



# E\*News

## ABOUT US

Friday October 7, 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.



## COUGARS CONQUERING CANCER

is a group of friends committed to raising funds & awareness to help in the fight against Women's Cancers.

Everyone is invited to Low Square on Saturday October 15th after the RVH run where the *Cougars Conquering Cancer* are presenting a 'cheque' to RVH from this year's Weekend to end Women's Cancer.

## SPOTLIGHT ON... **Call to Action**

Tammy Logan— Information Officer

LEARN KNOW ACT



5km Run/Walk



**Women of Renfrew and Area have joined together with RVH and are taking action to heighten awareness of the importance of breast screening and a Digital Mammography Unit at RVH.**

**The run is open to women, men and youth runners and walkers of all ages. This year the race will begin and end at Renfrew Town Hall.**

**Proceeds going to Digital Mammography Fund @ RVH**



### Event Details

Date:  
October 15, 2011

Time:  
9 am start  
8 am registration open

Location:  
Renfrew Town Hall

Cost:  
\$30  
\$20 – Students

**OR**

Free Registration with pledges of \$60 or over (pledges will receive tax receipt)

**Entry Forms and pledge sheets available at:**

**Ottawa Valley Physiotherapy  
Best Western Renfrew Inn  
Valley Source for Sports  
RVH Foundation Office**

FOR MORE INFO CALL DIANA  
@ 432-4851 EXT. 276

Premium Sponsors



# DINNER COUGARS CONQUERING DANCE

**Fundraiser**



**50/50 Draw, Raffles  
& Silent Auction**

**Cocktail Hour ~ 6:30-7:30 pm  
Dinner Served ~ 7:30 pm**

Proceeds support the *Cougars Conquering Cancer (Renfrew Chapter)* Mammo Fund, benefiting *RVH's Digital Mammography Unit*

**Tickets  
\$25.00 ea.**

**Includes  
Dinner & Entertainment**

**Menu Includes  
Lasagna, Garlic Bread  
Salad & Dessert**

**Saturday, October 15<sup>th</sup>  
@ Coco Jarry's  
314 Raglan Street S, Renfrew**

## **Ticket Locations**

**Coco Jarry's Restaurant  
(314 Raglan St.S.)**

**Renfrew County Window & Door  
(125 Plaunt St.S.)**

**Royal Bank ~ Renfrew Branch  
(182 Raglan St.S.)**

If you would like to offer a silent auction item or a door prize  
please call Tammy at (613) 432-7015

*Thank you Customer Printers and Kathryn Bossy Stained Glass, Mosaic & Beading  
for your commitment.*

# FACES of Renfrew ROTARY



Available at Renfrew & Area Chamber of Commerce Information Office, Aikenhead's Drug Store, Money Concepts, Scotiabank, Century 21/Eady Insurance, Margi's, Delicious, Douglas Moore Fashions, Renfrew Tea Room, Priority Business/Bell Store.  
Cost is \$10 and 100% proceeds go to LOCAL community projects.



## Standard First Aid/CPR

(Level A and C Available)

The two day certification course is for those looking to fulfill school prerequisites, work requirements or for personal interest. This course is conducted by a certified First Aid Instructor and grants a three year certification.

Topics covered include breathing emergencies, sudden medical illnesses, musculoskeletal injuries, cardiovascular emergencies, AED and more.

Each participant will receive a manual and certification card upon successful completion of the course.

**October 22 & 23 (Saturday/Sunday)**

**8:30am – 4:30pm**

**November 14 & 15 (Monday/Tuesday)**

**8:30am – 4:30pm**

Cost: \$145



Registration must be completed one week prior to course starting!

# SAUNDERS FARM

Join us as we travel to Munster, Ontario to experience 11 mazes, a jumping pillow, the barn of terror and haunted hay rides. This trip is for those looking for a scare this Halloween weekend!



Bus supervision provided.

Saturday October 29

4:30pm - 10:00pm

Only \$25 per person - includes travel and admission fee



Renfrew Recreation Centre, 67 Argyle Street South, Renfrew  
Phone: (613) 432-3131 Web: [www.town.renfrew.on.ca](http://www.town.renfrew.on.ca)

The Ottawa Senators Organization has a great opportunity for Chamber Members only. You can now purchase tickets at a reduced price. Seating is in the 100th level at the home end. Just fill out the form below or e-mail the Chamber office for the pdf.

**OTTAWA SENATORS' 2011-12 SCHEDULE - CHOOSE YOUR GAMES!**

| OCTOBER 2011     | Visitor      | Time (ET) | # Tickets |
|------------------|--------------|-----------|-----------|
| Tue, 11 Oct 2011 | Wild         | 7:30 PM   |           |
| Thu, 13 Oct 2011 | Avalanche    | 7:30 PM   |           |
| Tue, 18 Oct 2011 | Flyers       | 7:30 PM   |           |
| Thu, 20 Oct 2011 | Jets         | 7:30 PM   |           |
| Sat, 22 Oct 2011 | Blue Jackets | 7:00 PM   |           |
| Thu, 27 Oct 2011 | Panthers     | 7:30 PM   |           |
| Sun, 30 Oct 2011 | Maple Leafs  | 7:30 PM   |           |

| NOVEMBER 2011    | Visitor    | Time (ET) | # Tickets |
|------------------|------------|-----------|-----------|
| Fri, 4 Nov 2011  | Canadiens  | 7:30 PM   |           |
| Sat, 5 Nov 2011  | Sabres     | 7:00 PM   |           |
| Wed, 9 Nov 2011  | Rangers    | 7:30 PM   |           |
| Sun, 27 Nov 2011 | Hurricanes | 5:00 PM   |           |

| DECEMBER 2011    | Visitor   | Time (ET) | # Tickets |
|------------------|-----------|-----------|-----------|
| Mon, 5 Dec 2011  | Lightning | 7:30 PM   |           |
| Wed, 7 Dec 2011  | Capitals  | 7:00 PM   |           |
| Sat, 10 Dec 2011 | Canucks   | 7:00 PM   |           |
| Wed, 14 Dec 2011 | Bruins    | 7:30 PM   |           |
| Fri, 16 Dec 2011 | Penguins  | 7:30 PM   |           |
| Tue, 20 Dec 2011 | Sabres    | 7:30 PM   |           |
| Thu, 22 Dec 2011 | Panthers  | 7:30 PM   |           |
| Tue, 27 Dec 2011 | Canadiens | 7:30 PM   |           |
| Fri, 30 Dec 2011 | Flames    | 7:30 PM   |           |

| JANUARY 2012     | Visitor   | Time (ET) | # Tickets |
|------------------|-----------|-----------|-----------|
| Mon, 2 Jan 2012  | Devils    | 7:30 PM   |           |
| Thu, 5 Jan 2012  | Lightning | 7:30 PM   |           |
| Sun, 8 Jan 2012  | Flyers    | 5:00 PM   |           |
| Mon, 16 Jan 2012 | Jets      | 7:30 PM   |           |

| FEBRUARY 2012    | Visitor     | Time (ET) | # Tickets |
|------------------|-------------|-----------|-----------|
| Fri, 3 Feb 2012  | Islanders   | 7:30 PM   |           |
| Sat, 4 Feb 2012  | Maple Leafs | 7:00 PM   |           |
| Tue, 7 Feb 2012  | Blues       | 7:30 PM   |           |
| Thu, 9 Feb 2012  | Predators   | 7:30 PM   |           |
| Sat, 11 Feb 2012 | Oilers      | 2:00 PM   |           |
| Wed, 22 Feb 2012 | Capitals    | 7:00 PM   |           |
| Sat, 25 Feb 2012 | Bruins      | 7:00 PM   |           |
| Sun, 26 Feb 2012 | Islanders   | 5:00 PM   |           |

| MARCH 2012       | Visitor     | Time (ET) | # Tickets |
|------------------|-------------|-----------|-----------|
| Fri, 2 Mar 2012  | Blackhawks  | 7:30 PM   |           |
| Thu, 8 Mar 2012  | Rangers     | 7:30 PM   |           |
| Sat, 10 Mar 2012 | Sabres      | 7:00 PM   |           |
| Fri, 16 Mar 2012 | Canadiens   | 7:30 PM   |           |
| Sat, 17 Mar 2012 | Maple Leafs | 7:00 PM   |           |
| Tue, 20 Mar 2012 | Devils      | 7:30 PM   |           |
| Sat, 24 Mar 2012 | Penguins    | 7:00 PM   |           |

| APRIL 2012      | Visitor    | Time (ET) | # Tickets |
|-----------------|------------|-----------|-----------|
| Tue, 3 Apr 2012 | Hurricanes | 7:30 PM   |           |
| Thu, 5 Apr 2012 | Bruins     | 7:30 PM   |           |

**Too soon to decide which games you want to see?**

No problem! You can purchase any number of tickets in the bronze, silver or gold categories and then decide on your games at a later date. However, if you want to confirm specific games right now, simply check beside the games you want to see and return this form by fax to 613-599-0359 or email: chadalad@ottawasenators.com. For more details, contact Dave Chadala at 613-599-0254.

I would like to order: \_\_\_\_\_ **Bronze Tickets at \$68 ea. (\$60.18+HST)** = \$ \_\_\_\_\_  
 \_\_\_\_\_ **Silver Tickets at \$88 ea. (\$77.18+HST)** = \$ \_\_\_\_\_  
 \_\_\_\_\_ **Gold Tickets at \$158 ea. (\$139.82+HST)** = \$ \_\_\_\_\_



Contact Name \_\_\_\_\_ Total \$ \_\_\_\_\_  Cheque Enclosed  
 Phone # \_\_\_\_\_ Company Name \_\_\_\_\_  
 Card # \_\_\_\_\_ Exp. date \_\_\_\_\_ CV # \_\_\_\_\_  
 Card Holder-Print \_\_\_\_\_ Signature \_\_\_\_\_

**Return completed form to:**  
 Dave Chadala, Ottawa Senators Hockey Club, 1000 Palladium Drive, Kanata, ON K2V 1A5  
**FAX: 613-599-0359 or Email: chadalad@ottawasenators.com**