

## OVB Launches New Column Hilda Young to interview “new to here” businesses

Ottawa Valley Business is pleased to present a new editorial feature in our upcoming issues.

Written by Hilda Young, a freelance writer in Petawawa, the monthly feature will be a quick interview with a business owner who moved to the Ottawa Valley and started a business. The article will discuss what brought them to the area, and how they have adjusted to life in the region.

“I think Hilda’s idea is a good one,” says Jennifer Layman, publisher of Ottawa Valley Business. “It will help integrate the people in business who were not born and raised here, and it will help those of us who are from this area to learn a new perspective on what others see coming here.”

The column will appear on the inside pages of OVB in future issues, but for its launch the column is running on today’s front page.

If you are a business that is not from the Valley, but moved here and would like to be interviewed, send an email to: [admin@ovbusiness.com](mailto:admin@ovbusiness.com).

### Business Perspectives

By: Hilda Young

**Business:**

Full Spectrum Gear  
1158 Victoria Street  
Petawawa, Ontario  
Ph: 613-687-4757  
[fullspectrumgear.ca](http://fullspectrumgear.ca)

**Owner:**

Amanda Cheverie

**Q: Why did you decide to move to the Valley?**

A: My husband and I are a military couple.

**Q: What attracted you to the area?**

A: My husband was posted to Canadian Forces Base Petawawa in 1997.

**Q: Where are you from?**

A: Pictou, Nova Scotia.

**Q: Did you come to retire, semi-retire or start a second or third career?**

A: After working in fast food in management positions, I went back to school to take the Algonquin College Business Diploma course. I graduated in 2006 and opened up Full Spectrum Gear in July 2007. My husband noticed a general dissatisfaction for the issued kit among his fellow soldiers so he created the idea of a retail store that caters to the military, supplying high end tactical equipment.

**Q: Did the move meet your expectations?**

A: I was pleasantly surprised to learn that Petawawa, at the time, was much like the environment I was leaving, so it made the transition much easier. Since then, I have fallen in love with Petawawa

and the surrounding area. I'm not a fan of city living and although Petawawa has grown a lot since 1997, I still do not feel the hustle and bustle the city often pushes on you. We love the area and the people here in Petawawa, which is why we laid down permanent roots here. We will retire here.

**Q: How do you see yourself contributing to the community?**

We provide Canadian soldiers with sought after products that are otherwise difficult to find. These products generally make their jobs easier and more efficient. Other community contributions involve donating to various local events, fundraisers and charities. Aldo, I am currently vice chair of the chapel committee at St. George's Chapel CFB Petawawa.

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## Ottawa Valley BUSINESS

Ottawa Valley Business (OVB) is a monthly publication covering business news and events throughout Renfrew, Lanark and Pontiac counties, as well as within the surrounding areas. OVB is published by Forward Thinking.

### WHO READS US:

OVB is delivered twice a month via email to more than 3,000 businesses, government and organizations.

### HOW TO SUBSCRIBE:

To receive OVB by email each month, contact us at: [admin@ovbusiness.com](mailto:admin@ovbusiness.com). There is no charge to receive the publication.

### ADVERTISING

Various advertising options are available in OVB. Volume discounts and discounts to members of the Chamber of Commerce are available. Please inquire about advertising opportunities.

### CONTENT & SUBMISSIONS:

News, article suggestions and letters to the editor are welcomed and encouraged. Content will be edited to fit the space available. We welcome press releases and news from our local business community to be published free of charge. There is also no charge for posting business events on the events calendar.

### CONTACT US:

Ottawa Valley Business is part of the Forward Thinking Marketing Group. You can contact us as follows:

Publisher: Jennifer Layman  
E: [admin@ovbusiness.com](mailto:admin@ovbusiness.com)  
P: 613-732-7774

### Mailing Address:

Forward Thinking  
2113 Petawawa Boulevard,  
Pembroke, Ontario K8A 7G8

You can also find us on Facebook.

# Business News Around The Valley

### Business Relocates

Manuela Mueller-Code has moved the Hahnemann Centre for Heilkunst to her home at 946 Mill Ridge Road in McNab Braeside. The business specializes in health care remedies. It had been located in the Kenwood Corporate Centre in Arnprior.

### Facebook Initiative by BWT

Bishop Water Technologies is rewarding people who "like" them on Facebook. "Clicking the "Like" button on our page lets us know that you are interested in projects we are involved with and keeping up to date on company news, and

that means a lot to us," said the company in a news release. "To show our appreciation, on April 30th we will be randomly selecting one individual who has taken the time to click the "Like" button on our page, to win a \$50.00 gas card from Esso." Just visit them on Facebook, click "Like" and you will be automatically entered in the draw. One lucky winner will be notified on April 30th.

### All Candidates

#### Meetings Proposed

The Renfrew Branch of the Ontario Federation of Agriculture will hold its all-candidates meeting on Thursday, April 14 at 7:30pm at the Cobden Agricultural Hall. The Pembroke Sportsman's Club is also planning a mid-April forum at its clubhouse in Laurentian Valley, and the Greater Arnprior Chamber of Commerce may also have an all candidates meeting.

#### Garage Sale Planned

The Great Downtown Garage Sale in Renfrew is scheduled for Saturday, May 7, 2011. It is being put on by the Renfrew BIA and The Renfrew Mercury. For information call Tammy at 613-432-7015.

#### Local Professionals Retire

After 40 years of firefighting, Fire Chief Tim Bond will retire as head of the Kemptville Fire Department on May 31st. Also, Winchester District memorial Hospital CEO Trudy Reid is retiring after 40 years in health care.

#### Clinic Moves

Johnson Chiropractic Clinic is moving. As of April 4, 2011, they will be located at 130 Sproule Road in Perth, just past Glen Tay Transportation and the Ennis Carpentry Building. There is free parking and the site is wheelchair accessible. For appointments call 613-264-2402.

*Continued on Page 5*

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[dandi@nrtco.net](mailto:dandi@nrtco.net) or Ph: 613-629-9162 or 613-401-9162

SPRING & SUMMER 2011

# 101 Things TO DO IN THE Valley

Publishing: May 10  
Deadline: May 3

30-word write-up plus contact information: \$25

Book now to insure your spot.

[admin@ovbusiness.com](mailto:admin@ovbusiness.com)

# ZOOMER

ENTREPRENEUR GROUP

Next Session: Wednesday, April 6 at 9:30am  
Pembroke & Area Airport  
Jennifer Layman of Forward Thinking will  
bring Marketing Insights for Zoomer  
Entrepreneurs in an interactive presentation.



UPPER OTTAWA VALLEY  
*Chamber of Commerce*

You can register by phone or email: Ph: 613-732-1492  
Email: [manager@upperottawavalleychamber.com](mailto:manager@upperottawavalleychamber.com)



## RENFREW COUNTY REGIONAL Science & TECHNOLOGY FAIR

Saturday, April 9th, 2011  
Petawawa South Side Community Centre



Free to the public!  
Come see the new ideas  
in science in the region!

For more info: [www.rcrsf.ca](http://www.rcrsf.ca)



### April 5

Wise Move Realty Business After Hours. Everyone Welcome. 5:00pm - 7:00pm. This Open House is celebrating their 15th anniversary and is launching a newly developed area map. 3468E Petawawa Boulevard in Petawawa. Located in the Bridgeway Mall next to Scotiabank.

### April 6

Zoomer Entrepreneur Group meeting. Free! Topic: Marketing Insights. Pembroke & Area Airport. 9:30am. Register with the Chamber of Commerce: 613-732-1492 or [uovcc@nrtco.net](mailto:uovcc@nrtco.net).

### April 6

Horse Nutrition Seminar hosted by M&R Feeds Pembroke. RSVP to Pembroke Store. For more info: [pembroke@mandrfeeds.com](mailto:pembroke@mandrfeeds.com) or 613-732-2843.

### April 7

Horse Nutrition Seminar hosted by M&R Feeds Shawville. RSVP to Shawville store. For more info: [pembroke@mandrfeeds.com](mailto:pembroke@mandrfeeds.com) or 613-732-2843.

### April 7

Environment Canada's Senior Climatologist. David Phillips. Festival Hall in Pembroke. 7:00pm. Topic: What's up with the weather? Tickets at Festival Hall Box Office. Call 613-735-2613, 10am-4pm. 10 or \$12 at the door. For Algonquin College.

### April 8

Greater Arnprior Chamber of Commerce Awards Gala, Dinner and Dance. Nick Smith Centre. Doors will open at 5:30pm with dinner at 6:00pm. For info call the Chamber office at 613-623-6817.

### April 15-17

Showcase 2011 at the Petawawa Civic Centre. For info, contact Doug Stoneman at 613-732-9662 or: [stonemaninpetawawa@live.ca](mailto:stonemaninpetawawa@live.ca)

### April 19

UOV Chamber of Commerce Breakfast Connections. "Harness Emotional Intelligence For Your Business." This is about the ability to recognize, understand and work with your own emotions and the emotions of others. It is

intuition, compassion, empathy and the ability to analyze these emotions successfully that can make or break a business. Mary Mitchell. 7:30am- 9:00am. Quality Inn Petawawa. \$8 per Chamber member. \$15 for guests. RSVP by April 15th to Chamber office 613-732-1492.

### April 23

Child's Paradise Spring Parent to Parent Sale. 9:00am-12:00pm. RCAF Wing in Renfrew. Table Rentals are \$20-\$25. Proceeds are split between Child's Paradise and Renfrew County Child Poverty Action Network. Contact Marcinda at 613-432-2627.

### April 23

M&R Feeds Pembroke Annual Spring Buy Sell & Trade Day of poultry, small livestock, farm pets such as rabbits, guinea pigs, goats, llamas, emu, pot belly pigs, and more. Begins at 8:30am at M&R Feeds in Pembroke. Bring your own transportation, penning, cages, halters etc. For more info: [pembroke@mandrfeeds.com](mailto:pembroke@mandrfeeds.com) or 613-732-2843.

### April 26

Upper Ottawa Valley Chamber of Commerce Young Entrepreneur Group. 5:30pm at the myFM office at 84 Isabella Street in Pembroke. Guest speaker to be announced. Please call the Chamber office at 613-732-1492 to RSVP.

### April 28

Options 2011. Skilled Trades Fair and Career Fair. Pembroke Memorial Centre. 9:00am-3:00pm. Companies from across the County. For info: 613-735-4308 ext.6.

### April 28

The Ottawa Valley Tourist Association AGM. Twin Rivers Golf Course in Petawawa. Guest speakers: Louise Lacroix, Executive Director of Direction Ontario and Bernard Charlebois, co-founder and CEO of Virtuo.ca CMS Technologies Inc. Contact Lauren: 613-732-4364 ext 479 or [lmccillfaterick@countyofrenfrew.on.ca](mailto:lmccillfaterick@countyofrenfrew.on.ca)

### April 30

Deadline to book your booth space at Expo 150. Tented and non-tented space is available. From \$198 for tented space. Contact Alex Blades at: 613-735-7288 ext.419 or by email: [ablades@countyofrenfrew.on.ca](mailto:ablades@countyofrenfrew.on.ca). Forms also available online at [www.expo150.com](http://www.expo150.com).

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Event? Admin@ovbusiness.com.



# APRIL 30 DEADLINE TO BOOK YOUR BOOTH SPACE!

LIVE MUSIC. HOCKEY HALL OF FAME. EVENTS & DISPLAYS. KIDS ZONE. AGRICULTURE. MILITARY. CULTURE. AND YOUR BUSINESS.



Exhibitor forms for your business or organization are now available online at [www.expo150.com](http://www.expo150.com). Plan to be part of this historical celebration of Renfrew County. Admission to Expo 150 is free for attendees. It is anticipated that 20,000 people will attend this event.

Tented booths priced at \$198-\$550. Reserve early and be promoted on [www.expo150.com](http://www.expo150.com).

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Expo 150 Exhibitor Contact: Alex Blades  
Exhibitor Phone: 613-735-7288 ext.419  
[ablades@countyofrenfrew.on.ca](mailto:ablades@countyofrenfrew.on.ca)

Deadline to reserve your booking space: April 30, 2011 (or until all space is filled)

# Business News Around The Valley

## Business Celebrates 50 Years

John A. Burnett Limited is celebrating 50 years in business. They are having a two-week open house, from April 11th to 23rd at their location at 479 O'Brien Road in Renfrew.

## Ultimate Fishing Town

The Town of Arnprior is in the running to be named The

Ultimate Fishing Town. The contest is being run by the World Fishing Network (WFN) and Arnprior's submission can be found at: <http://www.wfnfishingtown.ca/town/arnprior-on>. People can submit supporting nominations and vote for their favourite location. The contest is Canada-wide and awards a \$25,000 prize to the winning

community. Whether they win or lose, Arnprior will be featured on the Network a great tourism boost to the region. The first round of public voting will be open from April 12 to May 3.

## Wise Move Realty Celebrates 15 Years

Wise Move Realty is celebrating 15 years in business and they are launching a new and exclusive membership for Renfrew County in the Certified Pre-Owned Homes Realtor Network. Modeled after the Certified Pre-Owned Automobile programs that have become very popular with auto buyers, the program is designed to have a warranty placed on the property for one year from closing for the benefit of the buyer. The home warranty covers the structure, roof, heating and air conditioning systems, electrical, plumbing, duct work as well as appliances that remain with the house including the refrigerator, stove, built-in ovens, microwaves and dishwashers. Wise Move sees this as a major benefit to their clients because it will bring peace of

mind to the seller and the buyer. The buyer can rest easy that their new home has been thoroughly inspected; any deficiencies corrected and carries a warranty for the first year of ownership. Wise Move is located at 3468 Petawawa Boulevard, next to Scotiabank in the Bridgeway Mall.

## Outdoors Show is Popular

The inaugural Renfrew Gun and Hunting Show was held at the end of March at the Renfrew Armouries with more than 100 tables of exhibits on display. Guns and other products were on display and attendance was extremely high. The Show was organized by Dave Arbour of Valley Outdoors Promotions, who also organizes a similar show in Carp which is being held this year in September. The next major show for those who like the outdoors is the 12th annual Fishing and Outdoors Show which is being held April 8-10 at the Carp Arena.

## Paramedics Purchase Mercedes'

The paramedic service of Renfrew County is hoping to purchase five Sprinter ambulances from Demers Ambulance of Montreal to replace five of their older ambulances. The Sprinter model is will feature Mercedes Sprinter chassis and diesel engines, and Renfrew County staff have an opportunity to participate in their design. Sprinter ambulances are common in Asia, Europe, Australia and other countries, though there are none in Ontario. Renfrew County ambulances are usually replaced after 300,000kms.

*Continued on Page 6*



## Considering MicroFIT this Year?

If you are interested in the MicroFIT Program, or you already have a conditional offer from the Ontario Power Authority, ask how we can help. Energy Options is a local company that designs, installs and services renewable energy systems. A typical system requires 4-6 months from the date the application is submitted until connection occurs, so the time to plan is now. Contact us for a free consultation today.

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# Business News Around The Valley

## Eady Celebrates 40 Years

In 1971, Lloyd Eady established his own business and today, he is celebrating 40 years later. While he has no intentions of slowing down, he has his sons, James, Lucas and Allan involved in the business in case he did step down. The business is called Lloyd Eady Construction and recently purchased Seamless Eavestrouthing a year ago. The company is located at 256 Bruce Street in Renfrew.

## Notice to Residents of Whitewater Region

Effective Monday, April 4th, 2011, the new Waste Contract begins. Although there will be no change to your current

waste collection day, the time of your pick-up may not be the same. Please have your Municipal yellow bags curbside by 7:00am to ensure pick-up. Also, recyclables will now be collected the same day as the current residential garbage collection for your area. Paper Recyclables (paper, boxboard, cardboard) will be collected one week and Container Recyclables (metal, glass, plastics) collected the following week. Although respective Recycling types will be collected the same day as your garbage, it will not necessarily be at the same time of day. Beginning the week of April 4th, 2011, Paper

Recyclables will be collected coinciding with your garbage day.

## Heritage Village Goes Solar

The Petawawa Heritage Society will begin the installation of the solar lighting at the Petawawa Heritage Village thanks to a \$16,600 grant from the Ontario Trillium Foundation (OTF). The OTF grant will be used to purchase lighting fixtures and equipment as well as installation costs. The installation contract has been awarded to Glenegy of Petawawa.

## Ontario Strong in Manufacturing

Bill Halstead was recently a

guest speaker at the Renfrew Industrial Commission.

Halstead presented findings from the Eastern Ontario Manufacturers Network's 2010 manufacturing sector skill needs assessment survey which was completed on March 22nd. The survey revealed that Ontario is North America's second most vibrant manufacturing sector, representing 38% of Ontario's gross domestic product. The only place to exceed this percentage of output is California. Halstead said that manufacturing has also changed in that 50% of manufacturers have fewer than 20 employees.

# Business Event for Aboriginals

Enterprise Renfrew County (ERC) is hosting a free Aboriginal Business Day Workshop for Aboriginal entrepreneurs, business owners and youth on Tuesday, April 12, 2011 at the Royal Canadian Legion in Eganville. The full-day workshop is funded by the Ministry of Economic Development and Trade (MEDT). Participants

will be given the opportunity to learn about programs and services that support Aboriginal entrepreneurship and business development as well as attend roundtable discussions on pertinent business topics.

Presentations will include representatives from:

- Chiefs of Ontario (COO)
- MEDT's Small Medium

Enterprise Policy and Outreach Branch (SMEPO)

- Indian and Northern Affairs Canada (INAC)
- Ministry of Aboriginal Affairs (MAA)
- Small Business Enterprise Centre (SBEC)
- Business Development Bank of Canada (BDC)
- Canadian Youth Business Foundation (CYBF)

- Community Futures Development Corporation (CFDC)

Pre-registration is required and includes lunch, refreshments, and a participant kit by Thursday, April 7, 2011. Registrations are accepted by phone at 613-735-8224 or at [www.enterpriserenfrewcounty.com](http://www.enterpriserenfrewcounty.com).

# M&R FEEDS

AND FARM SUPPLY

**April 6:** Horse Nutrition Seminar.  
M&R Feeds in Pembroke.

**April 7:** Horse Nutrition Seminar.  
M&R Feeds in Shawville.

**April 23:** Annual Buy Sell & Trade Day.  
M&R Feeds in Pembroke. You are responsible for your own kennels and transportation of animals.



**MICKSBURG**

Phone: 613-735-3689  
[micksburg@mandrfeeds.com](mailto:micksburg@mandrfeeds.com)

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Inspired Learning.



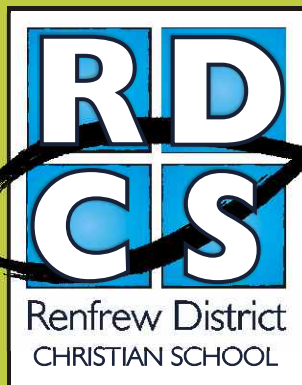
**Kindergarten Discovery Days**

**Mondays from 8:45am to Noon**

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**Open House Mondays**

Come for a tour of the school and see what Renfrew District Christian School has to offer your child. Please call to make an appointment.



For more information contact us at:

Phone: 613-432-4340

Email: [admin@renfrewchristianschool.com](mailto:admin@renfrewchristianschool.com)

Online: [www.renfrewchristianschool.com](http://www.renfrewchristianschool.com) 4340

Location: 354 Stewart Street in Renfrew



a matter of fact

**Tourism in  
Canada**

**15.6 Million**

The number of trips made to Canada by international visitors in 2009

**8.5 Million**

The number of trips made to Canada by international visitors over age 45 in 2009

**\$738**

Average amount spent per international visitors during their stay in Canada

**2%**

Percentage of Canada's Gross Domestic Product that is attributed to tourism in 2009

**649,900**

Jobs attributable to tourism in 2009 (down 2% over 2008)

**26,197,700**

Number of overnight trips made by Canadians to international travel destinations in 2009

**70%**

Number of overnight trips made by Canadians taken to the United States in 2009

**64%**

Percentage of overnight visitors to Canada who are US leisure travelers

**6.1%**

The percentage of decline from 2008 to 2009 in leisure visitors to Canada

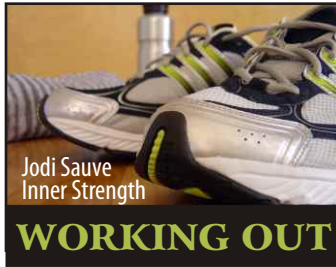
**\$473**

Average dollars spent per trip by overnight US leisure visitors to Canada.

**4**

Average nights stayed in Canada by US leisure visitors

Source: Canadian Tourism Commission



Jodi Sauve  
Inner Strength

## WORKING OUT

Whew! Spring is finally peaking around the corner! Melting snow, milder temperatures and longer daylight hours are hopefully here for the long haul!

With the coming of the new season, we tend to find ourselves “falling off the wagon” of exercise. We need to encourage ourselves to keep moving! With melting snow, come treasures of dog poop to shovel. Now is the time to take down the Christmas decorations outside (as you can finally get to them.)

With the warmer weather, you can start to hang your laundry out on the clothesline again without freezing your fingers, not to mention it is easier on the atrocious hydro bill too!

And let's not forget the yard tidying-up. You need to make room so the Easter Bunny can find his way to your door. Perhaps he'll bring carrot sticks and celery instead of chocolate this year! If weather permits, an outside egg hunt is great exercise too!

Finally, the roads are cleaner and in better shape, so what a great time to start a “learn to run” program. An easy paced beginner one minute run, one minute walk is a great way to go. If you need some motivation with that, ask us about our run program.

Spring is a great time to get outside and that is a great incentive to get back on the track to better health and exercise. Enjoy the Spring and keep moving.

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*Do you have a fitness question for Jodi? Send it to her at: [jodi@myinnerstrength.ca](mailto:jodi@myinnerstrength.ca)*

## From Town to Country Burton Earns NDP Nomination

Just in time for the election, the New Democrat Party of Renfrew-Nipissing-Pembroke has chosen their candidate: former Town of Arnprior Councillor, Eric Burton.

Burton was chosen as the candidate following a farmer's roundtable on agricultural policy in early April. Burton says one of the reasons he is running in the federal election on May 2nd is because Stephen Harper's government is helping multinational corporations drive family farmers out of business.

“Farmers have been totally neglected by the Harper government,” he says. “The

Harperites give multi-billion dollar tax cuts to their corporate friends and then do nothing while farmers are being forced to the wall.”

Burton says the issues raised by farmers at the roundtable included the threats to supply management systems and the dominating role multinational corporations play in the food distribution system.

“The front page story should not be record high food prices, but record high profits for the few large corporations that dominate the global food system”, said David MacKay, President of the National Farmers Union.

Burton summed up the comments by saying he heard there is a need for a national food strategy that provides access to healthy local food, empowers farmers, and establishes a sustainable agricultural sector for generations to come. He concluded that “the NDP propose tax incentives for local food production that would help achieve a win-win for farmers, consumers and communities.”

Burton joins MP Cheryl Gallant and Liberal candidate Christine Tabbert in the race for the seat in Renfrew-Nipissing-Pembroke.

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# The Devil of Discounting

## And...etiquette for using Facebook for business



There was an interesting story in The Globe and Mail recently about the new trend of group-buying. Agencies like Groupon and other discount coupon organizations are starting to emerge and attract businesses to sell their product or service by discounting. But, as people who participated in the discounting promotion found out, it was a costly venture.

One restaurant in Toronto signed up and sold out 500 coupons through one discount service. While the place was packed, every table had a coupon, and once they considered the discount in their food, plus what they paid to the coupon company, it was pretty expensive. And then,

the people with the coupons we either already regular customers, or people who would never become regular customers they just showed up to use the coupon.

So, the net result was a lot of food lost in discounts.

Most coupon programs are not money makers for business. They attract bargain hunters, people who have a loyalty only to the next deal they can find. The other problem is that once a person pays a discounted price for an item, trying to get them to pay full price again is a challenge.

"It's not about the perceived price. It's the perception that you sell things at a discount," says one marketing agency. "It's not about how much it costs, it's about the fact that you have to discount it."

Instead of discounting, consider increasing the value to your product or service. If you are a retailer, offer free delivery; if you are a service

provider, offer faster appointments. Adding value is a much better proposition than reducing price for building loyal customers.

### Facebook Manners

This article is a two-parter because I really wanted to mention both topics. Recently, I have noticed that some people are taking to a practice of commenting on Facebook pages that I manage with an advertisement for their organization. I was shocked when I first saw that, but now it seems to be a trend, and one that needs to be addressed.

Posting a "comment ad" for your business or organization on someone else's website is rude. That's like putting a poster on the window of a local business without permission. You just don't do it. Perhaps a guru told you that it was an easy way to get free publicity. Well, the truth is that it's an easy way to get ignored.

When someone posts a "comment ad" on one of my Facebook pages, they get a) removed and b) blocked from ever posting again. And, their organization goes down in my books as unprofessional. And, having talked this over with some friends, I can tell you that they all feel the same way. It's rude. People don't react well to rude.

### April 6th at the Airport

If you're starting a business after having a career, come out to the Zoomer Entrepreneur Group on April 6th at 9:30am at the Airport. The topic is marketing and we will be discussing some key insights that you should know when it comes to promotion.

There is no cost to attend, and coffee is available. The group usually meets for 1-2 hours and there is plenty of time for discussion. The event is organized by the Chamber of Commerce.

## Good ideas are ones that work.



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### April 19 Issue

Regular issue of OVB  
Deadline: April 12

### May 10 Issue

Regular issue of OVB  
Deadline: May 3

### May 18

101 Things to do in the  
Valley: Summer Edition  
Deadline: May 12

### May 10 Issue

Regular issue of OVB  
Deadline: May 3

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