



# E\*News

**ABOUT US**

Friday, June 30, 2011

- 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 priority.

## SPOTLIGHT ON...



Tammy Logan— Information Officer

Loss, grief, stress, illness and relationships are all part of the human experience. There are times when these can overwhelm and signal a need for assistance.

Therapist, **Deborah Boldt** provides tools and resources to individuals, couples and groups to transition through difficult times.

“Counselling is a process of self-discovery that enhances your life with more mental clarity and a richer emotional experience,” Deborah explains. “I am honoured to facilitate the counselling process. I am very excited to share that I have opened a practice in Arnprior,” she said.

Deborah uses a number of approaches in her counselling practice. These approaches include Cognitive Therapy and Mindfulness Based Stress Reduction.

Deborah has extensive experience with trauma, illness, depression, anxiety, loss and grief counselling. She has a Masters Degree in Social Work and is a member of the Ontario College of Social Workers and Social Service Workers. The cost of her services may be covered by your extended health insurance benefits.

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“I believe that living life fully is achievable. Facilitating the possibilities is my passion. I look forward to sharing with you”.



For more information about Deborah Boldt’s Counselling Services, call 613.552.2068 or visit her website [www.DeborahBoldt.ca](http://www.DeborahBoldt.ca).



HAPPY CANADA DAY!



## Renfrew Visited by Renfrewshire, Scotland Visitors

The 150th-anniversary celebrations included Renfrewshire Provost Celia Lawson and Renfrew Coun. Bill Perrie. They then had the opportunity the next day (June 13) to share conversation and a toast to the Queen with a few local residents, Renfrew council members, the media and members of the Renfrew Highland Pipes and Drums.

*Excerpt from Steve Newman, Renfrew Mercury*

For those of us who had the opportunity to meet and greet the Renfrewshire folk, we also had the indulgence of eating 'Maple Sugar Cookies' baked by Renfrew Council Member, Gail Cole. I know Gail has had numerous request for her recipe and she has generously agreed to share with us.

### MAPLE SUGAR COOKIES

2/3 cup softened butter 2 tsp ground cinnamon

¾ cup granulated sugar 2 cups all purpose flour

1 egg 1 ½ tsp baking powder

4 tsp maple syrup ½ tsp salt

1 tsp vanilla extract

In a large bowl, with mixer at medium speed, cream butter and sugar until light and fluffy.

Beat in egg, maple syrup and vanilla. Blend in cinnamon, flour, baking powder and salt until well mixed.

Divide dough in half and chill for ½ hour. Heat oven to 325.

Grease large cookie sheets. On a lightly floured surface, working with ½ of the dough at a time, roll 1/8 inch thick. Dip cookie cutter into flour and cut into desired shapes.

Using a metal spatula, place cookies ½ inch apart on cookie sheets. Reroll trimmings and continue to cut shapes.

Bake 8 minutes or until very lightly browned. Transfer cookies to racks to completely cool.

Sprinkle with maple sugar. Makes about 3 dozen cookies



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Pembroke, Ontario  
K8A 3J6  
613-735-5840  
Fax: 613-735-0405

## 8<sup>th</sup> Annual Renfrew County Real Estate Board Golf Tournament

Wednesday September 7, 2011

*To support "Recovery Road"*

Attached is my sponsorship gift of (*Please check one box*):

\$500 – Gold Sponsor

\$250 – Silver Sponsor

\$100 – Bronze Sponsor

PLEASE PRINT INFORMATION BELOW:

Name of Contact Person: \_\_\_\_\_

Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Please return with payment (cash or cheque payable to Renfrew County Real Estate Board) by **September 1, 2011**  
to:

Renfrew County Real Estate Board  
197 Pembroke St. East  
Pembroke, Ontario  
K8A 3J6

A receipt will be sent to you. Thank you for your support!



Renfrew Subway & Renfrew Public Library

PRESENT

*“EAT FRESH & FEED YOUR MIND”*

To Show its Community Support  
**Your locally owned Renfrew Subway will kindly contribute  
 10% of sales of sales from June 29th to July 5th**

To benefit the important services offered by  
**The Renfrew Public Library!**

Please visit **Renfrew Subway** during that week, order a sub and support



ADVENTURE TOURS



*Welcome to the greatest  
 adventure company in  
 the Pontiac.*

The Pontiac Region is full of adventure activities. By booking your vacation with Pure Life Adventures you're not only getting a personal travel itinerary, you'll be dealing with one person, making one payment, and you'll have the benefit of local knowledge. Planning a vacation can sometimes be a difficult task, that's why our booking process is simple and comprehensive making it easier for you to enjoy your vacation.

Whether you're staying for a week or a weekend let Pure Life Adventures help plan your next holiday to the Pontiac Region. Your vacation is our first priority.

#### PACKAGES & CUSTOM

##### Adventure Activities

Winter Dog Sledding  
 Horse Logging  
 Snowshoeing  
 Zip lining  
 White Water Rafting  
 Land, Sea & Air

Canoeing  
 White Water Canoeing  
 Navigation  
 Winter Survival  
 Winter Camping

**Pure Life Adventures**  
 819-647-5476 | [info@purelifeadventures.ca](mailto:info@purelifeadventures.ca)

##### Summer Dog Sledding

\* Reviews coming into the Chamber of Commerce have been fantastic

##### Accommodations

Motels  
 B&Bs



Registrations Now Open!



# SPARK

## Ottawa Valley Creative Economy Conference

Tuesday, July 26, 2011  
8:30 am - 4:30 pm

**\$75 + HST**  
Includes Lunch!

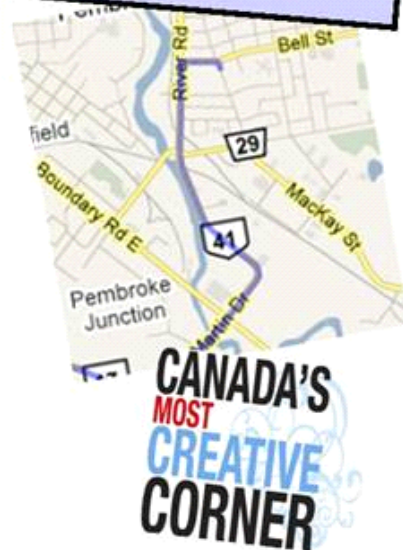
Marguerite Centre  
700 Mackay Street  
Pembroke, Ontario  
K8A 1G6

Across from the  
Pembroke Regional  
Hospital

*Creativity means forward thinking, idea generation, and sustainable innovation. Being open to innovation and new opportunities is a mind-set that can be developed and nurtured.*

The 2011 "SPARK" Ottawa Valley Creative Economy Conference aims to attract over 100 community and business representatives from across Renfrew County and beyond, including: municipal leaders, economic and business development officers, creative entrepreneurs and business pioneers, community champions and others who are interested in building a sustainable future for our economy.

"SPARK" will bring delegates together to inspire and share new ideas, explore best practices and empower innovative solutions to grow our local economy.



For full conference agenda and to register, visit: [www.rccfdc.org](http://www.rccfdc.org)

Presented by:



In association with:



Canada

With the support of the  
Federal Economic Development  
Agency for Southern Ontario

If you are unable to register online,  
please contact Keanan Hunt:  
Phone: 613.735.3951 ext. 229  
E-mail: [khunt@bellnet.ca](mailto:khunt@bellnet.ca)