

Finalists Announced

UOVCC receives nearly 80 nominations for annual awards

The Upper Ottawa Valley Chamber of Commerce has announced the finalists for its upcoming Business Achievement Awards Gala.

An independent committee reviewed the nominations that were received and have named the top three finalists in each category. There are nine categories that were open for public nomination in which three finalists are named.

The finalists are:

Young Entrepreneur of the Year

Kendra Johnsen (Crossfit Poise), Emma Leavey (Pick-It-Fence, Pembroke) and Ben Rutz (musician)

New Business of the Year

Jessica Sernoskie Fitness (Jessica Sernoskie), The Valley Gazette (Michel Lavigne) and Choice Contracting (Mike Garon)

Small Business of the Year

Harding's Pharmacy (Christine Harding), Valley Wines (Brian McInall) and Whitewater Cobden Sun (Howard Winters)

Medium Business of the Year

Custom Draperies/Furniture King (Eileen Malette), NRTC Communications (Martha Overton) and Helferty's Disaster Restoration (Devlin Helferty)

Large Business of the Year

H & H Construction, Allen Vanguard and Scotiabank Pembroke

Farm Enterprise of the Year

Barclay Dick & Son Farm Supply (Kevin & Veronica Dick, Michael & Jennifer Doelman), Cornerview Charolais (Brian & Heather Coughlin) and Gouldhaven Farms (Barry & Vera Gould)

Feature Award: Skilled Trades Employer of the Year

Atomic Energy of Canada Limited, Terry Waito Homes and Valley Truck & Spring/Pembroke Truck Centre.

In addition to recognizing business achievement, the Chamber also recognizes achievements by citizens and community organizations.

These finalists are:

Citizen of the Year

Bonnie Schryer, Marnie Stunt and Shelley Rolland-Poruks.

Community Organization of the Year

Alexandria Club Auxiliary to Community Health Care, Harkness Laboratory of Fisheries Research and Royal Canadian Legion Branch 72.

Chamber Member of the Year

One final award is not up for public nomination and that is the Chamber Member of the Year Award. This award selects a member who has contributed substantially to the Chamber. It is selected by the Chamber's President, Past President and Executive Director, and is presented during the ceremony.

Lifetime Achievement

The final award presentation of the evening is for the Lifetime Achievement Award Winner. This year's recipient was announced in November and the award goes to Gerry Binhammer. Mr. Binhammer

is well known in the area as a philanthropist and former owner and funeral director with Malcolm Deavitt and Binhammer Funeral Home.

The Details

Finalists will be presented with certificates and winners will be announced from each category at the Awards Gala, on January 28th at the Germania Hall in Pembroke.

"We have, once again, received some excellent nominations which speak volumes to the quality of businesses and community leaders we have," said Gary Melnyk, President of the Upper Ottawa Valley Chamber of Commerce.

The Gala includes a meal and dance in addition to the awards presentation. The Gala is taped by TV COGECO and re-broadcast throughout Renfrew County. This year's Awards Gala Platinum Sponsor is Algonquin College.

For information and tickets, visit: www.uovchamber.com.

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101 THINGS TO DO IN THE VALLEY: WINTER

Due to some holiday rescheduling, 101 Things to do in the Valley: Winter Edition will be publishing on December 30th. We apologize for the delay and hope everyone enjoyed the holidays.

UPCOMING PUBLICATION

Our next issue of Ottawa Valley Business is publishing on January 10, 2012. Reserve your advertising space by January 3, 2012.

IDEAS, SUGGESTIONS AND COLUMNS

We are interested in your ideas for OVB so feel free to pass along a suggestion.



December 31, 2011
 Last day to purchase your tickets to the Upper Ottawa Valley Chamber of Commerce Gala for \$70 per person. Ticket prices increase on January 1, 2012 to \$85 per person. Call or email to reserve tickets: 613-732-1492 or manager@uovchamber.com to reserve yours.

January 10, 2012
 Town of Carleton Place Official Plan review. 8pm. Council Chambers. For information contact Lisa Young at the municipality. Lyoung@carletonplace.ca

January 16
 Deadline for submissions for Intake 1 of EODP, running January 16, 2012 to March 31, 2012. For info, contact David Wybou. Deadline is at 4:00pm. www.rccfdc.org.

January 18
 UOV Chamber of Commerce

Breakfast Connections. Employment Law Overview. Marguerite Centre, Pembroke. 7:15am for registration and light breakfast. 7:30am speaker begins. \$10 for members and \$15 for general admission. RSVP by January 13 to: 613-732-1492 or manager@uovchamber.com

January 25
 Upper Ottawa Valley Chamber of Commerce. Business After Hours. Speedpro Signs in Petawawa. 5:30pm to 7:00pm. For info, call 613-732-1492 or manager@uovchamber.com

January 25
 Do you have an injury, illness or disability? Come join our Free Workshop (in partnership with Neil Squire Society) on Disability Disclosure, Positive Self-Esteem & Confidence. Join us at ontrac Employment Resource Centre in Arnprior from 9:30am to 12:00 Noon. Call 613-623-4680 or email arnprior@getontrac.ca for details and to register.

January 26
 ontrac Employment Resource Services in Arnprior is offering a Free Customer Service Skills seminar. 9:00am to 3:00pm. Certificates will be

awarded upon completion of the seminar. Call 613-623-4680 or arnprior@getontrac.ca for details and to register.

January 26, 2012
 Carleton Place BIA Annual General Meeting. Will be held at the Carleton Place Town Hall auditorium beginning at 6pm. Watch the BIA we site downtowncarletonplace.com.

January 28, 2012
 Upper Ottawa Valley Chamber of Commerce Business Achievement Awards Gala. Tickets on sale until sold out. For info, call 613-732-1492 or manager@uovchamber.com

February 16, 2012
 Upper Ottawa Valley Chamber of Commerce Business After Hours at Integrated Health Centre. 570 Nelson Street in Pembroke. Public is welcome. 6pm-8pm. For info, contact the Chamber: 613-732-1492 or manager@uovchamber.com

March 1, 2012
 Deadline for submissions for Intake 2 of EODP, running April 1, 2012 to February 28, 2013. For info, contact David Wybou. www.rccfdc.org



Eastern Ontario Development Program

Information Workshop:

Thursday, January 5th, 2012 10am to Noon

The Marguerite Centre, 700 Mackay St. Pembroke On

Application Deadlines

Monday, January 16, 2012 at 4:00 PM

Thursday, March 1, 2012 at 4:00 PM

Applications are now being accepted for EODP project funding through the Community Futures Development Corporation of Renfrew County
 2 International Dr, Pembroke ON K8A 6W5

You are encouraged to get your applications in early. For more information on the Eastern Ontario Development Program, please contact David Wybou at (613) 735-3951, ext. 229 or dwybou@bellnet.ca and see our website at WWW.RCCFDC.org

Business News Around The Valley

Mahussier Returns to Spectacle Lake Lodge

Sharon Mahussier is back at the helm at Spectacle Lake Lodge and will be re-opening on January 1, 2012 with a brunch. The previous owners are not affiliated with the property any more. Mahussier owned the business for over 20 years before retiring and selling the lodge in 2009 after the death of her husband.

New Hospital Planned for Carleton Place

A new hospital that is being planned for Carleton Place has finished the first of five phases towards becoming reality. The first phase was the proposal or business case, which was funded in part by the province of Ontario. Phase two involves the functional programming at the hospital. Phase three involves a preliminary design, and the hospital Board has already secured an architect to assist. Stage four is tendering and stage five is construction. The current hospital is on 4.9 acres on Lake Avenue East. 10 acres of land has been donated for a new building and the project has currently raised over \$5 million in pledges thus far. More information can be

obtained by contacting Chantelle Troy at 613-257-2200, ext. 856, or ctroy@cpdmh.ca.

Mapleside Sugar Bush Wins Awards

Ray and Carol Anne Bonenberg, owners of Mapleside Sugar Bush in Rankin, won two awards at an International Maple Syrup conference held in Michigan and hosted by the North American Maple Syrup Council (NAMSC). The Bonenbergs garnered a third place in the Novelty class for their Maple Jelly and an Award of Excellence for their Maple Syrup. NAMSC is an international network of associations representing the 16 maple producing U.S. States and Canadian Provinces.

Carleton Place Vying for Kraft Hockeyville

The Town of Carleton Place is pushing to be the 2012 winner of Kraft Hockeyville. The winning town will receive \$100,000 in arena upgrades from Kraft Canada, and will host an NHL pre-season game, open team practices and Hockey Night in Canada will broadcast a special on CBC.

You must register to vote at: www.krafthockeyville.ca and filling out the form. You can find Carleton Place Arena by using the search area. Click on the red box that says "join us" and then click on "accept" at the bottom. Once you are signed up you can upload your stories, videos, and pictures. Every submission for Carleton Place improves their chances!

Bode's Custom Cabinets Receives Grant

Bode's Custom Cabinets of Arnprior is receiving a grant of \$87,250 in support of plans that will enhance the estimating and design process, streamline manufacturing operations and reduce waste and lower production costs. The value of the project, which will involve computer-aided design and manufacturing, is over \$870,000. The expansion hopes to attract 10 additional new jobs. The business established in 1989 with owner, Mike Bode, and one worker. They now have more than 20 staff.

George Jackson Open at New Location

George Jackson Toyota made their move to Garden of Eden

Road in Horton Township in mid-December. The 15,000 square foot new building is home to their 18 employees. The dealership was previously located near downtown Renfrew.

McCuaig Publishes 50th Book

Carol Bennett McCuaig published her 50th book, entitled "Encountering the Wild."

Ontario Century Farm Designation

Stewart and Vera McBride have been awarded the prestigious Ontario Century Farm designation, an exclusive designation that requires that direct descendants of the same family must have owned the farm for 100 consecutive years. Alexander McBride purchased the farm in 1911 and it was passed on to his son Cecil in 1951. Clarence McBride, son of Cecil, operated the farm from 1969 to 1998. Then Clarence's son, Stewart, took over. Stewart and Vera's son Paul represents the fifth generation who works on this Century Farm.

Continued on Page 4

UPPER OTTAWA VALLEY Chamber of Commerce

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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 3,200 businesses, government and organizations.

HOW TO SUBSCRIBE:

To receive OVB by email each month, contact us at: 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
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

New Board of Directors at Arnprior Chamber

The Greater Arnprior Chamber of Commerce welcomes its new Board of Directors at the December Christmas Social and Annual General Meeting. The Board includes: Barry Blier, Kim Langford, Carrie Brown, Cathi Fairfield, Cheryl Sparling (administrative assistant), Leslie Osborne, Joe Mohr, Zillah Briscoe (President), Wes Schnob (Vice President), Lynn Grinstead Mark Nibourg, Gib McMullen and Murray Hughes.

Premier's Awards of Excellence

Grant and Dorothy Dobson of Connaught Nursery have received the Premier's Award for Agri-Food Innovation Excellence for their work with

introducing peach trees to this region. The Dobsons' innovation of using snow as an insulating blanket (8 feet high) around the walls of their 4,500 square foot greenhouse makes the use of supplementary heating required only when temperatures drop below 30 degrees Celsius.

Renfrew Printing Celebrates 40 Years

Bill and Deija McAdam are celebrating 40 years of their business, Renfrew Printing. The business is located in downtown Renfrew.

Thompson, Healey Become Partners

In recognition of their contribution to the ongoing growth of MacKillican & Associates, the partners Kevin Box, Bruce Thompson and

Rory Richards are pleased to announce the admission to partnership of Dan Thompson and Jason Healey. Both obtained their CA designations in 2005. Thompson handles the firm's taxation issues while Healey oversees and advises owner-managed businesses, not-for-profit groups and personal and corporate tax matters. MacKillican & Associates is a public accounting firm with offices in Arnprior and Renfrew. They have provided accounting services to small and medium-sized clients for 60 years including accounting, auditing, management advising, personal, farm, corporate and estate taxation.

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101 Things to do
in the Valley
Winter Edition!

Publishing Dec. 30

Business News Around The Valley

Coyle To Be Parks and Rec Program Coordinator

Colin Coyle is the new Parks and Recreation Program Coordinator at the Town of Petawawa. Coyle was the events coordinator with the Town, and will continue those duties and others under the Recreation Director position. 24 resumes were received for the position which was short-listed to four. Coyle was chosen from the four.

Allemang Launches CD

Dorothy Allemang of Allemang Health & Day Spa in Arnprior has released a mediation CD entitled: Sonic Meditations For You. The CD consists of four guided meditations written and narrated by Dorothy Allemang, and with music by Johannes Welsch at Dunrobin

Sonic Gym. Dorothy has been encouraged by family, friends, students and clients to share the art of meditation with her soothing voice. Sonic Meditations For You was created as a result of this inspiration. The sonic sounds of crystal bowls and gongs enhance the deep blissful relaxation and meditative states. For more information, visit: sonicmeditationsforyou.com.

Muskrat Lake Issues Packs Chamber in Whitewater

The council chambers in Whitewater Region were packed in a recent discussion about Muskrat Lake. Council decided to follow the advice of the Cobden Conservation Club and retain the services of Michael Michalski to assist in addressing the issues of

pollution, wildlife and development at Muskrat Lake. Michalski has experience with Ministry issues including environmental setbacks on lakes, and may bring forward the issue of fish in the lake. The Ministry of Natural Resources introduced trout into Muskrat Lake in order to ensure the health of the water, however, that has not been successful, and the rainbow smelt population is also in severe decline. MPP John Yakabuski also attended.

Chamber To Publish Event Guide

The Carleton Place Chamber of Commerce is compiling a list of community events for the 2012 Information Guide. If you have an event to list, send all relevant information to: jackie@cpchamber.com for consideration. All listings should include title of event, date and time for event, and contact phone and or email address for event organizer.

Deadline for copy is January 31st, 2012.

Delfi Group To Investigate HCM Complaint

Ray Bonenburg of the Delfi Group (and Mapleside Sugar Bush noted elsewhere in OVB) will be investigating the harassment and Code of Conduct complaint filed by an unnamed ratepayer in Head Clara Maria. The complaint is against councilors David Foote and Jim Gibson, as well as municipal clerk, Melinda Reith. Council retained the Delfi Group to ascertain resolutions with harassment complaints filed by Reith. Council has issued a media protocol that Bonenberg will not make any comments to the media, council or staff during the investigation and that following his report, a spokesperson will handle media inquiries. Council also reserved the right to have a closed session to discuss the report if required.

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WSIB Bailout Impacts Small Business: CFIB

The Ontario government's decision to give the Workplace Safety and Insurance Board (WSIB) power to impose higher payroll taxes on small businesses in construction will hurt consumers and job creation, says the Canadian Federation of Independent Business (CFIB).

"This one decision will remove \$11,000 from the pockets of many job creators," said CFIB's Ontario vice president Satinder Chera.

WSIB will start registering

independent operators and small business owners in construction, with payment of taxes due in 2013. Affected businesses have reported the additional tax will force them to raise their prices (70%), cut employee wages (25%) or force them out of business (19%). Incidentally, these businesses already carry private insurance, another good reason to shelve this ill-advised tax increase.

"The only reason for this tax increase is to help the WSIB

cover its \$14 billion unfunded liability," says Chera. "In fact, many businesses have already seen their WSIB tax bill rise in 2011, and are bracing for additional increases in 2012."

CFIB hopes the government will reconsider its decision to bailout WSIB.

"Small employers should not be stuck with the bill for the gross mismanagement of the workers' compensation system," concluded Chera.

For more information, visit www.cfib.ca.

George's Marine & Sports Ranks 19th

George's Marine & Sports, with locations in Eganville and Ottawa, was ranked 19th among 6000 of boat dealers across North America and also received the Best-In-Class award for Best Marketing Plan.

The business was also ranked fourth overall in Canada. The award includes number of units sold, as well as overall business operations, customer service, marketing and professionalism.

The awards program is supported by Boat Industry Magazine which is designed to recognize and celebrate the best marine dealers and to share best practices.

"We are thrilled to be ranked 19th this year as many of the dealers recognized during this event are much larger US dealers bordering either the east or west coast in places like Florida and California," says owner Jeff Wilcox. "Our commitment to improving and growing comes entirely from our customers, who are our true driving force behind our excellence in the industry. We are very proud of this honour. The economy continues to challenge our industry so staying the course has been our philosophy, and based on our ranking, we're doing it right."

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Worth Repeating

"Vision is the art of seeing what is invisible to others."

~ Johnathan Swift
Irish Author and Satirist

Christmas and Grief

How to grieve amidst the holiday season

By: Shelley TerMarsch
Valley Employee and Family Assistance Program

For many, the Christmas hype in the stores, the singing of favourite carols, festive decorations, celebrations and gatherings of family and friends, does not invoke feelings of peace and happy memories. Instead, it may trigger a much deeper despair and emptiness in grieving the loss of a loved one.

For many bereaved families, Christmas is a time to remember those who have died, and how one handles this grief depends on things such as the relationship to the person who passed away, the time that has passed since the death and the stage of grief the bereaved person is in. Once these factors are identified, the bereaved person can decide what would be best for them

in dealing with grief at Christmas.

Here are some ideas on dealing with grief over the holidays.

- 1) Give yourself permission to grieve.
- 2) Allow yourself to “feel” during the holiday season. Blocked emotions can lead to difficult and stressful holidays. It is OK to be sad when you miss someone you love.
- 3) There is no rule that requires you to celebrate Christmas with family and friends. If your grief is overwhelming, take a year off.
- 4) You don’t need to put up a Christmas tree or send out holiday cards. If anyone asks, tell them you needed some time for yourself this year, and hope to be involved in the festivities next year.
- 5) Volunteer at a soup kitchen
- 6) Make a memorial donation to a favourite charity or non-

profit organization.

- 7) Take a long walk
- 8) Create new traditions
- 9) If you do put up a tree, buy a special ornament to add to it
- 10) Visit the cemetery or other resting place
- 11) Write a letter to the person who died
- 12) Light a special candle and place it in the window or on the dinner table
- 13) Share memories of the person with whoever will listen.

Alongside your grieving emotions, you may feel positive emotions. You are entitled to feel a full spectrum of emotions you may be laughing one minute and crying the next. That is perfectly acceptable.

If you are feeling overwhelmed with sorrow, remember to get plenty of rest, eat healthy, comfort foods, make a list of ideas which bring you some solace, and reach out to your support network (family, friends, coworkers, community), Bereaved Families of Ontario (613-732-7894) and Valley Employee and Family Assistance.

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Canadian Aerospace

400

The number of firms that comprise the Canadian aerospace industry.

\$23 Billion

The annual revenues generated by the industry.

80,000

The number of value-added jobs directly created by the industry.

82%

The amount of aerospace output that is exported.

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55%

The percentage of the industry focused on aircraft, parts and components.

16%

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Source: Aerospace Industries Association of Canada



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Starting Point

You need a piece of paper and a pen. On one side of your paper write "Current Situation" and on the other side write "Desired Situation." This is your roadmap.

Example: My Current Situation is that I don't have enough income to facilitate hiring an employee. My Desired Situation is that I have an employee.

Check Points

Obviously, you cannot just go from where you are now to where you want to be in one

step. There are things that you have to do in order to make it to where you want to be. So, what are those things?

Example 1: I need to figure out how much more income I need to generate in order to sustain an employee salary.

Example 2: I need to know how to generate that income.

Help!

So, you know how to attain some of the check points, but some also have you stumped. The question then becomes, how do you go about getting those answers? The answer is, tap into your resources.

Example: To figure out how to generate income, I will get advice from my accountant on any savings I could capitalize on, I will see about any hiring incentives for employers and I will seek marketing advice.

Information Overload

At some point you may become a bit overwhelmed with the situation. When this happens, choose one thing you are working on and get as specific as you can about it. Work from the smaller picture to the bigger picture.

Example: I cannot afford to do as much marketing as I know I should do. I am going to choose the most important things, and focus on them. I will do the others when I have more income to dedicate to doing them effectively.

Moving Forward

When making any change in your business, it is good to move forward at a smart pace. You might need to develop Current and Desires Situation for some of the check points along your way.

Example: Instead of going to a full-time job, I am going to start with a part-time job. This will let me still move towards my goal, but at a pace that isn't too drastic. I am also going to see if I can make up 10% of the cost in my general expenses. If I can do that, I will have less of a commitment to make financially, and can still benefit from the reduced expenses.

Being Flexible

Some of our best planning still needs tweaking as we get going down the road. Be amenable to altering your plan

when you come across something that will work better for your business.

Example: I will hold off on hiring until April. That's when I can offer a student a co-op placement. This will help me with expenses, and the student can work with me to gain some experience. If the arrangement works out, I will look into a youth hiring incentive for the summer, and then start the part-time position in the Fall.

Final Thoughts

Stick to your map and do the things that are necessary to meet your Desired Situation. You can do it, and you will do it if you stick with it. Often the process gets easier just when you think you've reached your breaking point!

Ottawa Valley BUSINESS

December 30
101 Things to do in the
Valley: Winter Edition
Deadline: December 28

January 10, 2012
Regular issue of OVB
(and the first of 2012)
Deadline: January 3

January 24, 2012
Regular issue of OVB
Deadline: January 17

February 7, 2012
Regular issue of OVB
Deadline: January 31

February 21, 2012
Regular issue of OVB
Deadline: February 14

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