



E*News

ABOUT US

Friday, Sept. 9, 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



Valley EFAP is a unique non-profit community based partnership of over 31 local employers. We are an affordable, pro-active, prevention-focused employee benefit. We provide unlimited counselling and support to our 2000 employees and their families with a broad range of intervention, prevention and wellness services.

Our objective is to provide assistance to employees and their families in dealing with personal issues which affect the quality of their home or work lives, and to reinforce healthy and productive lifestyles.

We provide individual, family, couple and group counselling in such areas as parenting, marital relationships, substance abuse, grief, trauma, anger and psychological (anxiety, depression). In addition Valley EFAP provides 'Lunch & Learn' seminars on a variety of topics, as well as an extensive resource library of current books and videos that can be borrowed by our consumers.

In contrast to the impact of reduced mental health service throughout our communities (significant waiting lists, time limited services and fee based private counselling), we continue to deliver our service without waiting lists.

Prospective clients are contacted within 2 business days and services offered within the week. The cost to the partnering employer is approximately \$1/wk per employee.

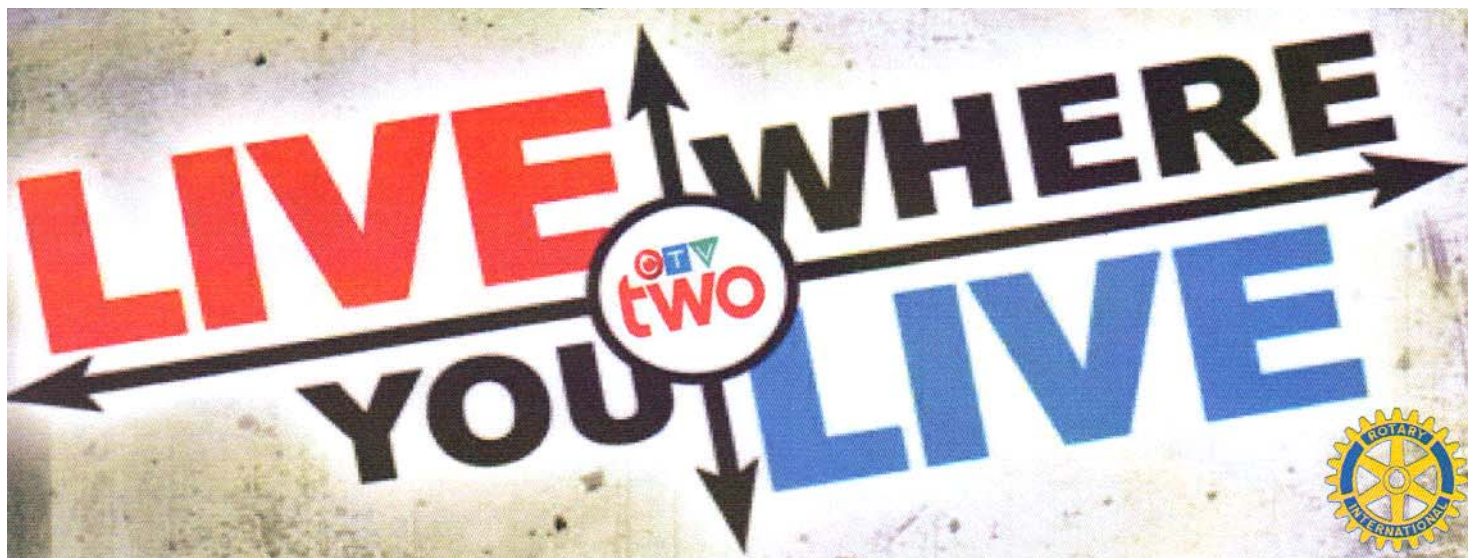
 * Would you like
 * your business
 * featured?
 * Or do you know of
 * a business or person
 * who should be
 * recognized?
 * Do you or your
 * business have item
 * you would like to
 * share?
 * If so call or e-mail
 * the Chamber office
 * (613) 432-7015
 * info@
 * renfrewareachamber.ca



Valley Employee and Family Assistance Program

84 Isabella Street, Pembroke, ON K8A 5S5
Phone: (613) 735-2116 1-800-661-0340
Fax: (613) 735-3210 E-mail: info@valleyefap.com

Shelley TerMarsch, B.A. Psych, OACCPP
Valley EFAP Administrator/Counsellor



**Come Out, Have Breakfast
& Have Fun!**

Tuesday, Sept. 13th

Join us for breakfast as
CTV Two broadcasts LIVE
from Low Square in RENFREW!!!

Rotary Breakfast on a Bun Fundraiser

Peameal Bacon, Egg, Cheese & Coffee.

Funds to support Renfrew Rotary Projects.



Formerly A-Channel

For more information contact Tammy
at the Chamber of Commerce.
(613) 432-7015



DEVELOPMENT & PROPERTY
DEPARTMENT



9 INTERNATIONAL DRIVE
PEMBROKE, ON, CANADA
K8A 8W5
(613) 735-0091 or (613) 735-3204
Toll Free: 1-800-273-0183
FAX: (613) 735-2492
www.countyofrenfrew.on.ca

MEET THE CONTACTS - GET THE CONTRACTS!

Introducing the RENFREW COUNTY / OTTAWA VALLEY REVERSE TRADE SHOW

What is a Reverse Trade Show?

The Reverse Trade Show is an opportunity that allows sellers of products and services to visit government display booths to discuss their business with the people who are in charge of buying and procurement. Almost every business in Renfrew County has the potential to sell their products or service to the government, but many are not aware of how to get included or engaged.

Who will be there?

Representatives that are directly involved in purchasing (or purchasing policy) from the purchasing agencies of CFB Petawawa, Atomic Energy of Canada Limited (AECL), Algonquin College, the Government of Canada, Government of Ontario ministries and agencies, County of Renfrew, local municipalities, hospital boards, Renfrew County school boards, and more!

What can I learn?

- Hear about the expansion plans at CFB Petawawa and how they may impact you
- How to access AECL's procurement policy and navigate through their security protocol
- How you find out what projects or services your local municipalities are looking at needing/doing

DATE: **Wednesday, October 5, 2011**
TIME: **9am to 2pm** (formal presentations from 9:30am to 1pm)
LOCATION: Petawawa Civic Centre, 16 Civic Centre Road (Behind Kelsey's)

Admission is FREE! Lunch, coffee and snacks provided courtesy of our partners.

REGISTER BY CALLING 613-735-0091

For more information, contact Craig Kelley: ckelley@countyofrenfrew.on.ca (ext. 432)

PARTNERS



9 & DINE
TERRY SPENCER
MEMORIAL
GOLF SERIES



Last date of the series
 September 16
 Dragonfly Golf Links

Call to register today
613-432-7015
or Visit
www.renfrewareachamber.ca

Come out & have fun
 Grand Prize Draw
 4-18 hole passes at each of the 3
 courses played this year!!

SKATE BOARD PARK



Coming
 Saturday Sept. 17 '11
 To Ma-Te-Way Activity Centre Parking Lot
 Call the Rec Centre at
 (613) 432-3131 for more details

Annual General Meeting (AGM)



RENFREW & AREA SENIORS' HOME SUPPORT

Join us for an opportunity to:
 Hear from our guest speaker **Rob Campbell**
Celebrate Home Support as we look at the past year in review
Meet our Board of Directors for the 2011 - 2012 Fiscal Year
 Meet and Mingle with friends of the program

Thursday, Sept. 22, 2011,
7:00 - 8:00 p.m.

1 Innovation Road
Renfrew, ON
(Westinghouse Building)

Memberships available at AGM or office

LIMITED TIME OFFER!

OPEN HOUSE SPECIAL
September 12-18, 2011

\$9 PER WEEK

LOSE WEIGHT. RESULTS GUARANTEED.



Drop by anytime.
Product samples and discounts!

Frances
lost 39 pounds
and 10 sizes*
before

A common sense system for weight loss that lasts:
REAL FOOD | PERSONAL COACHING | NATURAL HEALTH PRODUCTS

Renfrew
648 O'Brien Rd
613-432-1030

Herbal Magic
WEIGHT LOSS & NUTRITION CENTRES
herbalmagic.ca

* As our clients vary, so do their results. Offer valid on weight loss personal coaching services for new contracts for a 1 year program. Not valid with any other programs, specials or promotions. Must first meet eligibility criteria to be accepted into a program. Costs of products are additional and at regular prices. Valid at participating locations only. Offer valid from September 12 to September 18, 2011. Herbal Magic © 2011. All rights reserved.