



# E\*News

Friday, January 28, 2011

## ABOUT US

- Since 1908, the Renfrew & area Chamber of Commerce has been an active and progressive non-profit voluntary organization promoting the civic, commercial, industrial and tourist development progress of this great community.
- The Chamber is a catalyst and a volunteer organization where business and professional people work together for the common good.
- Year-round promotion of Renfrew and the area as a destination for tourist and business is a pri-

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## A Look At

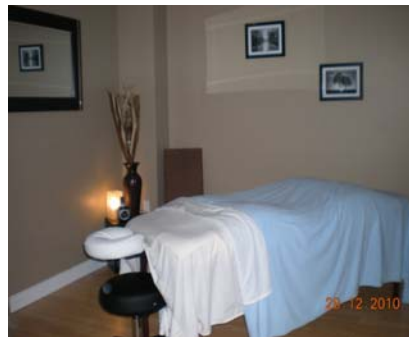


Tammy Logan—Information Officer

**Angela Mackey**, Registered Massage Therapist of 3 years, moved from Kanata to enjoy the more peaceful surroundings of the Renfrew area. As of September 2010, she assumed ownership of the **Alternative Health Care Clinic**, where the 1400 square foot environment is tranquil and serene .

Massage therapy decreases muscle tension, increases circulation and relaxation. Techniques can be used in different ways to benefit the client. Registered massage therapy can work for everyone and treats many ailments from stress, muscle relief, headaches, and so much more.

While keeping the integrity of the clinic, Angela has added an online booking system, that is user friendly and offers customers the convenience of booking their desired times, date's and availability. There are two registered Massage Therapist's, one Homeopathy and as of February 1st, the clinic will be welcoming an esthetician and make-up artist, who will be introducing 'Sugaring' later in the year.



The clinic is located at 268 Raglan St. S., is open for massages Mon-Friday's and for Esthetics, Monday to Saturdays. Call (613) 432-0997 or visit [www.alternativehcc.com](http://www.alternativehcc.com)

**'PROFESSIONAL HANDS YOU CAN TRUST'**



**REMEMBER YOUR SWEETHEART, MOTHER, SISTER or FRIEND**

Reference this E\*News edition and receive a

Special offer from Alternate Health Care Clinic

**Manicure/Pedicure \$65, or Couples 45 min massage \$120**

Would you like to have your business featured or if you know of a business that you would like to see featured, send your request to [info@renfrewareachamber.ca](mailto:info@renfrewareachamber.ca)



*Topic of Discussion  
"Building caring  
communities"*

The Renfrew and Area Chamber of Commerce  
is please to present  
**Mr. Max Keeping**  
at the 2011 Annual General Meeting.



February 15, 2011. Mate-a-way Activity  
Centre.

Doors open at 7 am, breakfast at 7:30.

The AGM is open to members, non-members and the public. Tickets  
are \$20 members, \$25 non-members and must be purchased in  
advance by contacting the Renfrew and Area Chamber of Commerce.

After more than 37 years as CTV News at 6:00  
anchor and News Vice-President, Max Keeping  
is now CTV Ottawa's Ambassador to the Community.



**The Renfrew Mercury**  
ESTABLISHED 1854

**Special Announcement from  
Renfrew and Area Health Services Village**

Contact Tammy at Tel: (613)432-7015.  
161 Raglan St. S. Renfrew



**OTTAWA VALLEY GLASS**  
ENTERPRISES LIMITED



**HOME AND LEISURE SHOW 2011**  
BROUGHT TO YOU BY  
**MYFm and**  
**RENFREW AND AREA CHAMBER OF COMMERCE**



**Call now to book your booth!**

**(613) 432~7015**

**As a Chamber member you will  
receive a discounted booth rate.**

***Let's make this the best Home Show ever!***



## Participate in the Biggest Weight-loss Challenge to come to our area.

February is Heart Health month and in celebration Ottawa Valley Living Magazine in conjunction with the Ottawa Heart Institute (Prevention and Rehabilitation Centre) and the Paramedic Chiefs of Lanark and Renfrew Counties are launching the “Slim till You Win” competition.

### **We are looking for 200 participants to take part in the “Slim till You Win” weight-loss competition—you could be one of them.**

“Slim till You Win” is a competition between Renfrew and Lanark Counties. We are looking for people like you to become one of the 100 competitors from each County to participate in this weight-loss campaign—that’s 200 participants in all! If more than 200 get involved that’s even better. You must be 18 or older to participate in the program. Once you registered, you will participate in an opportunity to embrace a more active lifestyle and slim down to win. The Competition runs from February 1st to April 30th, 2011.

### **Are you concerned about your level of fitness and activity?**

If you feel that your level of fitness might fall below average, then “Slim till You Win” is a great opportunity to get off the sofa and learn more about nutrition and exercise. It’s a process where you commit to being active and have the ability to follow through because of the support of being a part of a much larger group. The benefits are endless.

### **Lose weight and get fit through healthy exercise and diet.**

Another purpose of this competition is to encourage you to become more aware of the portions and the type of food you eat. But most importantly we want you to enjoy the process and meet other individuals who face the same challenges.

It’s time to get fit! Don’t miss out on this great opportunity to lose weight and bring home the cup for your County. Registration takes place in February.

For more information call Melissa McInnes, Paramedic Health Promotion Officer at 613-735-7288 ext 501.

**PICK UP YOUR ‘FREE’ OTTAWA VALLEY LIVING MAGAZINE TO LEARN MORE!**

**OR VISIT**

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



Renfrew County  
**United Way**

“211” is an easy-to-remember, 3-digit toll-free telephone number that connects callers, in the language of their choice, to the non-emergency social, health, and government services and programs that serve their community.

This free, confidential, service links callers with high-skilled, multilingual information and referral specialists who are trained to direct them to the most appropriate service provider.

**211 service is planned for Renfrew County by the year 2011  
Official Launch February 28, 2011**

The lead agency for the introduction of 211 service in Renfrew County is Renfrew County United Way (RCUW). The data base that will support 211 in Renfrew will be a version of County Connections, a directory of human services funded in part by RCUW. RCUW is funding the Community Resource Centre (Killaloe) Inc. to ensure that this data base is formatted to province-wide standards by the time of the official launch. Funding contributions from the province are in place, and discussions are underway for contributions from federal and municipal levels of government.

In 2006, United Way organizations across Ontario banded together to collectively call upon the Government of Ontario to “make 211 accessible to all residents of Ontario”. The Government responded by providing a \$3 million grant over three years to expand and develop [www.211Ontario.ca](http://www.211Ontario.ca), a bilingual website housing a directory of approximately 60,000 human services available in Ontario. It also earmarked \$1.4 million to draw up a province-wide delivery model and to fund the acquisition of equipment for regional call centres. Today, nearly 50 percent of Ontario communities are connected to this service.

**Our Contact Information:**

**Renfrew County United Way**

1330 Pembroke Street West, Unit B (K8A 7A3)

P.O. Box 727 Pembroke, Ontario K8A 6X9

Telephone: 613-735-0436

Fax: 613-735-8362

Toll-Free: 888-592-2213



# Payment solutions you can count on.

TD Merchant Services preferred pricing program<sup>1</sup> for members of  
the **Renfrew & Area Chamber of Commerce**



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with electronic deposits**



**\$0.069 on Interac® Direct Payment  
On receipts with electronic deposits**



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with electronic deposits**

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Ian Hunter  
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or by email at [Ian.Hunter@td.com](mailto:Ian.Hunter@td.com)**





Renfrew Curling Rink

# Rookies Rock

## Sunday Afternoon Program

The Renfrew Curling Rink invites all would-be-curlers to an afternoon of instruction and play in a friendly, fun and supportive atmosphere.

*This is a great program for participants with little or no curling experience*

Sundays beginning January 9 to March 6

Instruction and Practice 1 pm to 2 pm

Curling Game 2 pm to 3:30 pm

\$10 for non-members or \$50 for the remainder of the season