

VALLEY EAST TODAY **Community Lifestyle Magazine**

www.valleyeasttoday.ca and www.thelearningclinic.ca

Special Election Issue

Valley East Today Presents Information To Residents
Of Wards 5 & 6 Leading Up To The Municipal Elections

**Make Sure You Come Out To Vote For
Your Mayor, Councillor, and Trustee**

Other Stories in Valley East Today...

Election 2010 Candidates

Advance Voting Schedule

Voter Identification Information

Learning Hearts Daycare Opening

Parent-Teacher Interviews

Parents as Partners Workshop

Reflections by Robert Kirwan

*“Municipal Election And Caterpillars Have
A Lot In Common”*

Quality of Life by Kevin Shanahan

“Life Is But A Dream”

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

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

Robert Kirwan, Publisher & Editor-in-Chief

For Editorial Submissions or to inquire about advertising and marketing packages:

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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 the

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

IN WARD 6,

You will be able to vote at

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

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

Ward 6 * Quartier 6

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

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.

PUTTING THINGS IN PERSPECTIVE:

School Board Trustees Control An Annual Budget of over \$450M Compared To The \$520M Budget of The City

As the Municipal Election Day comes ever so close, it may be time to put things into perspective as far as exactly what people will be voting on when they pick up their ballot on October 25, or during one of the Advance Voting sessions.

ONE VOTE FOR MAYOR – “CHAIR OF CITY COUNCIL”

Every registered voter in the City of Greater Sudbury is guaranteed “one” vote regardless of where you live. You will be voting for the Mayor of Greater Sudbury. The Mayor is your selection as the “chair” of the City Council and your full-time “watch-dog” at City Hall. In actual fact, other than being the official spokesperson for the Council, his most important role is that of overseeing the day-to-day operations of the staff employed at Tom Davies Square. He really doesn’t have much authority over the staff, but if he notices policies that are not being implemented properly, or if he comes across unanticipated difficulties, he is responsible for bringing these to the attention of Council so that they may deal with the matter.

ONE VOTE FOR YOUR WARD REPRESENTATIVE

You then get to vote for a Ward Councillor (unless you are Wards 1 and 5 where the incumbent was acclaimed). The Ward Councillor is your “official representative” on City Council. The Councillor is supposed to be your voice among the group of 13 who will be voting to decide on matters of utmost importance to your best interests during the next four years. This is the person you will contact if you have problems with City Hall. There are 12 Ward Councillors who form City Council under the direction of the Mayor, whom you have also voted on to act as chair. The City Council is in charge of a total annual budget of about \$520M and employs a staff of approximately 2000.

ONE VOTE FOR A SCHOOL BOARD TRUSTEE

Most of the residents of Greater Sudbury will also have a third vote to elect a school board representative. There are four school boards in the City of Greater Sudbury, so you will be voting for the trustee candidate for the school board to which you designate your municipal taxes. Keep in mind that about 15% of the municipal taxes you pay each year go to the province as an education tax. The money collected by the province is then returned to each individual school board so that they are able to run their system. The person you select as trustee for your area sits with other elected trustees on the “school board” to oversee the operation of the system and to make decisions on policy. The trustees are actually monitoring the school system on behalf of the province, but as a “school supporter” you get a say in who represents your interests.

On a “composite” level, all school boards combined consist of 25 trustees elected by registered voters in Greater Sudbury. By comparison, you elect 12 Councillors and a mayor to run the city. In total, the school boards are responsible for administering an annual budget of approximately \$450M. The total number of employees working for the school boards is approximately 3,400, compared to the 2000 working for the City of Greater Sudbury. By comparison, the number of people employed by the school boards is at the same level as those working for the Sudbury Regional Hospital, with only Vale employing more in total number.

School Boards also have hundreds of millions of dollars in real estate holdings throughout the City of Greater Sudbury and generate a significant amount of economic spin off through the education-services industry, much like that experienced through the mining-services sector.

SCHOOL BOARD TRUSTEE HAS THE MOST RESPONSIBILITY WITH THE LEAST SCRUTINY

Unfortunately, when all is said and done, school board trustees hold more real estate assets, employ more local residents, and operate a budget that is almost the same as that being used at city hall. Yet, few people pay much attention to trustee candidates and for the most part, trustees are allowed to go about their business during the year with very little scrutiny during their term. On the other hand, every time a City Councillor or the Mayor makes a statement or brings forth a concern, the media attention is immediately on them and the public hears about it. Perhaps between now and October 25 we should all try to find out a bit more about the choices we have for trustee.



“Municipal Election Makes Me Think About Caterpillars” Reflections About Life by

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

The 2010 Municipal Elections are almost over and as we approach Election Day on October 25, 2010, I see more and more examples of how we human beings are so similar to the processionary caterpillar. It is so difficult to get people to change their habits and beliefs and even though the world is changing rapidly because of technology and advances in communication, we are once again witnessing the same old traditional election strategies being employed by candidates. SIGNS – SIGNS –SIGNS – and more – SIGNS.

Unfortunately, this is a strategy that seems to work. Every election, it appears as if the person with the most signs in the neighbourhood is the person who should receive the most votes. It is no wonder that voter turnout is decreasing each time we are called to cast ballots.

The reason people are becoming disillusioned with elections is that it appears as if no matter who you elect to office, nothing seems to change. People get into their elected position and then do exactly what their predecessors did in the past. THIS TIME I am hoping that we will have some new people elected who will break out of the patters of the past and actually bring us into the 21st Century.

Consider the story below about processionary caterpillars and tell me if you can see some similarities to the way our municipality and school boards are run.

Processionary caterpillars travel in long, twisting lines, one creature behind the other. A famous social scientist once lead a group of these caterpillars onto the rim of a large flowerpot so that the leader of the procession eventually found himself nose to tail with the last caterpillar in the procession, forming a circle without end or beginning.

Through sheer force of habit and, of course, instinct, the ring of caterpillars circled the flowerpot for seven days and seven nights, until they died from exhaustion and starvation. An ample supply of food was close at hand and plainly visible, but it was outside the range of the circle, so the caterpillars continued along the beaten path until they all died.

It is hard to get emotional about a small group of caterpillars who were too stupid to see that the key to their survival was simply breaking out of their procession and moving over to the food that was within sight. However, the really sad thing about this article is that human beings often behave in a similar way. Habit patterns and ways of thinking become deeply established, and it often seems easier and more comforting to

follow them than to cope with change and uncertainty, even when that change may represent freedom, achievement, and success.

If someone shouts, "Fire!" it is automatic to blindly follow the crowd, and many thousands have needlessly died because of it. How many stop to ask themselves: Is this really the best way out of here? So many people "miss the boat" because it's easier and more comforting to follow - to follow without questioning the qualifications of the people just ahead - than to do some independent thinking and checking. People just assume that if everyone else is doing it, it must be right.

But a little checking will reveal that throughout all recorded history the majority of mankind has an unbroken record of being wrong about most things, especially important things. For a long time we thought the earth was flat and later we thought the sun, stars, and planets travelled around the Earth. Both ideas are now considered ridiculous, but at the time they were believed and defended by the vast majority of followers. In the hindsight of history we must have looked like those caterpillars blindly following the follower out of habit rather than stepping out of line to look for the truth. It's a good idea to step out of the line every once in a while and look around to see if the line is going where we want it to go. If it is not, it might be time for a new leader and a new direction.

It's difficult for people to come to accept that only a small minority of people ever really develop a true vision about life, about living abundantly and successfully. For some reason most people wait passively for success to come to them - like the caterpillars going around in circles, waiting for sustenance, following nose to tail - living as other people are living in the unspoken, implied assumption that other people know how to live successfully.

And so my message to candidates for Mayor, Council or Trustee is that if you are elected and if you have an idea that seems to be different from everyone else - act on it. You may be the only one who really understands and your leadership may be what they needed all along.

Have a good week!

Parent – Teacher Interviews Identify The Need For A Personal Tutor



This is the time of year when many schools hold their first parent – teacher interviews. Mid-Term Reports have been developed and trends or patterns may have begun to emerge which indicate that your son or daughter may require some additional support from a personal tutor in order to keep up with the demanding expectations of our modern curriculum.

The Greater Sudbury Learning Clinic provides one-on-one, in-your-home personal tutoring for students from JK to University. Instructors are not only knowledgeable about the curriculum, they also can provide the kind of “coaching” that will enable your child to develop essential learning skills and strategies that will ensure success in studies for years to come.

If you would like to find out more about the options that are available through the Greater Sudbury Learning Clinic you should take several minutes to go through the web site at www.thelearningclinic.ca It may be the best five or ten minutes you have ever invested in your child’s education.



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.

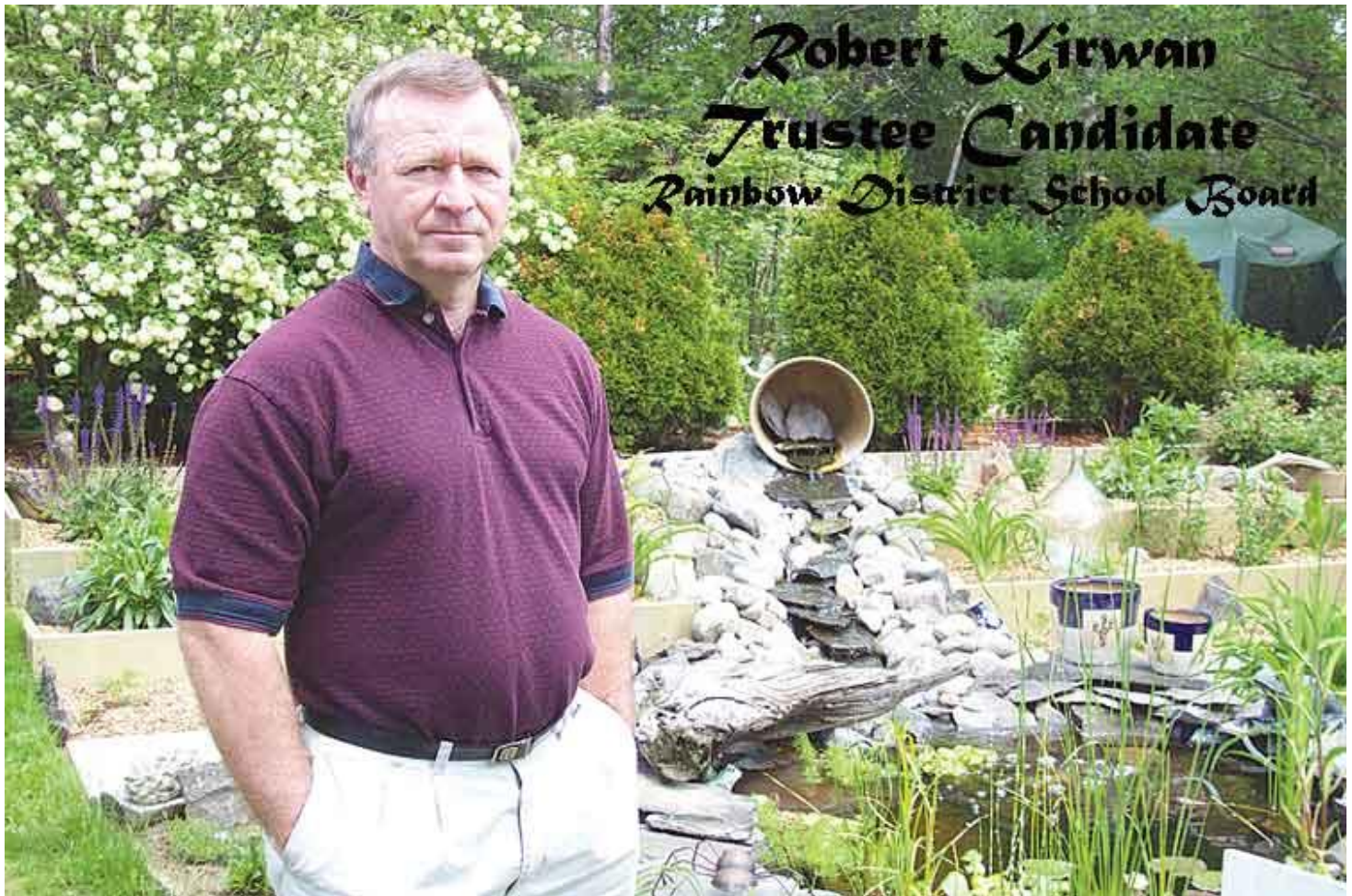
I feel so fortunate that I have lived to see my children grow and see what they've become (and I'm so proud of them) and now I'm watching my grandchildren and how I can be an influence in their growing up.

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."



**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**

Robert Kirwan has been a resident of Valley East since 1974. While he and his wife, Valerie, were raising three sons they became actively involved in a just about all aspects of the community. Robert Kirwan is well-known for his weekly editorials in The Vision Paper which were both inspirational and educational. He was a classroom teacher for 28 years before retiring to open a private practice as a consultant in 2001. Since that time he has been involved in a variety of initiatives with all four school boards; has worked with secondary school students from Sudbury to North Bay on behalf of a private career college; is the host of a weekly radio show where he interviews business owners about education and career issues; publishes the Valley East Today Community Lifestyle Magazine and web site; and has operated a personal tutoring agency for the past four years. Kirwan is running for the position of Trustee because he feels that the personal and professional experiences he has accumulated over the years will enable him to provide other trustees with insight into the true impact of their decisions and policies on students, parents, grandparents, and teachers. He is aware of the realities of education today, is an expert on education law and collective bargaining and feels that he will be able to make objective decisions as a trustee with the Rainbow Board. Among other things, he intends to increase support for local school councils, communicate on a regular basis with parents, provide more resources to classroom teachers, strengthen labour relations and return to the basic essentials of education in order to better meet the needs of students and the expectations of their parents. You can visit his web site at www.kirwan.ca for more information or contact him at 969-7215.

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

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 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.

Learning Hearts Daycare Holds Official Opening at Immaculate Conception School in Val Caron



Mayor John Rodriguez was on hand to congratulate the Learning Hearts Daycare and the Sudbury Catholic District School Board for creating a wonderful learning environment for young children at Immaculate Conception School in Val Caron. In the photo he is shown helping Issac Callaghan cut the ribbon to officially open the centre on September 30, 2010. Issac, 10, is a member of the daycare and attends Grade 5 at Immaculate Conception School. Others included in the photo include Mary Chernenko, Director of Learning Hearts Daycare in the background, and Louisa Bianchin, Principal of the school.

Learning Hearts Daycare has been in operation since 1996, offering a wide variety of programs to children from infants to 12 years of age in three different locations. They are situated at St. Mary School and C.R. Judd Public School in Capreol, and are now proud to have opened up their new centre at Immaculate Conception School in Val Caron.

The day care centre is licensed by the Ministry of Community, Family and Children's Services. It is a non-profit corporation, governed by a volunteer Board of Governors and obtains its funding through fees paid by parents, subsidies from the City of Greater Sudbury, grants and funds raised at the Valley Bingo. Parents also hold several fund-raising events during the year. For more information about the Learning Hearts Daycare at Immaculate Conception School you should contact Mary Chernenko at 897-7779 or by email at learninghearts@childcare.on.ca

Rainbow District School Board Presents:
"Parents As Partners" – a High-energy, interactive workshop for parents with internationally recognized motivational speaker Allan Johnson

Wednesday, October 13, 2010 – 7 pm – Espanola High School
Thursday, October 14, 2010 – 7 pm – Sudbury Secondary School

Want to gain insight into the mind and behaviour of your children?
Want to learn informative ideas on partnering with the school for student success?

Rainbow District School Board invites all parents/guardians to a FREE workshop with motivational speaker Allan Johnson at Espanola High School on Wednesday, October 13, 2010 and Sudbury Secondary School on Thursday, October 14, 2010. Both presentations will begin at 7 pm. All parents are welcome, regardless of which elementary or secondary school their children attend.

“Parental involvement improves student achievement,” says Rainbow District School Board Director of Education Norm Blaseg. “Parents/guardians have an important role to play in supporting their children to be the best they can be. Parents will leave this practical workshop both energized and inspired.”

During this high energy, interactive workshop, parents will receive practical, fun, brain-based, student-proven tools for creating motivation and success at home and school while also reducing power struggles and negative behaviour in the home.

Allan Johnson is the Founder and C.E.O. of Paradigm Learning. He is an internationally recognized motivational speaker who has made presentations to over 10,000 adults spanning five continents. He received his Bachelor of Music Education degree from Southwestern Oklahoma State University with a specialization in Vocal Music Education. He taught vocal and instrumental music at the elementary, middle school, and high school levels for ten years while also coaching various sports.

Allan Johnson was selected as the District Teacher of The Year for the Western Heights School District in 2000 where he was once a former student athlete. He served as an instructor and mentor teacher for the Great Expectations Foundation and has been a trainer of teachers, administrators, and business executives for the past ten years. His talent and skill enable him to reach people of all ages, cultures, and backgrounds. He is a singer/songwriter with several albums to his credit.

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