

# **VALLEY EAST TODAY** **Community Lifestyle Magazine**

[www.valleyeasttoday.ca](http://www.valleyeasttoday.ca) and [www.thelearningclinic.ca](http://www.thelearningclinic.ca)

**THE TIME HAS FINALLY ARRIVED!**

**IT'S TIME TO VOTE!**



## **The Future Of Valley East Is Now In The Hands Of Registered Voters**

*Written by Robert Kirwan*

The long-anticipated 2010 municipal election is at hand, beginning with four days of voting starting on Saturday, October 16 and ending on Tuesday, October 20. Next comes the official ELECTION DAY on Monday, October 25, 2010. All of the information you need about where and when to vote can be found on the following pages.

Since moving with my wife to our current home in Val Therese in March 1974, I have witnessed tremendous change and growth in the community of Valley East. We have a great deal to be proud of and owe a lot to our community builders for doing such a good job, especially in the areas of sports and recreation. This is still one of the best places to raise a family with a quality of life that is second to none.

We are now on the threshold of another chapter in our history. And the first page in that chapter is about to be written by each person who casts a vote during the five (5) days of voting over the next ten days.

A number of citizens, including myself, have put our names forward as candidates for positions on City Council and on one of the four local school boards. We are ready to take on a leadership role as representatives of our constituents. For myself, I decided to put my knowledge, experience and background up for consideration as a trustee with the Rainbow District School Board. This is where I feel I can make the most significant contribution to the future of my community and to the future of the children in our school system. There are others who have decided to seek election to other posts for their own personal reasons. Try to find out more about them in the coming days so that you can make an informed choice when you cast your vote.

**ELECTION 2010**

# This Is Valley East

*"Where People Make The Difference"*



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 or the internet. 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](http://www.valleyeasttoday.ca)

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**Robert Kirwan, Publisher & Editor-in-Chief**

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

# ELECTION 2010

## *Rainbow District School Board*

**Gordon Ewin**

**Robert Kirwan**

**Ruth Ward**

## *Sudbury Catholic District School Board*

**Michael Bellmore**

**Geraldine Meskell**

## *Conseil scolaire du district du Grand Nord de l'Ontario*

**Robert Boileau**

**Francois Boudreau**

## *Conseil scolaire catholique du Nouvel-Ontario*

**Fern Bidal**

**Georges Boudreau**

**Marcel Legault**

**John Robert**

## **COUNCILLOR OF WARD 6**

**Pete Chenier**

**Christine Guillot-Proulx**

**Andre Rivest**

## ***ELECTION 2010 IS COMING FAST – IT'S TIME TO FIND OUT MORE ABOUT CANDIDATES***

Time is running out for local residents to find out who they wish to vote for in the upcoming Municipal Elections. The Advance Voting will take place the weekend of October 16 & 17 as well as October 18 & 19, while Election Day is October 25, 2010. A few signs have been put up around the town and at least one candidate has distributed a flyer, but for the most part things have been very quiet. The Valley East Today web site is providing space for people to display their information, but so far only three candidates have taken advantage of the invitation of the FREE OFFER.

If you would like to read what has been posted by the candidates, please feel free to go to the following link:  
<http://www.valleyeasttoday.ca/Election%202010/2010%20mainpage.htm>

# New Procedure For Advance Voting Makes It Easier To Beat The Rush of Election Day

If you have already decided who you intend to vote for this year, you can beat the rush of Election Day by taking advantage of the Advance Voting Days that are coming up starting on October 16, 2010.

On Saturday, October 16, 2010 and Sunday, October 17, 2010, you will be able to cast your ballot at ANY of five locations situated throughout the City of Greater Sudbury. The voting will be open from 10 a.m. to 5 p.m. each day at the following locations:

|                               |                                      |
|-------------------------------|--------------------------------------|
| Hanmer Valley Shopping Centre | 5085 Hwy. 69 North, Hanmer           |
| New Sudbury Centre            | 1033 Barrydowne Road, Sudbury        |
| Place Bonaventure Mall        | 4764-22 Regional Road 15, Chelmsford |
| Southridge Mall               | 1933 Regent Street, Sudbury          |
| Tom Davies Square             | 200 Brady Street, Sudbury            |

This is an excellent way for residents to exercise their democratic responsibilities while conducting their normal activities during the weekend. When you go for your Saturday morning shopping trip, just stop by and take care of your voting at the same time. Anyone can take advantage of the advance voting days. It is not necessary for you to have any kind of special reason. This is just an opportunity to provide a convenient way for people to vote.

## **FOUR DAYS OF ADVANCE VOTING**

This year you will be given the opportunity to vote in advance for FOUR (4) consecutive days.

In addition to Saturday and Sunday, October 16 and 17, 2010 at the above five locations, each ward will have a designated place where residents can cast their votes between the hours of 10 a.m. and 8 p.m. on Monday, October 18 and Tuesday, October 19, 2010 as follows:

### **IN WARD 5,**

You will be able to vote at

**Confederation Secondary School  
1918 Main Street West, Val Caron**

### **IN WARD 6,**

You will be able to vote at the

**Valley East Citizen Service Centre  
4100 Elmview Drive, Hanmer**

### **OR FOR ANY WARD,**

**Tom Davies Square  
200 Brady Street, Sudbury**

# Where to Vote on Election Day

On OCTOBER 25, 2010, you will be required to vote in one of the designated polling stations. Your location is indicated on the voting card you received in the mail. The following locations along with the poll numbers are indicated below:

## Ward 5 \* Quartier 5

|  |   |
|--|---|
| Confederation Secondary School<br>1918 Main Street West, Val Caron     | 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12,<br>13, 14, 14-1, 15, 16, 17, 17-1, 18, 19,<br>20, 21, 22, 23, 24 |
| École secondaire MacDonald-Cartier<br>37 Lasalle Boulevard, Sudbury    | 25, 26, 29, 30, 31, 33  |
| Queen Elizabeth II Public School<br>32 Dell Street, Sudbury            | 32, 34, 34-1, 34-2, 34-3, 35, 36, 37  |
| Club Amical<br>553 Lavoie Street, Sudbury                              | 27, 27-1, 28  |
| Pioneer Manor<br>960 Notre Dame Avenue, Sudbury                        | 32-1  |
| <b>MOBILE POLLS</b><br>Elizabeth Centre<br>2100 Main Street, Val Caron | 8-1 (10:00 a.m. to 3:00 p.m)  |

## Ward 6 \* Quartier 6

|  |   |
|--|---|
| École séparée St. Joseph<br>1215 St. Anthony Street, Hanmer              | 1, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22,<br>23, 24, 27                              |
| Golden Age Club<br>26 Côté Blvd., Hanmer                                 | 2, 3, 3-1, 4, 5, 6, 7, 7-1, 8, 9, 10, 11, 12,<br>30, 31, 32, 32-1, 33, 34, 35, 36, 37 |
| Valley East Citizen Service Centre/Library<br>4100 Elmview Drive, Hanmer | 25, 26, 28, 29  |

**PLEASE NOTE:** Ward 6 residents should note that this year you will be voting at the Golden Age Club in Hanmer instead of Centennial Arena. Many people are accustomed to voting at the arena, but this year the polling station has been moved to the Golden Age Club.

**ARE YOU ON THE VOTER'S LIST:** If there is a chance that you might not be on the Voter's List, go to the following link to check. It is worth the time to make sure you are on the list.

[http://elections.greatersudbury.ca/wcms/index.cfm?app=w\\_elections06&use=/datafix/onvoterlist&title=Voter%20List&lang=en](http://elections.greatersudbury.ca/wcms/index.cfm?app=w_elections06&use=/datafix/onvoterlist&title=Voter%20List&lang=en)

# VOTER IDENTIFICATION REQUIREMENTS

Before you head out to vote, make sure you have a proper identification document with you. You will need your voter's notice that you received in the mail, plus an original document that contains your name, qualifying address and signature. Below are some of the documents that you can use as proof of your identity. This list is taken from the Municipal Election web site:

## **DOCUMENTS THAT SHOW NAME, QUALIFYING ADDRESS AND SIGNATURE**

An elector must provide an original copy of one of the following:

- An Ontario driver's licence.
- An Ontario Health Card (photo card).
- An Ontario motor vehicle permit (plate portion).
- A cancelled personalized cheque.
- A mortgage, lease or rental agreement.
- An insurance policy.
- A loan or financial agreement with a financial institution.
- A document issued or certified by a court in Ontario.
- Any other document from the government of Canada, Ontario or a municipality in Ontario or from an agency of such a government.
- Any document from a Band Council in Ontario established under the Indian Act (Canada).

OR

An elector may also produce one original copy of the document from each of the following lists:

## **LIST A - DOCUMENTS THAT SHOW NAME AND SIGNATURE**

- An Ontario driver's licence
- An Ontario Health Card.
- An Ontario motor vehicle permit (plate portion).
- A Canadian passport.
- A Certificate of Canadian Citizenship.
- A Certificate of Indian Status.
- A Veterans Affairs Canada Health Card.
- A social insurance number card.
- An Old Age Security Card.
- A credit card.
- A debit card.
- An employee identification card.
- A student identification card issued by a post-secondary institution.
- A union identification card or a professional licence card.
- A cancelled personalized cheque.
- A mortgage, lease or rental agreement for property in Ontario.
- An insurance policy.
- A document issued or certified by a court in Ontario.
- Any other document from the government of Canada, Ontario or a municipality in Ontario or from an agency of such a government.
- Any document from a Band Council in Ontario established under the Indian Act (Canada).

## **LIST B – DOCUMENTS THAT SHOW NAME AND QUALIFYING ADDRESS**

- An Ontario motor vehicle permit (vehicle portion).
- An income tax assessment notice.
- A Child Tax Benefit Statement.
- A Statement of Employment Insurance Benefits Paid T4E.
- A Statement of Old Age Security T4A (OAS).
- A Statement of Canada Pension Plan Benefits T4A (P).
- A Canada Pension Plan Statement of Contributions.
- A Statement of Direct Deposit for Ontario Works.
- A Statement of Direct Deposit for Ontario Disability Support Program.
- A Workplace Safety and Insurance Board Statement of Benefits T5007.
- A property tax assessment.
- An insurance statement.
- A mortgage, lease or rental statement for property in Ontario.
- A credit card, bank account, RRSP, RRIF, RHOSP or T5 statement.
- A CNIB Card or a card from another registered charitable organization which provides services to persons with disabilities.
- A hospital card or record.
- A document showing campus residence issued by the office or officials responsible for student residence at a post-secondary institution.
- A utility bill for hydro, water, gas, telephone or cable TV or a bill from a public utilities commission.
- A cheque stub, T4 statement or pay receipt issued by an employer.
- A transcript or report card from a post-secondary school.
- A document issued or certified by a court in Ontario.
- Any other document from the government of Canada, Ontario or a municipality in Ontario or from an agency of such a government.
- Any document from a Band Council in Ontario established under the Indian Act (Canada).

**Road Signs Tell You Nothing About A Candidate!  
Visit Valley East Today Community Web Site For  
More In Depth Information**

Unfortunately, many candidates for positions on City Council and School Boards feel that the more signs you have plastered on lawns throughout the community, the more people will think you are the best person for the job. To use the number of signs each candidate has put up as an indication of who we should vote for makes as much sense as predicting the length of the winter by the size of the wood piles assembled at houses in the community.

Residents deserve to find out as much as possible about the candidates and therefore it is up to each candidate to find a way to communicate to potential voters. This can be done by sending out flyers; mailing letters; meeting voters door-to-door; attending candidate debates; or, by posting information on the Valley East Today Community Web Site special election section.

Candidates have been invited to provide information that will be posted free of charge on the web site. Some have taken advantage of this offer, while others have yet to do so. It is expected that by the time Election Day rolls around on October 25, 2010, most of the candidates will have submitted material.

We would encourage you to take some time to visit the site by going to the following link:

**<http://www.valleyeasttoday.ca/Election%202010/2010%20mainpage.htm>**

If you have any questions for the candidates, feel free to submit them through the web site and we will forward them to the respective candidate.



## *“Changing Your Focus Can Produce Remarkable Results”* *Reflections About Life by*

**Robert Kirwan, Publisher/Editor-in-Chief  
Valley East Today Community Lifestyle Magazine**

Have you ever come up against a problem that you just couldn't solve? Where it felt like you were simply banging your head against a brick wall - over and over and over again - without making any "headway"? Sure you have. And can you remember how you finally came up with a solution? You most likely took a step back and approached the problem from a different angle, with a new focus which enabled you to find a simple solution which was there all along.

Consider the lesson of the moth which was discovered in Joe Lake's garage one day. As Joe was preparing to travel to his office, he opened the garage door and startled a large moth which immediately tried to escape by flying to the circle-topped window of the door. It tried frantically to exit through the invisible wall of closed glass. Joe tried raising the garage door higher in hopes of aiding its escape. That caused it to fly higher and become entangled in a spider web. Fearful that it would remain entangled in the web, Joe took a long-handled broom to assist him in helping the moth escape the tangled threads. The moth then returned to furiously pumping his wings and banging into the glass, which was, in his perspective, the pathway of escape, but instead, the moth remained captive. By simply turning his focus to one side, he would have easily exited his prison. Rather, due to his intent on one direction, he remained confined, captive and perhaps doomed.

People are quite the same as the moth in this story. Too often we come across individuals who are so sure of them self that they refuse to change their focus. They would rather continue in one direction without changing focus or giving consideration to other alternatives. How often we have witnessed failure, when a simple change of direction would have resulted in success.

It is very much like the old farmer who had plowed around a large rock in one of his fields for years. He had broken several plowshares and a cultivator on it and had grown rather morbid about the old rock. After breaking another plowshare one day, and remembering all the trouble the rock had caused him through the years, he finally decided to do something about it. When he put the crowbar under the rock, he was surprised to discover that it was only about six inches thick and that he could break it up easily with a sledgehammer. As he was carting the pieces away he had to smile, remembering all the trouble that the rock had caused him over the years and how easy it would have been to get rid of it sooner.

Next time you find yourself facing a "brick wall", before you spend too much time banging your head needlessly against it, remember the moth banging into the glass. Remember the farmer who finally decided to put a crowbar under the rock and discovered a simple solution. Try to change directions and refocus on the problem. By approaching the problem from a different direction and viewpoint, the solution may be easier than you thought.

Have a good week!

## HOPE

*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. Kevin has provided us with a selection of over fifty different articles that Kevin has written for us so that our readers may share some of his inspirational words.*

My brother could not understand why his co-worker( who had been diagnosed with terminal brain cancer) would travel all the way to another province to try a different treatment to, possibly, save his life. After all, terminal is terminal. I reminded him about his favorite "old" car that the mechanic said was just worn out. Now, he loved that old car and when he heard about this crackerjack mechanic in another part of town it didn't take long for him to bogey on over there. This crackerjack fixed his old car.....would you not do the same for yourself??

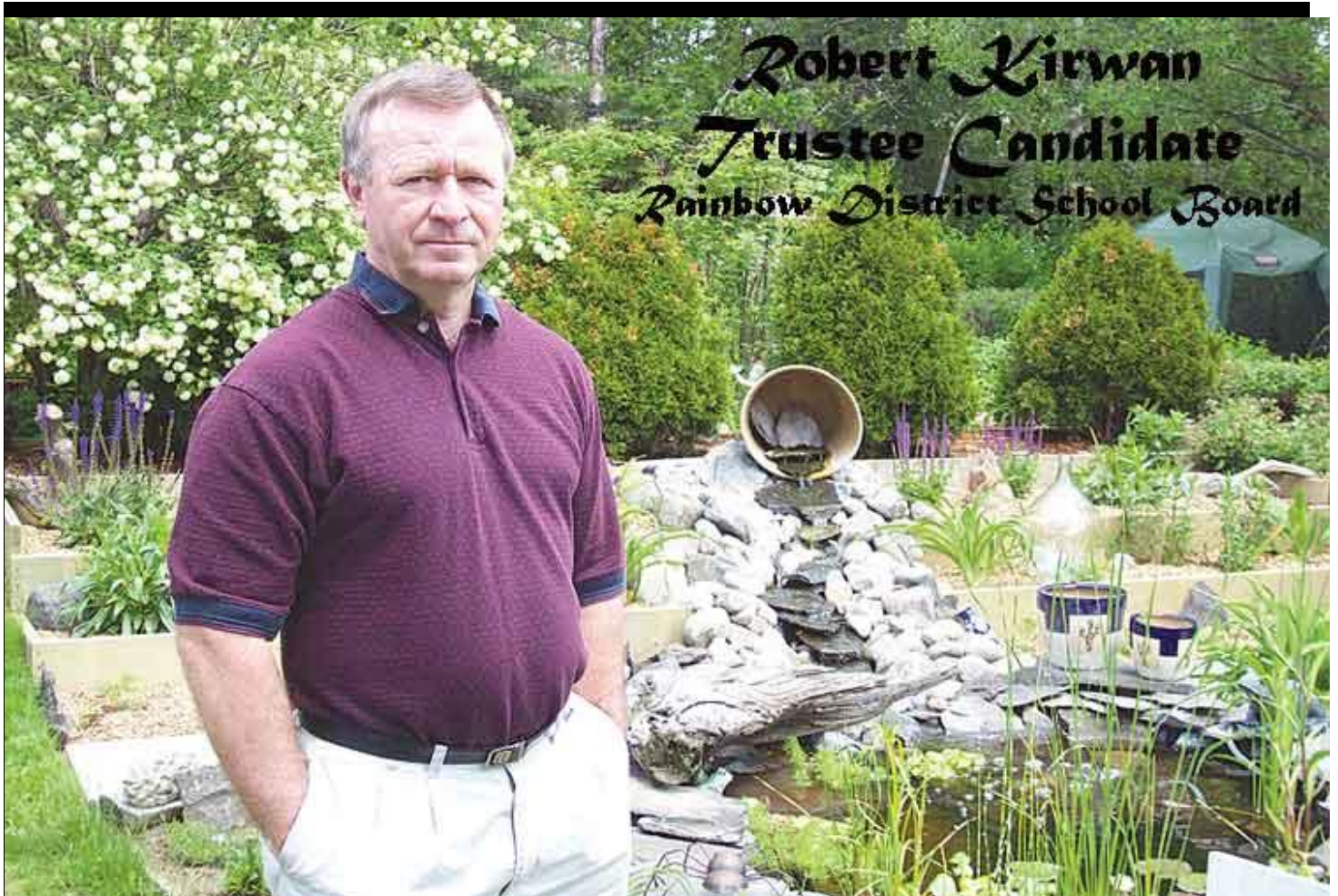
This same brother, who was a tremendous support throughout my battle with cancer, wasn't really a strong advocate of the Power Of The Mind and this created some heated e-mails between us. One e-mail, his exact words were; "You're not looking at reality at all. You think that all cancer patients, if they are positive, will survive. That's not reality. That's Hope!!!"

Last night I attended a monthly "Support Group" meeting, "People Living With Cancer". Hope was one of the topics. One lady wrote that there are others that seem to feel a responsibility to puncture your hopes. When they say your dreams are false from which you must be protected. God forbid anyone should go around entertaining false hope. But in a sense, what other kind of hope is there? There is a worse scenario than false hope. It is no hope.

Hope is willing to take a chance on the future. And who is audacious enough to say what the future will bring. Hope is the ability to see something on the horizon, that we are willing to move forward. If our hope gets us from today to tomorrow, and in that new day we are ready or able to deal with something we thought we could not face, then hope has done it's job.

One new friend, through cancer, called me her "Cancer Buddy". We try to be there to help each other through the rough times. There are lots of us who are willing to share our hopes and dreams and how we got through it. We learn from each other. We support each other. If you are going through surgery, chemotherapy, radiation or you have already beat cancer then come on out and join us. And bring your spouse, the caregiver. We meet the third Wednesday of every month, at the Canadian Cancer Society building, on Regent...670-1234

We remind ourselves of the frog, who was deaf, and was able to climb to the top of a building when all around him people kept telling him it was impossible. Don't listen to those who would puncture your hopes, your dreams. And stick to the fight when you're hardest hit, It's when things seem worst, that you must not quit.



**Robert Kirwan, OCT, B.A.(Math), M.A.(Education)  
Candidate for Trustee, Area 3 (Wards 5 & 6)  
Valley East & Cambrian Heights Area  
Rainbow District School Board**

I made the decision to run for the school board the moment I saw the picture of my two granddaughters on the right. As I looked at the two of them snuggled up safely in the palms of the giant hands, I realized that the time has come for me to step forward to be the guiding hands for them and all of the other children in our schools.

It was apparent that I would not be able to live with myself if I simply sat back and allowed them to risk their future in an education system that is clearly not meeting the expectations of many parents and grandparents. I have the experience and the knowledge that will enable me to make a significant difference in the lives of all children of the area, therefore it is time for me to accept responsibility for using the talents I have been given in a way which will benefit all children who are currently in our elementary and secondary schools, or who will be enrolling some time in the future. In order to achieve this goal I am coming to you and all other English Public School Supporters in Wards 5 and 6, to humbly ask for your vote in the October 25 election so that I may take my place as a Trustee with the Rainbow District School Board for the next four years.



# If You Always Do What You've Always Done, You'll Always Get What You've Always Got!

*by Robert Kirwan, Candidate For Trustee, Area 3, English Public Board*



The greatest problem with our education system at this time is that the trustees who are responsible for setting policy have been around so long that they have stopped asking the right questions. Policies that were useful 10 or 20 years ago are no longer effective in meeting the realities faced by students and classroom teachers today. The Rainbow District School Board consists of two trustees who have been in office for over 20 years, three who have been in office for 12 years, two who have been there 7 years, and they are all running again. The day-to-day operations are being supervised by people who, in some cases, have been out of the classroom for well over 20 years. It is no wonder that students, teachers and parents are so frustrated with the state of education today. We need a fresh point of view to bring a new perspective to the table.

It reminds me of the story about the young girl who was watching her mother preparing to cook a roast. The girl asked her mother why she cut the ends off of the roast before putting it into the pan. The mother stated that is how her mother always did it, so they went to the girl's grandmother to ask for an explanation. The grandmother said that was how her mother used to cook her roasts so she just followed her example. So they all took a drive over to see the elderly lady to discover the secret of why she always cut the ends off her roast before placing it in the pan. When they asked the question, the young girl's great-grandmother smiled and said, "Back in those days I only had a small roast pan. The roasts were always too big to fit into the pan so I had to cut the ends off so the roast would fit."

This story is so indicative of what is happening in our schools today. I intend to be like the little girl in the story above. If something doesn't look right, whether that is a policy of the board or a recommendation by administration, I am not just going to accept it. I intend to ask the right questions so that we stop doing things that no longer make any sense.

Fortunately, one person CAN make a difference in the entire school system if he has the background, knowledge and experience to know what questions to ask. I am aware of the realities faced by students, parents and teachers. I understand the true impact policies may have on students, parents and teachers. And I have the self-confidence to stand up and fight for choices that will be in the best interest of all children.

I long for the peace of mind that comes from knowing that my grandson will be able to enjoy all the wonders this life has to offer, like taking his dog on carefree walks along the trail and an education system that will allow him to develop his full potential. If you give me your vote of confidence on October 25, I guarantee that I am ready to take on the job of protecting his future and the future of all children. If you want to know more about my background and/or my thoughts on key issues in education, please go to my web site at [www.kirwan.ca](http://www.kirwan.ca)



# ***NEW ORLEANS PIZZA IS QUICKLY BECOMING A TRUE CORPORATE LEADER***



**VAL CARON  
523-8080**

***OPEN SEVEN DAYS A WEEK AT 11:00 A.M.***

**SUNDAY TO WEDNESDAY  
OPEN UNTIL 9:00 P.M.**

**THURSDAYS  
OPEN UNTIL 10:00 P.M.**

**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](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.

# 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.

During the month of September you can purchase a 15 tan package for the price of 10

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. Visit the web site for more information

<http://www.valleyeasttoday.ca/Heatwave/> or call Ron or Andrea at 897-4006

## *Ron Pedneault of Fantastic Floors Has The Secret*



Ron Pedneault opened Fantastic Floors in the fall of 2005 after gaining years of experience in the flooring and construction industry. He built his business by providing customers with the kind of personal service that demonstrated the pride he has in always doing his best. Today his business is thriving because local residents appreciate the efforts he puts in to satisfy their needs. This is a perfect time of year to stop by the Val Caron location of Fantastic Floors and speak to Ron about projects you have in mind for the summer cottage or your mobile homes. You will find some special "cash and carry" deals on carpets and flooring that will certainly suit your needs and your budget. Ron always has something on sale so stop by before you head out to camp this weekend. [CLICK HERE FOR THE](#)

[FANTASTIC FLOORS PROFILE>>>>](#)



## *VCCNET.ca Internet Solutions Offers 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. If you need any of these services for you home or office you should visit the web site at [www.vccnet.ca](http://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 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.

To My Best Friend  
MEMORIAL FOR MERYL COULDRIDGE (JAN. 1944 - OCT. 2009)  
*written by her loving husband, Reg Couldridge*



I thought of you with love today, but that is nothing new  
I thought about you yesterday, and days before that too,  
I think of you in silence. I often speak your name  
All I have are memories, and your picture in a frame

Your memory is my keepsake, with which I'll never part  
God has you in His keeping. I have you in my heart.  
We shared our lives for 50 years.  
You held my hand; you held my heart.  
So many blessings, so few tears –  
Yet for a while we have to part.

The memories you gave me  
were shared with my best friend  
I'll hold them safe for us,  
until we can share them once again.  
To my best friend I kept my promise,  
to love, honour, and share.  
I kept my promise that to you  
that I would always try to be there.

Until death do we part, that is what they say.  
Oh my love why did you leave me that day?  
I wasn't ready for us to say any goodbyes,  
I look up to the heavens with tears in my eyes,

I was no where ready for you to die.  
Why did you leave without saying goodbye?  
I have so many questions and as much as I try  
I can find no answers as to possibly why.

I would have gone with you, however God knows best  
He took you to join Him and gave you peace and rest.  
God thought I was not ready, not just yet,  
So I am left behind with one sad regret

I did not get to tell you for the one last time  
that I love you, and that forever you were mine.  
My best friend you knew that from the day we met.  
I know it now and I will never forget.

I will be seeing you soon when God speaks my name  
calling me to come and be with my best friend again.



# Personal Tutoring Services

ELEMENTARY

SECONDARY

POST-SECONDARY



## A Learning Coach Approach To Tutoring



### FREE CONSULTATION & ASSESSMENT

ONE-ON-ONE INSTRUCTION  
ALL GRADES – ALL SUBJECTS  
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