Muskrat Lake Assn Gets Some Answers

Government says they have tools but will they use them?

By: Jennifer Layman
jenn@ovbusiness.com

It took two years, but the Muskrat Lake Association has confirmation from the Ontario government that the government has tools that will help fix the water quality in the lake. The next step seems to be getting them to commit to it.

Donald Deer and Gary Younghusband, both members of the Muskrat Lake Association (MLA), received a letter on June 28 from Bruce Bateman, Assistant Deputy Minister of the Land and Water Division of the Ontario Ministry of the Environment, Conservation and Parks advising them of the various policies and legislation that apply to the lake.

Deer and Younghusband sent a Muskrat Lake Association Remediation Plan for Muskrat Lake along with more than 50 supporting documents. The government responded on August 17, 2017, that they would examine “whether existing environmental policy, legislation, regulations, tools, programs, and plans that can help address water quality issues in Muskrat Lake,” says the report’s conclusion.

The ministry also noted some “next steps” in their report. For their part, the ministry will “continue to monitor the lake and participate on the Muskrat Lake Watershed Council’s science committee. Specifically, there were eight pages of different policy, legislation, regulation, tools, programs and plans that could be applicable to Muskrat Lake.

“On the basis upon which the Ministry of the Environment, Conservation and Parks accepted the application for review, the Ministry is able to conclude that it has existing environmental policies, legislation, regulations, tools, programs, and plans that can help address water quality issues in Muskrat Lake,” says the report’s conclusion.

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A Different Kind of Link

Canadian study shows link between social media and television with teenage depression

By: Jennifer Layman
jen@ovbusiness.com

Perhaps not surprisingly to some, a new study out of Montreal has proven that an increase in social media use and television viewing is associated with an increase in depression amongst teenagers. The study followed 4,000 teenagers from ages 12 to 16 who self-reported on time spent in front of digital screens, specifically social media, television, video gaming and computer use.

“Our research reveals that increased time spent using some forms of digital media in a given year predicts depressive symptoms within that same year,” said Professor Patricia Conrod. "Regulating teens' social media and television use might be one way to help young people manage depressed mood or vulnerability to depressive symptoms."

The study was published in JAMA Pediatrics, a journal for the science of child and adolescent health published by the American Medical Association. The study team was from the CHU Sainte-Justine Research Center, a leading mother-child research institution affiliated with Université de Montréal. It brings together more than 200 research investigators, including over 90 clinician-scientists, as well as 500 graduate and postgraduate students focused on finding innovative prevention means, faster and less invasive treatments, as well as personalized approaches to medicine. The Center is part of CHU Sainte-Justine, which is the largest mother-child centre in Canada and one of the four most important pediatric centres in North America.

Viscardis To Speak At CL AGM

PhD Candidate talks about child institutionalization

Community Living Upper Ottawa Valley has confirmed that Katharine Viscardis will be their guest speaker at their annual general meeting. Katharine Viscardis is a PhD Candidate in the Canadian Studies program at Trent University. She witnessed the horrors of child institutionalization while volunteering in a Bulgarian orphanage in 2010. For her dissertation, Katharine chose the legacy of Canada’s first institution designed for children and adults with disabilities, the Huronia Regional Centre. Katharine's dissertation is a significant contribution to research, particularly considering current movements of austerity which threaten to reverse the gains made in the movement for deinstitutionalization in Ontario. Viscardis will speak on September 26, 2019 at the Best Western Hotel & Conference Centre in Pembroke. The annual general meeting is free for the public to attend. Please confirm your attendance with Holly Tennian at 613-735-0659 ext.220 or htennian@cluov.ca. Light refreshments will be served.

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Business News Around The Valley

Wes' Chips For Sale
Andre Post and Karen Bretzlaff, owners of Wes' Chips French fry truck in Arnprior, are looking to sell. The couple has operated the truck for 28 years. The business comes with an acre of land on Madawaska Boulevard in Arnprior, plus the "recipe" for the fries, as told to Post from the original owner, Wes Dodds.

Communities Create Joint Rec Plan
The Township of Drummond-North Elmsley, Tay Valley Township, and the Town of Perth have started the process of creating a joint Recreation Master Plan. One of the initial steps is to hold a public session to explain the process and the goal of the project, and to gather input from the public about the strengths and weaknesses of the provision of recreation for the three municipalities. There are two opportunities for residents to participate: Saturday, July 20 (9:30am-11:30am) and Tuesday, July 23 (5:30pm-7:30pm). Both sessions are at the Lanark County council chambers. For more information contact Amanda Mabo, Clerk for Tay Valley Township at clerk@tayvalleytwp.ca or 613-267-5353 x 130.

BLR Gym Partnership
The Township of Brudenell, Lyndoch and Raglan is moving forward with plans to create a mini gym in their community centre. The Lions Club is partnering on the project. There will also be a partnership between staff and volunteers to staff the gym five days a week.

Fire At Escapade Eskimo
Escapade Eskimo in the Pontiac had a fire recently. The owners were away and neighbours spotted the fire. The business runs dogsledding tours.

CNL Workforce Adjustments
CNL announced on July 9 that there will be 90 full-time layoffs and 60 full-time term employment layoffs happening at the Chalk River location. The decision is part of CNL's "responsibility to operate in the safest, most efficient and cost-effective manner possible," according to CNL President and CEO, Mark Lesinski. A press release on the CNL website notes that CNL recently conducted a review of its internal operations and has recognized the need to make changes to its business practices. Although they have implemented a number of measures to reduce costs, further changes were required. The roles primarily affected will be those roles in the delivery support functions. The company will help employees through this period, including the delivery of personal counselling, career coaching and other support services.

EGM Sells To Western Financial
Western Financial Group is expanding further into Ontario with its third brokerage acquisition in the province. Effective May 31, 2019, the EGM Insurance Group based in the Ottawa Valley is part of the Western family. According to a Western Financial press release, the company has acquired EGM and its subsidiaries, MC Carroll Insurance Brokers and Johnston & Mackie Ltd. Headquartered in High River, Alberta, Western provides personal and business insurance services through 183 locations, its affiliates and a variety of connected channels, with an engaged team of more than 1,800 people. Western is a subsidiary of Trimont Financial Ltd., a subsidiary of The Wawanesa Mutual Insurance Company.

Renfrew Recycling Update
The Town of Renfrew had their public works crews out to pick up recycling from July 10-11 given the permanent closure of Beauman's Waste Management. A council meeting on July 9 was set to discuss next moves on recycling collection.

Continued on Page 5
Miller Takes Over Whitewater Recycling Collection

Beauman Waste Management has closed their doors and the Township of Whitewater Region has enlisted Miller Waste Systems for curbside collection effective July 8, 2019. The only change to curbside collection will be in the former Township of Ross, including Foresters Falls, Haley Station and Haley Town Site where collection will occur Tuesday instead of Friday. Plastic bags are no longer accepted with recycling.

Community Safety and Well-Being Plan Supported by Renfrew

According to The Renfrew Mercury, council members for the Town of Renfrew voted 5-1 in favour of moving forward with a community safety and well-being plan. The lone vote against was Peter Emon, Reeve of the municipality, who sites on Renfrew County Council for Renfrew. The County of Renfrew wrote a letter to the province to inform them that no municipalities in Renfrew County would be pursuing the community safety and well-being plan, however, the province has made the decision to create one for them.

Immigration Project Launching in 2020

The federal government is launching a new three-year immigration experiment that aims to help fill labour shortages in Canada’s agri-food sector. Industries such as meat processing, greenhouses and mushroom farming have relied on seasonal temporary foreign workers due to labour shortages. This new pilot program, which is to begin in 2020, aims to attract and retain migrant workers by giving them an opportunity to become permanent residents.

No Parking At Irving Big Stop

Irving Big Stop in Pembroke is no longer permitting individuals to use their property as a temporary car park. The decision comes after some individuals have refused to park in the designated areas, causing problems for customers. Effective July 1, cars will be ticketed or towed if being parked illegally.

Paul Kramer

Paul Kramer, a certified financial planner, has launched a home office for his services. Formerly working out of the EGM insurance building, Kramer now works out of 22 Cardinal Crescent in Petawawa. Mutual Funds and Segregated Funds provided by the Fund Companies are offered through Worldsource Financial Management, sponsoring mutual fund dealer. Other products and services are offered through Paul Kramer. Kramer can be reached at 613-401-4714 or pkramerfinancialplanner@gmail.com

Christina McFadden

Christina McFadden is the new Employment Services Coordinator at the Petawawa Military Family Resource Centre (PMFRC). In her new role, Christina and her team will work to connect Upper Ottawa Valley residents with high-quality jobs, and local employers with a competitive workforce. The PMFRC is a service delivery partner for Employment Ontario, serving military and civilians from Petawawa to Deux Rivieres. Before taking on this role, Christina was the PMFRC Volunteer Services Coordinator.

Dr. Keltie Jones

Dr. Keltie Jones is the new Dean for Algonquin College in Pembroke. Jones will start her position August 26. Dr. Jones comes from the Faculty of Agriculture at Dalhousie University in Truro, Nova Scotia, where she was the Assistant Dean, Students and Academic Administration. Jones earned her BA in International Relations from Stanford University, her JD from the University of California, Davis School of Law and a Doctorate in Business Administration from Athabasca University.

Bryan Martin

Bryan Martin is the Town of Ampror’s new Chief Administrative Officer (CAO). Martin has 29 years of experience in municipal government and the private sector. For the past 17 years, he was the CAO for the Township of Bonnechere Valley. Martin is also a member of the Association of Municipal Clerks and Treasurers of Ontario, the Municipal Finance Officers Association of Ontario and the Ontario Municipal Management Institute. He will begin his position on August 12, 2019.
1) This Canadian cannabis-producing company is under investigation by Health Canada for producing cannabis prior to receiving a licence. What company is it?

2) How did Health Canada found out about CannTrust growing cannabis without a licence?

3) What is the largest fast-food company in the world by store count?

4) The City of Calgary is doing something for small business owners. What is it?

5) Ron Mock, president and CEO of the Ontario Teachers' Pension Plan is retiring effective January 1. What is his total direct compensation?

6) The Ontario Teachers' Pension Plan manages the retirement savings of how many people?

7) Lululemon Athletica is closing its stores in New York and Toronto. What is unique about the stores they are closing?

8) A multibillion-dollar lawsuit against Chevron was dismissed recently by the Ontario Superior Court of Justice. The Wall Street Journal referred to the case as _______.

9) Who is Sherry Brydson?

10) Kawhi Leonard signed with what famous shoe company?

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**Neat Facts About Canadian Business**

**Surprising truths you might not know**

**New Brunswick French Fries**
New Brunswick-based McCain Foods makes one-third of all the frozen French fries produced in the world. The small town in western New Brunswick has taken on the moniker “The French Fry Capital of the World.”

**Carleton Place Baseball Bats**
In 2012, more than 100 MLB players chose to swing Canadian maple wood bats. Sam Holman, founder of The Original Maple Bat Corporation, invented the bat by choosing maple, a harder wood than the traditional ash. The company produces 18,000 sluggers each year.

**Saskatchewan Lentils**
No matter where you are, order some lentil soup and odds are you’re getting a little taste of home. Canada is the largest exporter of green lentils in the world - about 1.5 million metric tonnes annually, with 95 per cent of it coming from Saskatchewan.

**Scarborough Halls**
The plant at Bertrand produced more than 6 billion pieces of Halls for the U.S. last year; enough that if you lined them side-by-side, they would circle the Earth at the equator approximately 3.4 times.

**Winnipeg Mint Coins**
The Royal Winnipeg Mint produces coins for 60 different countries, including centavos for Cuba, kroner for Norway, and pesos for Colombia. Currently, the Mint can produce over 20 million coins a day.

**Swedish Fish From Hamilton**
More than 5 billion of the Swedish Fish candies are produced in Hamilton every year. Every day, about 13 million of the little fish are produced at a factory which also makes all Maynards Candy for Canada.

**Winnipeg Scratch Cards**
Walk into almost any corner store in the world for an instant win lottery ticket, and there’s a good chance your scratch card was printed by Winnipeg company Pollard Banknote. Founded in 1907, Pollard has facilities throughout North America, however, a significant amount of its lottery scratch cards are still made in Canada.

**Trenton Makes Dinosaurs**
Trenton makes tons of dinosaurs! They don’t make dinosaurs like in Jurassic Park, but Research Casting, the leading company for constructing dinosaur remains (casting, restoring, mounting and repairing), is located in a 45,000 sq.ft. airplane hanger-sized building in Trenton. The company has created more than 750 of the mighty beasts for museums around the world.

**Peterborough Aircraft**
Peterborough is the custom aircraft capital of Canada. Flying Colours Corp. doesn’t make airplanes, but they sure make them special. Their luxe aircraft upgrades include entertainment systems, corporate logos, iPad-holders, custom exterior paint, upholstery—and even permanent beds in the aft cabin. Everything is custom made in-house.

Source: www.readersdigest.ca

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Fall Edition publishes: September 6th

Health Matters is free of charge and is distributed throughout Renfrew and Lanark Counties as well as Mattawa. If you are considering being part of the magazine, we work with new participants all the time. Let us help you with your advertising.

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The Ontario Minister of Finance, Rod Phillips and Attorney General, Doug Downey, have announced the next phase of the province’s cannabis stores, which will authorize an additional 42 private cannabis retail stores. Similar to the first phase, the Alcohol and Gaming Commission of Ontario (AGCO) will implement a second lottery system to issue the 42 licenses. Interested parties should submit an expression of interest form online to the AGCO between August 7 and August 9. The lottery will take place on August 20th, 2019.

Prospective retailers must secure retail space for the cannabis retail store that is ready to open by October 2019 and have access to $250,000 in capital that is required to open a store. They must also have confirmation from a bank or credit union that the prospective retailer can obtain a Standby Letter of Credit for $50,000 within five business days of being selected.

Licensed retail stores may now open in any municipality regardless of population size if the municipality did not opt-out of the retail cannabis market. Up to eight retail cannabis stores will be located on First Nations reserves, where licenses will be issued in a separate first come, first serve basis.

Prime Minister Justin Trudeau and NATO Secretary General Jens Stoltenberg visited Garrison Petawawa on Monday to discuss the NATO alliance and Canada’s continued support of the organization.

The Prime Minister emphasized Canada’s steadfast commitment to the Alliance, underscoring Canada’s leadership and contributions to NATO in Latvia and the NATO training and capacity building mission in Iraq. The Secretary General thanked Canada for its ongoing contributions.

Soldiers from Garrison Petawawa are part of a “Road to High Readiness” program for a three-year training cycle which involves NATO deployments such as Latvia and Mali. Trudeau and Stoltenberg arrived in a C-130 Hercules at the Pembroke & Area Airport. Also on board was Defence Minister Harjit Sajjan and Chief of Defence Staff General Jonathan Vance.

It’s A Fact
The Ottawa River

182,000 Nurses in Ontario
50
Major dams and hydro-electric generating stations throughout the Ottawa River and its tributaries
13
Principal reservoirs in the watershed
200
Million cubic metres of storage available in a principal reservoir
4000
Mega watts of energy produced by Ottawa River hydro-electric generating stations
$1 Million
Value of energy produced on the Ottawa River on a daily basis
1,271
Length, in kilometres of the Ottawa River
146,300km²
Area of Ottawa River watershed drainage basin (twice the size of New Brunswick and larger than Greece, Portugal, Switzerland, England, Scotia, Bulgaria, Cuba, and Denmark)
$1,017,303
Ottawa Riverkeeper income (March 31, 2018)
$954,032
Ottawa Riverkeeper expenses (March 31, 2018)

Source: Ottawa Riverkeeper
Tender Results Around The Region

Various Roads and Utilities.
Defence Construction Canada.
Awarded to Jp2g Consultants of Ottawa in the amount of $151,600.00.

Replace Roof BB-129. Defence Construction Canada.
Awarded to Irvcon Limited of Pembroke in the amount of $1,192,904.00.

Install Electricity Metres.
Defence Construction Canada.
Awarded to VCI Controls of Pembroke in the amount of $9,000.00.

Replace Montgomery Bridge.
Defence Construction Canada.
Awarded to Dalcon Constructors Limited of Ottawa in the amount of $1,177,000.00.

Pave Orange Road and Messer Trail. Defence Construction Canada.
Awarded to Eastway Contracting of Pembroke in the amount of $2,406,264.14.

Replace Sewer Pipe at L106. Defence Construction Canada.
Awarded to 1956466 Ontario Inc. of Pembroke in the amount of $46,800.00.

Awarded to Turner & Townsend of Toronto in the amount of $5,856.48.

Awarded to Exp Services of Ottawa in the amount of $21,560.00.

Repair AC at Q103. Defence Construction Canada.
Awarded to Valley Refrigeration Limited of Pembroke in the amount of $400.00.

UXO Clearance for Known Distance Range. Defence Construction Canada.
Awarded to Gemtec Consulting of Fredericton in the amount of $45,894.28.

Full tender listings are available at [www.ovbusiness.com](http://www.ovbusiness.com). Ottawa Valley Business posts tenders and tender results free of charge. To submit your tender, email us at: admin@ovbusiness.com

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Highway 17 Widening Now On The Books
Yakabuski keeps promise to expand Trans Canada through the region

John Yakabuski, MPP for Renfrew-Nipissing-Pembroke has announced that expanding Highway 17 from Arnprior to Renfrew is officially on the Ontario government’s plan. The project will widen 22.5 kilometres of Highway 17 from Scheel Drive to three kilometres west of Bruce Street in Renfrew County. The project will also include four new interchanges. Widening the highway will reduce congestion and improve quality of life for workers, families and businesses in Ontario.

“Widening Highway 17 will make travelling easier and provide relief to the people of Renfrew County,” said Yakabuski. “We promised to prioritize this project, which is so important to the people of Renfrew County and all of Ontario. Promise made. Promise kept.”

Renfrew Mayor Don Eady was especially grateful for the announcement. Eady said that the highway expansion project will provide "a number of positive spinoffs" that will result in "economic development opportunities, increased efficiency of movement of labour, goods and services and improved road safety. The key to economic development is connectivity. The twinning of Highway 17 to Renfrew will create a positive atmosphere for growth in the Town of Renfrew and surrounding areas."

Horton Township Mayor Dave Bennett echoed his colleague’s comments. Susan Tough, president of the Renfrew and Area Chamber of Commerce was also supportive.

The 22.5km stretch of highway that is being expanded records approximately 14,200 vehicles per day.
By: Jennifer Layman jenn@ovbusiness.com

People can be quick to condemn corporations in the wake of allegations of misconduct. A few months ago, Ottawa Valley Business covered a story about people being afraid to vaccinate their children due to allegations that vaccinations caused autism. Even when it was proven that the doctor who had alleged this finding was a fraud, was stripped of his medical licence and banned from medicine, people still cling to his fraudulent work. The Chevron situation is another such case.

Starting With Texaco

Texaco Petroleum (TexPet) was a partner in an oil group in Ecuador from 1964 to 1992, with state-owned oil company, Petroecuador. In 1992, TexPet then turned its share of the oil operations over to Petroecuador. Pursuant to an agreement with Ecuador, TexPet conducted a remediation of selected production sites while Petroecuador committed to perform any remaining cleanup. The government of Ecuador oversaw and certified the successful completion of TexPet’s remediation and fully released TexPet from further liability. Petroecuador, however, never did any cleanup.

Enter Chevron

In 2001, Chevron acquired Texaco Petroleum (TexPet). In 2010, U.S. lawyer Steve Donziger put together a lawsuit against Chevron for social and environmental harms in the Amazon region of Ecuador. Donziger sought an $18 billion judgment which was later reduced to $9.5 billion. The Ecuadorian government-supported Donziger and an Ecuadorian court awarded the $9.5 billion judgement against Chevron.

Chevron never actually operated in Ecuador. So, while Chevron vowed to fight the judgement, Donziger recruited celebrities (Danny Glover, Mia Farrow, Trudie Styler among others) to his cause who expressed their outrage of Chevron destroying the Amazon Rainforest.

Chevron filed a civil lawsuit against Donziger, alleging fraud. That lawsuit was heard in 2014 in New York. A court there found "Donziger had obtained the Ecuadorian judgment via extortion, money laundering, wire fraud, Foreign Corrupt Practices Act violations, witness tampering and obstruction of justice," according to a Financial Post article. Donziger appealed and lost. The United States Court found that Donziger and his team engaged in a "parade of corrupt actions…including coercion, fraud and bribery."

The Canada Connection

The case then headed to Canada. (Donziger brought a case to any country in which Chevron had assets and also filed suit in Argentina and Brazil, which dismissed the judgement.) Donziger hired Toronto lawyer, Alan J. Lenczer. A 2012 Globe and Mail article noted that Lenczer had visited Ecuador and had seen "open pits of oil waste" which convinced him to get on board with the lawsuit. The Financial Post reported that what Lenczer had seen on his trip was actually caused by Ecuador’s state-owned petroleum company Petroecuador which had been operating since Texaco’s departure in 1992 and which had been responsible for 1,200 oil spills.

Still, Lenczer called the Chevron action "the biggest case in the world."

In addition, Donziger recruited Pink Floyd guitarist Roger Waters, Greenpeace, Unifor, anti-pipeline groups, Aboriginal leader Phil Fontaine and human rights activist Kathleen Mahoney to his side.

Donziger Loses Licence

According to a Chevron news release, in 2018, Donziger was suspended from the practice of law "after having been found by U.S. federal courts to have violated the Racketeer Influenced and Corrupt Organizations Act (RICO) by engaging in multiple acts of extortion, money laundering, wire fraud, witness tampering, bribery, and obstruction of justice to procure the Ecuadorian judgment." The release continued that "On May 23, 2019, Donziger was held in contempt of court for his breach of the RICO judgment, which prevented him from profiting from the fraud, by selling interests in the Ecuadorian judgment to investors and using a large portion of the proceeds on personal expenses. The court further ordered Donziger to transfer to Chevron profits traceable to the Ecuadorian judgment."

In August 2018, The Hague also found Ecuador liable for violating its obligations under international law.

On July 8, 2019, the Ontario Superior Court of Justice dismissed the lawsuit against Chevron and awarded them costs; $28 million was to be paid from funds accumulated by Donziger and those who contributed to fighting Chevron while $38 million was to be paid from the law firm in Ecuador for attempting to enforce the fraudulent Ecuadorian judgement.

"Chevron is pleased that the promoters of the fraudulent scheme have apparently realized that no legitimate court would enforce the judgment that they purchased in Ecuador. Chevron will continue its efforts to hold the lawyers and investors behind this fraudulent scheme accountable,” said R. Hewitt Pate, Chevron’s vice president and general counsel in a Chevron press release.

For more information on this story, visit Chevron at: www.chevron.com/stories/ecuadorian-plaintiffs-end-fraudulent-litigation-against-chevron

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Making Time For What Matters
How to carve out an hour in your week

By: Jennifer Layman
jenn@ovbusiness.com

If I asked you to find an extra hour in your week for marketing, could you do it? I can imagine the sighs and eye rolls that just came with your answer! You know marketing matters, but how can you possibly fit it into your schedule? Today, we’re going to help you find that hour.

Evaluate Your Time
Know how you spend your time. Take a review of how your week is scheduled and note what times of day are busier and which times are more relaxed. In my schedule, my less busy times are before 8:00am, over the lunch hour and after 4:00pm. If I need to schedule an hour for marketing, I have three choices of when I can do it.

Know when you’re at your best. Marketing your business requires that you’re on your game and thinking at your best if you want to get the best results. Using my three time slots, I would choose lunch as my best time to focus because my mornings and late afternoons can be more unpredictable than the noon to 1:00pm time slot.

**Step 2: Committing To The Commitment**
Now that you have chosen a time that you’re going to dedicate to marketing you have taken the first step. Now, you have to commit to keeping it going. Here’s how to find time to do that.

First, if you have an opportunity to delegate some tasks, do it. If you cannot delegate, then plan out what your week is going to look like in order for you to get things done. If you have a big project, break it up into smaller piece and spread it over a few days. Review your week and see how it looks, then find timesavers. For example, if you need to do a bank deposit on Wednesday and send a parcel on Thursday, do them both on the same day so you can maximize your time out of the office. You might be surprised how many of these combinations you can find.

Second, organize what you need for the tasks each week. If you need reports for a task on Tuesday, get them on Monday. If you need to gather your marketing file before you review your marketing hour on Thursday, have it ready on Wednesday before you leave. The time you dedicate to doing a task will be much more efficient when you are prepared for that task.

Finally, when you’re on a task, stay on the task. This might be the hardest challenge you will have. Close your door, put your phone on mute, hold your calls. A study by a human resources organization showed that people are interrupted (email, phone, text, etc.) every eight minutes and that interruption distracts for an average of five minutes, leaving only three minutes of productive time. Be distraction-free.

Why It Matters To Make Time
The benefit to making time for marketing is that you will ensure your business is capitalizing on opportunities and letting go of anything that is crowding out ability to do better. The better you do as a business, the more fun it will be to market your business.

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

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**Deadlines**

**OTTAWA VALLEY BUSINESS**

August 6 2019
Deadline: July 30, 2019

August 20, 2019
Deadline: July 30, 2019

September 3, 2019
Deadline: August 27, 2019

September 17, 2019
Deadline: September 11, 2019

**101 THINGS TO DO IN THE VALLEY**

September-October 2019 Edition
Publishes: August 15, 2019
Deadline: August 13, 2019

**HEALTH MATTERS**

Fall 2019 Edition
Publishing: September 6, 2019
Deadline: August 16, 2019

**News Answers**

1) CannTrust
2) Nick Lalonde (whistleblower) emailed Health Canada about it
3) Subway
4) Cutting non-residential tax by 10 per cent
5) $5.2 million
6) 327,000 active and retired teachers in Ontario
7) They are men's standalone stores (they will continue to produce men's clothing)
8) The fraud of the century
9) She is the wealthiest woman in Canada; granddaughter of the founder of The Thomson Corporation, now known as Thomson Reuters Corp.
10) New Balance

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In order to reach your marketing goals, you need to take the first step.

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