

# CARLETON PLACE & DISTRICT CHAMBER OF COMMERCE

# CHAMBER CHATTER



**Welcome our newest members!!!!**

## **Gilks Trophies and Signs**

Watch for the Grand Opening of this family run business in downtown Carleton Place on May 1. Serving customers in the Ottawa Valley since 1982 Karen and Gary Gilks along with daughter Donna and granddaughter Mallory are excited to be setting up shop in town. Their product line will include skate wear and dancewear, dresses, tights, leotards and accessories as well as shoes for jazz, tap, ballet, highland and step. They will also feature silk screening, team wear and on site embroidery as well as trophies and signs..

**Gilks Trophies & Signs is located at 163A Bridge St.**

**613-253-5558**

## **Message from the President**

This weekend I gave in to the inevitable and put away my snow shovel. Every spring we Canadians give in to all the rights of passage; we exchange winter coats, boots and sweaters for cooler clothing, and remove our snow tires. We take out our garden furniture and do our spring garden cleanup.

These are all necessary activities to prepare for the warm weather to come. I admit that I feel great personal satisfaction from clearing out my shed and doing my "spring cleaning".

These activities are intended to prepare us for the good weather ahead. If your summer tires are a bit ragged, you replace them. Perhaps there is a wobble to your deck railing- you can repair it or perhaps you will be considering a more challenging project and making larger changes to your backyard. Are you getting the itch to move and dropping in on open houses in the neighbourhood?

So what does this mean to you as a business owner?

Depending on what business you are in, you may be gearing up for a busy season ahead, or slowing things down. Your staffing needs could be changing. You may be looking at expanding your business.

All of these things make it a great time to review your task lists.

There is a reason for these tasks and you expect a specific outcome from them. When did you last review your processes? Do you know what outcome you are looking for and how you will measure success? Are you open to bringing in a fresh set of eyes to give you feedback? Have you surveyed your clientele to find out how you measure up? How about surveying your staff? Do you have a solid understanding of what their needs are, and have you identified what is changing in your sector and how you are going to adapt to it?

I'm not proposing a big 180 degree turn in how you approach your business- you might find that everything is running along just as it's meant to. Change just for the sake of change isn't the answer either- some would argue that everything eventually comes back into style (heaven help us!)

So take some of that "spring fever" we're all feeling and channel it into something new.

I'll look forward to hearing how you've survived your "spring fever" at the upcoming Carleton Place Consumer Showcase Trade Show on May 15th and 16th.

See you there!

Cindy Hobbs



## Office Update

# AGM / Casino Night A Great Success

Thank you to everyone who helped to make our Annual General Meeting and Casino Night a wonderful success.

The event held at the Canoe Club was attended by many local business owners, town councillors and town employees. The night kicked off with some networking and tasty appetizers.

President Cindy Hobbs highlighted many of the Chamber's accomplishments over the last year including our move to the new digs at the old train station, an increased number of networking events and the success of the Annual Golf Tournament in support of the Juvenile Diabetes Research Foundation.

Vice President Tracy Lamb presented an overview of the role of the Tourism Team including the Chamber's role in the rebranding of Carleton Place and the publication of the Community Guide, then Treasurer Janet Foster presented the financials.

Ian Edwards of Carleton Auto Parts was named the Chamber of Commerce Business Person of the Year. Carleton Auto Parts is a family owned business that employs more than 16 staff at three locations locally. Edwards has lived in Carleton Place for most of his life and has been very involved with the CPDMH Foundation and an active volunteer in the community.

Lesley Musker of 53 Colours was also recognized at the event for her ongoing role in the community and was presented with The Presidents Award by Cindy Hobbs.

The night wrapped up with some games of chance and a chance to win some great prizes donated by members. Carolyn Arnott of Staples won 4 tickets to see the Ottawa Senators, generously donated by the EMC, Tracy Latrielle of CP Manor and Ben McNeely of Kelly, Huibers and McNeely each won 2 rounds of golf at The Canadian Golf & Country Club, Liz Taylor also of CP Manor took home tickets to see the Mississippi Mudds performance of High School Reunion and Ina Jackson won 4 tickets to the upcoming Cottage & Big Backyard show.

Congratulations to all and thank you for supporting the Carleton Place & District Chamber of Commerce.



The 2010 Board of Directors: (from left to right) Jackie Kavanagh—Office Manager, Tracy Lamb—Vice President, Ina Jackson—Director, Cindy Hobbs—President, Donna O'Donohue—Past President, Lind Pond—Director, Carolyn Arnott—Director, Michael Cimilyna—Director, Sunny Briden—Director, Janet Foster—Treasurer.

Special thanks to our table sponsors for the event:





132 Coleman St.  
Carleton Place Ontario  
Phone: 613-257-1976  
Fax: 613-257-8170

We are on the web!  
[www.cpchamber.com](http://www.cpchamber.com)



### Upcoming Events:

**Wednesday April 7th: HST and your Business.** 8am -9:30am. Special Guest Speaker will be Yasir Naqvi, the Parliamentary Assistant to the Ontario Minister of Revenue. Find out how to prepare for the HST and what it means for your business. Carleton Place Canoe Club. Cost is \$10 and includes continental breakfast. RSVP to Jackie at the Chamber Office 257-1976 or Cathie McOrmond at the BIA 257-8049.

**Thursday April 15th: HST and your Business.** 6:00pm-8:30pm Town Hall Auditorium. Canada Revenue Agency will be on hand for a Free Seminar on preparing for the HST. RSVP to Cathie at the BIA 257-8049 or Jackie at the Chamber 257-1976.

**April 19th-25th**-Annual BIA Pitch In Week: For more information on how you can pitch in and help your community please contact Cathie McOrmond at 613 257-8049 or [cmcormond@carletonplace.ca](mailto:cmcormond@carletonplace.ca)

**Wednesday , April 14th:** will see the return of the **Get Active! Community Fitness Challenge** at the Heritage Community Fitness Centre. Registration forms and other details can be found at <http://www.carletonplacehospital.ca/hospitalevents.aro>

**Thursday, April 22nd,** from 1pm to 5pm, IDA Carleton Place Drugmart located at 47 Lansdowne Avenue will be holding an Osteoporosis Clinic/Bone Density Screening Day. The "Invest in Your Health" promotion is aimed at raising awareness of the importance of bone health and to provide patients with related educational materials. Call 613-257-1414 to book your test.

**April 23, 24, 30, May 1st, High School Reunion, A Mudds Original Musical:** At the Town Hall Auditorium. Tickets now available at the Information Centre, Gallery and Gift Shop, 132 Coleman St.

**May 15th: Farmers Market First Annual Gigantic Garage Sale** -corner of Lake Ave and Beckwith-buy, sell or trade household items-partial proceeds of this event to support Carleton Place & District Memorial Hospital.

**May 15/16th: CP Arena, "Carleton Place Consumer Showcase"** Tradeshow. An expanded version of our Business Expo, get your booth early, spaces have sold out 2 years in a row! This event is FREE for the public to attend! Contact Jackie at 613 257-1976 or [jackie@cpchamber.com](mailto:jackie@cpchamber.com).

# WHAT YOU NEED TO KNOW ABOUT THE HST!!



On July 1, 2010 the PST is being combined with the GST to create a federally administered harmonized sale tax at a rate of 13% called the HST. This will be a big change for small business – ARE YOU READY?

On **Wednesday April 7<sup>th</sup> and Thursday April 15<sup>th</sup>** the Carleton Place BIA and the Carleton Place Chamber of Commerce will present seminars on the implementation of the HST.

**Wednesday April 7<sup>th</sup>, 8:00am – 9:30am:** Carleton Place Canoe Club. MPP Yasir Naqvi, Parliamentary Assistant to the Ontario Minister of Revenue will provide an overview of Ontario's Comprehensive Tax Package as it pertains to your business.

Topics of discussion will include: how Ontario businesses can prepare for HST implementation, the application of the HST, transitional rules and general background on the HST as well as the new rules on Corporate Income Tax, Capital Tax and the Small Business Deduction Surtax.. Cost is \$10 and includes Continental Breakfast.

**Thursday April 15<sup>th</sup>, 6pm to 8pm:** Town Hall Auditorium – The Canada Revenue Agency (CRA) is offering free seminars to help businesses make a smooth transition to the Harmonized Sales tax (HST) in time for July 1, 2010. Find out what steps you need to take to prepare for the changeover and how the HST will affect your business.

To RSVP for either of these events please contact Jackie Kavanagh at the Chamber of Commerce 257-1976 or Cathie McOrmond at the BIA office 257-8049

## CARLETON PLACE CONSUMER SHOWCASE is coming May 15th/16th Don't Miss Out..... register today....



### CARLETON PLACE CONSUMER SHOWCASE REGISTRATION

May 15/16<sup>th</sup>, 2010

*Location:*

Carleton Place Arena, Neelin St, Carleton Place

*Carleton Place Consumer Showcase will provide you with:*

- Face to face contact with local residents
- Exposure through advertising
- Parking
- Company name, phone number and website address in the show guide and on website
- Show badges
- Exhibitor space

**2010 Contract**

**Company**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Website \_\_\_\_\_

Contact Name \_\_\_\_\_

**Product/Services to be Displayed**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Your Booth Choices**

1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

**Exhibit Space Assigned**

\_\_\_\_\_



Booth Rental :	\$150.00 for members
Booth 1 - 11 inclusive,	\$185.00 non members
14-24 inclusive, and 27-48 inclusive	
Booths 12/13/25/26	\$585.00 members
	\$625.00 non members
Electricity – please let us know your electrical requirements -	
Outside Display	125.00 for members
	150.00 non members
Booths are 10ft x 10ft. Exceptions are Booths 12/13/25/26 which are end booths and are 40 x 15ft. We supply 1 table and 2 chairs to each booth. We do not supply, draperies, linens or skirting	
Please make cheques payable to The Carleton Place Chamber of Commerce and mail to 132 Coleman St, Carleton Place, ON, K7C 4M7. Contact Jackie Kavanagh at 613-257-1976 with any questions.	

<b>Booth Size</b>	
10 x 10	\$ _____
40 x 15	\$ _____
	Plus GST \$ _____
	Balance \$ _____
Payments by Cheque – (full Balance due at time of booking)	
Payments by Credit Card	
Mastercard	VISA
Card number	Expiry Date
Name on Card	3 digit security #

# MORE NEW MEMBERS....



## The Yoga Station 613-253-YOGA

Spring is a time of change, renewal and hope. It is a time when optimism blossoms. We hope that we can help you cultivate this energy of positivity, renewal and health at the Yoga Station. Located in the heart of Carleton Place, the Yoga Station is Carleton Place' premiere Yoga Studio offering over 25 classes a week for beginners and more advanced practitioners alike.

Some of the most enlivening and strengthening experiences occur when we are surrounded by a community of people who are taking steps towards leading more balanced, health and rewarding lifestyles. Whether you can benefit from decompressing after work, strengthening the core and toning, or finding a meditative stillness in the marriage of breath and movement, we have something for you...

You are now welcome to become part of the heart of Carleton Place at the Yoga Station located in the Beautiful Heritage Train Station where your Yoga mat and new friends await!

## Carleton Place Positive Change Centre : Offering Counselling for Individuals, Couples, Parents and Families,

173 Park St, Suite 4, 613-451- 0139

With over 25 years of experience in all aspects of child, teen, couple, parental and family counselling, Allison Adamovits is a member of the Ontario Association of Social Workers and is registered with the Ontario College of Social Workers and Social Service workers.

She offers counselling and consulting in the following areas: Therapeutic Family Mediation, Parent and Teen Conflict Resolution, Parenting Strategies, Counselling for Cancer Patients and their Families, Life Coaching and Recovery from Loss.

**H&R BLOCK®**

**Tax time is upon us once again and Laura Forbes, H&R Block is offering members and their employees a 10% discount on tax preparation services.**

**Please contact the Chamber office for more information!**

**If you are willing to participate in our Member 2 Member benefit program, please contact the office!**

## TOURISM UPDATE

### Information Guide:

The 2010 Carleton Place Information Guides is now available!!

To obtain extra copies of the Guides, please contact Jackie at the Chamber of Commerce/ Information Centre, Gallery and Gift Shop at 613 257-1976.

### Cottage & Big Backyard Show:

The Chamber of Commerce and Tourism team will be on site handing out our new guides and promoting Carleton Place at the 2010 Cottage & Big Backyard Show which runs from April 9-11th at Lansdowne Park. We are looking for volunteers to help out! If you have a few hours to spare on any of the show dates please give Jackie a call at 613 257-1976.



Do you know of someone who is doing great things in our community? Let us know! We are always interested in hearing about businesses and business owners who are making extra efforts to support and be involved in the community that we live in. Send us their info so that we can profile them in our monthly newsletter!