. Prizes, gift certificates and giveaways! 613-635-7926.

#### NUMBER 19

**February 3-6**

Sno Fun Weekend in Killaloe. Lots of activities for the whole family. Come out and enjoy a great weekend. See us online at: [killaloe-hagarty-richards.ca](http://killaloe-hagarty-richards.ca)

#### NUMBER 20

**February 3-6**

City of Pembroke's SnoSpree. Plenty of activities for all to enjoy at our annual winter carnival. For more information, call 613-735-6821 ext 1502.

**NUMBER 21****February 4**

Ham Supper served from 5:00pm to 7:00pm. Royal Canadian Legion Branch 174 at 49 Daniel Street North in Arnprior.

**NUMBER 22****February 4**

Pembroke Lumber Kings versus Cumberland. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

**NUMBER 23****February 4-5**

Introduction to Ecological Adventure Workshop. Presented by OVFC. 9am-4pm. \$80 for both days includes local food lunches. \$60 for each additional family member. Barr Line Community Centre in Douglas. Speakers from the Ecological Farmers Association of Ontario. Pre-register with \$40 deposit. 613-756-3884 or [ckeetch@webhart.net](mailto:ckeetch@webhart.net).

**NUMBER 24****February 5-6**

Outdoor Hockey Tournament. Alice and Fraser Recreation Center. In conjunction with Pembroke Sno Spree. 3 divisions: Competitive (ages 17+), Recreation (ages 17+), and Junior (ages 12-16). This will be a sponge puck tournament. 613-735-1933 or [bgclubhockey@hotmail.ca](mailto:bgclubhockey@hotmail.ca).

**NUMBER 25****February 5-6**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. Hours are the same as those for the Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca).

**NUMBER 26****February 6**

The February Valley Singles Lunch will be held at Rocky Mountain House Restaurant in Renfrew at 12:30pm. For more information, call (613)256-8117 or (613)432-7622.

**NUMBER 27****February 8-9**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Pembroke. For info, [www.sja.ca](http://www.sja.ca) or call (613) 735-0772 or 800-519-8117.

**NUMBER 28****February 9**

The National Farmers Union and Trinity-St. Andrew's United Church, Renfrew host the film, Fresh, on food production, with discussion and refreshments. 7pm in the chapel. Free will offering. For info: 613-432-3295.

**NUMBER 29****February 10**

Prints from the Past. 10:30am-4:30pm. Heritage House Museum in Smiths Falls. The Frances Jones Collection. This prominent artist works are now in collections of the National Archives, Carleton University Art Gallery and Heritage House Museum. Phone: 613-283-6311. [heritagehouse@smithsfalls.ca](mailto:heritagehouse@smithsfalls.ca)

**NUMBER 30****February 11-13**

13th Annual Deep River Winter Carnival. Come out and enjoy a weekend of fun for everyone. Details to be online at [www.deepriver.ca](http://www.deepriver.ca)

**NUMBER 31****February 11-13**

Petawawa Dynos Oldtimers Hockey Club is hosting a tournament at the Petawawa Civic Centre. There are still vacancies for teams. Contact Derek at 613-735-1542.

**NUMBER 32****February 12**

Kinsmen Sweetheart Dance. Knights of Columbus Hall. Featuring the Jones Gang. Door Prizes, Light lunch. Dance runs from 9pm to 1am. Tickets \$15. 613-735-6658.

**NUMBER 33****February 12**

Kinsmen Rink Fundraiser. Westside Tap N' Grill. Daydreams For Dollars along with Mary Mercer, Steve Saar, Terry Eggert, Doug Skeggs, Andy Mayenburg. \$10 Cover.

**NUMBER 34****February 12-13**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. Hours are the same as those for the Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca)

**NUMBER 35****February 13**

Pembroke Lumber Kings versus Brockville. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

**NUMBER 36****February 14**

Happy Valentine's Day from the management and staff of Saffron Bistro. Enjoy a wonderful dinner with us. Book ahead to reserve your spot. Recently released new menu and all the familiar things that have made us one of the best places to eat in Canada. 133 Pembroke Street East. 613-735-1958. [www.saffronbistro.ca](http://www.saffronbistro.ca)

**NUMBER 37****February 15**

The Renfrew and Area Chamber of Commerce AGM. Guest speaker is Max Keeping speaking on "Building Caring Communities." Mate-a-way Activity Centre. Doors open at 7am, breakfast at 7:30am. Open to members and public. Tickets at 613-432-7015.

**NUMBER 38****February 15-16**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Renfrew. For info, [www.sja.ca](http://www.sja.ca) or call 613-735-0772 or 800-519-8117.

**NUMBER 39****February 16**

Are you 50+ years and looking to start a business? Or, are you in business? Upper Ottawa Valley Chamber Zoomer Entrepreneur Group. 9:30am. Chamber office. For info, 613-732-1492 or [uovcc@nrtco.net](mailto:uovcc@nrtco.net).

**NUMBER 40****February 17**

Greater Arnprior Chamber of Commerce Breakfast Social. Venue to be announced. Newly elected Mayor of Arnprior, David Reid, Mayor of McNab/Braeside and CEO of the Arnprior Hospital will each be giving us a synopsis of what will be happening in 2011. Open to members and guests. [www.gacc.ca](http://www.gacc.ca)

**NUMBER 41****February 17-20**

Barry's Bay Timberfest. 12:00pm to 12:00am. Paul J Yakabuski Community Centre. Fun filled family weekend celebrates logging and the timbering heritage of the Madawaska Valley. Lumbermen compete in the logging games. And there's a parade, bed races, fish derby, lots of kids activities. For info phone: 613-756-23368 or visit [www.timberfest.com](http://www.timberfest.com)

**NUMBER 42****February 19**

Snowmobilers unite for the Ride For Dad Fight Against Prostate Cancer! Timberline Snowmobile Club at 2 Henan Road, Pembroke. On the TOP A/B Trail. Registration at 8am, ride starts at 10am. \$25 registration includes lunch in Deep River. Free registration for riders with \$100 or more in pledges. 613.687.4814 or [SnowmobileRideForDad.org](http://SnowmobileRideForDad.org)

**NUMBER 43****February 19**

Music by Simon Clark. Starting at 7:30pm. Royal Canadian Legion Branch 174 at 49 Daniel Street North in Arnprior.

**NUMBER 44****February 19**

Smiths Falls Curling & Squash Club Invitational Mixed Cash Spiel. 9am-12pm. Smiths Falls Curling & Squash Club. \$180 per team Includes two 8 end games, lunch, dinner, dance. Cash prizes for 2 game high and runner-up. Dinner/Dance tickets \$30. 613-264-8617 or [agnesmcveety@ripnet.com](mailto:agnesmcveety@ripnet.com)

**NUMBER 45****February 19**

Renfrew County Idol tryouts for Expo 150. Pembroke. This date for ages under 13 and 14-18. Visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 46****February 19**

North Algona Wilberforce Township. Fire Dept. Fishing Derby. 6:00am at Biederman Park at Lake Dore. \$10/Adult. \$5/Child. Entry fee enters you into a draw for \$500. Pancake Breakfast. Cash Prizes. 50/50. Free fishing weekend.

**NUMBER 47****February 19-21**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. Hours are the same as those for the Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca)

**NUMBER 48****February 20**

Renfrew County Idol tryouts for Expo 150. Pembroke. This date for adult participants. Visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 49****February 20**

Winter Daydreams. Enjoy the musical performance of the Pembroke Symphony Orchestra starting at 2pm. Festival Hall. 613-735-2613 or [www.valleyartscouncil.ca](http://www.valleyartscouncil.ca)

**NUMBER 50****February 20**

Pembroke Lumber Kings versus Ottawa. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

**NUMBER 51****February 21**

In celebration of Family Day, come to Wheeler's Sugar Bush for horse drawn sleigh rides (\$4 adults, \$2 children, age 2 and under free), show-shoeing, maple taffy on the snow and pancake meals. Visit [www.wheelersmaple.com](http://www.wheelersmaple.com)

**NUMBER 52****February 25**

St. John's Ambulance CPR Level C Renewal course. In Pembroke. 5pm-9pm. For info, [www.sja.ca](http://www.sja.ca) or call 613-735-0772 or 800-519-8117.

**NUMBER 53****February 25-27**

Beachburg Hockey Tourney. Beachburg. 613.582.7040 or [beachburgarena@nrtco.net](mailto:beachburgarena@nrtco.net). Currently looking for teams, please contact the rink for further details.

**NUMBER 54****February 26**

Folkus. Presents the Sultans of String with the Mississippi Jug Stompers. "Canada's ambassadors of musical diversity" and 2010 JUNO Award nominees. 8pm. Almonte Old Town Hall. Tickets available at Mill Street Books 52 Mill Street Almonte 613-256-9090.

**NUMBER 55****February 26-27**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. Hours are the same as those for the Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca)

**NUMBER 56****February 26-27**

Miwell/Toromont Cat/Battlefield Bonnechere Cup & Canadian Vintage! From 10am to 5pm. Sno-Drifters Club at 675 SnoDrifter Road in Eganville, Ontario. Phone: 613-628-3633 or visit [www.bonnecherecup.ca](http://www.bonnecherecup.ca)

**NUMBER 57****February 27**

The Oscars are coming to Pembroke! Academy Awards performance in support of the new Algonquin College Renaissance Square project, hosted by the Brick and the West End Mall. Great prizes, food, live music and more. Charitable receipt for portion of \$100 ticket. Contact: Algonquin College at 613-735-4700, ext. 2842.

**NUMBER 58****February 27**

Pembroke Lumber Kings versus Gloucester. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

**March Events****NUMBER 59****March 4**

Pembroke Lumber Kings versus Nepean. Pembroke Memorial Centre. See the four-time CJHL championship drive for a fifth championship. [pembrokelumberkings.com](http://pembrokelumberkings.com)

**NUMBER 60****March 5**

Renfrew County Idol tryouts for Expo 150. Barry's Bay. This date for ages under 13 and 14-18. For details, visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 61****March 5-6**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca)

**NUMBER 62****March 6**

Renfrew County Idol tryouts for Expo 150. Barry's Bay. This date for adult participants. For details, visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 63****March 8-9**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Pembroke. For info, [www.sja.ca](http://www.sja.ca) or call (613) 735-0772 or 800-519-8117.

**NUMBER 64****March 12-20**

Exhibition: A Painter's Park. Inspired by the work of Canadian painters Tom Thomson and the Group of Seven. Exhibition is located in the Algonquin Visitor Centre. Hours are the same as those for the Visitor Centre. [www.algonquinpark.on.ca](http://www.algonquinpark.on.ca)

**NUMBER 65****March 14-18**

March Break Mania Camp in Petawawa. Ages 3-12. Fun activities including skating, swimming, crafts and more. Before/after work extended care available. Pre-registration required. Community Recreation Children's Program. 613-687-2932.

**NUMBER 66****March 14-18**

March Break Athletic Camp in Petawawa. Ages 10-12. Basketball, volleyball, squash, badminton, ball hockey, soccer and more. Before/after work extended care available. Pre-registration at: 613-687-2932.

**NUMBER 67****March 14-18**

March Break Pretty in Pink Girls Only Camp in Petawawa. Ages 10-12. Girls only. Cooking, art, spin classes, jewellery and more. Before and after work extended care available. Pre-registration at: 613-687-2932.

**NUMBER 68****March 22-23**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Renfrew. For info, [www.sja.ca](http://www.sja.ca) or call (613) 735-0772 or 800-519-8117.

**NUMBER 69****March 25**

St. John's Ambulance CPR Level C Renewal course. In Pembroke. 5pm-9pm. For info, [www.sja.ca](http://www.sja.ca) or call 613-735-0772 or 800-519-8117.

**NUMBER 70****March 25-27**

myFM 2011 Home Show. Renfrew Armories. Exciting, refreshing, and something for everyone. For info, call (613) 432-7015. Opportunities to participate. Ask your myFM station for more information.

**NUMBER 71****March 26**

Renfrew County Idol tryouts for Expo 150. Deep River. This date for ages under 13 and 14-18. For details, visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 72****March 27**

Renfrew County Idol tryouts for Expo 150. Deep River. This date is for adult participants. Must register two weeks prior. [ww.expo150.com](http://ww.expo150.com)

**April Events****NUMBER 73****April 1-3**

Petawawa Sportsman & Women's Shows at the Petawawa Civic Centre. The First and Largest Event of the Season. (613) 587-4609 [www.ontarioshow.com](http://www.ontarioshow.com)

**NUMBER 74****April 2**

Renfrew County Idol tryouts for Expo 150. Petawawa. This date for ages under 13 and 14-18. Visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 75****April 3**

Renfrew County Idol tryouts for Expo 150. Petawawa. This date for adult participants. For details, visit [www.expo150.com](http://www.expo150.com). Must register two weeks prior.

**NUMBER 76****April 3**

Sunday, April 3rd in Eganville: The Ottawa Valley Music Festival presents a recital by internationally acclaimed classical pianist Katherine Chi. Following the concert, have dinner and meet the artist at Frisco's. (613) 754-5217 [info@valleyfestival.ca](mailto:info@valleyfestival.ca)

**NUMBER 77****April 5-6**

St. John's Ambulance Standard First Aid with Level A CPR. Two days. 8:30am-4:00pm each day. In Pembroke. For info, [www.sja.ca](http://www.sja.ca) or call 613-735-0772 or 800-519-8117.

**NUMBER 78****April 8**

Greater Arnprior Chamber of Commerce Awards Gala Dinner & Dance. Nick Smith Centre. More details closer to the event. For information, visit [www.gacc.ca](http://www.gacc.ca). Nomination form for businesses is now online.

**NUMBER 79****April 8**

Renfrew County Regional Science & Technology Fair. Petawawa Southside Community Centre. Open to all students in Renfrew County, grades 6-12. \$10,000 in prizes and scholarships. Guests welcome. [rcrsf.ca](http://rcrsf.ca).

**NUMBER 80****April 28**

Options Skilled Trades Fair. PMC in Pembroke. 9am-3pm. 2500 high school students attend. Free event for employers to exhibit. For info: 613-735-4308, ext. 6.

**Events Taking Place All Winter****NUMBER 81****Adult High School**

Renfrew County District School Board Renfrew Adult High School Classes. Free night classes. Computer and Job Readiness Skills or Upgrade your Math and English Skills to prepare for work or education. Renfrew Adult High School. Call Melissa Friske at 613-432-3156 for more information. Continuous Intake!

**NUMBER 82****Radcliffe Hills**

Ski all winter at Radcliffe Hills in Barry's Bay. Boasting the 6th highest ski vertical in Ontario, mile long runs and small lift lines, Madawaska Valley Ski Area is back for another year. Group ski and snowboard lessons available. Rentals available. For info: [www.skithethevalley.ca](http://www.skithethevalley.ca) or call 613-756-1SKI.

**NUMBER 83****The Fans of Calabogie B&B**

Your overnight stop for all winter fun activities: skiing, snowshoeing, snowmobile, ice fishing (shack and equipment provided). Enjoy our new hot tub, fireplace, WIFI, TV and more. And our famous breakfast. Your hosts: Cath and Byron. 613-752-1595 [www.thefansofcalabogie.com](http://www.thefansofcalabogie.com)

**NUMBER 84****Pembroke Medi-Spa**

Come in from the cold and treat yourself to one of our personalized facials in our warm, relaxing heated bed. Rejuvenate yourself for more fantastic Valley winter fun! Your Laser Hair Removal and Skin Rejuvenation Centre. Call: 613-735-6555. [www.pembrokemedispa.ca](http://www.pembrokemedispa.ca)

**NUMBER 85****Divination**

Need a break? Valentine's Day, Celebrate Winter Party, Spring Break, Mother's Day, Birthday, Bridal Showers Host a Tarot, Palmistry, or Tea Leaf Party. [ottawadivination.com](http://ottawadivination.com) Renfrew 613-433-3584

**NUMBER 86****Jocko's Beach Resort**

We're not just for summer! Stay and play all winter long. Located on Calabogie Lake. We're an all-season resort with a variety of accommodations including a 3-bedroom beach house, 2-2 bedroom chalets and log cabins. Motel efficiency units. 613-752-2107 or 866-376-6284.

**NUMBER 87****Algonquin College**

Something for everyone in courses such as business, health sciences, cooking, photography and more. Ask for our OnCourse flyer. Lots of interesting courses during the day and in the evenings. Cathy van Starckenburg, Continuing Education and Corporate Training. 613-735-4700 x2843. View onCourse: [xweb.algonquincollege.com/pembroke](http://xweb.algonquincollege.com/pembroke) [LifeLongLearning@algonquincollege.com](mailto:LifeLongLearning@algonquincollege.com)

**NUMBER 88****Mount Pakenham**

All Season Ski Mount Pakenham! Snowmaking is finished-all runs open. Tubing open weekends 11:00am-5:00pm all tube passes \$10. Exercise, exhilaration and family fun! Ski hill opens at 9:00am. Come check us out. [ski@mountpakenham.com](mailto:ski@mountpakenham.com), or call 613-624-5290 for information.

**NUMBER 89****Inner Strength**

Come out anytime to see the newest fitness centre in Cobden. Come in for classes, working out, personal training or yoga. Open for men and women. Off-site classes are also available. For info, call 613-432-1788 or visit [www.myinnerstrength.com](http://www.myinnerstrength.com).

**NUMBER 90****Layman Fire & Safety**

Shop for safety gear round at Layman Fire & Safety in Petawawa. Safety gear for all industries. All CSA approved safety clothing and gear. First Aid stations and more. Good time to have your fire extinguisher checked and recharged. [www.laymanfireandsafety.com](http://www.laymanfireandsafety.com) or 613-687-2896.

**NUMBER 91****Spectacle Lake Lodge**

Located 20 minutes east of East Gate of Algonquin Park on Highway 60. We are a year-round facility offering lodge rooms, cottages, a full restaurant with breakfast, lunch or dinner, a lounge and Terrace room for meetings or receptions. 613-756-2324 or 800-567-4044. [info@spectaclelakeridge.com](mailto:info@spectaclelakeridge.com)

**NUMBER 92****Kingburger**

Looking for a night out? Stop in for a home-cooked meal at the Kingburger in Pembroke. A variety of menu items and great service make it a great place for casual dining. Located in Pembroke's west end right on the highway.

**NUMBER 93****Sands on Golden Lake**

\$3.99 breakfast for the month of January, daily from Tuesday to Friday. Book us for your next business retreat, wedding or reunion. We're located right on the lake and often have entertainment throughout the year. Sands on Golden Lake. 13163 Highway 60 in Golden Lake. 613-625-2525 or [www.sandsongoldenlake.com](http://www.sandsongoldenlake.com)

**NUMBER 94****Valley Artisans' Co-op**

The oldest established Artisan co-operative in the Ottawa Valley. Featuring a unique selection of locally handcrafted art and gifts from over 30 artists and artisans. 33373 Highway 17 West in Deep River. For information: 613-584-4483 or visit us at: [www.ValleyArtisans.com](http://www.ValleyArtisans.com).

**NUMBER 95****Active Chiropractic**

Offering bootcamps for women, running clinics for men and women, and a variety of healthcare services. Visit us online at [www.active-chiropractic.org](http://www.active-chiropractic.org).

**NUMBER 96****M&R Feeds**

Locations in Micksburg, Pembroke and Shawville. Your rural living and agricultural store. See what we have for winter living. You might be surprised. More info at: [www.mandrfeeds.com](http://www.mandrfeeds.com)

**NUMBER 97****Expo 150**

Expo 150 is the County of Renfrew's 150th anniversary celebration and you should be there. The event takes place June 9-11, 2011 at the Pembroke & Area Airport. Be an exhibitor at the largest local festival ever held in the County. Showcase your business or organization to 5,000 people each day. For information, visit [www.expo150.com](http://www.expo150.com) or email us at [celebrate@expo150.com](mailto:celebrate@expo150.com).

**NUMBER 98****Young Entrepreneurs**

Upper Ottawa Valley Chamber of Commerce Young Entrepreneur Group. If you're under the age of 35, you might enjoy coming out to a business group for young entrepreneurs. For information, contact the Upper Ottawa Valley Chamber of Commerce. 613-732-1492 or [upperottawavalleychamber.com](http://upperottawavalleychamber.com)

**NUMBER 99****OVJobs.ca**

Find your next job in the Ottawa Valley by visiting: [www.ovjobs.ca](http://www.ovjobs.ca). We have 65-80 postings active at all times, and all jobs are located within the Ottawa Valley Region. More than 70,000 hits to the site every month makes us a popular spot for job seekers. Everything from admin to technical, students and more. Easy to navigate. Includes volunteer positions. For info: 613-732-7774 or [www.ovjobs.ca](http://www.ovjobs.ca)

**NUMBER 100****Wheeler's Sugar Bush**

It's a Winter Wonderland at Wheeler's! All winter long, enjoy free admission to 14kms of cross country ski trails through Wheeler's Sugar Bush. Relax by the fireplace after skiing or snowshoeing and enjoy a pancake meal. Snowshoe rentals available. [www.wheelersmaple.com](http://www.wheelersmaple.com).

**NUMBER 101****Computer Basics Course**

15 hours of hands-on instructor lead training on Tuesday and Thursday afternoons. Learn the basics of the computers including Windows, Internet, E-Mail and Word Processing. Also IC3 and MOS certification, QuickBooks and Simply Accounting courses. The Renfrew Learning Centre. 613-432-1002. [programs@thelearningcentre.ca](mailto:programs@thelearningcentre.ca)

**ABOUT 101 THINGS TO DO IN THE VALLEY - WINTER EDITION 2011**

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Enjoy the Valley and the events over the Winter. Watch for our Spring/Summer edition in a few months!

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