



# 101 Things To Do in the Valley

JULY-AUGUST 2020 EDITION

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



## ALL SEASON

### NUMBER 1

#### Wes' Chips

Wes' Chips in Arnprior, is celebrating our 60th year in business! Come by and enjoy our delicious French fries. Even during COVID-19, we are safely serving our customers with a takeout-only option. Open 7 days a week, 10:00am until 7:00pm. Our friendly and efficient staff look forward to serving you.

Phone: 613-623-5492

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

### NUMBER 2

#### Kitchen Eatery

Check out the weekly meal features with The Kitchen Eatery and Catering Company. Tacos, chicken pot pie, salads, sweets and more. Open 9:00am to 6:00pm daily. Pre-order for pick-up. Search us on Facebook.

100 Crandall Street, Pembroke

Phone: 613-629-3287

### NUMBER 3

#### Valley Artisans

The longest-running artisan co-operative in Ontario. Featuring a unique selection of locally handcrafted fine art and fun gifts from over 30 artists and crafters. Jewelry, woodworking, custom razors, books, drums, glasswork, greeting cards, silk, weaving, knitting, sewing, painting and drawing and cut paperwork, photography, pottery, skincare products.

33373 Highway 17, Deep River

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

### NUMBER 4

#### Bernadette McCann House

We are still operating a 24-7 support line for people who are experiencing abuse. You are not alone. We are here to help. Please call 613-732-3131.

[www.wsssbmh.org](http://www.wsssbmh.org)

### NUMBER 5

#### Chutes Coulonge

Adventure and historical park. Walking trails around a magnificent 160-foot waterfall. Log drive museum and interpretation site. Aerial activities including ziplining over the Coulonge River, treetop obstacle courses and a Via Ferrata climbing section of 2,000 feet. A natural, hidden gem only 40 minutes from Pembroke.

Phone: 819-683-2770

[www.chutescoulonge.qc.ca](http://www.chutescoulonge.qc.ca)

### NUMBER 6

#### Pontiac Home Bakery

Visit Pontiac Home Bakery for homemade lunches, sweets, breads and buns. Located at 315 Bristol Street in Shawville. Open Monday 5:00am-3:00pm, Tuesday-Friday 5:00am-5:00pm and Saturday 5:00am-3:00pm. Closed on Sunday.

Phone: 819-647-2575

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

### NUMBER 7

#### M&R Feeds

M&R Feeds in Mickburg, Pembroke and Shawville remain open and serving customers. With drive-through windows and pre-ordering services, we can help you with all your rural living, gardening and agricultural needs.

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

### NUMBER 8

#### LifeShare

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

Phone: 613-735-0659

[twilliams@cluov.ca](mailto:twilliams@cluov.ca)

### NUMBER 9

#### R.S.Ranch

R.S.Ranch is the western experience in the Pontiac region of western Quebec. Horseback riding, day camp, riding lessons, pony ride, long ride sleepover, sleigh or wagon ride, boarding and special activities. We have horses or you can bring your own. Visit our website for details at [www.ranch-rs.ca](http://www.ranch-rs.ca)

2 chemin du tr  carr  , Mansfield

Phone: 819-921-1981

### NUMBER 10

#### Need Tenants?

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

[twilliams@cluov.ca](mailto:twilliams@cluov.ca)

### NUMBER 11

#### Looking For A New Career?

Find the jobs available locally on [www.ovjobs.ca](http://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](http://www.facebook.com/ovjobs)

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

### NUMBER 12

#### Here To Help: MPP Yakabuski

As your Member of Provincial Parliament (MPP), I'm here to assist you in matters concerning the provincial government. If I can be of assistance with something you need addressed, please call or drop into my office at 84 Isabella Street, Pembroke. Phone: 613-735-6627

[john.yakabuski@pc.ola.org](mailto:john.yakabuski@pc.ola.org)

### NUMBER 13

#### Work in Eastern Ontario

If you're looking for a great lifestyle, room to roam and the opportunity to be part of a thriving business community, take a look at job opportunities at Eastern Ontario Jobs. Great careers. Great place to live. [www.facebook.com/eojobs](http://www.facebook.com/eojobs) [www.easternontariojobs.com](http://www.easternontariojobs.com)

### NUMBER 14

#### Free Business News

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

[admin@ovbusiness.com](mailto:admin@ovbusiness.com)

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

### NUMBER 15

#### Be Fire Safe

There have been 121 forest fires in Ontario this year so far, compared to 112 last year. Please be careful when camping and burning debris. Always have tools/water adequate to contain the fire at the site. Know the rules for safe outdoor burning. [www.ontario.ca/page/forest-fires](http://www.ontario.ca/page/forest-fires)

### NUMBER 16

#### Listen To Church Service

St. Johns Lutheran Church in Petawawa is offering voice-recorded and written sermons, to anyone via email. Contact Pastor Albert to be added to the notification list for sermons.

[pazstjohns@cogeco.net](mailto:pazstjohns@cogeco.net)

### NUMBER 17

#### Thank You

Layman Fire & Safety and Layman Electric thanks all frontline workers, essential workers and everyone in healthcare for their dedication during COVID-19. We appreciate your efforts. [www.laymanfireandsafety.com](http://www.laymanfireandsafety.com)

**NUMBER 18****COVID-19 Signage**

Do you need COVID-19 signage for your organization? Talk to us. We have floor graphics, signs of all sizes, sneeze guards and more. Help is available to make what suits your business.

Phone: 613-732-7775

marc@speedpropembroke.ca

**NUMBER 19****Beef Boxes**

Griffith Farm & Market has beef boxes available that include four steaks, five packages of ground beef and a roast for \$100. Locally raised, lean beef. Pick up at our farm at 146 Griffith

Wagner Road in Golden Lake or we can deliver.

Phone: 613-757-3659

www.griffithfarm.ca

**NUMBER 20****Fidget Quilts & More**

Do you know someone who likes to fidget? A busy child or an adult who needs to keep their fingers active. I make fidget quilts, aprons and books for all ages. Plus, boot covers, heated magic bags, adult bibs and more.

Phone: 613-687-2896

joyceml4566@gmail.com

**NUMBER 21****Buy A Foot Of Runway**

The Pembroke & Area Airport is fundraising to repave its 5,000-foot runway. Buy your own foot of runway for \$250 and help us keep this important infrastructure available to the community.

marketing@flycyta.ca

www.flycyta.ca

**NUMBER 22****Bruham Food Mart**

Bruham Food Mart is now open seven days a week from 8:00am to 9:00pm. Visit us for your groceries and convenience needs. Thanks to everyone for their support and patience.

613 Bruham Avenue, Pembroke

Phone: 613-732-4185

**NUMBER 23****Pembroke Golf Club**

Physical distancing can happen while playing golf. Play the Pembroke Golf Club. \$35 for 18 holes (\$50 with cart) on weekdays. \$40 for 18 holes (\$55 with cart) on weekends. 9 hole rates too. Tee times required.

Phone: 613-732-1665 ext.226

www.pembrokegolfclub.ca

**NUMBER 24****Island Brae Golf Club**

Come play the Brae! \$20 for 9 holes or \$30 for 18 holes (walking) every day. Riding carts available. Full range and practice facility is open. Tee times are required.

Phone: 613-732-9022

www.islandbraegolf.com

**NUMBER 25****Runge Stationers**

Not only are we your go-to place for every kind of office supply, but have you seen our decor options recently? Some updates to our store are worth the trip to see what other home accents we have. 243 Pembroke Street West in Downtown Pembroke.

Phone: 613-735-6827

**NUMBER 26****Town & Country Men's Shop**

We are open six days a week. Monday to Saturday, 10:00am to 4:00pm. We continue to encourage appointments. Masks required. Five people in the store at any one time. 62 Pembroke Street West in Pembroke.

Phone: 613-732-2845

**NUMBER 27****Maven Catering**

Weekly lunches and dinners available from Maven Catering. Menus change weekly. Deep River and Laurentian Hills delivery and pick-up. Plus, we offer a 10 lunch punch card for \$120. See our website for more.

Phone: 613-635-2223

www.mavencatering.ca

**NUMBER 28****Thank You!**

Renfrew County ATV Club wishes to thank our many volunteers for getting our trails ready for the 2020 season. Please support the club by purchasing a trail permit so we can continue to offer a great riding experience.

www.facebook.com/RCATVClub

www.renfrewcountyatv.ca

**NUMBER 29****Hike at Shaw Woods**

Shaw Woods Outdoor Education Centre offers free trails to explore. Please respect physical distancing. Our washrooms remain closed but trails are open. Visit us at 2065 Bulger Road in North Algona Wilberforce.

We're On Facebook!

www.shawwoods.ca

**NUMBER 30****The Vintage Crate**

Shop The Vintage Crate online for the best Father's Day gift. Free delivery in Arnprior or free curbside pick-up. Or, we can ship across Canada for \$15 flat fee. Find a unique gift that someone is sure to remember.

https://the-vintage-crate-

arnprior.myshopify.com

**NUMBER 31****Downtown Renfrew**

As more and more of our shops open, we invite you to come visit and support local small business in Downtown Renfrew. New sidewalks, great retail, yummy eats and more. Spend an afternoon with us.

www.facebook.com/downtownrenfrew

www.renfrewbia.ca

**NUMBER 32**

Healthy donuts. Seriously? Healthy donuts? Yes, they do exist right here in Almonte at Healthy Food Technologies! Back to being open seven days a week as of June 1st. Visit us in person and pick up great tasting donuts without the guilt.

25 Industrial Drive, Almonte

Find us on Facebook!

**NUMBER 33****Whisky Chocolate**

A well-distilled gift idea for dad. Decadent Whisky Caramels Made with Lot No. 40 Canadian whisky. Located in Almonte but we are open online. Free shipping on orders over \$75.

Phone: 613-801-0357

Find Us On Facebook!

**NUMBER 34****Integrated Health Centre**

As of June 1, 2020, we have returned to regular hours of operation. Existing patients are invited to book online and new patients can call us to book. COVID-19 measures in place. We welcome you back!

Phone: 613-732-3333

www.integratedhealthcentre.ca

**NUMBER 35****Madameek Pembroke**

Madameek's Pembroke location is open as of June 10th. Hours are 12:00pm to 6:00pm, Monday to Friday. Three customers allowed in the restaurant at a time. You can also call us in advance and pick up your order.

Phone: 613-732-1000

www.facebook.com/madameek

**NUMBER 36****Inner Strength**

Our new fitness centre is waiting to be open but we're still seeing clients and taking on new clients for personal training and life coaching classes. Talk to Jodi, CanFitPro Personal Trainer Specialist and Certified Life Coach. Locations in Pembroke and Cobden.

Phone: 613-432-1788

www.myinnerstrength.ca

**NUMBER 37****Kingburger Pembroke**

Daily specials available on our Facebook page or order from our menu. All your favourites at Kingburger. Celebrating 60 years in business. Drive thru or call your order in for pick-up.

Phone: 613-732-2395

www.facebook.com/kbpembroke

**NUMBER 38****Fun This Summer**

Pete's Sales & Service is your one-stop-shop for well overdue fun this summer. Seadoos, Beta bokes, Can-Am and more. Plus, we have all your accessories and parts and service needs. Thanks for sticking with us during COVID-19. We look forward to getting back to full speed.

www.facebook.com/petesepembroke

www.petessalesandservice.ca

**NUMBER 39****Employment & Disabilities**

Bee Successful is an agency that helps connect employers with people who have a disability. We have had great results for local employers looking for short-term and long-term employees. Talk to us about how we might be able to help your business, or register with us if you are looking for work. We can help from both sides of the employer-employee relationship.

Phone: 613-602-6572

www.beesuccessful.ca

**NUMBER 40****Perth Golf Course**

Come play Canada's oldest golf course, established in 1890! Great rates, service and food make us a top place to visit during the golfing season. 18 holes walking \$45 (peak time) and \$40 (after 12:00pm). Carts available. See our website for more details.

Phone: 613-267-3090

www.perthgolf.com



**NUMBER 41****Downtown Perth**

Spend the afternoon or a few days exploring Downtown Perth! Many outdoor patios to choose from as well as shops and services with enthusiastic small business owners who are welcoming visitors! Plenty of parking and a great experience awaits.

[www.facebook.com/downtownheritageperthbia](http://www.facebook.com/downtownheritageperthbia)

**NUMBER 42****Smiths Falls Golf Club**

Come play the course that raised Brooke and Brittany Henderson! A challenging layout at a reasonable price. You don't have to travel far to have a great golf experience. \$45 weekdays and \$50 weekends for 18 holes. Carts available.

Phone: 613-283-3050

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

**NUMBER 43****Skylight Drive-In**

We are open! Every night is \$20 per carload (up to six people per car). Open til October 11th.

Movie features available on our website. Special nights as well. Movie program starts at dusk.

You must have FM radio available in your vehicle.

199 Forest Lea Road, Pembroke  
[www.skylightdrivein.com](http://www.skylightdrivein.com)

**NUMBER 44****Father's Day Gift Card**

An easy Father's Day gift is a gift card from Smitty's Home Hardware in Laurentian Valley. Perfect for all the summer project supplies or for a BBQ, deck and patio furniture, tools and more. Gift cards are perfect for any occasion. Visit us today in store. 1395 Pembroke Street West in Laurentian Valley.  
[www.homehardware.ca](http://www.homehardware.ca)

**NUMBER 45****Robbie Dean Centre**

To protect our community during COVID-19, we are offering our services online and over the phone. We remain available to speak with you so please reach out to us if you need help. You can reach us by phone or email, and we also carry information on our website at [www.rdfcc.ca](http://www.rdfcc.ca).

Open to all ages. We continue to be here for you.

Phone: 613-629-4243

[info@rdfcc.ca](mailto:info@rdfcc.ca)

**NUMBER 46****Business Plans**

Have you ever tried to write a business plan for your entrepreneurial idea? Not so easy, is it? We write business plans to help people decide if it makes financial sense to have a business, or to help grow their business in a new direction. Contact Jennifer at Forward Thinking Marketing Agency for a business plan specific to your situation.

Phone: 613-732-7774

[jenn@fwdthink.net](mailto:jenn@fwdthink.net)

**NUMBER 47****Come To Barry's Bay**

The summer weather is upon us here in Madawaska Valley. The Barry's Bay BIA welcomes all cottagers, visitors, vacationers and locals back to our businesses. We are fully stocked and prepared for our summer trade and we look forward to serving all of our customers in the days ahead.

Find us on Facebook by searching Barry's Bay BIA.

**NUMBER 48****Barry's Bay Farmers' Market**

The Barry's Bay Farmers' Market is open for 2020! We have a new location this year - beside the Madawaska Valley municipal office on Highway 62 at Stafford Street. 11:00am-4:00pm on Fridays.

Find Us On Facebook!

**NUMBER 49****Combermere Farmers' Market**

The Combermere Farmers' Market opens June 15th! 8:30am-11:00am. Fresh, local produce every week. Located at the corner of Mill Street and Highway 62 in Combermere. Every Saturday through Thanksgiving.

[www.facebook.com/combermerefarmersmarket](http://www.facebook.com/combermerefarmersmarket)

**NUMBER 50**

Eganville Farmers' Market  
The Eganville Farmers' Market is open on Fridays from 4:00pm to 6:00pm until Thanksgiving. For 2020, we are located at the Legion Memorial Field in Eganville, across from St. James Catholic Church, beside the curling club, ball diamonds and splash pad.

[eganvillefarmersmarket1@gmail.com](mailto:eganvillefarmersmarket1@gmail.com)  
[www.eganvillefarmersmarket.com](http://www.eganvillefarmersmarket.com)

**NUMBER 51****Pembroke Farmers' Market**

The Pembroke Farmers' Market is open for the 2020 season. Wednesdays and Saturdays from 9:00am to Noon. Corner of Lake Street and Victoria Street near the marina in Pembroke.

[www.facebook.com/pembrokefarmersmarket2020](http://www.facebook.com/pembrokefarmersmarket2020)

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

**NUMBER 52****Deep River Farmers' Market**

Located at the Deep River municipal hall on every second Saturday from 10:00am to 1:00pm. Dates are: June 12 and 27, July 11 and 25, August 8 and 22, September 5 and 19 and October 3.

Find Us On Facebook!

**NUMBER 53****Almonte Farmers' Market**

We are open for 2020 in the parking lot of the Almonte Public Library. Saturdays from 8:30am to 12:30pm. COVID-19 practices are in place and we welcome you to support local farms and artisans.

Find Us On Facebook!

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

**NUMBER 54****Perth Farmers' Market**

We are open for 2020! Plus, we have online ordering available with our awesome vendors. 8:00am-1:00pm. Located on Basin Street in Perth. 25-35 vendors.

[www.facebook.com/perthfarmersmarket](http://www.facebook.com/perthfarmersmarket)

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

**NUMBER 55****Bancroft Welcomes You**

The Bancroft BIA welcomes you to tour around the shops and restaurants in Bancroft.

Clothing, artwork, vintage items, gifts, galleries and more. A variety of eateries available.

Make a day trip to Bancroft.

[www.facebook.com/BancroftBIA](http://www.facebook.com/BancroftBIA)

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

**NUMBER 56****Whitetail Golf Juniors**

Junior golfers age 8 and under play free every day after 2:00pm. Junior golfers aged 16 and under play free after 2:00pm on Tuesdays and Sundays. All other times, Juniors aged 9 to 16 pay \$10 for 9 holes and \$15 for 18 holes.

Phone: 613-628-3774

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

**NUMBER 57****Whitetail Golf Mondays**

Every Monday (except on holidays) at Whitetail is Monday Madness. Play 9 holes (\$16 walk, \$26 ride, \$28 single rider) or 18 holes (\$26 walk, \$42 ride, \$45 single rider). Tee times required.

Phone: 613-628-3774

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

**NUMBER 58****Whitetail Golf Tuesdays**

Tuesday is senior day at Whitetail Golf Club. Those over age 55 can play 9 holes (\$16 walk, \$26 ride, \$28 single rider) or 18 holes (\$26 walk, \$42 ride, \$45 single rider). Tee times required.

Phone: 613-628-3774

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

**NUMBER 59****Whitetail Golf Nights**

Our men's and ladies nights are open to the public. Ladies play on Wednesday from 4:00pm-5:30pm. Men play on Thursday after 2:00pm. \$16 to walk, \$26 to ride. Extra \$7 to play an extra 9 holes. Tee times required.

Phone: 613-628-3774

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

**NUMBER 60****Whitetail Golf Rates**

Whitetail Golf Club has shoulder season rates until June 19th and then moves to summer rates from June 20 to September 6. Visit our website for rates for 9 holes, 18 holes and twilight. Tee times required.

Phone: 613-628-3774

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

**NUMBER 61****Workplace Survey**

Can you take a minute to fill out a short survey about sexual harassment at work? The Legal Clinic is looking for people to complete their survey. It only takes a few minutes and it can help determine issues in the workplace that need to be addressed.

[www.surveymonkey.com/r/X8K7LTM](http://www.surveymonkey.com/r/X8K7LTM)

**NUMBER 62****Food Handler Safety Training**

Earn your Food Handler certification online. Recognized by all health departments in all provinces. Just \$29.95 plus tax with group discounts available. Certificates issued immediately.  
[www.foodsafetytraining.ca](http://www.foodsafetytraining.ca)

**NUMBER 63****Great Pontiac Poutine Trail**

Taste delicious local poutine specialties throughout the Pontiac! Join The Great Pontiac Poutine Trail. Sheenboro, Pontefract, Chapeau, Waltham, Fort-Coulonge, Campbell's Bay, Bryson and more. Map and locations online.  
Phone: 1-800-665-5217  
[www.tourisme-pontiac.com](http://www.tourisme-pontiac.com)

**NUMBER 64****Pembroke Heritage Murals**

The City of Pembroke's outdoor art gallery takes you through 34 murals in a self-guided tour. For the full tour experience, you can download mural descriptions, a map and audio mural tour from the City of Pembroke website.  
[www.pembroke.ca](http://www.pembroke.ca)

**NUMBER 65****BLR Beaches**

Beaches in Brudenell, Lyndoch and Raglan are now open. These include Raglan White Lake Beach, Gorman Lake Beach, Kauffeldts Lake Beach and Genrick's Lake Beach. All docks are in the water. Washrooms will be open with cleaning supplies provided.  
[www.facebook.com/BLRTownship](https://www.facebook.com/BLRTownship)  
[www.blrtownship.ca](http://www.blrtownship.ca)

**NUMBER 66****Junior Gardeners Competition**

Laurentian Valley is running the fourth Junior Gardeners Competition. Open to youth aged 16 or under. Plants must be obtained at Sunset Nursery from June 7-19, 2020.  
[www.facebook.com/lvtownship.ca](https://www.facebook.com/lvtownship.ca)  
[www.lvtownship.ca](http://www.lvtownship.ca)

**NUMBER 67****Pembroke Marina Open**

The Pembroke Marina service dock is now open. Fuel, pump-outs, canteen and river charts are available. The main service building is staffed Monday-Friday from 12:00pm-8:00pm and Saturday-Sunday from 10:00am-6:00pm.  
[www.facebook.com/thecityofpembroke](https://www.facebook.com/thecityofpembroke)  
[www.pembroke.ca](http://www.pembroke.ca)

**NUMBER 68****Speakers' Bureau**

The Community Living Upper Ottawa Valley Speakers' Bureau is available for booking. Online options available.  
Phone: 613-735-0659  
[cedwards@cluov.ca](mailto:cedwards@cluov.ca)

**JUNE EVENTS****NUMBER 69****June 12, 2020**

Deadline to submit feedback to the Ontario government about the economic impacts of COVID-19 to your business.  
[www.ontario.ca/form/survey-economic-impacts-covid-19](http://www.ontario.ca/form/survey-economic-impacts-covid-19) or email your input to [submissions@ontario.ca](mailto:submissions@ontario.ca)

**NUMBER 70****June 12, 2020**

Mental health webinar. Supporting Mental Health in the Workplace: Why and how to pick the right program for your people. Everything has shifted because of Covid-19, and the pursuit of workplace wellness will accelerate. Free webinar by Invest Ottawa. 10:00am-11:30am.  
[www.investottawa.ca](http://www.investottawa.ca)

**NUMBER 71****June 12, 2020**

East Side Mario's in Pembroke is opening the patio today. Hours will be Sunday-Wednesday, Noon-8:00pm and Thursday-Saturday, Noon-9:00pm. Reservations are required. Limited seating.  
Phone: 613-732-9955

**NUMBER 72****June 12, 2020**

Logos Land Resort campground and RV park are open for overnight rentals starting June 12. Washrooms open. Showers and laundry closed. Seasonal campground is open. Motels and villas are available for booking. Keep in touch with us on our Facebook page or give us a call and inquire about staying with us. Plenty to do in the area.  
[www.facebook.com/logoslandresort](https://www.facebook.com/logoslandresort)  
[www.logosland.com](http://www.logosland.com)

**NUMBER 73****June 12, 2020**

Deadline to apply for the Canadian Business Resilience Network Small Business Relief Fund offered by the Canadian Chamber of Commerce. \$10,000 available per business that has been adversely affected by COVID-19. Based on need, resilience, innovation and impact. Notification to successful applicants in late June.  
[bizresilience@cbrn.ca](mailto:bizresilience@cbrn.ca)  
[www.cbrn.ca](http://www.cbrn.ca)

**NUMBER 74****June 15, 2020**

Filing date for 2019 tax year for self-employed individuals and their spouse or common-law partner. Payment date for 2019 tax year is September 1, 2020. Includes the June 15, 2020, instalment payment for those who have to pay by instalments.  
[www.canada.ca](http://www.canada.ca)

**NUMBER 75****June 15, 2020**

Best Western Plus Perth Parkside Inn & Spa is very excited to be opening our doors on June 15th for those who need a place to stay while working, visiting family or needing a staycation. To reserve, call or email us.  
Phone: 613 326 0082  
[reservations@bestwesternplusperth.com](mailto:reservations@bestwesternplusperth.com)

**NUMBER 76****June 16, 2020**

Blood Donor Clinic at the Germania Clun in Pembroke. 15 Bennett Street. Book your appointment online at [www.blood.ca](http://www.blood.ca).

**NUMBER 77****June 17, 2020**

Taxes 101: Tax Tips for Agricultural Producers. Understand business deductions and COVID-19 deadline extensions. 3:00pm. Free webinar by Farm Business Consultants. Top 12 tax tips for your ag business and more.  
[www.facebook.com/pg/FBC.SmithsFalls/events](https://www.facebook.com/pg/FBC.SmithsFalls/events)

**NUMBER 78****June 18, 2020**

Taxes 101: Tax Tips and Audit Triggers for Trades. Audit statistics in Canada, when to register and incorporate your business, COVID-19 deductions and how to apply for them and more. 12:00pm. Free webinar by Farm Business Consultants.  
[www.facebook.com/pg/FBC.SmithsFalls/events](https://www.facebook.com/pg/FBC.SmithsFalls/events)

**NUMBER 79****June 18, 2020**

Cope Well. Building Resilience. An educational webinar offered by the Whitewater Bromley Community Health Centre. This is an online Zoom event. Staff psychotherapists present tips on coping with increased pandemic stress. Call us to register.  
Phone: 613-582-3685  
[www.wbhc.on.ca](http://www.wbhc.on.ca)

**NUMBER 80****June 18, 2020**

Taxes 101: Tax Tips for Real Estate Professionals. 3:00pm. Free webinar by Farm Business Consultants. How to ensure you're capturing the deductions you're entitled to for your business.  
[www.facebook.com/pg/FBC.SmithsFalls/events](https://www.facebook.com/pg/FBC.SmithsFalls/events)

**NUMBER 81****June 19, 2020**

Deadline to book into the Summer Edition of Health Matters magazine. Health is a key topic on everyone's mind these days so let people know that you are open and available. Issue distributes in mid-July.  
Phone: 613-732-7774  
[behealthy@ovhealth.ca](mailto:behealthy@ovhealth.ca)

**NUMBER 82****June 19, 2020**

OSPCA Virtual Trivia Night. 7:30pm-10:00pm. Join us for an evening of trivia excitement with much-needed funds being raised for the animals in our care! Friendly fun between three different communities! Register as an individual participant for only \$15 each!  
[www.ontariospca.ca/who-we-are/events/virtual-trivia-night](https://www.ontariospca.ca/who-we-are/events/virtual-trivia-night)

**NUMBER 83****June 20-21, 2020**

Free Fishing Weekend in Ontario. Canadian residents can fish without a licence. Visit the Ontario Family Fishing website for more information and local events. A perfect time to try fishing with your family.  
[www.ontariofamilyfishing.com](https://www.ontariofamilyfishing.com)

**NUMBER 84****June 22, 2020**

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

**NUMBER 85****June 25, 2020**

Choosing the Right Structure For Your Business. Free webinar by Farm Business Consultants. 12:00pm. How to decide if your business is best suited for a corporate structure, sole proprietor or partnership and the advantages and disadvantages of each type of structure.  
[www.facebook.com/pg/FBC.SmithsFalls/events](https://www.facebook.com/pg/FBC.SmithsFalls/events)



**NUMBER 86****June 25, 2020**

Top Tips for Starting Your New Business. Free webinar by Farm Business Consultants. 3:00pm. You have an idea for a new business, now what do you do? FBC is offering some of the top tips on setting up your new business.

[www.facebook.com/pg/FBC.SmithsFalls/events](http://www.facebook.com/pg/FBC.SmithsFalls/events)

**JULY EVENTS****NUMBER 87****July 1, 2020**

Starting a Business as an Owner-Operator. Join our webinar to learn more about the keys to starting up your owner-operated trucking or transportation business. Free webinar by Farm Business Consultants. 3:00pm. [www.facebook.com/pg/FBC.SmithsFalls/events](http://www.facebook.com/pg/FBC.SmithsFalls/events)

**NUMBER 88****July 1, 2020**

How To Lower Your Tax Bill. Free webinar by Farm Business Consultants. 12:00pm. We'll teach you how to alleviate one of your biggest headaches as a business owner - your tax bill. [www.facebook.com/pg/FBC.SmithsFalls/events](http://www.facebook.com/pg/FBC.SmithsFalls/events)

**NUMBER 89****July 3, 2020**

Mattawa - VMUTS Trail #666 Plus. Come out for a weekend of advanced and expert riders only ATVing through some of the most challenging of trails in the area. Stock machines and novice riders are not encouraged to attend. Current permit required. Accommodations available. [lonewolfatver@gmail.com](mailto:lonewolfatver@gmail.com) [www.facebook.com/lonewolfatver](http://www.facebook.com/lonewolfatver)

**NUMBER 90****July 4-12, 2020**

Free Fishing Week in Ontario. Canadian residents can fish without a licence. Visit the website for more information. Try fishing with your family. [www.ontariofamilyfishing.com](http://www.ontariofamilyfishing.com)

**NUMBER 91****July 20-23, 2020**

Michelle's School of Performing Arts summer intensive dance camp. This is a great chance for students to learn all different styles of dance, including ballet, jazz, tap, lyrical, contemporary, Celtic and hip hop. COVID-19 precautions in place. Phone: 613-735-6572 [info@mpsa.studio](mailto:info@mpsa.studio)

**NUMBER 92****July 21, 2020**

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

**NUMBER 93****July 27, 2020**

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

**AUGUST EVENTS****NUMBER 94****August 4-7, 2020**

Michelle's School of Performing Arts summer intensive dance camp. This is a great chance for students to learn all different styles of dance, including ballet, jazz, tap, lyrical, contemporary, Celtic and hip hop. COVID-19 precautions in place. Phone: 613-735-6572 [info@mpsa.studio](mailto:info@mpsa.studio)

**NUMBER 95****August 10, 2020**

Today is the deadline to book your listing in our next 101 Things to Do in the Valley. This issue covers events from mid-August to mid-November (or later). Store openings, business news, webinars, events, promotions and more. \$25 per listing or 5 listings for \$100. Phone: 613-732-7774 [101things@travellourbackyard.com](mailto:101things@travellourbackyard.com)

**NUMBER 96****August 11, 2020**

Blood Donor Clinic at the Germania Clun in Pembroke. 15 Bennett Street. Book your appointment online at [www.blood.ca](http://www.blood.ca).

**NUMBER 97****August 24, 2020**

Indigenous Line Crew Ground Support Training. Start date for a 15-week certification program to prepare Indigenous individuals for employment in the power line and construction sector. Must attend a virtual session June 10, 18 or 29. Must be age 18 or older. Call Lydia to register. Phone: 613-565-8333 ext.1019 [lydia@kagitamikam.ca](mailto:lydia@kagitamikam.ca)

**NUMBER 98****August 24, 2020**

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

**NUMBER 99****August 27, 2020**

Blood Donor Clinic at the Civitan Club in Almonte. 500 Almonte Street. Book your appointment online at [www.blood.ca](http://www.blood.ca).

**SEPTEMBER EVENTS****NUMBER 100****September 2, 2020**

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

**NUMBER 101****September 18, 2020**

Deadline to book into the Fall Edition of Health Matters magazine. Make people aware of your health product or service and how you can help improve their lives, homes, wellbeing and more. Health is a big focus in the fall so don't miss this edition. Distributes mid-October. Phone: 613-732-7774 [behealthy@ovhealth.ca](mailto:behealthy@ovhealth.ca)

**UPCOMING ISSUES**

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

September-October Issue

Publishes: August 13th  
Deadline: August 10th

November-December Issue

Publishes: October 12th  
Deadline: October 9th

Listings are \$25 plus HST or book five listings in one issue for \$100 plus HST.

