Distribution List

EMC
Your Community Newspaper

OTTAWA & VALLEY

323,504 DISTRIBUTION

Kanata EMC		
K2K/K2T/K2W	Beaverbrook, Kanata Lakes, Morgan's Grant, Marchwood	9,501
K2L/K2V	Glen Cairn, Katimavik, Stone Gate	6,799
K2M	Bridlewood, Emerald Meadows, Westcliffe Estates	6,411
	Stores/Rural	800
	Promotional/Office copies	100
	Total	**23,611**
Stittsville/Richmond EMC		
K2S	Stittsville, Amberwood, Fringewood	7,308
K0A 2Z0	Richmond, Munster	1,700
	Stores/Rural	1,170
	Office copies	100
	Total	**10,278**
Arnprior EMC		
K7S	Arnprior	3,864
	Arnprior RR	1,225
K0A 1G0	Braeside	545
K0A 3L0	White Lake, RR#1 & 2	545
	Stores & Boxes	650
	Total	**6,829**
West Carleton EMC		
K0A 1X0	Fitzroy Harbour	386
K0A 2H0	Kinburn	755
K0A 1T0	Dunrobin	1,223
	Woodlawn	1,593
K0A 3M0	Carp Town	300
	Carp RR's	1,871
	Stores & Boxes	350
	Total	**6,478**
	Combined 4 Zone Total	**47,196**
Almonte/Carleton Place EMC		
K7C	Carleton Place Town	4,195
	Carleton Place RR's	1,960
	Carleton Place P.O. Boxes	75
K0A 1A0	Almonte	1,704
	Almonte RR's	1,360
	Almonte P.O. Boxes	40
K0A 1B0	Ashton	1,100
K0A 1P0	Clayton	320
K0A 2X0	Pakenham	720
	Total	**11,474**
Perth EMC		
K7H	Perth Town	3,937
	Perth RR1	365
	Perth RR3	576
	Perth RR4	425
	Perth RR5	815
	Perth RR6	715
	Perth RR7	395
	Perth P.O. Boxes	40
K0G 1X0	Westport	274
	Westport RR1	215
	Westport RR2	386
K0G 1K0	Lanark	344
	Lanark RR1	327
	Lanark RR2	280
	Lanark RR3	292
	Lanark RR4	285
K0H 2B0	Maberly	450
K0G 1A0	Balderson	385
K0G 1W0	Rideau Ferry	100
K0G 1M0	McDonald's Corners	300
K0H 1C0	Ardoch	90
K0H 1J0	Clarendon	60
K0H 2C0	Mississippi	29
K0H 2E0	Mountain Grove	264
K0H 2J0	Ompah	157
K0H 2M0	Plevna	150
K0H 2P0	Sharbot Lake	550
K0H 2R0	Snow Road	62
	Total	**11,728**
Smiths Falls EMC		
K7A	Smiths Falls Town	4,858
	Smiths Falls RR1	487
	Smiths Falls RR3	612
	Smiths Falls RR4	656
	Smiths Falls RR5	382
	Smiths Falls RR6	548
	Smiths Falls P.O. Boxes	80
K0G 1L0	Lombardy	935
K0G 1G0	Jasper RR2 Gen. Delivery	550
	Jasper RR3	60
K0G 1V0	Portland	175
	Portland RR1	170
	Portland RR2	210
K0G 1Y0	Toledo	375
K0G 1H0	Frankville	210
K0G 1P0	Newboro	75
K0G 1E0	Elgin	105
	Elgin RR 1,2 & 3	495
	Total	**10,983**
Kemptville EMC		
K0G 1J0	Kemptville Town	1,546
	Kemptville RR's	2,621
K0G 1N0	Merrickville	451
	Merrickville RR2	200
	Merrickville RR3	280
	Merrickville RR4	230
K0G 1B0	Burritt's Rapids	70
K0G 1S0	Oxford Mills	118
	Oxford Mills RR1	299
	Oxford Mills RR2	310
K0G 1T0	Oxford Station	465
K0A 2T0	North Gower	290
	North Gower RR2	375
	North Gower RR3	380
K0E 1W0	South Mountain	181
	South Mountain RR1	160
K0E 1S0	Mountain	100
	Mountain RR2	405
	Mountain RR3	150
K0E 1J0	Inkerman	77
	Inkerman RR1	48
	Total	**8,756**
	Combined 4 Zone Total	**42,941**
Ottawa South EMC		
K1B	Sheffield Glen	991
K1G	Riverview, Eastway, Elmvale Urbandale, Hunt Club Park	8,680
K1H	Alta Vista, Rideau Park, Billings, Playfair, Ridgemont, Faircrest	4,552
K1T	South Keys, Blossom Park, Greenboro, Hunt Club Park, Findlay Creek, Emerald Woods, Riverside South	7,972
K1V	Mooney's Bay, South Keys, Uplands, Herongate, CFB, Riverside Park	15,197
	Stores/Apt. drops	2,000
	Total	**39,392**
Ottawa West EMC		
K1R	Centretown	6,042
K1Y	Hintonburg, Tunney's Pasture Mechanicsville, Ottawa West	6,509
K1Z	Westboro, Carlington, Hampton Park,	5,790
K2A	Woodroffe, Highland, Carlingwood, McKellar Heights, Glabar Park	4,754
K2B	Brittania, Lincoln Heights, Bayshore	7,762
K2C	Queensway Terrace, Parkway Park, Bel-Air Heights, Courtland Park, Rideauview, Kenson Park, Copeland Park, Carleton Square	8,399
	Stores/Apt. drops	2,500
	Total	**41,796**
Nepean/Barrhaven EMC		
K2E	City View, Fisher Heights, Skyline, Carleton Heights, Rideau Place, Country Place, Parkwood Hills, Bordon Farms, Pine Glen, Crestview	6,914
K2G	Briargreen, Centrepointe, Manordale, Meadowlands, Merivale Gardens, Craig Henry, Tanglewood, Crestview Grenfell Glen, Barrhaven (East)	15,888
K2H	Crystal Beach, Fairfield, Lynwood Westcliffe, Leslie Park, Arlington Trend Village, Bells Corners	9,647
K2J/K2R	Barrhaven (West), Orchard Estates, Pheasant Run, Longfield, Stonebridge Cedar Hill, Hearts Desire	15,357
	Total	**47,806**
Manotick/Winchester EMC		
K4M	Manotick	2,446
K4M	Manotick Stores	55
K1G,V,X	Mitch Owens	800
K4P	Greely	2,300
K0A 2W0	Osgoode	2,600
K0A 2P0	Metcalfe	719
K0A 2E0	Kars	578
K0A 1V0	Edwards	245
K0A 3J0	Vernon	338
K0C 2K0	Winchester	1,710
K0C 2K0	Winchester Stores	55
K0C 1H0	Chesterville	1,024
K0A 1R0,2R0	Crysler, Morewood	826
K0A 2R0	Berwick	254
K0A 2G0	Kenmore	215
	Total	**14,165**
Orléans EMC		
K1B	Pineview, Blackburn Hamlet	4,726
K1C/K1W	Convent Glen, Queenswood Village Chapel Hill, Hiawartha Park, Orleanswood	14,660
K1E/K4A/K4B	Queenswood Heights, Hills, and South, Navan	18,572
K1J	Cyrville, Cardinal Heights, Beacon Hill, Beacon Heights, Carson Grove Rothwell Heights	5,126
K4C		1,721
	Stores/Boxes	210
	Total	**45,015**
The Now EMC - Ottawa-East		
K1K	Manor Park, Castle Heights, Overbrook CFB	9,458
K1J		2,340
K1L	Vanier	6,046
K1M	New Edinburgh, Rockcliffe Park, Lindenlea	1,686
K1S	Glebe, Ottawa East, Rideau Gardens	10,106
K1N	Sandy Hill, Lowertown	9,138
K1P/K2P	Downtown Core	6,419
	Stores/Boxes	230
	Total	**45,193**
	Combined 6 Zone Total	**233,367**

TOTAL WEEKLY EMC DISTRIBUTION 471,478

May 2010

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