

JANUARY 6, 2010

PDF FORMAT

VALLEY EAST TODAY

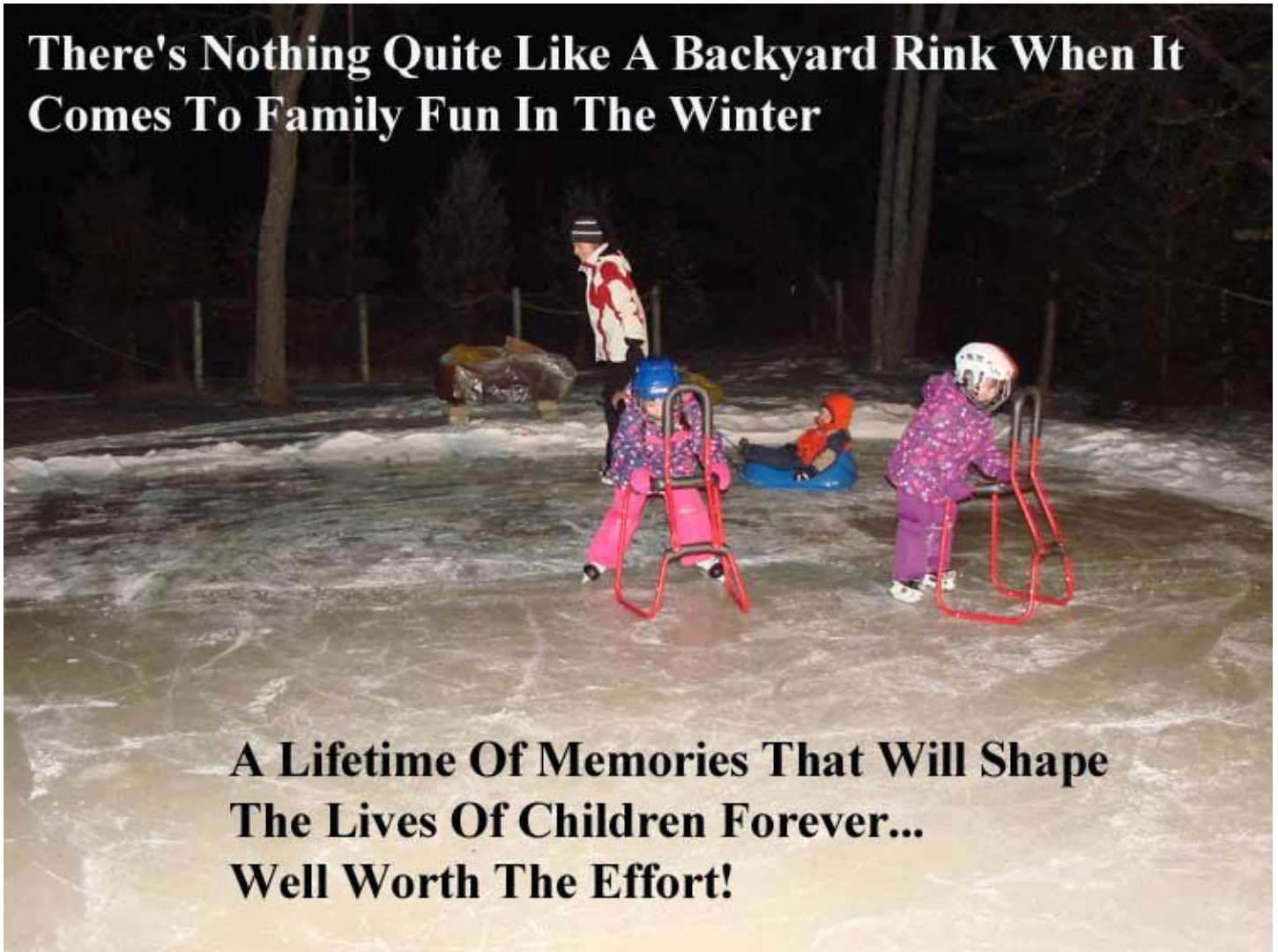
Community Lifestyle Magazine

www.valleyeasttoday.ca

and

www.thelearningclinic.ca

There's Nothing Quite Like A Backyard Rink When It Comes To Family Fun In The Winter



**A Lifetime Of Memories That Will Shape
The Lives Of Children Forever...
Well Worth The Effort!**

Wishing All Of Our Readers A Very Enjoyable Winter of Fun!

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:

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

www.valleyeasttoday.ca



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

It is called a “lifestyle” magazine because it is much more than what you will find in a daily, weekly or monthly newspaper. We open up our publication to all schools, churches, organizations and groups that are seeking an effective way of communicating with their local community.

Another one of the main missions of Valley East Today is to “inform” residents about the goods and/or services that are available to them from local businesses, professionals and institutions. During the 2011 calendar year Valley East Today will be contacting “all” known businesses that serve local residents to see how we can help make residents more aware of their goods and services. Our goal is to help local businesses become more successful so that Valley East will continue to be recognized as one of the best places in which to live within the Greater Sudbury Area.

Each new 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 look forward to providing a valuable service to the Town of Valley East for many years to come and we thank all readers for helping us spread our message.

Schools, Churches and Community Groups Are Invited to Send Information For Publication



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.

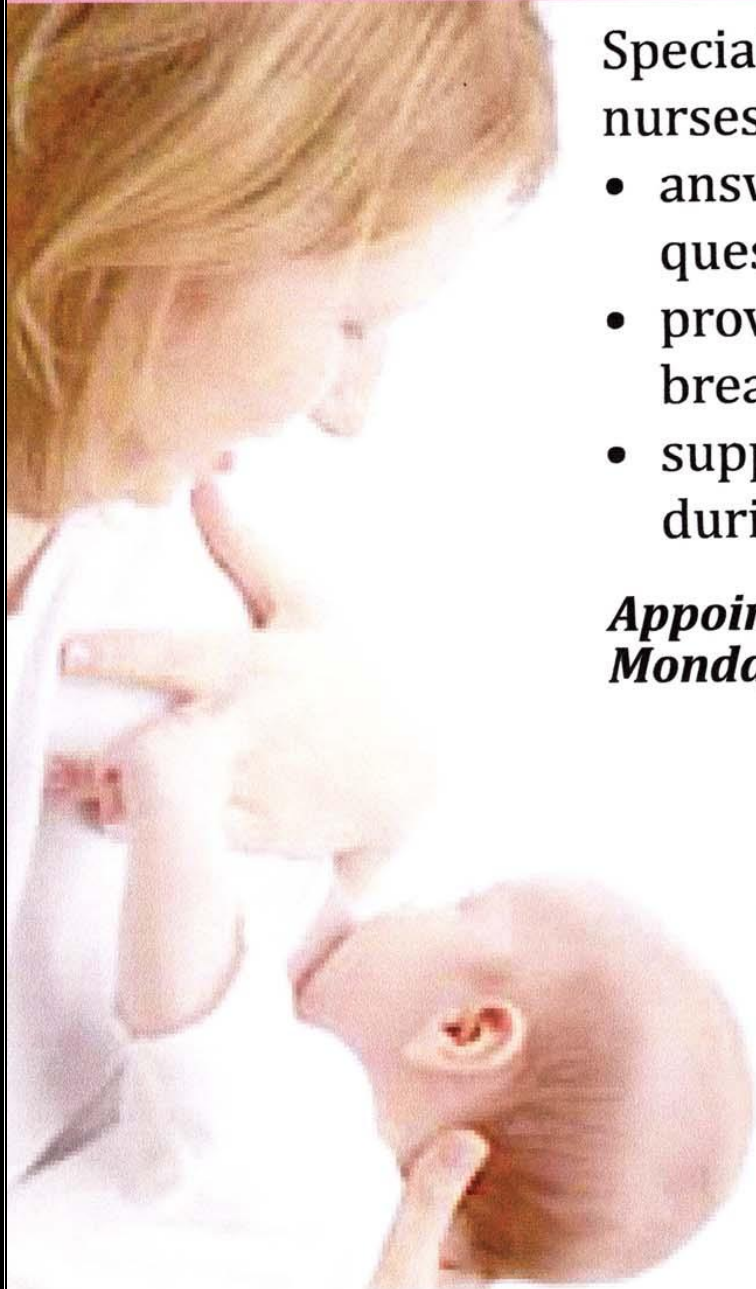
Simply send me your story along with a photo or two and we will gladly publish it in one of our upcoming weekly magazines. Send the information in a Word document and attach the photos separately.

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.

Send your information to rkirwan@infocomcanada.com

Breastfeeding Clinic

Free and confidential service for all breastfeeding mothers



Specially trained public health nurses will:

- answer your breastfeeding questions
- provide assistance with breastfeeding challenges
- support your breastfeeding during a one-on-one visit

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Sudbury & District Health Unit
1840 Valley View Road, Val Caron
Located in Valley View Public School

Make it a
**Healthy
Day!**

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

Recent Studies Show That Canadians Are Leading The World In The Use of the Internet



A recent study has shown that Canadians spend more time online than users in any of the major countries of the world. About 68% of the Canadian population is online compared to 62 per cent in France and the United Kingdom, 60 per cent in Germany, 59 per cent in the United States, 57 per cent in Japan, and 36 per cent in Italy.

In fact Canadians averaged more than 2,500 minutes online per month, which works out to over 40 hours. Many users spend much more time online.

It is also estimated that 21 million Canadians visit YouTube each month, placing our country far ahead on a per-capita basis than any other country, including the United States. Canadians watch an average of 147 YouTube videos each month compared to 100 per person per month in the United States. One interesting discovery is that in terms of minutes watched, those in the 18 to 24 age demographic watched an average of 244 videos over the course of 1,095 minutes, or 18.25 hours each month.

The study is clear proof of the importance for businesses to have an online presence when looking for effective ways of creating awareness of their goods and services. This is especially true in Northern Ontario where it has been estimated that over 75% of residences are hooked up to the internet. The usage in Northern Ontario is much higher than the rest of the country, likely because of the geographical distances between stores and professional providers. Consumers have begun to “search” online before they venture out to buy.

SPECIAL COMMUNITY ANNOUNCEMENT

Valley Community



Communautaire de la Vallée Inc.

Valley Community Theatre Communautaire De La Vallée Inc.

You are cordially invited to our Annual General Mtg.

Wednesday January 19th 2011 @ 7:00 pm

Confederation High School REAR ENTRANCE

WE NEED YOU, FOR THEATRE TO STAY ALIVE IN THE VALLEY



THE TEDDY STODDARD STORY... A MUST READ FOR ALL TEACHERS

by Robert Kirwan
Publisher of Valley East Today

As I was going through some of my files the other day I came across a wrinkled page on which was written a story that had changed my whole approach to teaching very early in my career. It brought back a whole lot of memories about former students of mine who I remember quite well to this day, not because of their superior academic accomplishments, but rather for their courage and perseverance once they realized that someone actually "believed in them".

I just have to share this story with you and ask that you pass it on to any parents and teachers you happen to know. It had a huge impact, not only on my personal philosophy of teaching, but also on how I treated my own children.

As Mrs. Thompson stood in front of her 5th grade class on the very first day of school, she told the children an untruth. Like most teachers, she looked at her students and said that she loved them all the same. However, that was impossible, because there in the front row, slumped in his seat, was a little boy named Teddy Stoddard.

Mrs. Thompson had watched Teddy the year before and noticed that he did not play well with the other children, that his clothes were messy and that he constantly needed a bath. In addition, Teddy could be unpleasant.

It got to the point where Mrs. Thompson would actually take delight in marking his papers with a broad red pen, making bold X's and then putting a big "F" at the top of his papers.

At the school where Mrs. Thompson taught, she was required to review each child's past records and she put Teddy's off until last. However, when she reviewed his file, she was in for a surprise. Teddy's first grade teacher wrote, "Teddy is a bright child with a ready laugh. He does his work neatly and has good manners... he is a joy to be around."

His second grade teacher wrote, "Teddy is an excellent student, well liked by his classmates, but he is troubled because his mother has a terminal illness and life at home must be a struggle."

His third grade teacher wrote, "His mother's death has been hard on him. He tries to do his best, but his father doesn't show much interest and his home life will soon affect him if some steps aren't taken."

Teddy's fourth grade teacher wrote, "Teddy is withdrawn and doesn't show much interest in school. He doesn't have many friends and he sometimes sleeps in class."

By now, Mrs. Thompson realized the problem and she was ashamed of herself. She felt even worse when her students brought her Christmas presents, wrapped in beautiful ribbons and bright paper, except for Teddy's. His present was clumsily wrapped in the heavy, brown paper that he got from a grocery bag.

Mrs. Thompson took pains to open it in the middle of the other presents. Some of the children started to laugh when she found a rhinestone bracelet with some of the stones missing, and a bottle that was one-quarter full of perfume.

But she stifled the children's laughter when she exclaimed how pretty the bracelet was, putting it on, and dabbing some of the perfume on her wrist.

Teddy Stoddard stayed after school that day just long enough to say, "Mrs. Thompson, today you smelled just like my Mom used to." After the children left, she cried for at least an hour.

ON THAT VERY DAY, SHE QUIT TEACHING READING, WRITING AND ARITHMETIC. INSTEAD SHE BEGAN TO TEACH CHILDREN.

Mrs. Thompson paid particular attention to Teddy. As she worked with him, his mind seemed to come alive. The more she encouraged him, the faster he responded. By the end of the year, Teddy had become one of the smartest children in the class and, despite her lie that she would love all the children the same, Teddy became one of her "teacher's pets."

Many years later they met again. By this time Teddy had gone on to medical school and had become a successful doctor. They hugged each other for a long while, and Dr. Stoddard whispered in Mrs. Thompson's ear, "Thank you Mrs. Thompson for believing in me. Thank you so much for making me feel important and showing me that I could make a difference."

Mrs. Thompson, with tears in her eyes, whispered back. She said, "Teddy, you have it all wrong. You were the one who taught me that I could make a difference. I didn't know how to teach until I met you."

During my 28 years as a classroom teacher I came across a lot of "Teddy Stoddards". My only hope is that they remember me as someone who believed in them and showed them that they could make a difference.

THE TEDDY STODDARD STORY IN VIDEO:

For those of you who like watching video clips, let me recommend that you watch the following two versions of the Teddy Stoddard Story.

The first is with Wayne Dyer as he tells the story during one of his many presentations:

<http://www.youtube.com/watch?v=XZKQX54MqrQ&feature=related>

The second is an animated version of the Teddy Stoddard Story that I am sure you will enjoy:

<http://www.youtube.com/watch?v=4GKHi0OLz6c&feature=related>

THE BIG DEAL SNOWMOBILE RUN



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



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

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

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

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

Promoter / Sales / Marketing: Mark Lang

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

Trails and Poker Run Coordination: Norm Hein

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

Entertainment and Special Event Coordination: Larry Berrio

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

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

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

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

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

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

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

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



Friendships

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.

A lot of people just do not understand cancer, whether its a loved one or a friend. They want to avoid you because they are afraid of your illness. Others may worry that they will upset you by saying the wrong thing. All the

books I have read tell me how some people act and what I should or shouldn't do about it. At a time when you might expect others to rush to your aid, you are the one who may have to make the first move.

I have read a lot of stories from cancer survivors and all express the good feelings that come from the tremendous support from family and friends and the disappointment when a friend deserts you at a time when you need them most. One lady tells us that, sadly, not all friends can offer support. "they're terrified of losing that person". She goes on to tell us how a close friend withdrew. "It was heartbreaking", she said, whose friend has since died. She stated she understood, but it was so, so hard.

Lost friendships are one of the real heartbreaks people with cancer face.

It took my journey through cancer to find that my best friend is my wife. Some friends that weren't close, became closer and a wonderful support. Family was very supportive and so many friends that showed they cared. There were, of course, a few that fit the description of those described in the preceding paragraphs. Especially, my closest friend.

I'll call him AH. He did exactly that, he deserted me when I needed him the most. He came to see me at the hospital, once, and I haven't seen him since. He called every 3 or 4 weeks. After the 2nd. call I told him how disappointed I was, in his support. It changed nothing. I consider it a lost friendship. What he did is no different than if we were advancing to the front, in a war, and I got shot. Instead of helping me back where I could be helped, he turned and ran...a coward.

So, with some help from various books, I am sending you 10 steps on "How to support a friend". Maybe it will help someone out there to better support a sick friend or family member.

- 1..Learn to listen without judging or offering advise.
- 2..Recognize that a person with cancer often feels that nobody really understands what they are going through---except another person with cancer.
- 3..Offer compassion, encouragement, and empathy, not pity. And don't tell me how your uncle died with the same cancer.

- 4..Don't know what to say? Say nothing, just be there. Women touch or hug, Men don't go there.
- 5..Remember that the person with cancer still has the same interests, whether its discussing world events, hockey, or gossip.
- 6..Make plans to do something enjoyable together...then DO IT. Looking forward to something can brighten a difficult day.
- 7..Get practical: Drop off a dinner; walk their dog, cut the grass, shovel their driveway. Don't offer...just go do it.
- 8..If your friend has children, plan to give them a break. Take the kids to MacDonalds, to see a movie or just playing with them can offer relief.
- 9..Recognize that a person with cancer can feel angry sometimes and may even level some of it at you. Don't take it personally.
- 10..Staying strong during stressful times, by taking care of yourself, will help your friend.

So, there you have it "Friendships"

Tutoring Positions Now Available



The Greater Sudbury Learning Clinic is looking for instructors who are currently in university or who have a university degree. Placements are available for personal, one-on-one, in-home tutoring assignments with students from elementary, secondary and post-secondary students throughout the Greater Sudbury Area.

If you are interested in considering becoming a member of the Registry of Tutors, be sure to visit the web site at www.thelearningclinic.ca

These are part-time positions where you get to choose your students, when and where you teach, and the subjects.

For more informaton call Robert Kirwan at 705-969-7215.

The Learning Clinic
Education & Career Development Agency

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

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

To help in the process, Rainbow District School Board has produced a Guide for Students and Parents called “Making the Transition – Finding your way from Grade 8 to 9.” The guide contains information about course codes, levels of study, timetables and tips. The guide can be accessed online at www.rainbowschools.ca. Copies are also available by emailing info@rainbowschools.ca or visiting area Rainbow secondary schools.

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

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

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

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

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

Basic Tips On Time Management for Students

by: [Charlie Davidson](#)

All students spend lots of time studying and just about every one of them would prefer their studying to be more efficient.

Following are some basic tips for managing your time better when you are studying:

Minimize distractions

You will need to get rid of anything that might be a distraction to you in the vicinity of where you are studying. You need to make sure there is nothing close by that will defocus you from your study work.

For starters, if you really love surfing the internet, turn it off while you study. If video games are your thing, you will need to discipline yourself to only play after you have completed your work, using it to reward yourself. Make sure to not put video games anywhere near your study area where they can tempt you.

Trying to watch television while you are studying is a really bad idea and will render your study efforts particularly ineffective. You must minimize all distractions while studying and TV is a huge one even it is just on in the

background.

Your study environment

- Be sure that people know to not interrupt you while you are studying. If need be, put a "Do Not Disturb" sign on your door.
- Turn off the internet and your phone while you are studying.
- You will definitely need to turn off the TV!
- Be sure that any music you have on while you study is actually helping you and is not just a distraction. Music can be ok, however, whether it helps you or hinders you is a personal issue and you are the only one that will know.
- Sitting in a chair with a straight back that isn't too relaxing will be much more effective for studying.

You do not want to use a chair that is too comfortable or one in which you start to lean back or hunch over.

- It is also essential to establish an area to study that has decent lighting and temperature. If it is too hot, you will find it more difficult to concentrate on your work, so it's better if the area temperature is a little cooler.

Time of day when to study

Studying consistently at the same time every day also helps. Most people find it more effective to study during the day rather than during the night, since they are able to concentrate better. However if you are a real night owl, then perhaps you will find your ability to concentrate on your studies at night is just fine.

Total 100% focus for at least 40 minutes at a time

One of the most crucial things to do in order to study effectively is to focus completely on your studying for at least 40 minutes at a time. Studying for 10 minutes at a time will just not work in order to succeed. Instead of short little bursts of studying, be sure to get in at least 40 or 50 minutes of total concentrated focus on your tasks.

While you are doing this, it is really important to not allow yourself to get distracted by anything! Just determine to focus intensely for the whole 40 or 50 minute period. When you are done, you can relax, play a video game or watch TV as a reward to yourself for your hard work.

You also should not study for too much long at once, since your brain will get fatigued and after an extended period of time, it needs a rest. 90 minutes is likely the maximum amount of time you should work before you take a 10 minute break and usually 60 minutes is enough.

Some other tips

- Travel time. You can make good use of the time you spend commuting to and from school every day. This can add up to a lot of time which you can use to do some extra reading or studying.
- What about the time you have between classes? Do you use this time for productive work or just waste it?
- Also, sitting closer to the front of your classes will tend to make it easier to concentrate on your work.

So these are some basic tips for studying effectively. Put these ideas to use when you study and soon you will notice a great improvement in how you manage your time and your overall study productivity.

Sudbury Christian Messenger Is An Online Publication With Something For All Denominations



You are invited to receive a free, weekly, electronic newsletter called the Sudbury Christian Messenger which lists Christian Events and news/views for Christians.

The Sudbury Christian Messenger is sponsored by A.C.E.S., Active Christians Engaging Society.

On our website page, www.sudburychristian.ca, About Us, there is a “[History of A.C.E.S.](#)” where you will see that we are a disparate group of Christians from various denominations who came together to co-sponsor a conference on "*making a difference in your community*". On our journey together our small group has come to experience the bond of love found in our shared belief in Jesus Christ, who unites us, and compared to whom, theological differences fade.

Our mission is still unfolding, but we have discovered a core truth: *There is great value in Christians talking over the issues of the day*; so, for now, we have decided to tell other Christians, and our community as a whole, what the Christian church is doing in Greater Sudbury and the mid-north, and encouraging them to talk with each other and get to know each other. As well, we bring news about issues that pertain to Christianity which is not usually available in local media.

Here is some general information about A.C.E.S. website and its contents:

- Christian Events Calendar for your use in planning & communicating
- Church Directory, a current list of churches and contacts in Greater Sudbury
- Videography on topics of interest to the Church and community
- TAKE 5 minutes section which targets social issues of importance
- Prayer Page to lead us in prayer for important issues that have arisen
- Conferences we have planned and hosted
- Donation area for those called to donate towards our technical needs via PayPal

Finally and most important of all, if you would like to be involved, and members of ALL Christian denominations and groups are welcome, drop us a line by pressing the submit or subscribe buttons on the right side of our home page at www.sudburychristian.ca

We would love to include your church's events and have you enjoy other's Christian activities.

5th Annual Food Drive Was Another Huge Success Thanks To Generous Clients At All Four Locations of Heatwave Tanning Salon



Andrea Guinard and Ron Brunette, Co-owners of the Heatwave Tanning Salon Chain with four (4) locations in the City of Greater Sudbury, wish to thank all of their clients for the generosity they once again showed during the 2010 Food Drive.

During the months of November and December close to 2000 food items were donated in return for special tanning package incentives. The food was given to the Valley East / Good Neighbours Food Bank of Hanmer. Anne Unwin, Director of the Valley East Food Bank expressed her gratitude to Ron, Andrea and all of the patrons of Heatwave Tanning Salon. The food will help carry the Food Bank into March now that their shelves have been stocked during the Christmas season.



Good Neighbours Food Bank Benefits From Generosity of Heatwave Tanning Salon Establishments Across The City of Greater Sudbury

The photo above shows the people who helped transfer the truck load of food that was brought to the Val Caron location of Heatwave Tanning Salon from their other three sites. From the left above, we have Ken Gerbes (inside the van) and standing, from left to right: Marc and Andre Beaulieu, Ron Brunette and Anne Unwin.

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



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

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

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

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

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

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

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

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

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



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POST-SECONDARY



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