

VALLEY EAST TODAY **Community Lifestyle Magazine**

www.valleyeasttoday.ca

and

www.thelearningclinic.ca



Time For Us To Begin
Preparing For
Christmas

**The Christmas Season Is
Fast Approaching!**

**Gerry Lougheed Jr.
Reflects Upon How to
Cope with a Blue
Christmas**

**Robert Kirwan
Talks About How To
Remember Loved Ones**

This Is Valley East

"Where People Make The Difference"

The Valley East Today Community Lifestyle Magazine introduces a new policy that will be welcomed by all of our regular readers. Each issue of Valley East Today will contain articles, editorials and features that have been published during the previous four weeks. That's right! Each new issue will contain current articles as before. But

from now on, you will be able to go back and read articles from the last four weeks in each edition. This means that if you don't have time to read the whole magazine during one sitting, you can always pick up from where you left off later or the following next week. We think all readers will welcome this change.

The Valley East Today Community Lifestyle Magazine is published by Infocom Canada Business Consultants Inc.

Robert Kirwan, Publisher & Editor-in-Chief

www.valleyeasttoday.ca



The Valley East Today Community Lifestyle Magazine is a weekly publication that is designed to recognize the accomplishments and achievements of the “people making a difference in the community of Valley East.”

It is called a “lifestyle” magazine because it is much more than a newspaper. If you want up-to-date news you can check the daily newspapers. However, if you want articles and features that will take you deeper inside a story or an issue, then you will find that in the Valley East Today Community Lifestyle Magazine. Each publication will contain information that will be of interest to people from all walks of life and we are certain that our inspirational editorials and stories will leave a lasting impression on you and your family.

We also intend to use the magazine to help local residents become more aware of the goods and services that are available to them from businesses, professional offices, and institutions that serve the community.

It is our feeling that many people living in Valley East are unaware of the wide variety of quality goods and services that are being provided by our business sector. Once we develop and expand Valley East Today Community Lifestyle Magazine, we are convinced that residents will support local shoppers on a much higher level than ever before.

Open Invitation To Schools, Churches and Groups To Submit Articles of Interest & Photos

Valley East Today Community Lifestyle Magazine welcomes articles and photos from schools, groups, churches, and organizations. There is so much happening in our community each week, but we simply cannot get around to cover everything. You can help us out and at the same time keep the rest of the community informed by sending us photos and information about your events and activities so that we can publish them in Valley East Today for all to see.

Simply send me your story along with a photo or two and we will gladly publish it in one of our upcoming

weekly magazines. Send the information in a Word document and attach the photos separately.

We have also decided to publish Valley East Today in a PDF format so that our readers are able to forward the attachment or link to all of their family and friends around the world. The public has been very happy with this decision and we look forward to providing them with even more in the form of content from the community.

All of the contact information you need can be found in the box below or at www.valleyeasttoday.ca

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Robert Kirwan, Publisher & Editor-in-Chief

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Phone: (705) 969-7215 or email: rkirwan@infocomcanada.com

www.valleyeasttoday.ca



Coping With A Blue Christmas

**By
Gerry M. Lougheed Jr.**

The first Christmas after my mom died was terrible. My mother loved Christmas. She was the chief decorator of the tree and everything else in the house's hinterland.

She was the creator of cookies and the signatour of the seasonal cards. Gordon Ramsey might have a "Hells Kitchen," my Mom had a heavenly kitchen that cooked lumpless mashed potatoes, candied yams that would give Laura Secord diabetes, and a tasty turkey stuffed with a dressing not too dry or not too damp.

We always said grace to give thanks for the food, the family and a faith born in Bethlehem. We always toasted my Mom for her epicurean excellence. And then we ate with reckless abandonment of calorie consumption until belts were loosened to accommodate the widening waist band.

The Christmas of 2006 was a belt tightening exercise as we had lost our appetites because of the absence of my mother at that Christmas dinner. She had passed away six months earlier from a blood clot caused by her cancer drugs. She had died suddenly in the arms of my father in their home.



Margeurite Lougheed with her loving husband Gerry Sr.

In the hours, days and weeks that followed, I had experienced the emotions caused by her loss; the shock of her sudden death, the anger of why her, the sadness woe is me, the guilt of unfinished business and the reaffirmation the world kept turning without the pulse of her heart.

Initially devastated by her death, I understood my feelings were normal because I loved her. Christmas was manifesting these emotions. There was no merry in my advent adjectives. I hurt. I wanted Christmas to go away. I knew that was not going to happen. I needed to confront my feelings not avoid them. I needed to celebrate my mother's gift of memory by maintaining her traditions of tree decorating and potato mashing.

At the same time, I needed to start some new traditions which were not part of my mother's advent agenda.

Christmas night I sat in my house alone and cried. It was good. I was sad. I realized the 2007 Christmas experience would require a seasonal strategy to cope.

On Dec. 1 that year, I commenced a daily journal on how I felt about the coming Christmas. I was monitoring myself. I dedicated 10 minutes every morning just for me to focus on how I was doing and what would be important for that day. I made sure my Mom's name was said by others who thought it was upsetting me when said.

I explained I loved hearing it and that my ear canals some-times caused my tear ducts to overflow. I volunteered to ring bells for the Salvation Army and served dinner at the Elgin Street Mission. Helping others helped me find light in the darkness of those December days.

I declared the 12 cups of coffee Christmas ritual with 12 friends who at the time of the funeral told me to call them and I did. I felt better as they provided me with the priceless gift of listening to my Mom stories.



I visited her burial place with a Christmas ornament. I had a great visit with her, and left the conversation at the cemetery.

Finally, I began making gifts for my family and friends. Not handcrafted creations but hugs by hands that appreciate their love and support.

So, if you are having a Blue Christmas this year, realize you have normal feelings that need to be expressed. The gift of memory that needs to be shared and a seasonal strategy that allows you to cope with the solitude of sadness, knowing the most powerful Christmas story is recorded in the Gospel of John 1 verse 5 "The light came into the world and the darkness has never put it out."



RED RIBBON CAMPAIGN IS NOW IN EFFECT

"Every year in Canada, drinking and driving offences cause more loss than any other crime," said Justice Rhys Morgan. Daily in Canada, four people are killed and over one hundred are injured in drinking and driving crashes! Ron Roy Chairman of Action Sudbury, reminds residents of Greater Sudbury that Action Sudbury is celebrating their Red Ribbon campaign kickoff for the 2010/2011 festive season, on Friday November 26, 2010.

Action Sudbury is a non-profit community organization comprised of individuals and agencies with a common goal to eliminate the tragedies caused by impaired drivers in the Sudbury Area. This volunteer group was formed in 1984 by the efforts of the late Mayor Peter Wong. Bill and Linda Ryan who had just lost a child to an impaired driver, approached Mayor Wong to see if the City could do anything regarding impaired driving in Sudbury. Peter Wong, Chair of Action Sudbury was involved with the initiation of the Ontario Community Council on Impaired Driving (O.C.C.I.D.). Action Sudbury continues to fulfill its mandate, under its current Chair Ron Roy. One of Action Sudbury's many initiatives is the Red Ribbon Campaign. Action Sudbury distributes Red Ribbons to residents, businesses and organizations throughout the Sudbury area, during the Christmas season.



There are two good reasons to tie a red ribbon onto a motor vehicle. The first is to show respect for the thousands of Canadians who have lost their lives or who have been injured due to alcohol related crashes. The second reason is to remind people to drive sober through the holidays and throughout the year. The Red Ribbon Campaign is a commitment by Canadians to drive safe and sober. It is a highly visible, community public awareness program which utilizes volunteer participation in promotion of the message that impaired driving deaths and injuries are needless tragedies and totally preventable!

Many Red Ribbon supporters leave their red ribbons tied on their vehicles all year long. In fact, the only reason we can think of to remove your old red ribbon is to replace it with a new one! The fight to end impaired driving does not stop once the holiday decorations come down.

Special Information Evening For Students in Grades 7 & 8 To Assist With Transition To High School



Rainbow District School Board recently hosted an information session to help students in Grade 7 and 8 and their parents/guardians make key decisions in the transition from elementary school to secondary school. All participants received a copy of “Making the Transition - Finding Your Way from Grade 8 to 9” from Transition Evening hosts, from left, Matt Walker, Grade 9, Confederation Secondary School; Kaite Lavallee, Grade 10, Lasalle Secondary School; Kennedy Williamson, Grade 9, Confederation Secondary School; Alex Smuland, Grade 9, Confederation Secondary School; and Jennifer Mandamin, Grade 10, Lasalle Secondary School. The transition guide for students and parents is available online at rainbowschools.ca. Rainbow secondary schools will host Open Houses and Information Sessions in January and February. Visit rainbowschools.ca for dates and times.

Rainbow District School Board Secondary Schools Host Open Houses For Grade 8 Students and Their Parents

Grade 8 students and their parents/guardians are invited to mark their calendars and plan to attend Open Houses and Information Sessions at Rainbow secondary schools in Sudbury, Espanola and Manitoulin. All students are welcome to participate, regardless of which elementary school students currently attend.

To help in the process, Rainbow District School Board has produced a Guide for Students and Parents called “Making the Transition – Finding your way from Grade 8 to 9.” The guide contains information about course codes, levels of study,

timetables and tips. The guide can be accessed online at www.rainbowschools.ca. Copies are also available by emailing info@rainbowschools.ca or visiting area Rainbow secondary schools.

“Making the transition from Grade 8 to Grade 9 is a big step in a young person’s life,” said Rainbow District School Board Chair Tyler Campbell. “We encourage students and parents/guardians to take advantage of upcoming Open Houses and Information Sessions to find out more about the programs offered in Rainbow secondary schools. We are here to help students make informed decisions about their future.”

Rainbow District School Board’s secondary schools offer exceptional opportunities in arts, athletics and academics, in English and French Immersion, in all program pathways – independent living, work, apprenticeship, college and university.

The Board also has five specialized programs - the Arts Education Program, the Science Technology Education Program, the Bilingual Trades Program, the School of Integrated Technology and the International Baccalaureate Program. Bussing to these programs is offered to students within Greater Sudbury.

“It’s important that students take the time to explore all of their options,” said Rainbow District School Board Director of Education, Norm Blaseg. “Tour our schools, meet the Principal, talk to teachers, see the facilities, and learn more about the dynamic programs that are offered in our secondary schools. The Guide for Students and Parents is also an excellent source of information.”

Confederation Secondary School will be holding their open house on Wednesday, January 12, 2011 at 6 p.m.



NEW ORLEANS PIZZA

Try one of these great crowd pleasers!

NEW ORLEANS Trio
3 Pizzas with 3 Items Each

with Medium Pizzas	with Large Pizzas
\$25.99	\$32.99

Your choice of Original Smart Dough or New MultiGrain Thin Crust



BE FLU WISE IMMUNIZE



Your best defense against the flu is your yearly flu shot. All Ontario residents aged six months and older, especially seniors, emergency personnel and those with medical problems, should get a flu shot.

Because the flu virus changes often, it is necessary to get the flu shot every year for protection against the virus strains that may be circulating that year. You cannot get the flu from the flu shot because the vaccine does not contain live virus.

To help you beat the flu, the Sudbury & District Health Unit has scheduled a series of FREE, convenient flu shot clinics at these locations:

No appointment needed!

IN CAPREOL	
Capreol Community Centre/Arena	Tuesday, November 2, 2010 from 3 p.m. to 7 p.m.
IN VALLEY EAST	
Val Est Mall located in Val Caron	Wednesday, November 3 from 3 p.m. to 7 p.m. Thursday, November 25, 2010 from 3 p.m. to 7 p.m.
Neil's Your Independent Grocer, Hanmer	Tuesday, November 16, 2010 from 3 p.m. to 7 p.m.
Hanmer Valley Shopping Centre	Saturday, November 13, 2010 from 10 a.m. to 4 p.m.

**You can also get your FREE flu shot
at your doctor's office, a walk-in
clinic, or a community health centre.**

**Flu Facts Hotline
(705) 522-9200, ext. 301**

www.sdhu.com

Make it a
**Healthy
Day!**

Sudbury & District Health Unit
Service de santé publique de Sudbury et du district

Valley Community Theatre Presents The Holiday Favourite "THE TWELVE DAZE OF CHRISTMAS" Opening November 24, 2010



**CONFEDERATION SECONDARY SCHOOL
IN VAL CARON
NOVEMBER 24, 25 & 26
DECEMBER 1, 2 & 3
SHOW TIME 7:00 P.M. EACH NIGHT
TICKETS SOLD AT THE DOOR**

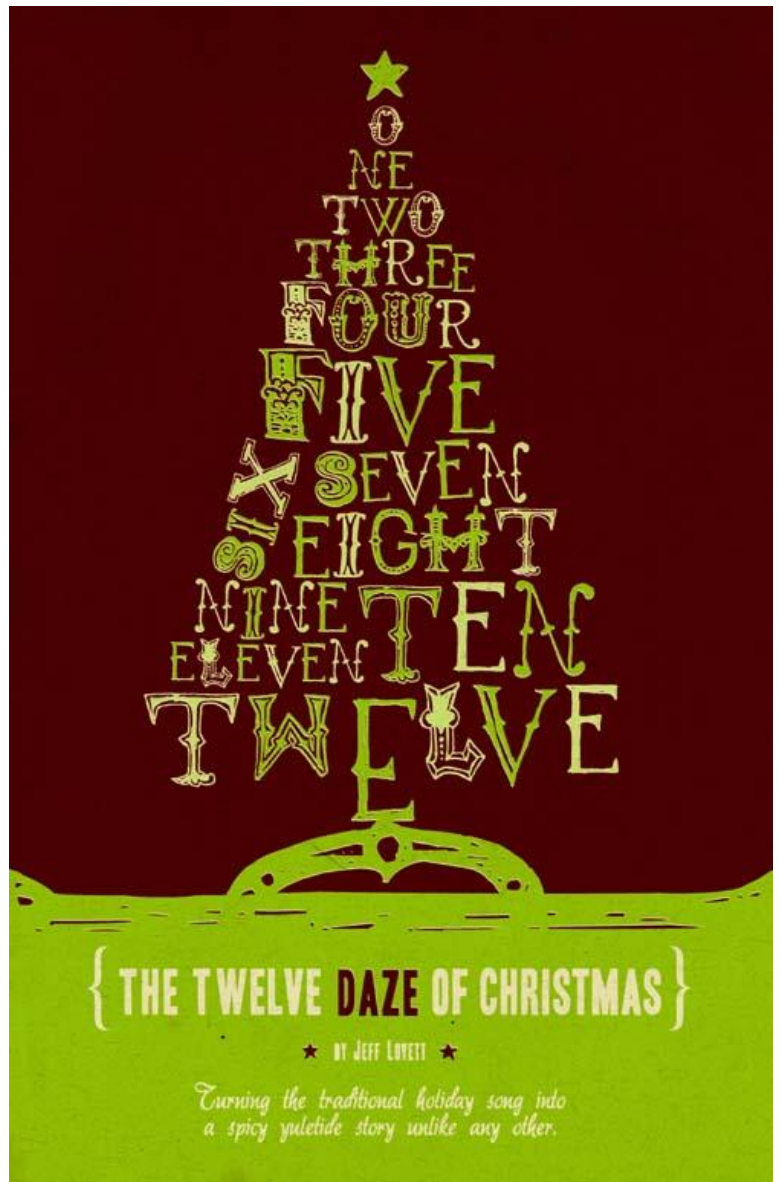
It's Christmas-time and all Alice wants to do is just sing one of her favorite holiday songs, "The Twelve Days of Christmas." But after just a few words, Alice realizes that when she sings, the characters in the popular holiday tune begin to come to life. Alice's boyfriend has decided to surprise her by sending her all of the twelve gifts mentioned in the traditional carol. With each verse, Alice unleashes a wacky stream of characters that are far from what most people envision when singing "The Twelve Days of Christmas." From Turtle & Dove, two attorneys that try to convince Alice to sue Santa Claus for invasion of privacy to milkmaids who have created a union and are on strike because of poor working conditions, the play turns the traditional holiday song into a fast-paced zany collection of characters.

This play keeps theatre-goers wondering who will show up every time Alice opens her mouth and sings the next verse. We have actor ranging from 7 years old to 50+ with some from as far as Copper Cliff with the remaining being local youth and adults.

The Director is Carmen Shepherd. Her accomplishments for Valley East Theatre are:

- 2001- "On va avoir l'air de vrais fous" as actor
- 2002 "A Votre Sainte" as stage Manager
- 2005 "Les Belles Sœurs" as composer singer
- 2006 "A Christmas Survival Guide" As actor, singer, pianist
- 2007 "Nonsense" as actor, pianist
- 2007 "A la recherche d'Elvis" as actor, singer
- 2008 "Leader of the Pack" as Vocal Coach, Singer
- 2009 "Crazy 8 Theatre" as actor, translator, skit director

With over \$2000.00 in costumes, props and sets, Ron Babin, Production Manager promises that this will be one performance that theater lovers in Valley East will remember for a long, long time.



The Big Deal Is A Poker Run With A Difference



The BIG DEAL is a special snowmobile event being held in Sudbury, Ontario. Centered around a snowmobile Poker Run on the great trails of the Sudbury Trail Plan, followed by a dinner and evening concert featuring country music recording artist, Larry Berrio, it will be a full day of fun and entertainment. Hosted at the Garson Arena, Feb. 19th, 2011, the event is supported by the Greater City of Sudbury and is geared to accommodate 350 snowmobilers.



In addition to the Poker Run, the BIG DEAL will also offer the community a mix of fun, interactive games and special attraction displays from EMS, Police Enforcement and the military while also offering snowmobile and ATV rides to the public and the children from Big Brothers and Big Sisters. Collectively, the event will serve as a fundraiser for the Big Brothers, Big Sisters organization, the Lion's Club and the Sudbury Trail Plan.

Looking at this event as an annual snowmobile festival, in an effort to raise the profile immediately for this year, the promoters, Digital Video Productions, will bring the significant resources and networking connections of Snowmobiler TV and Snow Goer Canada Magazine; Canada's most watched and read snowmobile TV and magazine media properties. The BIG DEAL will provide sponsors, partners and participants with national TV and magazine exposure through editorial feature content, pre-event promotions and web/social media initiatives.

Evaluating the marketplace and comments from stakeholders, the consensus is clear; Sudbury is in need of a prominent snowmobile event. From local riders to touring enthusiasts, the BIG DEAL is based on developing a successful business plan that will bring snowmobiling back to prominence within the Sudbury region and become a “must-attend” event for touring snowmobilers throughout Ontario and the adjacent USA markets.

From the media to dealers and manufacturers to tourism, special interest groups and corporate citizens, The BIG DEAL is about partnerships working together to deliver a world-class snowmobiling event in Sudbury. It will be big, with big returns and developed to be an annual event that is a win win for all involved.

2011 Event Contacts:

Promoter / Sales ./ Marketing: Mark Lang

Digital Video Productions 705-734-9932 ext 238 / cell 705 – 795-1093 mlang@digitalvideo.ca

Trails and Poker Run Coordination: Norm Hein

Sudbury Trail Plan 705-693-7669 nhein@sudburytrailplan.on.ca

Entertainment and Special Event Coordination: Larry Berrio

Larry Berrio 705-929-5817 larry@larryberrio.com

Redwood Acres Public School Will Offer Early Learning Program Beginning in September 2010

The new Early Learning Program for four and five year olds will continue to be phased in to Rainbow Schools in the next few years. In the meantime, all Rainbow Schools will continue to offer full day every day Junior Kindergarten and Senior Kindergarten. The Early Learning Program was introduced in six schools in September 2010 - Churchill Public School, Lansdowne Public School, Princess Anne Public School, Queen Elizabeth Public School, Wembley Public School and A.B. Ellis Public School.

The Early Learning Program will be offered in three more schools in the second phase of implementation in September 2011 - Adamsdale Public School, C.R. Judd Public School and Central Manitoulin Public School.

The Early Learning Program will be offered in eight more schools in the third phase of implementation in September 2012 - Algonquin Road Public School, Charles C. McLean Public School, Cyril Varney Public School, Little Current Public School, MacLeod Public School, Monetville Public School, Redwood Acres Public School and R.L. Beattie Public School.

In Early Learning Program schools, a teacher and early childhood educator lead the program, with average class sizes of 26 children. For a fee, parents have the option of enrolling their children in before and after school programs, providing continuity of learning and a seamless day for families. A revised curriculum document is guiding the implementation of this program for four and five year olds in both the day and extended day components.
(www.edu.gov.on.ca/kindergarten/index.html)

“With full day Junior Kindergarten and Senior Kindergarten available every day, all children in Rainbow Schools will be immersed in a rich play-based learning environment as the Early Learning Program is phased in,” said Director of Education Norm Blaseg. All Rainbow Schools are expected to offer the Early Learning Program by September 2015.

For more information, visit www.rainbowschools.ca and click on Full Day Every Day Kindergarten under “highlights”

Residents Invited To Attend Bowling Fundraiser To Help Sandy Fight For Her Life



Sandy McFarlane has lived in Valley East for over 20 years. At first glance, she looks like a typical 45 year old lady. However, Sandy was diagnosed with Multiple Sclerosis approximately 2 years ago and her health is deteriorating quickly.

The following information can be found on the web site for the MS Society of Canada at <http://mssociety.ca>

“Multiple sclerosis (MS) is an unpredictable, often disabling disease of the central nervous system which is composed of the brain and spinal cord. The disease attacks the myelin which is a protective covering wrapped around the nerves of the central nervous system.

While the exact cause of MS is not known, current research increasingly points to a complex interplay of environmental and possibly genetic risk factors. Together these two factors may influence a risk for developing MS given a prescribed set of conditions which are yet to be discovered. MS is NOT contagious, and is NOT inherited, although the genetic influence on susceptibility is a major thrust of research

supported by the MS Society of Canada and its Scientific Research Foundation. Multiple sclerosis can occur at any age. It is usually diagnosed between the ages of 15 to 40, during the career and family building years. It can make its first appearance in young children and in older adults. MS is three times as likely to occur in women than in men and is seen most commonly in people of northern European background.

An estimated 55,000-75,000 Canadians have multiple sclerosis. Prevalence rates range from one MS case per 500 people to one in 1,000 across the country. Canada is a high risk area for the disease, which occurs more often in countries, like Canada that are further away from the equator. The MS Society estimates, based on current prevalence rates, that approximately 1,000 new cases of MS are diagnosed in Canada each year, which means three more Canadians are diagnosed with MS every day.”

Sandy has 4 out of 5 jugular veins blocked. Her feet are always cold and nothing warms them up. Sandy has been to Barrie for a Doppler ultrasound where they diagnosed that she has 4 out of 5 jugular veins blocked. Her feet are always cold and nothing warms them up. Unfortunately, Canada does not offer angioplasty for MS patients. After doing some extensive research on the internet and talking to other MS patients, Sandy has decided to go to Costa Rica for the Liberation Treatment which has had excellent results with patients who have received the procedure.

Sandy’s balance is very unstable and her vision has deteriorated. She now walks with a cane, even though she should be using a wheelchair. Sandy is determined not to let the disease take over. To make matters even worse, Sandy’s husband is also ill and on disability. He suffers from brain seizures, resulting from a tumour in the brain.

Sandy’s sister, Debbie Imbeau, has informed Valley East Today that she and some of Sandy’s family and friends will be holding a fundraiser at Buddah’s Bowl in Val Caron on Saturday, December 4, 2010 at 8:00 p.m. to raise some money to help pay for the procedure. Debbie will be accompanying Sandy when they leave on January 11, 2011 for Costa Rica. The procedure is scheduled to be done on January 15, 2011. Tickets are only \$10 per person. There will also be a penny table and a silent auction. If you wish to purchase a ticket or donate to the penny table or silent auction, please call Debbie at 918-9593 for more information.



REFLECTIONS ON LIFE & EDUCATION

by Robert Kirwan

Publisher of Valley East Today

The following are a few special editorials reflecting upon life & education by Robert Kirwan, publisher and editor-in-chief of the Valley East Today Community Lifestyle Magazine.

We hope these stories give you food for thought about the things that are truly important in life today and inspire you to live to the fullest each and every day of your life.

REFLECTIONS by Robert Kirwan

Will Christmas Be The Same Without Them?

Christmas is a wonderful time of year, filled with so much joy and happiness. Everyone is attending parties, shopping for gifts, making plans to visit friends and relatives, and generally just trying to keep up with the hectic pace of the holiday season. However, no matter how happy we are or how much we enjoy the Christmas festivities, most of us will experience a few sad moments at this time of year as well. Perhaps it overcomes you as you are gazing out the window into the clear night, watching the crisp snow falling to the ground. With Christmas carols playing in the background, you fall into a trance and your mind wanders to those special people who are no longer part of your life...and you wonder, "How can Christmas ever be the same without them?"

We have all endured the pain and suffering of the death of a loved one –a grandparent, a parent, a close family member or a friend. There were certain traditions associated with those loved ones that you cherished, and will miss dearly. Whether your loss was caused by death, divorce, a family member moving to another place, or for any one of numerous other reasons, the feeling is still the same. You miss that person and for a moment wish that you could shut out the sights and sounds of Christmas. After all, how can you have so much fun without the people who are no longer part of your life?

How often have you been among a crowd of people and been overcome by sadness as you find yourself feeling guilty for having such a good time, knowing that a loved one is no longer with you? Do you feel like everyone around is staring, wondering what's wrong? Whenever you find yourself feeling like this, allow the memories to come flooding in. Allow the good memories to fill your head and bring you once again to a state of joy. Instead of feeling down, wondering how things will ever be the same without your loved ones, do your best to recall those important traditions and memories and remember the good times you had with them.

This is also the time of year when a simple smile, a touch on the shoulder, holding hands briefly, a sincere compliment or even a little note of recognition can mean the world to those you meet, especially strangers. Reaching out to show that you care and understand how someone else feels is so much easier during the Christmas season because of the overall atmosphere and festive spirit. As you discover the warmth that comes from sharing your love with everyone you meet, you will begin to realize that the memories you have of lost loved ones are cherished more than ever, and instead of making you feel sad, those memories will lift your spirits.

We can't escape from the fact that things change in our life as we grow older; some for the good, and some not so good. Unfortunately, it is during this wonderful holiday season that we realize how much things have changed. This year, don't try to suppress the memories of years gone by. Allow them to make this the best Christmas ever.

So as you go about your preparations for Christmas 2010, plan all of the great traditions that have been a part of your life for so many years. Allow time to recall the memories of years gone by so your loved ones will remain part of the festivities, even if they are no longer around. You will find that they can still add a great deal to your holiday, even if they are only here in spirit.

Have a very Merry Christmas!

REFLECTIONS by Robert Kirwan

Look For The Gold Slippers This Year

If you are like most people in this area, it usually takes some special moment to put you into the Christmas Spirit. It could be the first snowfall; putting up your Christmas lights; shopping for presents; the first carollers; or sending out your Christmas cards. You know what I mean. We don't have that distinctive Christmas feeling all year long, but most of us tend to get into the "Christmas Spirit" at this time of year. What did it for you? Or are you one of those for whom the Christmas Bell has not yet rung?

You may be surprised at what eventually sends you into the Christmas mood. Often it sneaks up on you and could be something as "insignificant" as what occurs in the following story that I found on the internet. The story was written by a lady out shopping just before Christmas, but it could be any one of us.

"It was only four days before Christmas. The spirit of the season hadn't yet caught up with me, even though cars packed the parking lot of our local discount store. Inside the store, it was worse. Shopping carts and last minute shoppers jammed the aisles. Why did I come today? I wondered.

My feet ached almost as much as my head. My list contained names of several people who claimed they wanted nothing but I knew their feelings would be hurt if I didn't buy them something. Buying for someone who had everything and deploring the high cost of items, I considered gift-buying anything but fun. Hurriedly, I filled my shopping cart with last minute items and proceeded to the long checkout lines. I picked the shortest but it looked as if it would mean at least a 20 minute wait.

In front of me were two small children - a boy of about five and a younger girl. The boy wore a ragged coat. Enormously large, tattered tennis shoes jutted far out in front of his much too short jeans. He carefully clutched several crumpled dollar bills in his grimy hands. The girl's clothing resembled her brother's. Her head was a matted mass of curly hair. Reminders of an evening meal showed on her small face. She carried a beautiful pair of shiny, gold house slippers. As the Christmas music sounded in the store's stereo system, the girl hummed along, off-key but happily. When we finally approached the checkout register, the girl carefully placed the shoes on the counter. She treated them as though they were a treasure.

The clerk rang up the bill. "That will be \$6.09," she said. The boy laid his crumpled dollars atop the stand while he searched his pocket for some change. Finally he came up with \$3.12.

"I guess we will have to put them back," he bravely said. "We



will come back some other time, maybe tomorrow."

With that statement a soft sob broke from the little girl. "But Jesus would have loved these shoes," she cried.

"Well, we'll go home and work some more. Don't cry. We'll come back," he said.

Quickly I handed \$3.00 to the cashier. These children had waited in line for a long time. And, after all, it was Christmas. Suddenly a pair of arms came around me and a small voice said, "Thank you lady."

"What did you mean when you said Jesus would like the shoes?" I asked.

The boy answered, "Our mommy is sick and going to heaven. Daddy said she might go before Christmas to be with Jesus."

The girl spoke, "My Sunday school teacher said the streets in heaven are shiny gold, just like these shoes. Won't mommy be beautiful walking on those streets to match these shoes?"

My eyes flooded as I looked into her tear streaked face. "Yes," I answered. "I am sure she will."

Silently I thanked God for using these children to remind me of the true spirit of giving.

If you haven't yet found the Spirit of Christmas inside you this year, be on the lookout for that special moment when it will hit you. For no matter what your situation in life, you will definitely discover the spirit somewhere, sometime and with someone. Keep looking for your "gold slippers" and enjoy this Christmas like no other.



Rainbow District School Board seeks volunteers for Special Education Advisory Committee

Rainbow District School Board is seeking applications to fill positions on the Special Education Advisory Committee (SEAC) for a period of four years, beginning January 2011.

SEAC advises Rainbow District School Board on matters related to special education. The Committee is comprised of volunteer representatives from parent and community associations as well as two Board Trustees. Meetings are held on a monthly basis throughout the school year.

Associations or organizations of parents/guardians that aim to further the interest and well being of one or more groups of exceptional children or adults are asked to nominate one person (and one alternate) to represent that association.

The Membership Committee will consider all applications and make recommendations for appointments to the Board. To be considered for a position on the Committee, please phone the Board Office for a nomination form at 705.674.3171, ext. 7216. The deadline for applications is Friday, December 3, 2010. Please forward applications to: Ada Della Penta, Superintendent of Schools, Rainbow District School Board, 69 Young Street, Sudbury, ON P3E 3G5.



Valley East's Joey Niceforo Performs Annual Christmas Concert With Destino At Laurentian University on December 4 & 5

It is indeed amazing to realize that from the town that lives and breathes hockey and competitive sports would emerge one of the most talented opera singers in Canada. And yet, that is what our own Joey Niceforo has become as he performs around the world with DESTINO.

The Bio on the web site at www.destino3.com describes Joey.

Insight magazine declared that "Joey Niceforo has one of the most robust and exciting voices I've heard in a long time. He's riveting on stage, his voice pins you to the song and does not let you go until the last stirring note". He made his professional debut in Opera In Concerts' Canadian gala, and has since performed several roles with them as well as performing in operas across Canada, the United States, Italy and the Czech Republic. In 2005, Joey was asked to be a member of the Canadian Tenors, which propelled the creation of the critically acclaimed pop opera group Destino. This year began with a national 18 city tour with the Rankin family. Some of Destino's most notable engagements include performances at the 2008 Beijing Olympics, the 2010 Vancouver Olympmics, the Miss America Pageant in Las Vegas hosted by Robin Leach, and at Walt Disney World in Orlando Florida where he shared the stage with Mary Osmond, most recently a debut concert at Carnegie Hall in New York city, as well as performances on Entertainment Tonight Canada, Canada AM, E talk daily among many others.

On December 4 & 5, Joey Niceforo and Destino will be performing their 5th Annual Christmas Concert at Laurentian University in the Fraser Auditorium. Tickets are \$43.25. The show begins at 7:30 p.m. You can get your reserved tickets by calling the Sudbury Theatre Centre Box Office at 674-8381. Make sure you call soon. Each year their two shows sell out very quickly. This is one of the most popular concerts held in Sudbury during the year.



Life Affirming People

by Kevin Shanahan

The following is one of the articles that have been written by Kevin Shanahan a local writer who has been battling cancer for a number of years. He shares his thoughts about life in the hope of providing inspiration to others who are dealing with this dreadful disease as well as other challenges in life.

I drive truck(18 wheeler) and was homebound out of Fort Erie. I had been fighting a snowstorm for over an hour. It was one of those storms that drops your speed to a crawl because your visibility is barely beyond the windshield wipers and the headlights reflecting off the snow squalls are hypnotizing. I pulled into my fueling stop, and barely overheard another trucker(on the CB radio) relating how the storm gets too bad and it stretches well beyond Sudbury. I couldn't handle it for another 3 hours and thought, maybe, I should just get into the sleeper and call it a night, but I wasn't tired enough to sleep. Then I thought I may have heard him wrong, or he was a young driver and/or a worry-wart. I decided to chance it and when I pulled back onto the highway, I knew I had made a mistake. The whole world disappeared in a blinding sheet of white. I couldn't just turn around, so I thought I would try and get to the next town and park it for the night.

The CB radio was quiet and it felt like I was out there alone. I asked the next two, southbound, truckers of what I could expect and was told the storm only lasts for another hour and it was clear highway from there. They told me to take it slow and I would make it, so I continued. It wasn't until a while later I realized I was enjoying the storm and was quite comfortable being out in it. I wondered why, in such horrible weather, I felt good about my surroundings. Then I realized it was because, just up ahead, I knew it was going to end and I would be back on clear highway again. I couldn't help think of my journey through cancer. As long as I remembered it was going to get better, the struggle to get through was so much easier.

All during my journey through cancer, life affirming people were most important to me. My faith in my power to heal and those type of people that encouraged me, gave me the hope to get through surgery and the chemotherapy. Like those two truck drivers who gave me the encouragement to carry on and arrive safely. I have learned, through life, that as long as I believed in myself and my ability to carry on, I could handle whatever life decided to throw at me. It is only through reflection I realize there were times I thought I was alone, lost faith in myself and endured a cloud of sadness that was only dissipated by someone who cared enough to encourage me. I learned to ignore, and not talk to, those who would tell me of someone who passed away with my type of cancer. Like I ignored the worry-wart trucker and listened to the more experienced, encouraging drivers to make it safely.

My battle with cancer had some rough times, but not so rough I couldn't handle it. My cancer buddy, Bob, almost spent this Christmas in a hospital bed with his cancer, and was so sick at times he could have had two nurses in bed with him. He understood my story about the snowstorm and had a similar attitude towards his own journey. That attitude enabled him to go home on the 23rd.

There is nothing so precious as Faith in the power to heal. Nothing so comforting as the trust in those medical angels that care for us. But, most of all, there is nothing so compelling as Hope. And Hope begins with "You"

Heatwave Tanning Salon Has Information For Parents About Safe Use of Tanning Beds



With four locations to serve you, Heatwave Tanning Salon has become the preferred tanning spa in the Greater Sudbury Area. Each month you will find special deals that will help you stretch your dollar as far as possible. Ron and Andrea are also pleased to provide you with all the information you need about how to tan responsibly, whether in their tanning beds or on the beach. You can also save money on lotions whenever you buy any tanning package.

Ron and Andrea also invite people to call them up to discuss the safety measures that have been incorporated into the Heatwave Tanning Salon policy. There is much concern about the safe use of tanning beds and Ron and Andrea wish to assure all local residents that no one is more

concerned about the safety of their clients than they are.

5th Annual Food Drive Launched By Heatwave Tanning Salon To Make Christmas 2010 Better For Needy Families



Andrea Guinard and Ron Brunette, Co-owners of the Heatwave Tanning Salon Chain with four (4) locations in the City of Greater Sudbury, are once again appealing to their patrons to come forward with much needed food for the needy during their 5th Annual Christmas Food Drive.

In order to show their appreciation for the donations that are made by clients, Andrea and Ron will be "doubling up" the FREE TAN incentives from now until December 22, 2009.

Anyone who purchases five tans will receive one free tan under the

promotion that is now on. However, by bringing in just one canned food item, you can double your incentive and receive TWO free tans. Buy ten tans, bring in two food items, and you will receive FOUR free tans. Buy 15 tans, bring in three food items, and you will receive SIX free tans. Buy 20 tans, bring in four food items, and you will receive EIGHT free tans.

Andrea and Ron want to thank their patrons in advance for helping to brighten up Christmas 2010 for so many needy families. Visit the web site for more information <http://www.valleyeasttoday.ca/Heatwave/> or call Ron or Andrea at 897-4006.

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**THURSDAYS
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**FRIDAY & SATURDAY
OPEN UNTIL 12 MIDNIGHT**

Make sure you visit the Valley East Today Corporate Web Page for New Orleans Pizza by clicking the following link:
http://www.valleyeasttoday.ca/newsmagazine/Corporate%20Profiles/new_orleans_pizza.htm

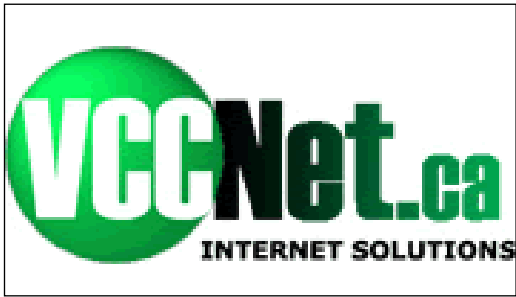
NEW ORLEANS PIZZA IS A FULL YEAR AHEAD OF THE MINISTRY COMPLIANCE REQUIREMENTS



New Orleans Pizza has been providing lunches to schools and school groups for over 30 years and is proud to announce that it has altered its products to meet the new requirements set out by the ministry of education a full year before it will become mandatory. Some schools are making it mandatory now so this is something they might like to know.

New Orleans Pizza provides a school lunch menu where over 80% of its products are in the Sell More Category as outlined by the Ministry of Education's School Food and Beverage Policy. This is good news for teachers and principals who like to schedule weekly pizza lunches which comply with the requirements. New Orleans Pizza has a proud reputation for quality products and do not compromise when it comes to maintaining a high standard of nutrition. For more information you should contact Vicky Wydra at 523-8080.

VCCNET.ca Internet Solutions Launches New Automated Distance/Calling Card Service



VCCNET.ca Internet Solutions Adds New Service To Its Full Range of Internet and Communication Services for Home or Business

VCCNet.ca Internet Solutions is subsidiary of Valley Computers & Consulting Services and is a locally owned and operated business that has offered affordable, cost effective telephone, long distance, and internet solutions since 2001.

This month, Edgar Lajambe, owner and operator of VCCNET.ca has announced the introduction of a totally automated long distance/calling card service. Customers can sign up, add funds and use the service virtually un-aided. More importantly, this service will offer some very aggressive pricing, including 1.2 cent/minute to most places in Canada and 1.7 cents per minute to the United States. In fact, VCCNET.ca will be offering some of the best rates you will find for international calls as well.

There are no connection charges and no system access fees and no monthly fees to worry about! Very few companies are offering rates that are truly comparable when you look hard and decipher the deceptive advertising promotions. For example, there are some companies offering rates as low as 1 cent per minute, then charging a 50 cent "connect charge per call. This means that a customer is paying 2 cents per minute for a 50 minute call, and an even higher rate if your call is less than 50 minutes.

It is so easy to use. You just go online at VCCNET.ca and then click on FOR HOME and then CALLING CARDS. Or you can link directly to:

<http://www.vccnet.ca/ForHome/CallingCards/tabid/91/Default.aspx>

Once on that page you simply create an account, add money to the account using any major credit card or your Pay Pal account. Then you are ready to start calling family and friends.

VCCNet.ca can provide access numbers throughout most of Canada and the USA as well as many countries around the world. We also offer convenient Toll Free access if you happen to be in one of those areas where local access simply doesn't exist.

If you need any of these services for you home or office you should visit the web site at www.vccnet.ca to find out more about the services available and even get an indication of the low prices that are offered at this time. Give Edgar a call at 705-479-5017 and he may be able to save you plenty of money while giving you the kind of service that you thought was no longer available.



Cousin Vinny's Offers Ride Safe Program

Free service operated solely by volunteers serves to keep roads safe

Ride Safe is a non-profit program dedicated to the prevention of impaired driving. From Cousin Vinny's in the Valley, Ride Safe is completely free and is conducted by volunteers, consisting of Valley residents.

"I think it's a great program and for a really important cause," Ride Safe volunteer driver Natasha James said. "You're never going to stop drinking, but at least with Safe Ride, you can encourage people to be more responsible about drinking and driving."

"Ride Safe is available every Friday and Saturday night," Cousin Vinny's co-owner Chris Vitiello said.

The first night this program is set to run is the weekend of October 1st.

Volunteers wait at Cousin Vinny's between the hours of 10 pm and 2 am for patrons requesting transportation. Each car can provide rides for two to five people.

Ride Safe can be a valuable experience for volunteer drivers.

"Ride Safe is a good opportunity to do community service," Co-owner Tylor McNair said "I encourage anyone interested in volunteering to contact us."

Volunteer drivers need to complete a Cardiopulmonary Resuscitation (CPR) and First Aid course, undergo a simple background check, have a clean driving record and have been in possession of a driver's license for at least one year. These precautions are meant to ensure the safety of everyone in the car.

Drivers volunteer for a variety of reasons, including being active in their community and the chance to reduce drunk driving.

"Ride Safe provides anyone who drinks with the option of being safe," McNair said. "They can come party, have fun and not need to worry about how they will get home."

Ride Safe's goal is to provide people, with a safe way to get home so that no one has to resort to drunk driving and risk losing their lives and the lives of others.

For more information please visit www.cousinvinny.ca or call 969-5644

"Only about 2 percent of people can work entirely without supervision. We call those people 'leaders'. This is the kind of person you are meant to be and that you can be, if you decide to be."

~Brian Tracy

"Never interrupt someone doing what you said couldn't be done. You can do anything you decide to do. You can act to change and control your life, the process is its own reward. Women, like men, should try to do the impossible. And if they fail, their failure should be a challenge to others."

~Amelia Earhart

The Learning Clinic *Education & Career Development Agency*

An Academic Management Program Is The Key Ingredient In The Learning Coach Approach To Tutoring



Quite simply speaking once you decide that you are going to seek outside assistance in the form of tutoring for your son or daughter, you should have only one goal in mind - to help your child achieve his/her education success and in turn his/her career development goals.

In order for this to happen, every student needs an "academic management program".

Some are able to develop this program with the help of their family members and teachers. Others are fortunate enough to have their own "Learning Coach" who becomes responsible for seeing to it that this academic management program is achieving the desired results, or is at least moving forward in a positive manner.

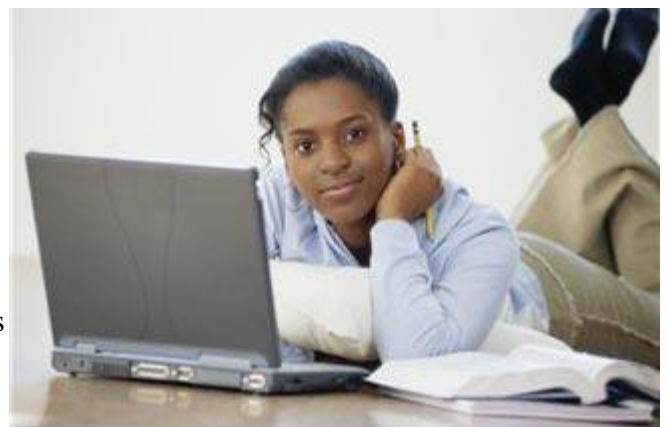
As you have already seen, there are many options available to a parent once the decision to seek tutoring assistance is made. In order to make the right choice for your child, you must be aware of the elements of effective academic management and then you can determine which tutoring approach would be most appropriate for your children.

Regardless of which tutoring option you select, your child will be put in the hands of a "person" who is going to become his "Learning Coach".

SUCCESS BREEDS SUCCESS

The first thing that a Learning Coach realizes is that once a student experiences the satisfaction of success it becomes addictive. Successful students develop a self-confidence that cannot be put down. They simply approach each new stage in their education development with the attitude that they deserve to succeed and they set about to do whatever it takes to arrive at their goal. They believe in themselves and therefore they want to accomplish more which makes them believe in themselves even more.

The challenge for a Learning Coach is to determine what



it will take to help his student achieve the level of success that will generate the motivation and self-confidence to move from their current baseline state to a level that is more in keeping with their potential.

In order to achieve academic success in school, it is usually necessary for the Learning Coach to address the basic literacy and numeracy skill development of the student. If you do not know how to add and subtract, you will never be able to learn how to multiply and divide. If you do not know how to express your ideas in words, you will never be able to complete essays and assignments. Therefore, it is important to focus on the basic skill development that is necessary for success.

THE FOUNDATION OF ACADEMIC MANAGEMENT: WORK HABITS & LEARNING SKILLS

Even before addressing the core academic skills that must be developed, a good "learning coach" will help the student with some of the key work habits and essential learning skills that will make the process of academic skill development a whole lot easier. These "transferable skills" as they are often called, once developed, will help any student achieve maximum success in any situation. These include, but are in no way limited to the following:

1. The student must be able to **organize** his materials, notes, assignments and resources so that he has access to the information he needs;
2. The student must be able to set short- and long-term **goals** so that there is a purpose for his efforts;
3. The student must be able to **record** his assignments with accuracy and clarity so that he knows what must be done;
4. The student must be able to **understand** what must be done and then create a plan for getting it done;
5. The student must be able to set **priorities** and keep those priorities in focus;
6. The student must be able to manage his **time** efficiently and plan ahead;



Once the "learning coach" has helped the student with these transferable learning skills, it is time to help with some strategies for success. The "learning coach" will show the student how to develop specific tactics that can be employed which will help move him forward to the attainment of his goals.



The "learning coach" will then take full responsibility for establishing reasonable expectations and for giving the student positive reinforcement and encouragement when he meets his short term goals. Motivation is critical at this juncture as the child is attempting to effect change. It is not going to be easy and the student's self-esteem and feelings of self-worth will not change overnight. However, with the right approach, and the right strategies, the "learning coach" should be able to keep any student moving in a positive direction.

The key is to work on short-term objectives while keeping your mind on the long-term goals. There will be set backs from time to time, but as long as the student sees that he is moving in the right direction and as long as he knows he has the "Learning Coach" to provide him with the support he needs along the way, he will be motivated to continue.

THE DIFFERENCE BETWEEN A TUTOR AND A LEARNING COACH

Let me state unequivocally that it is my firm belief and conviction that a "Personal Learning Coach" is much more than just a tutor! While tutoring is something that a "Personal Learning Coach" offers to his students, the fact is that anyone can be a "tutor". In other words, anyone can show you how to add and subtract. Anyone can lead you through worksheets and point out your mistakes. However, not every tutor is capable of being an effective "Personal Learning Coach".

A tutor simply helps another person understand specific elements of a particular part of the curriculum in order to pass a course or complete an assignment in one subject area.

A Personal Learning Coach takes the practice of "tutoring" to a much higher level.

In order to help you understand the difference between the services provided by a person who is simply a "tutor" and the services provided by a "Personal Learning Coach", consider the following fishing story.

A 'HAND UP' IS BETTER THAN A 'HAND OUT'

One day a fisherman was on his way home when he came upon a man sitting by the side of the road with his family. The man explained that he had no money to buy food and that his family was hungry. He asked the fisherman if he had any fish to give him so that he could feed his family.

The fisherman reached into his sack and gave the man a few of the fish that he had caught that afternoon. The man was grateful for the food. He then lit a fire and fed his family a meal of freshly caught fish.

The next afternoon a different fisherman was on his way home when he came upon the same family sitting by the side of the road. The

man once again explained that he had no money to buy food and that his family was

hungry. He then asked the second fisherman if he had any fish to give him so that he could feed his family.

The second fisherman reached into his sack and gave the man a few of the fish he had caught that afternoon.

Instead of leaving, however, while the man's wife was preparing and cooking the fish for dinner, the second fisherman took the man to the nearby stream that was running by the side of the road. The second fisherman then showed the man how to break off a branch to turn it into a fishing pole. The fisherman then gave the man a piece of fishing line and a hook. He showed the man how to attach a berry to the hook and then showed the man how to hold the fishing pole in



the water with the hook and berry floating on the surface. The second fisherman stayed with the man until they caught a few fish from the stream. Once the second fisherman was satisfied that the man was able to catch fish on his own, the second fisherman continued on his way down the road, satisfied that the man and his family would never again be hungry.

The first fisherman provided the man with the means of satisfying the immediate hunger of the man and his family. That is what a "tutor" does. He solves an immediate problem. However, the next day the man and his family were hungry again. That is what most tutoring is all about. Most tutoring provides short-term solutions to learning problems, but soon those problems soon come back again.

The second fisherman was a perfect example of what you would expect from a "Learning Coach". Not only did the second fisherman satisfy the immediate hunger of the man and his family, he then showed the man how to catch his own fish and left the man with suitable knowledge and skills to make sure that he would never again go hungry. In fact, the man now had the ability to catch fish for sale to make money to purchase other things for his family. The second fisherman gave the man hope and the ability to make a good life for himself. That is what a "Personal Learning Coach" does.

A "Personal Learning Coach" recognizes the need to solve immediate problems, but also realizes that it is even more important to develop skills which will ensure that those problems never again present the same challenges as they did in the first place.

Anyone can be a "tutor". Anyone can help out with an immediate problem, but it takes a person with special skills and experience to be an effective "Personal Learning Coach".

So when you are choosing the tutoring option that is best for your own child, you must take into consideration that you are trying to find someone who will take over a lot of the responsibility for the "academic management" of your child.

There Comes A Time In Every Student's Life When A Personal Tutor Will Make All The Difference In The World



Making a decision to entrust your child's future to another person should never be made lightly. As a parent, you need to be certain that you are making the right choice. And yet, we willingly turn our children over to the public school system every day, trusting that the classroom teachers know what they are doing and will be able to do what is best for our children.

We are fortunate to have so many well qualified teachers who do a wonderful job with our children and are very passionate about their professional responsibilities. They do the best they can with the resources available to them.

Nevertheless, at times it becomes necessary to intervene and provide your child with extra assistance in order to help him/her achieve success in school and maximize his/her learning potential. This is not to say that you lack confidence in the teachers. It is just a fact of life that there are times in every child's life when some outside assistance is warranted and which if done properly will positively impact on the child's future.

That being said, for most parents there comes a time when tutoring will be considered. I invite you to visit my web site at www.thelearningclinic.ca for a very comprehensive overview of the tutoring options available in Greater Sudbury. It is time that will be well spent. Otherwise, please call me at (705) 969-7215,

Personal Tutoring Services

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