



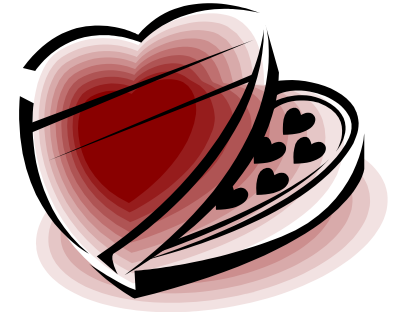
CARLETON PLACE & DISTRICT CHAMBER  
OF COMMERCE

## CHAMBER CHATTER

### Message from the President

Congratulations to all of you. You deserve a boisterous pat on the back. We have all survived "Blue Monday"- January 17, apparently the most depressing day of 2011.

Cliff Arnall, a British psychologist, has worked out a rather involved calculation to identify it. Think of a date that falls on one of our coldest, greyest days; at the far side of a plethora of holiday cheer; about the right time for our holiday credit card statements to arrive; and probably right around the day when we've crashed and burned our last New Years resolution. And I'm sure I don't need to remind you that it's a "Monday"...



Hey there, buck up buddy!! You're missing the key point here- you've SURVIVED it. It's now in the past, gone, kaput. A bit more daylight coming our way; fewer days left till the shovel goes back in the shed (though I did break the handle on mine this weekend trying to knock an icicle from my eavestroughing). Some of you are heading for a winter vacation or enjoying the lingering tan you got while you were away, and many of you are counting the days till March break- though perhaps those of you living with teens may not be so excited about it.

The Christmas tree has been picked up from your front lawn and you've finally traded in that leopard print Snuggly from Aunt Bernice for a DVD of season one of Jersey Shore.

Celebrate, life is good, look to the horizon. I think I see the fresh blush of a new dawn.

We're intelligent people- lets take a peak at what we've learned.

It's not necessary to go back to the dessert table at Christmas dinner 3 times. It's only a few days till our next holiday- come on "Family Day". Your boss doesn't remember your lengthy lecture you gave him at the end of the staff Christmas party (for that matter, neither do you!). And you should never throw your shovel at a dangling icicle.

Let's not forget that without a "Blue Monday", or "Terrible Tuesday" we'd never be able to fully appreciate a "Wonderful Wednesday".

Take the bull by the horns, live in the moment, smell the roses.....get the picture?

We live and hopefully we learn. Let's walk down that path together.

Cindy Hobbs

## Office News / Wrap

Thanks to all who braved a very cold morning to attend our January networking event. Tracy Lamb of Mopani Communications gave inspiring talk on the value of creating an experience that your customers will remember. Providing personal service and making sure that customers are happy and satisfied can go a long way in ensuring that they become repeat customers.

Also a big thanks goes out to Ernie Rowe and Brenda MacDonald Rowe for letting us use the space OnStage at Ernie's for this event. And thank you to Ralph Shaw of Century 21/Mortgage Alliance for providing us with a hot breakfast.

In February we hope that you can join us for our monthly networking event at Buster's Bar & Grill. This exciting evening of "Speed Networking" will give business owners the opportunity to "pitch" their services to other Chamber members. Individuals will rotate through the group and have the opportunity to talk with everyone in attendance to find out more about their services.

This event will be restricted to the first 24 to RSVP. Come on out with your business cards and take this opportunity to get some quality face time with some of our other members. This event will take place from 7pm—9pm on Wednesday February 23rd.



Preparations are also underway for our Annual General Meeting which will take place on March 31st at Tilly's Smokehouse.

Tilly's head chef Roger Weldon promises some memorable food experiences. We will also get you up to date on all that the Chamber has been doing over the last year. This promises to be an exciting evening. Entertainment provided by Brock Zeman.

Keep checking back to our website for the latest information, or give us a call at the office anytime with your questions.

**Jackie and Cathy**

### 2010 Business Person of the Year Award

The Carleton Place & District Chamber of Commerce annually recognizes an area business or business person that has exhibited excellence and leadership in our Community.

Recognition will be given based on three primary areas:

#### Business Impact

- \* exhibits growth, sound management practices and ethical business practices
- \* is innovative with product or service area

#### Community Impact

- \* is a member of the Carleton Place Chamber of Commerce or a business in the area
- \* has been in operation three years or more
- \* demonstrates job creation and commitment to workforce in the area
- \* provides community leadership and is involved in community activities

#### People Impact

- \* promotes diversity in the workplace
- \* provides family oriented benefits, along with concern and commitment to employees and their families
- \* encourages employees to contribute to the community and provides opportunities for them to do so

**Nominate someone today! Deadline for submissions is: February 28th, 2011**

**For more information 613-257-1976**

### Canada Summer Jobs 2011 Bulletin

Canada Summer Jobs is a Government of Canada initiative.

It provides funding for not-for-profit organizations, public-sector employers, and **small businesses with 50 or fewer employees** to create summer job opportunities for students between the ages of 15 and 30.

**Employers must submit applications for funding from February 1, 2011 to February 28, 2011.** As of Feb 1/11 application forms and the applicant guide will be available online at [www.servicecanada.gc.ca/csj2011](http://www.servicecanada.gc.ca/csj2011) or any Service Canada Centre.

Employers will be able to submit their applications online, by mail, or in person at any Service Canada Centre.

The assessment of applications will be completed in April 2011, so that students can begin working starting May 2011.



Call for Directors The Carleton Place and District Chamber of Commerce is a non-profit organization with the following objectives:

- \* To serve the community and its business interests
- \* To provide information services to the public, specifically as it pertains to business, industry and tourism
- \* To work with all parties necessary towards the betterment of the community
- \* To attract industry and tourism to the community while encouraging and promoting existing businesses
- \* To maintain a focus on key issues and concerns and offer assistance to solve those problems

We are currently accepting application and nominations for the position of Director on our Board of Directors. In addition to attending monthly Board meetings, our Directors participate in and help plan several yearly functions including the Annual General Meeting, the Chamber's Golf Tournament, Christmas Wine & Cheese, and various Networking Sessions.

If you are interested in joining our team as a volunteer, please forward your letter of interest or nomination to the Carleton Place & District Chamber of Commerce at 132 Coleman St, Carleton Place, On, K7C 4M7 or call our office at 613 257-1976 for more information..

The Carleton Place & District Chamber of Commerce is proud to announce, on behalf of the Ontario's Highlands Tourism Organization (OHTO), that *Disney Institute* is bringing its renowned professional development program, "Disney's Approach to Quality Service," to Haliburton, Madoc, Perth, and Renfrew, Ontario on March 7 to 10, 2011.

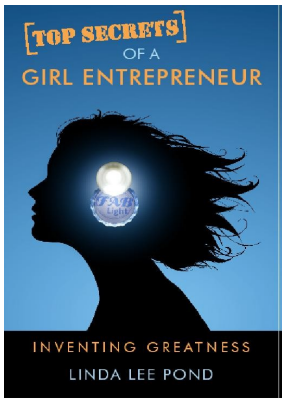
Each full-day event will teach professionals how to exceed customer expectations using a well-defined service infrastructure, ongoing research and service standards. This day of Disney training will offer dozens of easy-to-implement, proven ideas that can help transform an organization.

**"Disney's Approach to Quality Service"**  
hosted by the  
**Ontario's Highlands Tourism Organization**

**Monday, March 7, 2011 – Haliburton, ON**  
**Tuesday, March 8, 2011 – Madoc, ON**  
**Wednesday, March 9, 2011 – Perth, ON**  
**Thursday, March 10, 2011 – Renfrew, ON**

Each session is \$50 + \$6.50 HST. Tickets are available exclusively to members of the OHTO until February 20, 2011, after which any remaining tickets will then be available to the general public.

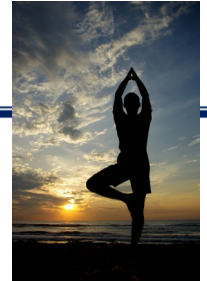
# For Your Information...



Thank you to all who ventured out last week during the 'storm to end all storms' in order to attend the Book Launch of Linda's new book, *'Top Secrets of a Girl Entrepreneur'*.

For those who missed it, and would like to come and meet Linda - and perhaps pick up a signed copy - please join us between 1-3pm this Saturday February 12th

READ'S BOOK SHOP,  
Lansdowne Ave Carleton Place



## Bliss Yoga Weekend at The Barn

Instructor: Christine M. Dixon, Registered Massage Therapist  
February 18-20, 2011  
Cost: \$275\*

This relaxing and restful residential weekend begins on Friday evening at 7:30 with a two-hour yoga class. On Saturday there are two two-hour yoga classes, one in the morning at 9:30 and one in the afternoon at 4:00. On Sunday there is a two-hour class at 9:30 am.

Svaroopa® Yoga is the name of the style of hatha yoga (physical poses) we practice. The emphasis is on releasing tension in and around the spine, starting at the tailbone and sacrum and working up through the body. Postures are held for 3 to 5 minutes and props are often used to assist the student to release into the posture. Bliss arises by working with the body with precision and compassion, while promoting mental and physical healing, transformation and transcendent experience.

Gourmet vegetarian chef Tanya Wodicka prepares delicious vegetarian meals, beginning with breakfast on Saturday and ending with lunch on Sunday.

The Barn is located on 75 acres of scenic meadows and forests bordered by a lake, a river and the Gatineau Park just north of Ottawa. Opportunities are available for snowshoeing, cross-country skiing or hiking. Reading, being silent or conversation with other participants are other options. Doing nothing is also highly encouraged.

Christine M. Dixon, Registered Massage Therapist has been studying yoga for over twenty years and has been teaching for the past fourteen.

\*All profits from the weekend will be donated to Clear Sky Meditation and Study Center. <http://www.clearskycenter.org>.

### Spring Yoga Session

10 weeks

March 8 to May 10, 2011

Tuesdays 1:00pm to 2:30pm

Cost: \$125

Location: Small Upper Hall, Carleton Place Arena

At present, there is no evening class scheduled. However, if sufficient people (10) show interest, an evening session will be added Thursdays 7:30pm to 9:00pm during the same weeks (March 10 to May 12). Same cost. Same venue.

Registration: Christine Dixon, [cdixonrmt@acanac.net](mailto:cdixonrmt@acanac.net) or 613-257-3632



**Congratulations** to **Tim Horton's** on the opening of their new location at the corner of Franktown Road & Coleman Street.

(nice & close to the chamber office!)

# visiting with your fellow Members

## CP Cinemas offers Big Screen Advertising!!!

We are offering businesses & professionals the unique opportunity to buy the most effective, inexpensive advertising possible!

For mere pennies-per-person you can advertise your business or service in a vivid, larger than life format to a receptive (& "captive" audience).

Call Ernie Rowe at 613-257-8715 (leave a message) or email [ernie@cpcinemas](mailto:ernie@cpcinemas) for all the details.

**Big Screen Advertising: NOW AVAILABLE ON BOTH SCREENS!**

## on Occasion

*We Plan Parties with Panache!*

*Our mission at On Occasion Event Planning is to make your special event stress-free & the most memorable.*

*Our services are performed by professional, dedicated event planners that provide the Carleton Place & Lanark County area with the opportunity to have a full range of Event Planning Services & Party Equipment.*

*Let On Occasion take the stress away from planning the perfect event for you!*

*We specialize in Weddings, Gatherings, & Corporate Events.*

613~852~0347 [www.onoccasion.ca](http://www.onoccasion.ca) [caonoccasion@mail.com](mailto:caonoccasion@mail.com)



**Join us...**

with your friends and loved ones for a unique and intimate evening on the farm at

**STONEFIELDS' Valentine's Gourmet Dinner Event**

on Saturday February 12<sup>th</sup> starting at 6pm.

Details are attached and can also be viewed at

[www.stonefieldsheritagefarm.ca](http://www.stonefieldsheritagefarm.ca).

To purchase tickets, please contact us by email or by phone at 613.253.3313.

Reservations are for tables of 6 - one seating only.

Special requests for larger and smaller groups may be accommodated depending on availability.