

CHAMBER CHATTER



Message from the President



For the last few weeks I have been manning two posts in my “day job”. I am sure we’ve all been in situations where scheduling is outside of our control and we’ve had to find a way to move outside of our normal routines and somehow find additional hours in our day.

This does of course require flexibility; what would make the most sense from an efficiency review doesn’t always fit in with the practical needs of the day and the last minute surprises that can pop up on any given day. I’ve been lucky to have to make this work within a very small geography; unlike many who work between two places, this has only required me to move between Almonte and Carleton Place.

What I’ve discovered is that you can’t really fulfill two full time roles with one full time schedule (surprising, isn’t it?). As time moved forward, I had to decide what was absolutely a priority and what would have to take a back seat. If you’re a student, and you have to choose to spend time on a project worth a third of your mark, or study for a pop quiz that might roll out to be worth a few percent, odds are you are going to get that project done. Buy groceries or wash the car- groceries will probably win out. Sometimes the decision you make is based on whether you’ll do something you are dreading or something that you’ll feel really good about- much tougher choice.

In our personal and professional lives, we make these decisions endlessly throughout our day. Some of these happen without conscious thought- we aren’t even aware we are making them.

Now I’m moving back to wearing one hat- I’ve realized that this has been a great opportunity- not only have I recognized that I work with great teams, patient and supportive people who share my vision of not just doing a job, but doing it well, but I’ve been able to take a look at what fills my day and what needs to stay constant, and what needs to change.

I’ll be reviewing my routines to make sure I don’t slip back into some of my old habits- not only do I recognize what is truly non-negotiable in my life, I also realize what I need to let go. Some of the adjustments to routines have been much better for me, for my clients and for my team members- I’ve been more efficient, more available for the “important stuff”. I also recognize the things that have been temporarily shelved that need to be put on my top five list and remain there. If you are lucky enough to have not been given this type of challenge, take a step back and look at your day and its routines. If you lost half of the hours in your day, what would you change? What would you keep? If you have been struggling with your schedule or routines, what can you let go; where can you make changes with your expectations for yourself, your family, your colleagues and your clients? Make a list- what does your real day look like? Is checking your email throughout the day distracting you from the task at hand- should this become a beginning and end of day scheduled task? Is there someone who is better suited to take on a job- someone who has the skills to complete it more quickly, leaving you to tackle something else that has risen to the top of your to do list?

We are often quick to embrace routines- these can be fabulous, keep us on track, give us a sense of purpose; but life is always changing and it’s sometimes ok to go with the tide.

Take a look at your day- find one thing that will give you an extra half hour of time for you- use it to expand your skills, take care of something that has been begging for your attention, take a nap; whatever is important to you! You are the captain of your ship,

I salute you!

Cindy Hobbs, President

CHAMBER CHATTER OFFICE UPDATE

Office News / Wrap

September has been an incredibly busy month at the Chamber of Commerce offices at 132 Coleman St. (hence the lateness of this newsletter)

The month started out with ticket sales for the hugely popular Arts Carleton Place fundraiser "Sounds of Downtown". We were also kept busy getting all the details in place for the annual Chamber of Commerce Golf Tournament which was held at the Canadian Golf & Country Club (more on that later)..

In addition, we have had some staffing changes in the office with the addition of two new team members.

Kaylene Loyer has just started on as a Tourism Ambassador in the Information Centre. Kaylene can be found in the Gift Shop on weekends. So come on in and meet her,

Also new to the Chamber is Office Administrator, Cathy Pretty. Cathy started with us initially in a work placement through Algonquin College. She caught on quickly and we just didn't want to let her get away.

Cathy works Thursday, Friday and alternate Wednesdays in the Chamber Office.

Welcome to both of them.

MEMBER TO MEMBER BENEFIT OPPORTUNITIES:

We are always looking for ways to make your membership with the Carleton Place Chamber of Commerce more beneficial and profitable..

We are now introducing a new program that can help you save money when you purchase products and services from other Chamber members. The more members who participate, in the program, the more cost savings to you!

Please take the time to consider what kind of promotional discount your company can offer to other Chamber members. It could be 10% off all services, a free consultation or even a coupon for a free service. We hope to launch this program in September when we launch our updated website. For more info give me a call at 613-257-1976..



All Candidates Night

The Carleton Place & District Chamber of Commerce
Invites you to
Municipal Election

All Candidates Night

to discuss the issues that matter most **to you.**

WHERE: Neelin Street Community Centre (Arena), upper hall
Meet the candidates for the positions of Mayor, Deputy Mayor, Councillor and Trustee

WHEN: Wednesday, October 13, 2010, 6pm – 9pm
Doors will open at 5pm

Sponsored by the Carleton Place and District Chamber of Commerce
Phone: (613) 257-1976



Make Your Vote Count!

Carleton Place and District Chamber of Commerce
need your questions for the candidates for All-
Candidates Night on **Wednesday, October 13, 6-9 p.m.**

Your question for the candidates:

Drop off or mail:

Carleton Place & District Chamber of Commerce
132 Coleman Street, Suite B
Carleton Place, ON K7C 4M7
E-mail us: manager@cpchamber.com Phone: 613-257-1976

The Chamber of Commerce and BIA
present a Small Business Week
Networking Event: Thursday October 21st,
Town Hall Auditorium

Please join us for an interesting and informative session hosted by Jennifer Debruin of Articulation.

Topics to include "guerrilla marketing" - gain new perspectives, strategies and ways of maximizing the investment you make in your marketing. Balance or Burnout—Maximize your success by creating a balance between life and work.

For more information or to register please contact Jackie at the Chamber office 613-257-1976. Members \$10, Non members \$15 includes continental breakfast.

Upcoming Events

October 1st plan to attend the Findlay House Concert Series. Juno award winning Julian Fauth will be playing some fine piano blues. Showtime is 8pm, cost \$15, location 207 High Street. RSVP mactavishheather@gmail.com or 613-253-0153.

October 2nd: Carleton Place Farmers' Market Harvest Festival. The last Hurrah of the Market season is the Harvest Festival. Enjoy local produce, baked goods, along with live music, farm animals, and games for the children. Located at 7 Beckwith Street (corner of Lake Avenue East): 8 a.m. to 12 p.m.



Saturday, October 2nd Town of Carleton Place Cenotaph Rededication Ceremony - a parade from Town Hall to Memorial Park 12:40 p.m. and re-dedication of the Cenotaph at 1 p.m. Unveiling of "Veterans Way" will also take place. All veterans and public invited to attend, support our veterans with your attendance. Reception to follow at the Branch #192 of the Royal Canadian Legion. For further information call 613-257-1727.

October 2nd The Good Ole Hockey Kick-Off Dance at the Carleton Place arena. Entertainment will include music by Double Back prizes will be available all evening. Tickets can be purchase at the Carleton Place arena, Mac-Donald Sports or Bob White 613-253-5046.

October 2nd: The Diplomats" are performing at St. James gate from 8:30-10:30 pm, no cover charge



October 13th: All Candidates Meeting. The Chamber of Commerce proudly presents an evening to meet the candidates who are running in the municipal election. 6:00—9:00 pm at the Carleton Place Arena.

Kingsway Arms @ Carleton Place Manor invites you to our Fundraiser for At-Home Hospice Thursday October 21st 7:00 pm 6 Arthur St 613 253 7360 LIMITED SEATING Donations at the door, raffles, 50/50 Doors open 6:30

October 23rd: Masker aid Parade. Sponsored by the BIA in aid of the Lanark County Food Bank. Business people and community come in costume to celebrate Halloween. The community participates by walking, entering a float, or by being spectators. Parade begins at 7 p.m. Contact phone: 257-8049

October 25th: MUNICIPAL ELECTION DAY—don't forget to get out and VOTE!



October 30th: Harvest Craft Show. Annual charity event hosted by the Captain Hooper Chapter of the IODE featuring a full day of crafts, lunch, door prizes, and snacks at the Carleton Place Arena upper hall. Get a jump start on your Christmas shopping.



Golf Wrap Up and "Thanks"

Despite concerns of rain and a wet start to the day, Carleton Place & District Chamber of Commerce members and local council representatives hit the links at the Canadian Golf & Country Club last Monday in support of the Chamber of Commerce and the Juvenile Diabetes Research Foundation. Monies in the thousands have been raised and will go to these two organizations.

Golfers got drenched in the first hour of the tournament in a torrential rain shower that lasted about 20 minutes. After that the skies cleared and the sun prevailed for the remainder of the day.

Tomahawk Technologies was on hand at hole #8 offering players the chance to partake in a ring toss in support of the student bursary program and a chance to win a variety of prizes. Michael Cimilyan of Tomahawk collected a total of \$350.00 for the Bursary program which will benefit students from Carleton Place High School and Notre Dame Catholic High School that are moving on to post secondary education in the field of Business.



Back at the clubhouse, prizes were awarded for low score which went to the TD Canada Trust team as well as most honest team, made up of players from McIntosh Perry Consulting Engineers. A number of items were raffled off and the day wrapped up with a fantastic dinner and silent auction.

Both the EMC and the Canadian/Gazette participated as Gold Sponsors. CIBC was a Silver sponsor and CH2M Hill and Bulk Barn were Bronze sponsors. Giant Tiger provided the goody bags for the event and Shoppers Drug Mart donated water.

Thanks again to all of our sponsors, everyone who helped and/or participated in this meaningful event. See you next year!

BIG Thanks to all of our Sponsors!

Gold Sponsors

Performance Printing—EMC
Carleton Place Almonte Canadian Gazette

Silver Sponsors

CIBC

Bronze Sponsors

Bulk Barn
CH2M Hill

Hole Sponsors

Capital Home Staging & Design
Carleton Place Breakfast Club
Carleton Refrigeration Heating & Air Conditioning
CIBC
Collins Barrow
Mopani
TD Canada Trust
Tomahawk Technologies Inc.

Don's Meat Market



Welcome to our New Members



Tijuana Tilly's Cantina.

"Exotic Mexican to Southwest smokehouse flavours"

Tijuana Tilly's Cantina can accommodate small and large group gatherings from their extensive Mexican menu. They are also fully licensed for catering. Watch out for some great changes to their menu including more smoke house favourites.

Located at:

10470A Hwy #7
Carleton Place
Phone: 613-257-1700
Fax: 613-257-6012

The atmosphere is family-oriented and festive and you're sure to have a great time. Special kids menu and drinks.

All meals prepared with fresh local meat and fresh seasonal vegetables when available and all menu items are hand-made daily.



STONEFIELDS Heritage Farm is a newly-designated Event Destination

for corporate retreats, special events, private parties, community functions and weddings. Set on a pre-confederation farm with 120 acres, **STONEFIELDS'** rich heritage dates back to 1816 when it was first settled by the Hawkins family. Since that time, the property has evolved into a charming country retreat.

STONEFIELDS is located in Carleton Place just 40 minutes from downtown Ottawa and 20 kilometers west of the capital's high-tech sector. The property provides a beautiful backdrop for corporate events and special occasions, with ample room for meetings, celebrations and recreational pursuits.

The property features a stone farmhouse built in 1857 that can be rented for corporate retreats, special occasions and private dinner parties. For outdoor venues, **STONEFIELDS** offers you exclusive rental of the property including white-tent packages.

We are proud to partner with local merchants to provide you with a full range of services ranging from catering to music, photography, event planning, décor and entertainment services.

Stephanie Brown & Steve Malenfant - Owners

STONEFIELDS HERITAGE FARM INC.
1985 9th Line, Beckwith, Ontario K7C 3P2
Phone: 613.253.3313

Email: info@stonefieldsheritagefarm.ca
www.stonefieldsheritagefarm.ca



**Weight loss –
designed with
you in mind**

"Each Herbal Magic weight loss program combines real food, a personal coach, and natural products. It is the combination of these important program elements, along with your personal motivation, that delivers lasting results. Each program is customized to meet your specific needs, and you're given the information and tools necessary to help you lose weight and keep it off.

We also conduct in-depth consultations with you before you sign up for any program to ensure that your health concerns, medical conditions, and current medications are considered and accommodated.

With the help of our experts and your personal coach, you'll find the program that's right for you."

Herbal magic Carleton Place is pleased to offer special discount rates for all Chamber of Commerce members.

Located at:
**355 Franktown Road, Unit 9
Carleton Place**