



# Renfrew County Key Connection For Oil

## Local gas pipeline could become oil pipeline

**By: Jennifer Layman**  
**Jenn@ovbusiness.com**

Renfrew County may soon be part of a TransCanada oil pipeline that could change the oil industry in Canada, making the country less reliant on foreign oil.

TransCanada, a company based in Calgary, is proposing an Energy East Pipeline that would carry 500,000 to 800,000 barrels of crude oil per day from western provinces to refineries in Eastern Canada. The 4,400 kilometre pipeline would replace the existing natural gas pipeline that is currently underutilized in Renfrew County.

At present, more than 75% of the oil that is refined in Eastern Canada is imported from overseas. The idea to transport Canadian oil to Canadian refineries would

eliminate a dependence on foreign oil and be done at no cost to the taxpayer.

Energy East Pipeline "will be the most technologically advanced pipeline

in diameter. There are more than 96,000 kilometres of transmission pipelines in Canada. Pipelines are made of long, flat sheets of high-strength steel that are shaped into tubes and welded together.

### Oil Info

Crude oil is a fossil fuel or hydrocarbon made primarily of hydrogen and carbon. Depending on sulphur content, crude oil ranges from light to heavy and from sweet to sour. Crude oil is transported by truck, train, ship and pipeline, the latter being by far the safest mode of transportation. Railways have 25 times more accidents than pipelines, and trucks have 3,000 times more accidents.

For more information, visit: [www.energyeastpipeline.com](http://www.energyeastpipeline.com) [www.twitter.com/TransCanada](http://www.twitter.com/TransCanada)

**"The 4,400 kilometre pipeline would replace the existing natural gas pipeline that is currently underutilized..."**

Alain Parise was recently at the council of McNab Braeside to explain the process on behalf of TransCanada. He did note that no approval has been given to proceed and that it would not likely be a reality until 2017. The alternative is better than removing the lines, from which the municipality receives tax revenues.

If the project does proceed, there will be Open Houses and comment options scheduled for interested parties.

According to their website, TransCanada says that the

TransCanada has ever built" and would make 3,000 kilometres of natural gas pipeline suitable for oil transportation, while constructing an additional 1,400 kilometres of new pipeline. The company has converted pipelines many times, with the most recent example being the conversion of Line One of the original natural gas mainline for the Keystone Pipeline.

### Pipeline Info

Used to transport crude oil, transmission pipelines are about 508 to 1,219 millimetres

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More information on page seven, at [www.ovbusiness.com](http://www.ovbusiness.com), by email at [admin@ovbusiness.com](mailto:admin@ovbusiness.com) or call 613-732-7774.

## 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 Ottawa Valley Business Group.

### WHO READS US:

OVB is delivered twice a month via email to more than 3,400 businesses, government agencies and organizations.

### HOW TO SUBSCRIBE:

To receive OVB by email free each month, contact us at: [admin@ovbusiness.com](mailto:admin@ovbusiness.com).

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### CONTENT & SUBMISSIONS:

News, article suggestions, personnel hires, business event listings, tenders 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.

### CONTACT US:

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

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

### Mailing Address:

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

### SOCIAL MEDIA



### July 10, 2013

Meeting for all construction contractors at the Township of Horton. 3pm. 2253 Johnston Road (council chambers.) Meeting is for all residential and commercial construction contractors who do business in Horton and who deliver construction waste to the Horton Landfill Site. For info: [www.hortontownship.ca](http://www.hortontownship.ca)

### July 11, 2013

Social Media for Non-Profit Organizations. Linked-In Seminar. 1:00pm to 3:00pm at the Renfrew County Community Futures Development Corporation office. 2 International Drive, Pembroke. Contact Kelley Lemenchick to register: 613-735-3951.

### July 17, 2013

Operations & Financial

Management. 9:30am to 11:30am. This seminar explores the importance of proper financial management and setting best practices. Register with Community Futures of Renfrew County by calling: 613-735-3951.

### July 20, 2013

Killaloe, Hagarty and Richards fire department open house. 10am to 3pm. Round Lake Fire Hall. Food, fun and lots of activities. All welcome.

### July 20, 2013

Renfrew County Soil and Crop Tour. Visiting farms of Reuben Stone and Klaesi Brothers. Registration is required. Contact Shirley at 613-267-6362 or [c-s-munro@live.com](mailto:c-s-munro@live.com)

### July 30-31, 2013

CPR for health care providers. St. John Ambulance. 6pm to 10pm. Both days. Call 613-735-0772 to register.

### July 31, 2013

Recruitment and Board Development. 9:30am to 11:30am. This seminar takes participants through the importance of establishing policies and ways to evaluate

policies currently in place. Register with Community Futures of Renfrew County by calling: 613-735-3951

### August 2, 2013

Deadline to book your space in Health Matters, the new health magazine promoting products, services and programs in the Ottawa Valley. [admin@ovbusiness.com](mailto:admin@ovbusiness.com)

### August 5, 2013

Renfrew County National Farmers Union meeting. Barr Line Community Centre. 7:30pm.

### August 15

Intermediate Facebook Hands-On Workshop. 9:30am to 11:30am. Renfrew County Community Futures. 2 International Drive, Pembroke. Contact Kelley Lemenchick to register: 613-735-3951.

### September 2, 2013

Renfrew County National Farmers Union meeting. Barr Line Community Centre. 7:30pm.

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Send your event to: [admin@ovbusiness.com](mailto:admin@ovbusiness.com)  
Business events are free.

## New Sprinkler System Requirements

New changes to the Fire Code and Building Code in Ontario require sprinkler systems for homes that care for seniors and people with disabilities. They also require enhanced fire inspections and staff training on annual fire safety plans.

If you have questions on these new requirements, we encourage you to contact your local fire department, or Joel Layman of Layman Fire & Safety. You can also visit our website to learn more about these new requirements:  
[www.laymanfireandsafety.com](http://www.laymanfireandsafety.com)

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Ph: 613-732-5320  
[joel@laymanfireandsafety.com](mailto:joel@laymanfireandsafety.com)

**Layman**  
**FIRE AND SAFETY**

# Business News Around The Valley

## Arnprior Airport To Increase Fees

Ensuring the long-term viability of the Arnprior Airport is resulting in some changes, mostly with fee increases. Recommendations include increasing the fee for hangar owners, reducing fuel discounts and landing fee charges for the use of the airport by provincial government agencies. The airport is also looking for provincial and federal funds to support the respective government use of the facility. The airport is looking to cross promote with charter companies to build tourism opportunities as well.

## Keys Conference Centre Offer

Deep River council has accepted a conditional offer on the Keys Conference Centre property. The waterfront property has been vacant for more than 15 years. While the buyer and conditions of sale are currently anonymous, council hopes to reveal the news in the next four months.

## Pembroke Police No More

After 135 years of the Pembroke Police, the City of Pembroke will now be policed by the OPP. The official change-over took place early this month, on the same day that Police Chief Dave

Hawkins and Deputy Chief Drew Mellon officially retired.

## Pembroke Street Closure

The City's main thoroughfare will be closed for the rest of the summer from Victoria Street to Mackay Street so repairs can be made to the Pembroke Street Bridge. Businesses remain open. Neither vehicles nor individuals will be able to cross the bridge during the closure. The firm of Lischer Construction won the tender for \$1.8 million.

## Summer Company Program for 2013

Nine new businesses will start this summer thanks to the Summer Company program offered by Enterprise Renfrew County. The program gives students aged 15 to 29 the opportunity to start their own businesses by providing them with funds, business training and mentors. The new business owners and their businesses are: 1) Seerlee (Star) Dinnall-Archer started Inspire Designs, which arranges art work with quotes; 2) Mitchell Ray is a co-owner of Window Brothers, a window and siding cleaning business; 3) Max Gillham owns an acrylic painting business called Reflections of the Valley; 4) Molly Miller started Molly's Dance

Company where she teaches ballet and jazz dance; 5) Blair McMillian started Golden Lake Rustics which sells homemade wooden coffee tables; 6) Kristen Bennett started Dream Oasis Design that provides less expensive marketing; 7) Tierney Cartman started Handy Help with Social Media to help people with social media websites; 8) Elisabeth Dyer started Gimme Grilled! sandwich and wrap shop near Greystone Manor and 9) Hilary O'Neill started an ice cream parlour in Eganville.

## Local Business Earns Award

Jamieson Travel and Tours in Beachburg has earned their third consecutive President's Club Award from Collette Vacations. The award recognizes a travel agency that accommodates more than 70 passengers in a year. Jamieson Travel has been operating since 1999 and is owned by Cindy and Art Jamieson.

## County Interested In Rail Appraisal

Renfrew County Council has decided to allot \$50,000 to pay for an appraisal of the decommissioned CP Railway. The line runs from Smiths Falls to Mattawa and 70 percent runs through Renfrew County. The appraisal spending is contingent on

Lanark County and the Township of Papineau-Cameron also putting money forward. The County hopes to qualify for grants to assist with the costs. A section of the resolution stated municipal funds would not be used for acquisition. The County has previously stated that they would not use municipal funds to acquire the railbed.

## Food Festival Draws Six Vendors

The Renfrew and Lanark Local Immigration Partnership held a food festival in Barry's Bay which drew six vendors to provide Japanese, Caribbean, Polish, Swiss, Lebanese and Thai food.

## Killaloe Resource Centre Receives Funding

The Community Resource Centre in Killaloe has received \$271,000 in federal government funding to provide the Youth Skills Link program. Youth aged 15 to 30 receive life skills, job training and work experience under the program.

## Anniversary

Somethin' Country Crafts & Gifts is celebrating their 10th anniversary. The business is located on Doran Street in Petawawa.

*Continued on Page 4*



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*Summer Edition*

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# Business News Around The Valley

## Minister To Visit

Jim Bradley, the Ontario Minister of the Environment, will visit Killaloe, Hagarty and Richards on August 21 to help the municipality celebrate the launch of a new phase in waste management in the township. The ribbon cutting will be at 11:00am.

## Calabogie Highlands Turns 30

Calabogie Highlands Golf Resort is celebrating their 30th anniversary. The property is owned by Rick Fleming and was purchased by his father in 1949. The course was designed by Bill Dolgos of Montreal.

## Airfield Re-Opens

The AH Smith Memorial Airfield is now open. Located at the end of the Rolph Airstrip Lane off Highway 17 past Deep River, the airfield is owned by Gary McAnaulty of P&G Pumping. It is named for Al Smith, a long time aviation enthusiast.

## 0% Tax Increase In Killaloe

Killaloe, Hagarty and Richards passed a 2013 budget with a 0% municipal tax increase. The total expenditures for 2013 are estimated at \$4,273,403

## Town Eliminates Metres

The Town of Renfrew has eliminated parking meters from its downtown core for good. The pilot project to see how impactful free parking would be has run a 12 month course and the results have proven that no parking fees are a positive thing for the downtown. The pilot program was started at the request of the Renfrew BIA.

## Darch To Retire

After six years on the job, and 45 years in the workforce, the County of Renfrew's director

of public works and engineering, Dave Darch, will be resigning at the end of 2013. Darch is 67 years old and is looking forward to doing some leisure time activities with his wife.

## New Business Opens

Christine Bidgood-Henderson has opened Christine's Kitchen in Horton Township. Bidgood-Henderson is the former owner of Renfrew's Old Town Hall Restaurant and Tearoom. The Kitchen will offer pick up of fresh or frozen meals three days a week. They will also sell soups and salads among other items. The business is located at 3682 Burnstown Road.

## Clinic Opens

The Renfrew County Crisis Support Clinic for Youth and Families has opened in Renfrew and Pembroke as part of the Ottawa Valley Health & Wellness Centre in Pembroke. The service is offered to youth and families in emotional crisis. The project is a nine-month pilot, funded by some of the Rotary Clubs in Renfrew County. The clinic will provide a drop-in service once a week, and workshops for parents and the community.

## Local Author On

**Amazon's Bestseller List**  
Sandy Bucholtz, author of Letters From Heaven Love Mom, had her book featured on the Amazon Best Selling list in categories of motherhood and death/grief.

Send us your business news:  
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## People On The Move

### Paula Malbeouf

Paula Malbeouf is the new executive director at the Petawawa Military Family Resource Centre. She takes over from Kim Hetherington. Malbeouf is a military spouse with 29 years experience in healthcare sector and 14 years of management experience.

### Lt.-Col. Daniel Blanc

Lt.-Col. Daniel Blanc has taken over 2 Area Support Group (ASG) Personnel Services.

### Lt.-Col. Erik Crane

Lt.-Col. Erik Crane is the new commanding officer for 2 Area Support Group Engineer Services.

### Lt.-Col. Chris Henderson

Lt.-Col. Chris Henderson is now in command of 2 Area Support Group Operations Services.

### Danielle Paul

Danielle Paul is the new acting curator of the South of 60 Arts Centre in Barry's Bay. Paul steps in for Anya Blake who is on maternity leave. Paul spent more than 20 years in England but has roots in the region as her parents had a cottage in Barry's Bay, where she now lives.

### Tracy Sarazin

Tracy Sarazin has been contracted by the Township of Madawaska Valley to create a welcome guide for new residents. Sarazin is new

to the area and will work with new curator, Danielle Paul, and a committee to assist with the project.

### Chris Carroll

Chris Carroll is the new CAO for the Town of Deep River. Carroll is a former member of council who resigned to take on a financial staff role with the municipality. Carroll replaces Michelle Larose who is leaving for a CAO position in Iroquois Falls. Carroll says he is only taking the position on an interim basis.

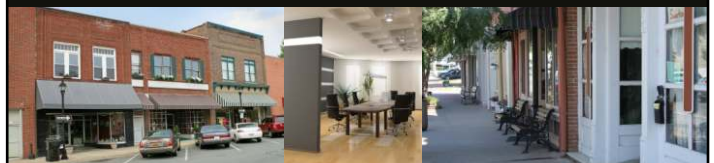
### Kevin Hill

Kevin Hill is the new recreation director for the Town of Renfrew. Hill played junior B hockey with the Renfrew Timberwolves and comes to the area after being the recreation director for Napanee for 15 years. Hill is a graduate of Durham College.

### Donald J. Beauprie

Destination Algonquin Park; Tracks to Cache Lake and the Highland Inn, authored by Donald Beauprie of Deep River was one of 16 finalists for the Ontario Speaker's Book Award. The Speaker's Book Award recognizes works by Ontario authors reflecting the diverse culture and rich history of the province and of its residents.

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Ottawa Valley  
**BUSINESS**

# Pastway Planing Sells To CanWel

CanWel Building Materials Group has completed the acquisition of Pastway Planing Limited of Combermere. Pastway is a pressure treating and planing operation. CanWel now owns six operating treating plants, three planer facilities and 18 distribution centres across Canada.

Pastway began as a sawmill on the Madawaska River in the early 1930s. In 1979, Pastway became the first custom milling operation in the region, and grew from three employees to more than 50. Since then, Pastway has steadily increased production capabilities and services,

building new relationships with customers and expanding to better meet the needs of the changing market conditions and its ever growing customer base.

CanWel Building Materials is one of Canada's largest national distributors in the building materials and related

products sector, operating distribution centres coast to coast in all major cities and strategic locations across Canada. CanWel distributes a wide range of building materials, lumber, hardware and renovation products. Further information can be found at [www.sedar.com](http://www.sedar.com).

# Chinook Helicopters Begin To Arrive

The Chinooks are here! 15 CH-147F Chinook helicopters will be based in "C.F. Superbase Petawawa" according to a release from MP Cheryl Gallant. "The delivery of the first Chinook is exciting for the

army and the community," said MP Gallant. "These helicopters will enable our women and men in uniform to accomplish well beyond what they formerly could do. They will also result in over 400 new military jobs, and have

the potential for spin-off jobs and growth in the aerospace and defence industries in Renfrew County."

The CH-147F Chinook is an advanced, multi-mission, medium to heavy-lift helicopter. In addition to the

military capabilities, the Chinook crews will provide rapid response to civilian emergencies and natural disasters across Canada. The entire fleet of 15 Canadian CH-147F Chinooks will be delivered over the next year.

# CFC Searching For Community Enthusiasts

Community Foundations of Canada (CFC) is embarking on a nation-wide campaign to find people who are enthusiastic about their community. The goal is to find individuals to audition for a national role in promoting the organization. The opportunity has been brought to the Ottawa Valley

by the Pembroke Petawawa and District Community Foundation (PPDCF) who is a member of the larger association. Information can be found by visiting the PPDCF website: [www.givingthatgrows.com](http://www.givingthatgrows.com). Information on how to apply is included. There is no fee to apply and applicants must

prepare a You Tube video as part of the submission. Selected participants will be invited to audition in Toronto. The opportunity is open to any individual who feels proud of their community. **About PPDCF** The PPDCF is a foundation formed to assist the community with their greatest

need. Funds are set up by organizations, individuals and causes and interest-earning funds are re-invested in the community for the benefit of citizens. Social, charitable and economic development causes are able to benefit from the funds. More information on PPDCF is available at: [www.givingthatgrows.com](http://www.givingthatgrows.com)



**NATURALLY SPIRITED**  
PUBLISHED BY THE TOWNSHIP OF KILLALOE-HAGARTY-RICHARDS  
JULY 2013

**Fire Department Open House**  
Community invited for displays and demonstrations

**Easy Reference**

**COUNCIL**  
Municipal Councillors:  
Carol Gault (Ward 1)  
Sandra Gault (Ward 1)  
Sandra Gault (Ward 2)  
Dennis Hagarty (Ward 2)  
Kathy Mayville (Ward 3)  
John Jeffrey (Ward 3)

**TOWNSHIP OFFICE**  
Municipal Office:  
Monday-Friday 8:30am-5:30pm  
Phone: 613-272-2222  
Fax: 613-272-2514  
Email: [info@killaloe-hagarty-richards.ca](mailto:info@killaloe-hagarty-richards.ca)  
Website: [www.killaloe-hagarty-richards.ca](http://www.killaloe-hagarty-richards.ca)  
Telephone: 613-272-2211

**STAFF CONTACTS**  
Lynna Bradley  
COC Clerk Treasurer  
Susan Sheridan  
Deputy COC Clerk Treasurer  
Tina Laramore  
Office Administrator  
Clifford Bartlett  
Municipal Supervisor  
Chris Wagoner  
Bylaw Enforcement Officer  
Cheryl Hagarty (Ward 1)  
Rob Gault  
Fire Chief  
Maria Mayville  
Community Development  
Coordinator  
Nicola Zemanich  
Librarian

**PARTY IN THE PARK**  
Visit the Round Lake Recreation Park for Party in the Park. Sunday, August 11th from 11:00am to 3:00pm. The event includes live music, a classic car show, wood source vendors, artists, vendors, food and more. For more information, visit us on Facebook (search Naturally Spirited) or check the municipality's website: [www.killaloe-hagarty-richards.ca](http://www.killaloe-hagarty-richards.ca)

**SALVAGE ART CHALLENGE**  
To welcome the Minister of the Environment, Jim Prentice to the community, we challenge our artists to create works of art from items that would otherwise find their way to land. Bring us to the Killaloe Waste Site on August 21st or e-mail us to apply: [artchallenge@killaloe-hagarty-richards.ca](mailto:artchallenge@killaloe-hagarty-richards.ca)

**PHOTO CONTEST**  
Submit photos of your summer fun in the sun as part of the Good Summer Days Photo Contest. Post your pics on our Facebook page or email them to [killaloe-hagarty-richards@killaloe-hagarty-richards.ca](mailto:killaloe-hagarty-richards@killaloe-hagarty-richards.ca). Three winners will be chosen from the photos submitted and will be featured in the September issue of this newsletter. Deadline to submit is August 26 at 4:00pm. Got snapping?

## Read the Naturally Spirited News!

Killaloe, Hagarty and Richards most recent newsletter will be in mailboxes this week and posted on the municipal website. Inside is information for residents and businesses. Advertising available at \$20 per issue.

Your copy is online at:  
[www.killaloe-hagarty-richards.ca](http://www.killaloe-hagarty-richards.ca)

Newsletter contact: Maria Mayville at [khrvolunteernetwork@gmail.com](mailto:khrvolunteernetwork@gmail.com)

or via Facebook:  [NaturallySpiritedKillaloeHagartyRichards](https://www.facebook.com/NaturallySpiritedKillaloeHagartyRichards)

# Backyard Events

**July 11**

Tarot card readings at Sweet Sunshine Communité Café. 11am-2pm.

**July 11-13**

Calabogie Wake Surf Championship at the Peaks. [www.calabogiewakesurf.com](http://www.calabogiewakesurf.com)

**July 12**

Waterfront Live. Olivia Charette and Dominc D'Arcy. [www.pembrokettourism.com](http://www.pembrokettourism.com)

**July 15-19**

Young Artists' Workshop Series. 9am-3pm. Portage-du-Fort. [www.artpontiac.com](http://www.artpontiac.com)

**July 15-26**

Deep River Summermusic Day Camp for kids age 5-18. [www.summermusic.ca](http://www.summermusic.ca)

**July 16**

Social Evening Paddle 2013. Free rentals. Petawawa Point. Phone: 613-687-5678

**July 19**

Musical Legends dinner and show. Hugli's Ranch. [www.blueberryranch.ca](http://www.blueberryranch.ca)

**July 19**

Under the Pines music festival. Coronation Hall. [www.under-the-pines.ca](http://www.under-the-pines.ca)

**July 20**

13th Annual Antique, Classic, & Performance Car Show. Logos Land Resort, Cobden.

**July 20**

Park Art Festival of Creativity. Bonnechere Valley. Phone: 613-628-3101.

**July 20**

Bonnechere Caves fossil hunting adventures. Call 613-628-2283

**July 20**

Full Moon Getaway at Eco-Odyssee. Limited seating. [www.eco-odyssee.ca](http://www.eco-odyssee.ca)

**July 21-26**

Youth Enterprise Camp. Ages 9-13. English. Be the boss! [www.yep.pej.ca](http://www.yep.pej.ca)

**July 24**

Artists at Petawawa Heritage Village. See and purchase art. [www.petawawaheritagevillage.com](http://www.petawawaheritagevillage.com)

**July 26-28**

Visit Whitewater Region for the Beachburg Fair. [www.whitewaterregion.ca](http://www.whitewaterregion.ca)

**July 27**

Childrens' Art Workshop. 11am-2pm. Heritage Village. [www.petawawaheritagevillage.com](http://www.petawawaheritagevillage.com)

**July 30**

Social Evening Paddle. Free rentals. 6:30pm. Reserve. Phone: 613-687-5678

**August 4**

Deep River Traithlon. Must be 14+. Contact Gearheads. [www.gearheads.ca](http://www.gearheads.ca)

**August 11**

Bonnechere Caves fossil hunting adventures. Call 613-628-2283

**August 16-18**

Kitchissippi Music Festival at Wilderness Tours. [www.wildernesstours.com](http://www.wildernesstours.com)

**August 16-18**

Class Axe Guitar Blues and Ribfest at Calabogie Peaks. [www.calabogieblues.com](http://www.calabogieblues.com)

**August 17**

Full Moon Getaway at Eco-Odyssee. Limited seating. [www.eco-odyssee.ca](http://www.eco-odyssee.ca)

**August 17-24**

An Irish Gathering In Killaloe. Loads of fun for the family. [www.khrtownship.ca](http://www.khrtownship.ca)

**August 18**

Tour de Bonnechere Bike Rally. 50km or 100km course. [www.gearheads.ca](http://www.gearheads.ca)



## Travel <sup>our</sup> Backyard

### Where Do I Get A Copy?

Copies available at all participant locations.

Visit our website and click on the Index page to see where to access your copy.

Guides also available at tourism booths throughout Renfrew County and the Pontiac.

### What's Inside?

Things to do, places to visit, kids' camps, golf course guide, farmers' markets, festivals and events and more.



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#### LOOKING FOR GUIDES:

If you require guides for your business or event, or if you have run out of your guides, please let us know and we will do our best to source some for you.

#### WINTER EDITION:

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# Tender Results Around The Region

## Hot or Cold Mix Paving

Killaloe, Hagarty and Richards  
Greenwood Paving - \$60,972.61  
H&H Construction - \$71,863.04  
Pecarskie (Cold) - \$64,858.97  
Pecarskie (Hot Mix) - \$96,954.00  
Awarded to Greenwood Paving.

## Hot Mix Asphalt Killaloe,

Hagarty and Richards  
Greenwood Paving - \$10,932.75  
H & H Construction - \$15,248.28  
Pecarskie Paving - \$16,221.15  
Awarded to Greenwood Paving.

## Tender PW-2013-05 Supply and Placement of Granular "A"

Laurentian Valley  
RGT Clouthier - \$100,559.76  
GP Splinter - \$107,742.60  
Bonnechere Ex. - \$108,869.32  
H&H Construction - \$122,530.80  
Awarded to RGT Clouthier.

## Tender PW-2013-06 Guiderail Repair and Replacement

Laurentian Valley  
Awarded to Hughson Fencing & Guiderail of Kingston in the amount of \$16,749.00.

## Crushed Gravel Killaloe,

Hagarty & Richards  
W.W. Siegel - \$38,307.00  
Greenwood Paving - \$39,211.00  
R.G.T. Clouthier - \$39,437.00  
Awarded to W.W. Siegel.

## 4-Wheel Drive Backhoe/Loader

Laurentian Valley  
Nortrax Canada (Pembroke) \$99,944.00  
Wajax Industries (Gloucester) \$104,722.00  
Strongco (Vars) \$110,569.00  
Toromont (Kanata) \$113,950.00  
Awarded to Nortrax Canada Inc.

## Tender PW-2013-04 Supply & Stockpile of Winter Sand

Laurentian Valley  
GP Splinter - \$11,860.00  
RGT Clouthier - \$13,980.00  
W.W. Siegel - \$14,407.08  
Awarded to GP Splinter.

## Tender #2013-02 Double and Single Surface Treatment

Killaloe, Hagarty and Richards  
Awarded to Greenwood Paving in the amount of \$96,242.38.

## Tender PW-2013-06 Guiderail Repair and Replacement

Laurentian Valley  
Awarded to Hughson Fencing & Guiderail of Kingston in the amount of \$16,749.00.

## Tenders

Asphalt Repairs  
-----

Reconstruction of Victoria Street Phase II  
-----

Supply, Repair, Installation of HVAC Units  
-----

Civic Centre HVAC  
-----

Washroom Demolition and Rebuild  
-----

Winter Sand  
-----

Fire Hall Addition  
-----

Grass Mowing/Cut Brush  
-----

Pembroke OPP Station New Build Construction  
-----

Surplus Sale  
-----

Sale of Surplus Equipment  
-----

Construction of Stewart Community Centre  
-----

Road Rehabilitation County Road 8 and 10  
-----

Tandem Truck  
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Single & Double Surface Treatment  
-----

Granular M Material  
-----

Grinding of Construction, Demolition, Wood and Other Waste  
-----

Asset Management Plan

*There is no cost to post your tender with us. Email to: [admin@ovbusiness.com](mailto:admin@ovbusiness.com)*

*All tenders are posted at [www.ovbusiness.com](http://www.ovbusiness.com) and results are updated as they are obtained. If you have tender results, feel free to send them to us.*

## The Promotion of Health.

For businesses and organizations involved with health in the Ottawa Valley, this new magazine is for you.



**Health Matters**  
A MAGAZINE FOR PREVENTATIVE HEALTHCARE.

Health Matters magazine is publishing in September and January. The goal is to build awareness of health supports in the region and those who provide them. 20,000 printed copies will be produced, and the magazine will be available online - in full and per page - for easy download and forwarding.

**Is This Publication For Me?** This publication is best suited for businesses and organizations who are looking to build awareness of what they offer in programs, products and services related to positive health.

**Editorial and advertising features available.  
Deadline for September issue is August 2, 2013.**

You can download our information package from [www.ovbusiness.com](http://www.ovbusiness.com) or request it to be sent to you via email. You can reach us at: [admin@ovbusiness.com](mailto:admin@ovbusiness.com) or call 613-732-7774.

## Wisdom

“If you enjoy what you do, don’t be afraid of expressing your enthusiasm. Enjoyment is infectious..”

~ Alan Sugar

## Real Estate

### FOR LEASE

169 Lake Street, Pembroke

-----

Petawawa Town Centre  
Petawawa

-----

176 Len Hopkins Drive  
Petawawa

### FOR SALE

118 Raglan Street  
Renfrew

-----

M&M Meat Shops  
Arnprior

-----

Quizno’s Sub  
Petawawa

-----

68 Queen Street  
Eganville

-----

Stonecliffe Resort  
Stonecliffe

-----

Watertower Apartments  
Barry’s Bay

-----

250 Pembroke Street West  
Pembroke

Visit [www.ovbusiness.com](http://www.ovbusiness.com) and click on the real estate section for these listings.

Listings available to realtors and non-realtors.



### Looking For A Family Home

The Family Home Program is a residential service that matches individuals with intellectual disabilities with people who can to provide a caring, stable home environment.

Currently we are assisting a young man in his late 20's to hire another person or couple to share their home and provide daily living support on a transitional basis leading up to full time. Reimbursement is provided at a daily rate paid monthly.

Family Home may be for you if:

- \* you have a spare room or granny suite
- \* you have considered having a roommate to share time and household expenses
- \* you would like to make a difference in a rewarding way

Contact:

Suzie Desjarlais  
Phone: 613-735-0659 ext. 116

[suziedesjarlais@communitylivingupperottawavalley.ca](mailto:suziedesjarlais@communitylivingupperottawavalley.ca)

Community Living  
UPPER OTTAWA VALLEY

## Garage Sale

Saturday, June 20 | 7:30am-1:00pm

Fun for the whole family with bouncy castle, entertainment, raffle, water balloons, bake sale and more.  
Meet the new OPP members.

Purchase a table for \$25.

Call: 613-735-0659 to reserve.

894 Pembroke Street West, Pembroke

## It's A Fact

### Reality Check: Mental Health

**20%**

Percentage of Canadians who experience a mental health or mental illness issue in any given year.

**\$50 Billion**

The cost of mental health and mental illness to the Canadian economy annually.

**4,000**

The number of Canadians who die every year as a result of suicide.

**70%**

Percentage of young adults living with mental health problems who reported symptoms in childhood.

**30%**

Percentage of short and long term disability claims in the workplace caused by mental health problems.

**\$6 Billion**

Cost in loss of productivity due to absenteeism and presenteeism in the workplace.

**60-70%**

The percentage that rates of serious mental health problems among federal offenders upon admission have increased since 1997.

**63%**

Percentage of people who had been hospitalized for depression who had a follow-up with their doctor.

**99%**

Percentage of people who had been hospitalized for heart failure who had a follow-up with their doctor.

Source: Mental Health Commission of Canada



# The Capacity To Endure

## How to ensure you can sustain your marketing



MARKETING

By: Jennifer Layman  
jenn@fwdthink.net

Sustainability. It is a term that means different things to different people; depending on the context they are using it. I found one of the best definitions with Wikipedia: sustainability is the capacity to endure.

The capacity to endure is really the mantra of business. We wouldn't be in business if the goal was not to endure. When you plan anything with your business, including marketing, it should be focused on sustainability.

The main reason marketing initiatives are not sustainable is because they are impulsive.

### Impulsive Excitement

Imagine going to a seminar and hearing a speaker who really connects with you. You leave the seminar with your head spinning with ideas to implement. So, back to the office you go to jot down all the new things you are going to do and you get started.

A week later, it's a different story. Maybe you followed through on one or two things, and most likely you didn't. Then regular life kicks in and all that momentum is lost.

### Being Sustainable

For marketing to be sustainable, you need a bit of a blueprint. You need to think through some of the items that sparked your interest, and see what specifically it was that connected with you. Then, you will figure out the ideas that are most worth pursuing, with the goal of being sustainable. While it's enticing to react,

take a moment to think out these things and you will have a much more enduring result.

### Forced Impulsive

Another factor that encourages impulsive marketing are "deals." These could be media deals from sales reps, or the opportunity to apply for grants. These two things make you feel you need something, even if you haven't thought it out. The problem with these forced impulse situations is that when the deal is over or the grant ends, usually, so does the marketing. Then, you're right back where you started, wondering why you can't get ahead.

This scenario tends to force you into another deal or grant to keep up the momentum. Once again, you need to think beyond the timeline - what will happen after the deal ends or the grant is over? How will you continue when this is

over? A blueprint can help.

### Drafting Blueprints

A blueprint is a simple plan of how things will continue with marketing. The key is to think beyond the impulse.

Once you have a Facebook page, who will take on the role of updating it? Once the deal is over, how will you continue to promote to customers? When it comes to grants, how will you continue the work after the grant is over?"

Go to seminars, apply for grants and be excited about marketing ideas. To really make your time pay off, do the next step about making this work help your business or organization have the capacity to endure.

### Note: RC Rant

Thanks for the comments on the Renfrew County rant. If nothing else, we have each other!

*Jennifer is the president of Forward Thinking Marketing in Petawawa. Her column appears every issue.*

If you want to explore new places,  
you have to leave the shore.

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August 20, 2013  
Regular Edition of Ottawa  
Valley Business  
Deadline: August 14,  
2013