

VALLEY EAST TODAY **Community Lifestyle Magazine**

www.valleyeasttoday.ca and www.thelearningclinic.ca

N.H.L. Legend, Marty McSorley Speaks To Students At Confederation Secondary School



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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

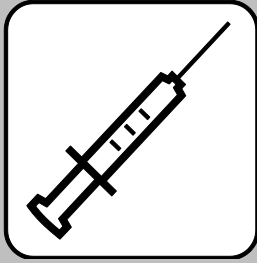
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Robert Kirwan, Publisher & Editor-in-Chief

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www.valleyeasttoday.ca



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



“There Are Two Primary Choices In Life: To Accept Conditions As They Exist, or Accept Responsibility For Changing Them”

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

There are certain things you stumble across in this life that hit you like a brick. One of those moments occurred in my life the first time I saw the quotation:

“There Are Two Primary Choices In Life: To Accept Conditions As They Exist, or Accept Responsibility For Changing Them”

It was on one of those days when I was questioning whether or not I was making any difference at all in the things I was doing. Everyone has those days once in a while and they can really drag you down. As soon as I saw that quotation I felt much better and was absolutely certain that I was on the right track.

For you see, there really are only two primary choices in life. Most people simply accept conditions as they exist, but there are others who get out there and "do" something to effect change. We all know people who have accepted responsibility for changing unacceptable conditions. They usually face many obstacles and resistance, but they continue to challenge the status quo and inspire others to follow in their footsteps.

A community like Valley East needs strong, dedicated people who will accept responsibility for changing conditions. Thirty six years ago, when I first came to this town, we were a community of young adults with enormous amounts of energy. We took on many challenges and forged a spirit that turned us into the fastest growing town in the Regional Municipality of Sudbury. People simply did not accept undesirable conditions and stepped forward to make sure that they were changed for the better.

When I saw the above quotation, I immediately adopted the principle into my own life and began “accepting responsibility for changing” conditions that I felt could be improved. I have lived according to that philosophy during my 28-year career as a classroom teacher; in my role as a union president for 9 years; in my private practice as an education and career development consultant for the past nine years; in my four years running a tutoring agency; and now, as I open up the pages to a new chapter in my life as a Trustee with the Rainbow District School Board. Whenever I am faced with making a choice about whether or not to take action, or accept a new challenge, I often look at the quotation for motivation. Then I look at the following quotation and that usually results in my moving forward:

“Twenty years from now you will be more disappointed by the things you didn’t do than by the things you did do. Explore! Dream! Discover!”

My wife, Valerie, has always encouraged me to follow my passion in the education field. There have been times when I've gone off course attempting to pursue marketing, management, publishing and sales related careers, but I'm always drawn back to education. I think I can truly declare, at the age of 60, that I've found my calling as a Trustee. It is a role that I now take on with a comfort level that I've never had before. I am comfortable with my background knowledge and experience, and I am certain that I have the intuition and initiative to help my fellow Trustees guide the Rainbow District School Board into a brighter future.

The Status Quo Is Not Acceptable In Education

I realize that we are heading for a difficult four years in education in Ontario. The provincial election in October 2011 will result in a government that will be faced with critical funding decisions and a growing provincial debt. The greatest priority will be health care. Education will undoubtedly be second, but I am certain that there will be severe limitations placed on funds that are directed to new initiatives for our schools, and there will be current programs that will be cut.

Despite the pending financial difficulties, we all know that the status quo is just not acceptable in education. There are a lot of good things going on in our schools, but we cannot ignore the fact that there are also a lot of issues that must be addressed in order to make the system better for our children. As a Trustee, it will be my job to carefully examine the conditions as they exist and then ask myself if I am ready to accept responsibility for changing the situation.

Some people find that it is a lot easier to simply accept the status quo, and go about their lives with a feeling that nothing they do will make a difference. These people remind me about a story about two frogs which fell into a deep bowl of cream. One was an optimistic soul, but the other took the gloomy view.

"I shall drown," cried the pessimist. "And so shall you." So, with a last despairing cry, he closed his eyes and said "Good-bye" and sank into the cream and died.

The people who do not believe in themselves take on the gloomy view and say that it is useless to even try. On the other hand, there are those who have the courage to break away from their chains and bring about positive change. These are people who realize that without change, there can be no growth. These are the people who have the courage and resolve to challenge the status quo, even despite what may appear to be extremely difficult obstacles.

Those people remind me of the other frog which fell into the deep bowl of cream.

After its partner gave up and sank to the bottom, the other optimistic frog said, "I can't get out, but I won't give in! I'll swim around till my strength is spent. If I have to die, at least I will die content knowing that I didn't give up."

And the frog bravely swam around and around the bowl until his struggles began to churn the cream. Finally he came to rest on top of the hardened butter which had been made as a result of his continuous swimming. He then hopped out of the bowl to safety.

I admire people who won't give up. You can find these people among parents who are struggling to make ends meet and who still want to give their children a good life; among students who are confused about what career to pursue and who are faced with difficult choices; among physically and mentally challenged individuals for whom the very basic actions we take for granted are mountains to overcome; and for everyone who is trying to cope with emotional and psychological demons rolling around in their heads.




I have always turned to the lesson of the struggling frog for inspiration. Let the quotation be your motivation too. You do have a choice! You can accept conditions as they exist, or you can accept responsibility for changing them. One day the cream will turn to butter and you will hop out to a brighter future.

As a Trustee with the Rainbow District School Board, I intend to be like the struggling frog. I will not give up and I will face the challenges head on. I am not going to accept the status quo. I am going to accept responsibility for changing things for the better.

ELECTION 2010

RESULTS OF THE SCHOOL BOARD ELECTIONS

Rainbow District School Board

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Gordon J. EWIN	576	21.8 
Robert KIRWAN	1423	53.9 
Ruth A. WARD	642	24.3 





Sudbury Catholic District School Board

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Michael BELLMORE	955	65.4 
Geraldine MESKELL	505	34.6 




Conseil scolaire du district du Grand Nord de l'Ontario

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Gilles CRÉPEAU	79	21.7 
Claude GIROUX	285	78.3 









Conseil scolaire catholique du Nouvel-Ontario

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Fernand BIDAL	625	12.1 
Georges BOUDREAU	1913	36.9 
Marcel LEGAULT	1262	24.3 
J.Y. "John" ROBERT	1384	26.7 

RESULTS OF THE ELECTION FOR COUNCILLOR OF WARD 6

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Pete CHENIER	1598	35.5 
Christine GUILLOT-PROULX	504	11.2 
André RIVEST	2400	53.3 

RESULTS OF THE RACE FOR MAYOR

Candidate / Candidat	Total Votes - Votes totaux	Percentage (%) Pourcentage
Ted CALLAGHAN	7298	13.4 
Zack GAUTHIER	390	0.7 
Dennis M. GORMAN	167	0.3 
Marianne MATICHUK	25042	46.1 
Ed POKONZIE	102	0.2 
J. David POPESCU	96	0.2 
John RODRIGUEZ	19819	36.5 
Derek YOUNG	1432	2.6 

A Special Message For All Candidates

From Robert Kirwan



Election 2010 is now history. The results that are relevant to people living in Wards 5 & 6 are listed above.

I am personally very grateful to the people who voted for me in the election and as a result will begin a new chapter in my life as a Trustee with the Rainbow District School Board. There are other candidates who were also successful, as well as many others who were not successful this time around. It is time now for some serious reflection, so I would like to offer you something to think about.

One day, many years ago, I was standing in the hallway at a local elementary school watching a teacher bring her class to the gym when I overheard the most philosophical question I have ever encountered in my life.

One of the students was looking back at something and bumped into the teacher who starred down at the child and said, "How are you ever going to see where you're going if you're always looking behind?"

I don't know how many times over the years I have recalled that moment in the hallway. "How are you ever going to see where you are going if you are always looking behind?"

It is such a simple question. For example, everyone knows that you must watch "where you are going" when driving a car; walking along the street; or in a line-up at the grocery store. It only makes sense unless you want to bump into everything in your path.

Nevertheless, how many times have you avoided doing something you really wanted to do in your life simply because you "looked behind" and saw that you either failed at it before, or were afraid of making a mistake that you once made in the past, or you thought that people would hold your past reputation against you? Let's face it! We have all been there! Each and every one of us can pick out at least one "regret" in our life. At least one thing that we really wanted to do, but our "past experiences, fears or reputation" forced us to forgo that dream.

I've kicked myself so many times in my life for "looking behind". Now, every time I catch myself doing it, I remember the day in the hallway when that teacher gave me the greatest lesson about living I have ever heard. "How are you ever going to see where you are going if you are always looking behind?"

There is absolutely no question that we've all done things in the past of which we are not proud. We've all done things and said things that we wish we could take back. Unfortunately, what is done is done. You can't turn back the clock. You can't "undo things you have done" or "take back anything you have said". All you can do is "look ahead" and make sure that you do and say things today that will take you where you want to go tomorrow.

You have to look ahead in order to see where you are going. You know where you've been in the past. You know from where you have come. If you are not proud of where you've been, if you are afraid your reputation will come back to haunt you, just make sure you don't make the same mistakes today and go forward with your life as if it is a new beginning. People are very forgiving and will allow you to make a new start. They will even give you support and encouragement when they know you are trying to make things right.

Perhaps the only thing worse than "looking behind" yourself, is when other people are always "looking behind" for you. When people are always bringing up your "past" and preventing you from moving forward. These are the "dream killers" who deep down are either jealous of their own failures in life or who get their personal satisfactions from destroying the self-esteem and ambition of those around them.

Don't allow these "dream killers" to get you down. Refuse to look behind at your past. Refuse to acknowledge the attempts of others to put you down because of past mistakes that you may have made and for which you regret. And for goodness sake, please don't ever become a "dream-killer" yourself. Don't fall into the habit of judging a person by mistakes he or she has made in the past. Look instead at what the person is doing today. Look instead at where the person is heading and help that person "look ahead". Help that person stay focused on the path that lies ahead.

After all, if everyone believed that as soon as you make one mistake in your life or as soon as you do one thing you regret your life is over, where would this world be? Life is nothing more than a series of experiences. Some are good. Some are bad. Some of which we are proud. Some of which we are ashamed. However, one thing is for certain – "You can't see where you are going if you are always looking behind!"

And so, if you are one of the candidates who were unsuccessful in this election, don't let the result affect your future. Go forward with confidence and pride and keep your eyes focussed on the big prizes that lay ahead. In my own case, losing the election in 2006 when I ran for council allowed me to open up a private practice as a tutoring agent and education consultant. Now I am a Trustee for the Rainbow District School Board. None of this would have happened if I had been "successful" in my bid for council in 2006. So, in effect, my loss in 2006 was a success as far as my quality of life and my pursuit of happiness is concerned.

Registrations for Continuing Education Adult Day Classes Now Being Taken By The Rainbow District School Board

Rainbow District School Board is accepting registrations for adult day classes until Monday, November 1, 2010.

To register, visit the Continuing Education Centre at their new location at Sudbury Secondary School, using the Davidson Street entrance, weekdays from 10 am to 11:30 am and 1:30 pm to 3 pm.

Students should bring a copy of their most recent transcript as well as their Birth Certificate and Health Card when they register.

Adult day classes begin Thursday, November 4, 2010. FREE credit courses are available during the day to any adults 19 years of age and older and out of high school for at least one semester. Adults can earn two high school credits in approximately six weeks.

The Continuing Education Centre offers adult day credit courses in computers, math, science, physics, English, anthropology, psychology, sociology, Native studies, career studies, civics and more throughout the year.

For more information, visit the Continuing Education Centre at Sudbury Secondary School's Davidson Street Entrance, call 705-675-5481 or visit rainbowschools.ca.

N.H.L. Legend Marty McSorley Visits Students At Confederation Secondary School To Promote Alumni Benefit Game



Thursday, October 28, 2010 is a day that Grade 11 student, Delmar Garlinski won't soon forget. Delmar had the honour of introducing N.H.L. hockey legend, Marty McSorley, to about 600 students at Confederation Secondary School. MsSorley was in town to promote the NHL Alumni Benefit Game against the Law Enforcement AllStars at the Garson Arena that night. All proceeds were going to support Special Olympics Ontario.

Two special Olympians from Confederation, students Mathew Aguiar and Skyler Milner, presented McSorley with a Confederation Chargers hockey sweater with his name on the back and a cheerleading foursome of boys lead the crowd in a rousing cheer of GO MARTY GO!

Marty McSorley was born in Hamilton, Ontario. He started a 15 year career in 1983 with the Pittsburgh Penguins before moving to Edmonton to play on a team with Wayne Gretzky where he won two Stanley Cup rings. He became famous as "Wayne Gretzky's Bodyguard" in the days when star players were protected by teammates like Marty.

"I just love opportunities like this to talk to young people," McSorley explained before being introduced to the crowd.

"Hockey has been good to me and I think it is important to give something back. These kids are still trying to find themselves and discover what they want to do with their life. If I can give them a bit of motivation to follow their dreams, then I am only too happy to do it.

Drago Event A Huge Success

SUDBURY – The Sudbury Regional Hospital Foundation recently held an event in honour of one of Sudbury’s most dedicated volunteers – Joe Drago. The event, entitled *Joe’s Calling*, was a huge success which raised over \$23,000 for the Foundation. Joe and his wife, Sylvia are shown in the photo below.



“We are extremely pleased with the outcome of the event.” says Jim Corless, Chair of the SRHF Board of Directors. “Joe has made an outstanding contribution to our Foundation and to the community at large. We are proud to be able to honour him and celebrate his dedication to healthcare in our community.”

Drago, who recently stepped down as the Chair of the Foundation after 27 years of volunteer service, was also named the Foundation’s first Life Member.

All proceeds from the event will be used to begin the Joe Drago Endowment Fund. The endowment fund will be used to purchase medical equipment selected by Drago. “I am going to concentrate on heart equipment.” said Drago “The heart unit has always been a source of pride for our community and I would like to continue to support this area of healthcare.”

The Foundation will continue to accept donations in honour of Joe to the new endowment fund. For more information on how to make a donation to the Joe Drago Endowment Fund, please contact the Foundation at 523-7130.



Life is but a Dream

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 High School class had its dreams of success and wondrous aspirations. Some had to put our dreams aside because, at 18 years old, life got in the way and things got complicated.

When I look at some of my school pictures, I am saddened for those who did not make it. Some were gone before they had an opportunity to raise a family and others who were taken when life should have been at its peak of fulfillment. I can't remember where cancer was, back then, because it wasn't a word I was familiar with. Death, as I knew it, came in the guise of accidents, alcohol, or just too darn old. Of course old, back then, was 40's or so. Those earlier years and school friends were another life, a world away. We were scattered across the globe and only a few of us stayed in touch.

In reflection, it wasn't until I reached my own 40's that I was attending more funerals than I like to admit and things started happening to my health that gave me reason to start taking better care of myself. Although a lot of those funerals were from cancer it was, still, not a familiar word in my life. There were plenty of other health problems to occupy our lives. But that all changed when close friends were being slowly taken from me, because of cancer. Then I had my own battle with it, four short years ago.

I say "short years" because even though I live one day at a time and have more appreciation for each moment, life should feel like it has slowed down. It has not. When I take the time to relax and/or meditate I look back

to see that it all seems like a dream. Today, I'm doing what I love and loving what I do. So, I often take the time to reflect on my life and how lucky I am to be on the green side of the grass. I say a prayer of gratitude and one for those dear sweet friends I thought would never die.

I feel so fortunate that I have lived to see my children grow and see what they've become (and I'm so proud of them) and now I'm watching my grandchildren and how I can be an influence in their growing up.

I have written on grief and the pain of losing a child. I think there is no greater pain than to watch an adult child be taken slowly by cancer (when they should be at the peak of fulfillment) and stand, helplessly by, as he/she is taken from you.

Cancer, I guess, has always been around in some form or another. Sort of like our toes. We don't realize they are there, until someone steps on them.

For each special friend, I planted a spruce tree on a hill overlooking our pond where my grandchildren swim and play. I call it "My Friends Hill". I say hello to them most times as I pass, but some times I'm in a hurry and forget. I know they understand, that's life.

Last night I was having my glass of wine, sitting in the swing, with only the sound of the wind through the trees. It was very peaceful and the words of a song came to mind that inspired this writing. "If I could have one wish today and know it would be done. Well I would say, everyone could stay, til they're too old to die young."

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

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

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OSAID Close to Target after Fundraiser at Cousin Vinny's

Ontario Students Against Impaired Driving (OSAID) is pleased to announce that plans are moving full steam ahead for hosting their guest speaker Scot Anthony Robinson. Scot has been invited to Confederation High School on November 23rd to give a presentation on impaired driving.

Ashleigh McBain, teacher and coordinator of OSAID at Confederation High School was approached by OSAID in 2009 to organize a local chapter. Ashleigh grew up with OSAID in her Sault Ste Marie high school and jumped on board!

“It’s a good opportunity for the students to get involved in their community.” McBain said.

The local chapter of OSAID at Confederation High School is home to 25 students. These students first witnessed Scot’s presentation at an OSAID conference in 2009.

“The students really enjoyed Scot’s presentation and thought it would be a good idea to bring him to the valley to share it with the community.” said McBain.

The cost for the presentation is \$5000. Members of OSAID have been working hard to raise the funds through several initiatives. Generous donations from corporate sponsors have been accepted along with a fundraiser at Cousin Vinny’s.

On Saturday October 23rd, Cousin Vinny’s hosted a Rolling Stones Tribute Band. As the band played, patrons out to support the cause were gladly handing over \$10 to enter the bar.

“We’re here to support the cause, enjoy the entertainment and Cousin Vinny’s has our ride home covered, more bars should do things like this.” Said David Dantonio, a bar patron who was in attendance for the event.



Chris Vitiello, Ashleigh McBain, Tyler McNair

Once all the dollars were counted, it was announced that Cousin Vinny’s with the help of the community raised \$1000 for OSAID.

“OSAID means so much to the students who are involved in the program. People should take drinking and driving seriously.” said Vitiello, co-owner of Cousin Vinny’s.

The students of Confederation are still raising money to reach their goal, after this fundraiser they are close to \$1000 short for the presentation.

Anyone interested in donating funds for OSAID can drop it off at Cousin Vinny’s or contact Ashleigh McBain directly at mcbaina@rainbowschools.ca.

For more information on how you can help other community organizations please visit www.cousinvinny.ca

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

More DREAMS coming true in Rainbow Schools thanks to S'Cool Life Fund



Redwood Acres Public School has received \$2,300 from the S'Cool Life Fund to support its Cross-Country Ski Team. With this funding, additional skis will be purchased to allow more students to participate and enhance the school's recreation program.

"Children learn and grow from a wide variety of activities that extend beyond classroom walls," said Redwood Acres Public School Principal Susan Cousineau. "The S'Cool Life Fund facilitates this development by supporting extra-curricular programs that make school more exciting and active for students."

She added: "Our school motto is 'success big or small, every child, every day' and with this generous support, we can ensure our children succeed and develop into well-rounded individuals who value fitness and respect learning."

Redwood Acres Public School is one of four Rainbow Schools to benefit from the S'Cool Life Fund this year. Long

Lake Public School received funds for cross-country skis and snowshoes. Gatchell School received funds to improve its school playground. Assiginack Public School received a grant for its drama production.

S'Cool Life Fund is an energetic charitable foundation that is dedicated to making school life a more fun and enriching experience for public elementary students across Canada.

Each year, the non-profit organization generates funds through a variety of initiatives, including the sale of \$1 paper airplanes, rulers and stretchy gloves at Prizm Income Fund restaurants – KFC, Pizza Hut and Taco Bell – across the country. S'Cool Life Fund uses the funds raised to provide much-needed financial support for the extracurricular activities that fulfill students' DREAMS in Drama, Recreation, Extracurricular, Arts, Music and Sports.

From new art supplies, to dance classes to programs for special needs students, S'Cool Life Fund supports diverse and creative projects nationwide each year. Since launching in 2005, S'Cool Life Fund has awarded more than \$1.75 million worth of grants to supplement the core curriculum of public elementary schools. S'Cool Life Fund applications are accepted annually from September to December and are reviewed and selected for funding by the foundation's board of directors.

In 2009, S'Cool Life Fund received hundreds of inspiring applications from across Canada that captured the unique needs of students attending school from Vancouver Island to the Maritimes to remote communities in Nunavut. Motivated by the vision and creativity of the 2009-2010 grant requests, S'Cool Life Fund awarded more than \$434,000 to finance 231 projects across the country – the most ever funded!

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