

OTTAWA VALLEY BUSINESS

Renfrew County's Business Media.

AUGUST 2008

Businesses Incentives for Energy Use Ottawa River Power encourages provincial program to help businesses become more energy efficient

The Ontario Power Authority's Electricity Retrofit Incentive Program (ERIP) is designed to remove older, inefficient lighting, motors, HVAC (Heating, Ventilation, Air Conditioning), and other inefficient electrical systems from the electricity system. Generally, these older systems are no where near as efficient as products currently available in the market.

ERIP offers two tracks for those considering retrofits. The first, a prescriptive track, offers in-depth product listings and the relative savings per item. Should a participant wish to make retrofits not included in the lists for the prescriptive track, a custom track also exists.

Prescriptive List

The prescriptive list is based on well known technologies that are available in the market place with established electrical

savings ERIP offers incentives for pre-approved technologies on a per unit basis. An incentive is available for pre-approved technologies such as:

Lighting

- Fluorescent lighting systems (T8, T5, CFLs)
- Metal halide lighting systems
 - LED "EXIT" signs
 - Occupancy sensors

Motors

- Three phase premium efficiency motors 1-200 hp

Cooling Equipment

- Unitary A/C units up to 25 tons that are energy star qualified or CEE compliant

Agriculture

- 24" ventilation fans
- Livestock waterers
- Swine creep heat and controls

This list may change over time, so please check everykilowattcounts.com/erip for updates.

Business Impact

Businesses account for 80% of all the electricity used in Ontario. Building standards, unfortunately, are not as rigorously efficient as they could be and so many buildings, including recently built structures, are not operating at an optimal level of efficiency. The ERIP program hopes to remedy this by offering strong incentives towards retrofitting buildings up to the highest standard of electrical efficiency. ERIP incentives are structured to offer incentives based on the amount of electricity saved; projects that save more electricity will earn a greater incentive.

"Ontario's economy depends on small and medium sized

businesses – more than 99 percent of our 340,000 employer enterprises fit this category," says Ontario's Chief Energy Conservation Officer Peter Love. "It makes good business sense to take advantage of the program because it's entirely possible your competitors are."

Interested parties are encouraged to visit www.everykilowattcounts.com/erip to learn more about the program.

Participating & Qualifying

To participate, simply submit a project application for approval before December 31, 2010, to your local electric utility. Eligible projects must be completed, functional, and delivering kilowatt savings prior to December 1, 2011. Projects not completed or put into service by December 1, 2011, may not qualify.

Inside This Issue

2 Around the Valley
News Briefs

3 Tenders and
Requests for
Proposals

4 Marketing: It's not
what you know...

5 79 Things to do
in the Valley!



Lorraine Macdonald
Whitetail Golf Club

whitetailgolfclub.ca
613-628-3774
800-280-2179

For more information on the
Buy Local program, visit:
buylocalrenfrewcounty.org



MY COMMUNITY IS MY BUSINESS.
Our roots are in this community. So are the roots of this
golf course. What a blessing it is to be in business here.

OTTAWA VALLEY
BUSINESS
Renfrew County's Business Publication.

Around The Valley News Briefs

ABOUT THE PUBLICATION
Ottawa Valley Business is a free email publication that reaches more than 2,000 businesses, municipal administrators, councilors and organizations in Renfrew County and surrounding areas. It is the only county-wide publication to focus on the business environment of the Ottawa Valley.

HOW TO GET IT
OVB is distributed on the 15th day of each month by email. Copies are also available for download from the Forward Thinking website: www.fwdthink.net.

ADVERTISING
Various advertising options are available in OVB. Volume discounts apply for ads that run three or more months.

We are also running a buy local ad campaign at a 50% discount. Ask us about that!

For more information, download our Rate Card by visiting: www.ovbusiness.com. Or, just ask for it and we'll send it to you.

CONTENT & SUBMISSIONS
News, article suggestions and letters to the editor are welcomed and encouraged. Content will be edited to fit the space available. Please submit materials by the 9th day of each month (ie: January 9th for the January 15th issue).

HOW TO SUBSCRIBE
To subscribe, send an email to: jenn@ovbusiness.com.

FOR MORE INFORMATION
Jennifer Layman
Ottawa Valley Business
PO Box 1141
Pembroke, Ontario K8A 6Y6
Phone: 613.732.7774
Email: jenn@ovbusiness.com
www.ovbusiness.com

CEO Resigns
Arnprior & District Memorial Hospital is advertising for a new CEO. Cholly Boland is moving to southern Ontario.

Baird Moves to LV
CEO/Clerk Treasurer, John Baird, is leaving his position with Greater Madawaska to assume the same role with Laurentian Valley Township. Baird has been with Greater Madawaska since 2005. His resignation is effective as of August 29th. Deputy Clerk, Maureen Brennan, will act as interim CEO.

Municipalities Cluster
Greater Madawaska, Horton, McNab Braeside, Admaston-

Bromley and North Frontenac municipalities have banded together to form a "cluster" to apply for funding for high speed Internet access through the Rural Connections Broadband Program fund. Under this program, the Ontario government will invest up to one-third of the total costs for the project. The maximum funding available for each project is \$1 million.

CMP Charged
Calabogie MotorSports Park has been charged with violating a zoning bylaw by hosting a professional race. The event - the Parts Canada Super Bike challenge - was

held May 22-25 at the track. Greater Madawaska stated the violation is having a professional race on the premises.

50th Anniversary
Mack Mackenzie Motors in Renfrew celebrated 50 years in business recently by presenting a \$5,000 cheque to Renfrew Victoria Hospital and Hospice Renfrew.

Durocher Joins City
The City of Pembroke has a new face around the economic development, recreation and tourism department. Jordan Durocher, 24 replaced Russell Dennis at the City. Durocher is a native of Petawawa.

Purchase a ZCL fibreglass oil tank between August 1, 2008 and September 30, 2008 and you could...

WIN YOUR TANK.INSTALLED.

ZCL oil tank fully installed starting at \$39.95/month O.A.C.

ZCL fibreglass valve & cover protector FREE (\$125 value)

30-year warranty and insurance rate discount applies (if applicable)

Absolutely the last oil tank you will ever buy!

W.O. STINSON



\$39.95

PER MONTH, O.A.C. 60 MONTHS 900L oil tank

ZCL COMPOSITES INC.



EVERY KILOWATT COUNTS FOR BUSINESS

ELECTRICITY RETROFIT INCENTIVE PROGRAM

ARE YOU MAKING CHANGES to the lighting, HVAC system, motors and overall electrical system for your commercial or industrial building? To save you money on electricity costs and help out the environment, plan on the **ELECTRICITY RETROFIT INCENTIVE PROGRAM**. It's a program that provides incentives for changes that save on electricity.

THE BOTTOM LINE IS ELECTRICAL EFFICIENCY GOES STRAIGHT TO YOUR BOTTOM LINE.

A program offered by



For details visit: www.everykilowattcounts.com/ERIP

In cooperation with



Business Events



July, August & September

The area's newest online job board (ovjobs.ca) is offering a 25% discount on all individual job postings for the rest of the summer! Post online today at: www.ovjobs.ca. For information, call: 613-732-7774 or email: admin@ovbusiness.com.

August 20th

Upper Ottawa Valley Chamber of Commerce Business After Hours. Hosted by: Sprucridge Equicentre, 20771 Highway 17, Pembroke (between Pembroke & Cobden). 5:30pm-7:00pm.

September 9th

Deadline for advertising for Ottawa Valley Business. Book your ads today by calling 613-732-7774 or email to: admin@ovbusiness.com.

September 17th

W.O. Stinson & Son Ltd. 5th Anniversary Celebration at their Pembroke location, 294 Mackay Street, Pembroke. Including a Customer Appreciation Day and Chamber of Commerce Business After Hours. More details to follow.

October 21-23

Ottawa Valley Small Business Week. Seminars and tradeshow. Some openings available. For information: admin@ovbusiness.com or call 613-732-7774.

OVB Shorter This Month

Ottawa Valley Business is shorter this month due to four pages of "79 Things to do in the Valley." We are sending this four-page piece to all municipalities and other organizations and asking them to post it on websites and make it available to those who might be interested.

OTTAWA VALLEY BUSINESS

Renfrew County's Business Media.

TENDERS & RFPs

Any business or corporation may post tenders at a cost of \$49. This service is provided **FREE OF CHARGE** to municipalities in Renfrew County. To list your Tender or RFP, please email the details to: admin@ovbusiness.com.

Town of Renfrew - Potable Water Standpipe Rehabilitation (Contract No.11-2008)

Request for tender for the replacement of interior lining of potable water standpipe, overcoating of exterior lining and safety equipment upgrades. Construction period is approximately September 8th-November 30th. Tender documents available August 19th from Town of Renfrew municipal office.

Deadline: Wednesday, September 3rd at 4:00pm

Contact: Sarah Gore or Brian Hein. JL Richards & Associates (Ottawa). Phone: 613-728-3571.

Renfrew County District School Board - Recyclables Tender #2008-43

Request for tenders for recyclables collection and disposal from various locations. Contract for one-year term. To obtain tender documents, please visit the Board Office at 1270 Pembroke Street West or email:

tenderrequests@renfrew.edu.on.ca. No phone calls please.

Deadline: Thursday, September 4th at 3:00pm

Contact: Peggy Fiebig, Purchasing Agent, tenderrequests@renfrew.edu.on.ca

Small Business Loans Prêt aux PME \$5,000 - \$150,000



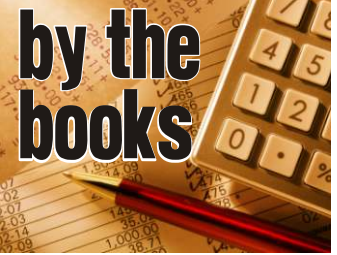
RENFREW COUNTY

Community Futures Development Corporation

Société d'aide au développement des collectivités



Phone: 613-735-3951 ext. 224
2 International Dr., Pembroke
Website: www.rccfdc.org



Business Income Records

By: **Andrea Hoffman**
cnr@downtownpembroke.com

As a small business owner, you must keep records of all of your transactions to support your income and expense claims. When you earn income from many places, good records help you to identify the source of the income. Unless you keep proper records, you may not be able to prove that some income is not from your business, or that it is not taxable.

Good records will remind you of expenses that you can deduct when it is time to do your income tax return. They will also help you budget, and are almost necessary when approaching financial institutions. And, good records can be a great asset if you are audited.

Keep track of the gross income your business earns. Gross income is your total income before you deduct the cost of goods sold and expenses. Your records should show the date, amount, and the source of the income.

Keep all receipts when you buy something for your business. Receipts have to show: the date of the purchase, the name and address of the seller/supplier, the name and address of the buyer and a full description of the goods or services.

Note: Please welcome Andrea Hoffman, owner of CNR Bookkeeping in Pembroke, as a new columnist with Ottawa Valley Business. Her column will appear monthly in OVB.

It's Not What You Know...

...it's what you need to convey.

By: Jennifer Layman
jenn@fwdthink.net

One of my clients is the Upper Ottawa Valley Modern Square Dance Club. Yep, I'm not kidding. There is such an organization, and it is not the kind of square dancing that you think you know. And, you're about to hear a lot more about them.

A Common Problem

The Square Dance Club faces a problem that many clubs, groups and organizations face: a sudden lack of members. It's not as if one year everyone just didn't come back, but over the years people stopped renewing their memberships and suddenly, they realized they were at a critical point of survival. So, they took a progressive step, secured some funding and invested in some marketing.

Change Begins

The first thing we did was research into square dancing, the demographic, their motivations and the challenges and benefits that came with marketing this type of activity. This is a critical element to successful marketing - you must know what you're up against in order to create a successful result.

The research revealed a few key things: people think all square dancing is the same, that you have to wear funny do-si-do to old country music. In reality, modern square dancing is quite different from old-style, you can wear whatever you want and the music list is made up of new country, classic rock, Top-40 and pretty much everything in between.

Now everyone in the Club knew that, but the challenge became building awareness among people who didn't know

that. The theory is that, given the mental and physical health benefits, the ease of learning the activity and the fact that you could travel anywhere and square dance, it should appeal to a lot of people...if only they knew about it.

Setting Aside Beliefs

One thing this group is very good at is trusting the results of the research. As we built the campaign to re-introduce modern square dancing to the area, I asked them to evaluate all decisions based on whether they accurately reflected what the research said was important. And, they have done that really well. The result? It's working.

When I unveiled a six-foot banner as their latest marketing tool in the middle of Fresco's restaurant, it caught the attention of a dozen people sitting nearby. And not only did they look, the people focussed on the exact elements that the research said were of key

importance. "What does that mean - **modern** square dancing," said one woman. "I love to dance," remarked another who focussed in on the slogan, "Get up & Dance!"

For the next 10 minutes, I held the banner and watch the Club work the room of potential new members who just had something new to tell their friends and families when they went home that afternoon.

Research Works

There is a difference between what you think the benefits are to your business or organization, and what someone who has never heard of you needs to know in order to become interested in what you have to offer. Marketing is about attracting the customer, or in this case, a Club member. Don't you think it would be wise to know what it is that they like?

That's why research works.

Do you **run** your business, or does your business **run** you?



You don't need to know how to do everything when it comes to running your business, but you do have to know where to find the help you need.

forwardthinking
MARKETING CO.

www.fwdthink.net / Phone: 613-732-7774



The Last Three Holes

When I was in university, our golf coach tallied our team score on the last three holes after the first round of an event. Had we parred those holes, we would have been leading the tournament by a few shots. Instead, we were a few shots behind heading into our final round. The point of tallying those strokes was to show us the importance of never giving up and always working hard through to the last putt being holed.

Recently, I attended the Monday Qualifier to get to play in the Canadian Women's Open. One of the girls I played with was on fire all day...until the 18th hole. She was just over the par-four final hole in two shots, and walked off the green having made seven. She ended up with 73. Had she parred the hole, she would have been 70 and in the Open.

No matter what kind of round you are having, bear down on the last three holes and give them your best effort. You just never know when a shot or two can make a huge difference in the outcome of your round.

Coach used to always meet me on the 16th tee and say, "we need you to work hard." It was just a key to re-focus our energy when we were most tired onto something positive. So from one coach to another, when you get to the 16th hole, "work hard."

Jennifer is a Class A member of the Canadian PGA, and a certified practitioner of NLP. She teaches at Island Brae G.C.

79 Things To Do in the Valley

1. Opeongo Mountain Meadow Soap

For 12 years Laurie and Jack Stephenson have created fine quality Goat's Milk or Rainwater Soaps. For personal care, weddings, or gifts for all occasions. See how soap is made. Map and orders online. www.opeongo.com
Phone: 613-754-2955

2. Ottawa Valley Small Business Week

Three days of seminars and a tradeshow geared to all levels of business. Event takes place October 21-23, 2008 at the Best Western Pembroke Inn & Conference Centre. One of the largest events in Canada. Phone: 613-732-7774
jenn@ovbusiness.com

3. 17th Annual Madawaska Valley Studio Tour

Meet 25 artists and artisans at 15 unique studios tucked along charming country roads. Enjoy original glass, pottery, jewellery, weaving, painting, photography, woodwork, fabric, soap, and metal works. October 4th-5th. madawaskastudiotour.com
Phone: 613-756-7890

4. Ottawa Valley Music Festival

Join us for the Symphony of Praise on October 5th at Trinity St. Andrews United Church in Renfrew. Phone: 613-623-6842
tickets@valleyfestival.ca
www.valleyfestival.ca

5. Info Pontiac

InfoPontiac is a tourism information service for local and long-distance tourists. We carry promotional material for tourist businesses in our region. August weekdays 8am-6pm, weekends 10am-4pm. September, 8am-4pm. Phone: 800-665-5217
commercepontiac.ca/infopontiac

6. Modern Square Dancing

Join us September 11th, 18th and 25th for our Modern square dancing Open Houses at Wesley United Church in Pembroke! We dance to classic rock, new country and all sorts of modern music. A great way to keep active once a week in the winter. www.getupanddance.ca
Phone: 613-687-2297

7. Stinson Car Show Series

Join us August 23rd, September 14th and September 18th for a display of classic and modern vehicles. Free admission and proceeds to CHEO. www.stinsonopenroad.com
Phone: 800-267-9714

8. Pembroke Farmers' Market

We have beans, new potatoes, baking, jellies, honey, specialty foods, local meat, garlic and a BBQ featuring Uncle Jim's local burgers and Sausages. Check out unique crafters with jewellery, wooden crafts, knitting and more. Open Wednesday and Saturday 8:30am-1pm until October 18th. Proud to produce everything locally.

9. John Yakabuski

Welcome to the Ottawa Valley! Please feel free to contact my Constituency Office if I can be of service. Enjoy Your Stay. Sincerely, MPP John Yakabuski, Renfrew-Nippising-Pembroke
Phone: 1-800-267-2515
Phone: 613-735-6627

10. Chutes Coulonge

The Valley's largest waterfall and logging interpretation park. Coming soon: zip line adventure activities for all ages! Only 45km from either Pembroke or Renfrew. www.chutescoulonge.qc.ca
Phone: 819-683-2770

11. Liquid Skills

Cruise or charge the Ottawa River with Liquid Skills, Canada's premier kayak school. Recreational guided eco-tour (no experience necessary) or sign up for a white water clinic with world class instructors. Half-price camp for local teens. Great family outing, staff trip or team building experience. Phone: 613 582 3340
www.liquidskills.com

12. Taste of the Valley

Sample the best of Renfrew County beef, pork, lamb, honey, dairy, fruits, veggies, etc! Come to the Cobden Fairgrounds on Saturday October 18th, 10am - 4pm and support your local producers. Phone: 613-732-5945

13. Ullrich's on Main

Welcome to Pembroke's deli and bistro, listed in the "Where to Eat in Canada" restaurant guide. Located at 214 Pembroke Street West. Offering fresh deli and scrumptious menu. Marinades, sauces, dips and a full Asian pantry. Our bistro features daily specials. Phone: 613-735-6025
downtownpembroke.com

14. Admaston-Bromley

Spend the day touring Admaston-Bromley. Just on the outskirts of the nation's capital, and in the heart of the Ottawa Valley. Visit out township office at 477 Stone Road in Renfrew. Phone: 613-432-2885
Admastonbromley.com

15. Barry's Bay Railway Station

Visit us and find the South of 60 Arts Centre featuring two art galleries and workshops and classes for adults and children. The Station also has many interesting artefacts from the "Railway Days".

16. Comfort Inn

Overlooking the beautiful Ottawa River, Pembroke's award-winning Comfort Inn provides easy and convenient access to all attractions, shopping and area businesses. We are a pet-friendly Inn with all the comforts of home including wireless Internet and your daily newspaper. Phone: 800-4-CHOICE
downtownpembroke.com

17. Champlain Trail Pioneer Village and Museum

Take a stroll down memory lane or explore the history of the Ottawa Valley with a visit to Pembroke's Pioneer Village and Museum. Ages 5 & under free. Ages 6-12: \$1. Students: \$3. Adults: \$5. Seniors: \$4. Phone: 613-735-0517
downtownpembroke.com

18. Al's Corner Store

Al's Corner Store is hosting a hunting trade show & sale to celebrate our 15th Anniversary. September 5th-7th. There will be lots of discounts and promotions in addition to exhibits from various suppliers related to hunting. alscornerstore@xplornet.com

19. Cobden Fair

Guitar Hero, 4-H, food and more at the annual Cobden Agricultural Fair. Happening at the fairgrounds from August 22nd - 24th there is something for everyone. ontariofairs.ca

20. County of Renfrew

The County encompasses 17 municipalities and has an area of 7,645.68 sq. kms. Take some time and get to know the towns and villages that make up this amazing region. Phone: 613-735-7288
info@countyofrenfrew.on.ca
www.countyofrenfrew.on.ca

Keep Going Next Page!

79 Things To Do in the Valley

21. Bonnechere Caves

See a part of the Ottawa Valley from a whole different point of view! Our Guided tours underground are a "must see sometime in your life" type of activity. Ontario's Natural Underground Wonder. www.bonnecherecaves.com
cavemanchris@bonnecherecaves.com
 Phone: 800-469-2283

22. Red Wolf Retreat

Do something different and spend a night in a Yurt! Red Wolf Retreat has yurt and cabin rentals, outdoor activities on-site and nearby. Groups are welcome. A great way to relax and catch rainbow trout at your door! Phone: 613-754-5241
www.redwolfretreat.ca
info@redwolfretreat.ca

23. RoBu Wooden Toys

Now, here's something different when it comes to kids' toys. RoBu Wooden Toys are handmade wooden toys as well as other gift items from our workshop. www.robuwoodentoys.com
 Phone: 613-757-3682

24. Deep River

If you haven't been here in a while, it's worth the trip to see what else we're known for. Gorgeous riverside trails, routes and tours await, along with an active retail and restaurant community. Phone: 613-584-2000
townmail@deeperiver.ca
www.town.deeperiver.on.ca

25. Burnstown

A visual feast awaits you in historic Burnstown. Our picturesque village includes artists & their gallery- studios, gift shops and fine food. Visit us online...or better yet, visit us in person! www.burnstown.ca
 Phone: 613-433-9990

26. Full Spectrum Gear

Looking for a different adventure? Challenge yourself! Unique outdoor adventures include survival, escape and evasion, navigation and more. Great for individuals, groups and businesses. We can accommodate any number. fullspectrumconsultants.ca
 Phone: 613-39-0209

27. Whitetail Golf Club

Play one of Renfrew County's best championship golf courses. The course is in great shape and waiting for you to take in 18 holes. Cart rentals available. Great rates. www.whitetailgolfclub.com

28. Bonnechere Valley

We welcome you to spend a day in Bonnechere Valley. We have a great selection of restaurants and retail outlets, beautiful parks and scenic routes and accommodations in case you want to just get away for a night. Phone: 613-628-3131
admin@eganville.com
www.eganville.com

29. Bestview Chalet

Vacation rental in the heart of the Calabogie golf, ski and canoe country. Our four-bedroom log house appeals to families with children and a group getaway with friends. Take a trip around the County and spend some time relaxing. www.bestviewchalet.com
bestview@homefixall.com

30. Saffron Bistro

The culinary experience here is one of a kind, with lunch and dinner choices that are sure to inspire. The soups, sauces and finishing touches are all exclusive recipes. Consistently in the "Where to Eat in Canada" restaurant guide. 133 Pembroke St., E. Phone: 613-735-1958
downtownpembroke.com

31. Greater Madawaska

Golf. ATVs. Motorsports. Watersports. Fishing. Canoeing. Whitewater. Hiking. Climbing. Biking. Motorcycling. Guided Tours. Shopping. Dining. We have it all in Greater Madawaska. Phone: 613-752-2222
info@somuchmore.ca
www.somuchmore.ca

32. Wilno Craft Gallery

The Wilno Craft Gallery carries on the tradition of supporting local artists and artisans. The new owners, Annie Thomas and Carl Wall, are dedicated to supporting local artists and welcome you to come and see our new artists and new products. www.wilnocraftgallery.ca

33. Top of the Mountain ATV Tours

Canadian Geographic recognized Top of the Mountain ATV Tours as one of the top things to do here in the Ottawa Valley. So, have you been here? See the Madawaska Highlands with this great activity in the Valley. topofthemountaintours.com
 Phone: 613-757-0288

34. Renfrew South Charity Golf Tournament

Hosted by the United Way/Centraid of the Upper Ottawa Valley. Being held at the Madawaska Golf Club on September 20th. 12:30pm shotgun. \$65/player includes golf, cart and dinner. Phone: 613-623-1240
www.pembroke.unitedway.ca

35. Serendipity on the River

Check out the delicious food samples every weekend at Serendipity on the River in Eganville. Stonewall Kitchen, Barefoot Contessa, Wildly Delicious and so much more! Phone: 613-628-9559
serendipityontheriver@bellnet.ca
serendipityontheriver.com

36. Town of Arnprior

Spend some time at our municipal riverfront park, stroll by the marina, play one of our three golf clubs or take a stroll on the Millennium Walking Trails or the Gillies Grove old growth forest. Phone: 613-623-4231
arnprior@arnprior.ca
www.arnprior.ca

37. Head, Clara & Maria

This is some of the most beautiful Renfrew County country you have ever seen. Visit Deux Rivieres, Mackey, Bissett Creek and Stonecliffe and see the character of this end of the County. Phone: 613-586-2526
twpshcm@xplornet.com
townshipsofheadclaramaria.ca

38. Milestone Speakers

The Upper Ottawa Valley Chamber of Commerce invites you to hear Fred Ketchen, Director of Scotia McLeod Equity Trading. Best Western Pembroke Inn & Conference Centre on September 22nd. Phone: 613-732-1492
upperottawavalleychamber.com

39. W.O.Stinson & Son Ltd.

Our Customer Appreciation Day is September 17th. Stop in all day, and join us for a Chamber event from 5:30pm-7:00pm. 294 Mackay Street. Phone: 613-732-7400
www.wostinson.com

40. Town of Laurentian Hills

Did you know that Laurentian Hills reaches to Rolphton and Point Alexander, is home to the Petawawa Research Forest and a large segment of the CFB Petawawa training ranges and the Rapides des Joachims Hydro Generation dam? Phone: 613-584-3114
info@town.laurentianhills.on.ca
Town.laurentianhills.on.ca

See "79 Things" on Page 7

79 Things To Do in the Valley

41. Stone Fence Theatre

An Ottawa Valley Kitchen Party. Featuring tales of Benny Afelskie. Fridays and Saturdays from September 26th to October 25th. 6:00pm. Tickets are \$40. Killaloe Lions Hall, 18 Lake Street. Phone: 866-310-1004 www.stonefence.ca

42. Killaloe, Hagarty & Richards

Visit Station Park, Hoch Farm, Sheryl Boyle Park and Wilno Heritage Park while stopping in at our storefronts and tourism draws. Maps and info available on our website. Phone: 613-757-2300 khr@on.aibn.com killaloe-hagarty-richards.ca

43. Hugli's Blueberry Ranch, Ice Cream & Gift Store

Blueberries in season. Children welcome. Enjoy local ice cream and fresh blueberry milkshakes under the garden tent. Visit the new baby animals and try out the hill slide and pirate ship maze (free). Weddings & more. Phone: 613-638-1288 www.blueberryranch.ca

44. Horton Township

Our municipality is in close proximity to both wilderness and city attractions as it is only an hour away from the eastern boundary of Algonquin Park and an hour from Ottawa. Phone: 613-432-6271 mjmhorton@storm.ca www.hortontownship.ca

45. Laurentian Valley

Right beside the City of Pembroke, Laurentian Valley hosts its own array of business and recreational pursuits. With every kind of service and amenity you need, visit us in Laurentian Valley. Phone: 613-735-6291 colleenz@laurvall.on.ca laurentianvalleytwp.on.ca

46. Madawaska Valley

Tuesday is movie night. Friday is music in the park. Majic Midways are in Barry's Bay from August 29th to September 1st. Events and great unique shopping. Check out our online calendar at: www.madawaskavalley.on.ca. Phone: 613-756-2747 info@madawaskavalley.on.ca

47. Hastings Highlands Hilly Hundred Road Bike Tour

This area's longest bike race tour runs through Wilno & Barry's Bay. Taking place September 13th. Start and end in Bancroft while traveling through the Valley. Phone: 613-332-1969 www.tripsandtrails.ca

48. McNab-Braeside

Spend some time at the Waba Cottage Museum and Gardens, located at 24 Museum Road in the Village of White Lake. Open Wednesday to Sunday, 10:00am 4:30pm. Phone: 613-623-5756 info@mcnabbraeside.com www.mcnabbraeside.com

49. North Algona Wilberforce

Located in the Eganville area, our rural municipality has a host of attractions, businesses and services to entice you to a visit. Tour our parks, churches and libraries or bring your boat and launch at Lake Dore, Mink Lake, Bonnechere River or Golden Lake. Phone: 613-628-2080 naw@nalgona.wil.com www.nalgona.wil.com

50. Pembroke's Riverfront Amphitheatre

Join us for Night at the Museum on August 18th and The Princess Bride on August 26th. Shows start at 8:30pm. Phone: 613-735-6821 pembroke@pembroke.ca www.pembrokeontario.ca

51. Pembroke Old Time Fiddling and Step Dancing

Join us for a Pembroke tradition. Riverside Park and the Pembroke Memorial Centre on August 29th & 30th. Phone: 613-584-3962 dhickey@magma.ca

52. Give the Gift of Life Walk

Happening at the Pembroke Marina. Registration is at 11:00am and walk begins at 11:30am. September 20th. Phone: 613-635-4867 kimwagner@sympatico.ca www.kidney.on.ca/walk

53. Heritage Dinner

Wesley United Church. 275 Pembroke Street East. September 28th. 5:00pm. Entertainment by area fiddlers, step dances and singers. Tickets at \$20 for adults and \$10 for children available at the Church til September 21st.

54. City of Pembroke

Celebrating our 180th anniversary, there's so much going on we can't possibly list it all! Check out our events online and visit the Welcome Centre. Phone: 613-735-6821 pembroke@pembroke.ca www.pembrokeontario.ca

55. Town of Petawawa

Go Whitewater rafting, boating, kayaking or canoeing on one of our many waterways. Or take a leisurely stroll or bicycle ride on one of our many multi use trails. Phone: 613-687-5536 email@petawawa.ca www.petawawa.ca

56. Bardon Trade Show

August 20th. 8:00am to 12:00pm. Come and see the Bardon Trade Show at the Petawawa Civic Centre! Phone: 613-687-5536 email@petawawa.ca www.petawawa.ca

57. Bands Reunited for Charity

Saturday, August 23rd at the Renfrew Armouries. 8:00pm-1:00am. Rural Route, Steve Agnew and South Paw. \$15/person. Proceeds 65% to RVH CT Scan. Phone: 613-432-9448

58. Renfrew Fair

September 3rd-7th. Join us for our 154th Fair! Demolition Derby, David Wilcox and Jason Blaine along with livestock shows, Fairbooks and exhibits. Contact the Renfrew Agricultural Society. Phone: 613-432-5331. Email: contact@renfrewfair.com. Online: www.renfrewfair.com.

59. Custom Draperies

More than just draperies, help us celebrate our 25th anniversary and see the amazing deals we have on all things for your home. Phone: 613-735-0370 custom.draperies@on.aibn.com www.customdraperies.ca

60. Summer's End Car Show

Saturday, September 20th. Renfrew Fairgrounds. Admission is by donation only. 10:00am-2:00pm. See old cars, trucks, motorbikes, snowmobiles and antique tractors. There will also be a flea market. This is a Prostate Cancer Awareness fundraiser. Phone: Ray at 613-432-0705

61. Whitewater Region

Home of Canada's Whitewater Capital, our region features the best whitewater in the world. We also have great shopping at unique stores you won't find anywhere else. Tour around our region for a nice day away from home. Phone: 613-646-2283 info@whitewaterregion.ca www.whitewaterregion.ca

See "79 Things" on Page 8

79 Things To Do in the Valley

62. Ottawa Valley Tourist Association

For all things tourism in the Valley! Visit us online for more information on what is here in your own backyard! Phone: 613.732.4364
mjohnston@countyofrenfrew.on.ca
www.ottawavalley.org

63. Loftus Foot Care Clinic

As you travel throughout the County, you may need to spend some time taking care of your feet! Loftus Foot Care has many solutions to make walking and running more comfortable for you. Phone: 613-735-4007
wefixfeet@downtownpembroke.com
downtownpembroke.com

64. Sheppard's Life Centre

If all this touring around has you lost, we can help you find your way. Get rid of stress, anxiety and things that are limiting your full potential. Phone: 613-732-7755
sheppardslifecentre@gmail.com
www.sheppardslifecentre.com

65. Healing Grounds & Sanctuary

A healing space with a Classical Labyrinth, walking trails and meditation gardens. Personalized sessions and certified instruction in counselling, reflexology, reiki, integrated energy therapy, meditation and more. Phone: 613-839-0336
deborah@healinggrounds.ca
www.healinggrounds.ca

66. Town of Renfrew

It is our 150th Anniversary and we have a year worth of events going on. Check out www.renfrew150.ca. Phone: 613-432-4848

67. Chicken Pie Supper

Held on September 20th, 4pm-7pm at St. John's Lutheran Church, 605 Black Bay Road, Petawawa. 11th Annual! \$12 for adults, \$6 for children.

68. Ace Your Life

Isagenix provides the finest high grade organic nutrients from around the world for the total body with nutrient-dense, incorporating trace minerals, gentle cleansing herbs, antioxidants, essential vitamins and a rich whey protein free of hormones, steroids or antibiotics. Phone: 819-689-2103
aceyourlife@gmail.com
www.aceyourlife.com

69. Pembroke Golf Club

Join us on Wicked Wednesdays. Greenfees are just \$20 all day. Add a riding cart for \$32 and you've got a deal on a great 18-hole championship layout. Phone: 613-732-1665
pembygolf@nrtco.net
www.pembrokegolfclub.ca

70. Neuro-Linguistic Programming (NLP)

This is the most important time you will ever spend on yourself. Create the life you want. Achieve your potential. Learn how to live stress and anxiety free. Phone: 613-732-7755
sheppardslifecentre@gmail.com
www.sheppardslifecentre.com

71. 1st Annual Golf FORE the Cure Tournament

September 13th. Madawaska Golf Course. \$75 registration fee includes, 18 holes, power cart & dinner. Shotgun start at Noon. \$10 000.00 hole in one sponsored by RBC. Also a silent auction. Phone: 613-270-9858.

72. Bunsmaster Bakery

Located at 130 Howard Street, we are your perfect stop for lunch and baked goods. We are open seven days a week, and always with freshly baked good and pastries. Phone: 613-732-9425
downtownpembroke.com

73. Coffee House

Thursday, August 21st. Another adult fun super night at the Bonnechere Union Public Library in Eganville. From 7pm-9pm we will be having a coffee house night. Show us your hidden talent or just enjoy some local entertainment. Event is free. Phone: 613-628-2400.

74. BBQ Corn Roast

Friday, August 22nd. 4:00pm-10:00pm at the Pembroke Civic Complex (425 Cecelia Street.). Enter off Irving Street. Beer Garden. Music by: Chris Gardner, Steve Saar and more. Limited seating so bring a lawn chair. Event will be rescheduled if raining.

75. Pembroke & Area Airport 40th Anniversary

Free admission to this Fly-In BBQ. Saturday, August 23rd from 11:00am to 4:00pm. Free admission. Event happens rain or shine. Tentatively scheduled car rally, hobby planes, skydivers, air demo, static displays and more.

76. Yuk Yuk's Show

August 30th. The Makwa Bingo is bringing Yuk Yuk's to The Royal Canadian Legion in Eganville. Tickets are \$20.00 advance or \$35.00 at the door and are available at the Eganville Legion, Makwa Bingo and Gerry's Meats & Variety in Golden Lake. Licensed event. No one under 18 permitted. Phone: 613-625-2800 ext 223.

77. Health & Leisure Fair

A great venue for families of the Petawawa and surrounding area to find out what the community has to offer. From 10:00am til 4:00pm Local businesses, clubs and organizations will be under one roof. This event is held at Dundonald Hall, CFB Petawawa.

78. Shawville Fair

Come out to the Shawville Fair taking place August 28th to September 1st. Wwww.shawvillefair.ca

79. The Inner You

Looking for something different to do in the Valley? Visit The Inner You. Located in Pembroke, we offer a host of feel-good and therapeutic treatments. Reiki, reflexology, anti-aging we've got everything you need to relax and prepare for a busy Fall. Phone: 613-732-4678
donna@theinneryou.ca
www.theinneryou.ca

OTTAWA VALLEY
BUSINESS
Renfrew County's Business Media.

79 Things To Do in the Valley

79 Things to Do in the Valley is published by Ottawa Valley Business.

Ottawa Valley Business is a free monthly publication that is distributed by email to more than 2,000 business, municipalities and organizations in the Ottawa Valley.

There is no charge to subscribe.

For more information on 79 Things to do in the Valley, or on Ottawa Valley Business, please contact us via the following:

www.ovbusiness.com
admin@ovbusiness.com
Phone: 613-732-7774