

# VALLEY EAST TODAY

## Community Lifestyle Magazine

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

and

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



### Larry Berrio Gives Star Power To A Full Day of Fun and Fundraising For Sudbury Trail Plan This Winter

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, February 19<sup>th</sup>, 2011, the event is supported by the Greater City of Sudbury and is geared to accommodate 350 snowmobilers.

For the full story see Page 5

# This Is Valley East

*"Where People Make The Difference"*

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

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

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

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

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



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

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

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

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

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

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

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

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

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

All of the contact information you need can be found in the box below or at [www.valleyeasttoday.ca](http://www.valleyeasttoday.ca)

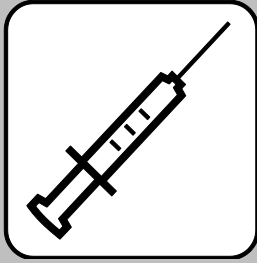
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# BE FLU WISE IMMUNIZE



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!**

<b>IN CAPREOL</b>	
Capreol Community Centre/Arena	Tuesday, November 2, 2010 from 3 p.m. to 7 p.m.
<b>IN VALLEY EAST</b>	
Val Est Mall located in Val Caron	Wednesday, November 3 from 3 p.m. to 7 p.m. <b>Thursday, November 25, 2010 from 3 p.m. to 7 p.m.</b>
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](http://www.sdhu.com)**

Make it a  
**Healthy  
Day!**

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

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



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

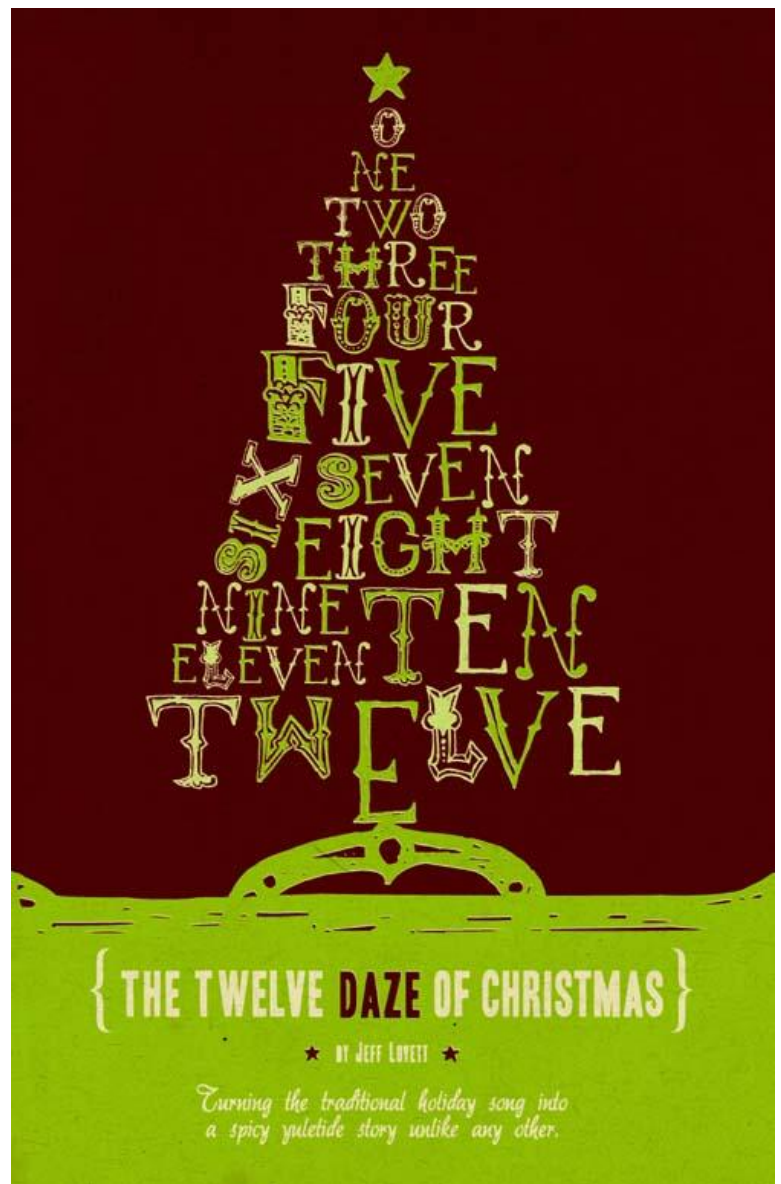
It's Christmas-time and all Alice wants to do is just sing one of her favorite holiday songs, "The Twelve Days of Christmas." But after just a few words, Alice realizes that when she sings, the characters in the popular holiday tune begin to come to life. Alice's boyfriend has decided to surprise her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

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

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

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

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



# The Big Deal Is A Poker Run With A Difference



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



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

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

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

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

2011 Event Contacts:

**Promoter / Sales ./ Marketing: Mark Lang**

Digital Video Productions 705-734-9932 ext 238 / cell 705 – 795-1093 [mlang@digitalvideo.ca](mailto:mlang@digitalvideo.ca)

**Trails and Poker Run Coordination: Norm Hein**

Sudbury Trail Plan 705-693-7669 [nhein@sudburytrailplan.on.ca](mailto:nhein@sudburytrailplan.on.ca)

**Entertainment and Special Event Coordination: Larry Berrio**

Larry Berrio 705-929-5817 [larry@larryberrio.com](mailto:larry@larryberrio.com)

## **Confederation Secondary School Invites The Community To A Presentation on Peer Pressure and Addiction**

A motivational speaker who uses his personal experiences with drugs and alcohol to reach youth across North America is coming to Sudbury.

Scot Anthony Robinson or “Scotty Rock,” as he is also known, will deliver his “Vision Warrior” presentation to students at Confederation Secondary School on Tuesday, November 23, 2010 at 9 am. Confederation’s OSAID chapter - Ontario Students Against Impaired Driving – is sponsoring the presentation.

In the past nine years, over one million educators, young people and their families throughout North America have shared the "Vision Warrior" experience. The presentation engages the audience in his descent into a life of drug and alcohol addiction.

According to the Partnership for a Drug Free America, Robinson's presentation, which focuses on young people's struggles with peer pressure, self-esteem, violence, alcohol, drugs and relationships, is "perhaps the best in the nation at reaching and impacting our youth on these critical topics."

Community members are welcome to attend the presentation. “Our OSAID chapter has identified the need to address peer pressure and the resulting addictions not only in the school, but in the community at large,” said Confederation Secondary School Principal Pablo Gil-Alfau. “We want to make a difference in the lives of students. Building community support is one of the first steps to success.”

Community members interested in attending Scot Anthony Robinson’s “Vision Warrior” presentation are invited to contact the school at 671-5948 or email OSAID teacher representative Ashleigh McBain at [mcbaina@rainbowschools.ca](mailto:mcbaina@rainbowschools.ca).

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



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

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

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

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

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

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

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

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

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

# Inspirational Editorials by Robert Kirwan



## REFLECTIONS ON LIFE & EDUCATION

by Robert Kirwan

*Publisher of Valley East Today*

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

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

*REFLECTIONS by Robert Kirwan*

## Do You Know Who Packed Your Parachute?

Do you ever spend any time thinking about all of the people who are responsible for helping you make it through the day? Or are you one of those people who actually think you have made it on your own? See if the following little story improves your memory.



*Charles Plumb was a United States Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a missile and after parachuting to safety he was captured and spent six years in a communist prison. He survived the ordeal and went on a lecture tour providing audiences with insight into the lessons he learned from his experience.*

*One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!"*

*"How in the world did you know that?" asked Plumb.*

*"I packed your parachute," the man replied. "I guess it worked!"*

*Plumb gasped in surprise and gratitude as he shook the man's hand, "It sure did. If your chute hadn't worked, I wouldn't be here today."*

*Plumb couldn't sleep that night, thinking about the man. He said, "I kept wondering what he might have looked like in a Navy uniform: a white hat, a bib in the back, and bell-bottom trousers. I wonder how many times I*

*might have seen him and not even said Good morning, how are you? or anything because, you see, I was a fighter pilot and he was just a sailor."*

*Plumb thought of how many hours the sailor had spent on a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.*

*From that day on, Plumb always asked his audiences, "Who's packing your parachute?"*

*Everyone has someone who provides what they need to make it through the day. Plumb pointed out that he needed many kinds of parachutes when his plan was shot down over enemy territory. He needed his physical parachute; his mental parachute; his emotional parachute; and his spiritual parachute. He called on all of these supports before reaching safety.*

It's easy to miss what is really important as we go through the daily challenges of life. We get so caught up in surviving that we forget about the people who have provided us with the support in order to get through those challenges. In our hurry to get on with life we may fail to say hello, please, thank you, congratulate someone else on an accomplishment, give a compliment or just do something nice for someone we love. Yet, when you think of it, where would you be if they hadn't packed your parachute?

Take a few moments to reflect upon the parachutes you use during the day. The girl who gives you your morning coffee at the drive through; the person who ploughs the road so that you can get to work; the cleaning lady who empties your garbage at night and vacuums your office; the mechanic who works on your automobile; the police officer who enforces the speed limit on the highway; the internet provider who makes sure your email arrives on time; your spouse who is always there to listen to your problems; your child's coach who has made the arrangements for the game or practice so that you could concentrate on other things; the grocery store which remains open late at night so that you can get those things you forgot. Think about all of the things you did today which would have been impossible or much more difficult were it not for the help or assistance of someone else. Did you thank them for what they did? Did you show your appreciation? Moreover, did you pack anyone else's parachute today? Did you make it easier for someone else to meet life's challenges? Remember, as well as using parachutes, we must also provide parachutes for the people who come into our life.

*Have a good week!*

***REFLECTIONS by Robert Kirwan***

**The Spirit Of Valley East Alive Will Only Happen If We All Share In The Work As Well As The Benefits**

For as long as I can remember, we have counted on volunteers to organize special events and fund-raisers so that money could be donated for a wide variety of community activities and ventures. However, in recent years, I have discovered that the number of volunteers actually willing to do the work is diminishing, while the number of people who have their "hands out in search of their share of the pie" has increased. This is not good - and it must change, or we will soon find that the hard-working volunteers and charitable organizations will follow the example of the Little Red Hen in the story that follows. It is one of my favourites, and I think that this is the perfect time for me to share it with you again. Think about what Valley East and Capreol would be like if all of the Little Red Hens in the community finally said, "Enough is enough. It's time to stop."

## **THE LITTLE RED HEN**

*One day a little red hen scratched about in the barnyard until she gathered some grains of wheat. She called her neighbours and said, "If we plant this wheat, we shall have bread to eat. Who will help me plant?"*



*"Not I," said the cow.*

*"Not I," said the duck.*

*"Not I," said the pig.*

*"Not I," said the goose.*

*"Then I will," said the little red hen. And she did. The wheat grew tall and ripened into golden grain.*

*"Who will help me reap my wheat?" asked the little red hen.*

*"Not I," said the duck. "I have other plans."*

*"I'd have to leave my comfortable pen," said the pig.*

*"I have to watch not to hurt my back," said the cow.*

*"I don't want to ruffle my freshly cleaned feathers," said the goose.*

*"Then I will," said the little red hen, and she did.*

*At last it was time to bake the bread. "Who will help me bake the bread?" asked the little red hen.*

*"That would be overtime for me," said the duck.*

*"I'm waiting for a friend to come over," said the pig.*

*"I never learned how when I was in school," said the cow.*

*"I think I will wait for something better to come along," said the goose.*

*"Then I will," said the little red hen. She baked five loaves and held them up for her neighbours to see.*

*They all wanted some, and in fact, even demanded a share. But the little red hen said, "No. I can eat the five loaves myself."*

*"You have more than you need," said the duck.*

*"You are being greedy," said the pig.*

*"How can you let us go hungry when you have so much," said the cow.*

*"You don't care about your neighbours," said the goose.*

*And they painted "unfair" picket signs and marched around and around the little red hen, shouting obscenities.*

*When the farmer showed up, he said to the little red hen, "You mustn't be greedy."*

*"But I earned the bread," said the little red hen.*

*"Exactly," said the farmer. "That's the wonderful free enterprise system. Anyone in the barnyard can earn as much as he wants. But in our modern system, the productive workers must divide their profits with the idle."*

*And so the little red hen took her share - one loaf of bread - and went back home.*

*The duck, the pig, the cow and the goose all took one loaf of bread as their share and they too went on their way home to enjoy the fresh feast.*

*And they lived happily ever after, including the little red hen, who smiled and chuckled, "I am so grateful to live in a country which will look after me. I am so grateful."*

*But her neighbours wondered why she never baked any more bread.*

**Let's show our volunteers and community groups that we care.**

***REFLECTIONS by Robert Kirwan***

## **No Matter How Bad Things May Seem, Compared to What Others Have Gone Through, You Are Fortunate**

I was reading an article the other day about a man by the name of Steven Callahan. In 1982, he was crossing the Atlantic alone in his sailboat when it struck something and sank. He was out of the shipping lanes and floating in a life raft, alone. He had few supplies and his chances of survival were small. Yet when three fishermen found him seventy-six (76) days later (the longest anyone has survived a shipwreck on a life raft alone), he was alive — much skinnier than he was when he started, but alive.

His account of how he survived is fascinating. Somehow he managed to catch fish and even rigged up a device which evaporated the sea water to make fresh water.

The thing that was most remarkable, however, was how he managed to keep



himself going when all hope seemed lost. Imagine how often he must have thought that there was no point in continuing with the struggle. He was suffering a great deal. His life raft was punctured and even after trying for more than a week to fix it, it was still leaking air and wearing him out pumping it up. He was starved, desperately dehydrated and totally exhausted. Giving up would have seemed to only option.

Whenever you read about people who survive these kinds of circumstances, you discover that they do something with their minds that gives them the courage to keep going. Nevertheless, there are many people in similarly desperate situations that give in or go mad. The survivors do something with their thoughts that helps them find the courage to carry on in spite of overwhelming odds.

For Callahan, he wrote simply, “I told myself I could handle it. Compared to what others have been through, I was fortunate. I told myself these things over and over.”

I read another story about a man who was locked in solitary confinement as a prisoner of war for three years. The small, damp room was barely large enough to take a couple of steps in any direction. For three years, the man spent every waking hour imagining that he was playing golf on some of his favourite courses. He would envision taking each shot, and follow the ball to where it landed, then walk up to the ball and take the next shot. He did this over and over again for three years. Each shot was perfect and went exactly where he wanted it to go. Every swing was flawless. He never shot over par. He looked forward to waking up every day so that he could play some more golf. He eventually survived the terrible ordeal and when he returned home at the end of the war, he immediately made arrangements to go for a round of golf at his favourite course. The man went out that day and shot par. Every ball he hit went straight and he played the course just as he had for three years. He survived prison because he was able to do something with his thoughts that allowed him to handle a situation in which many others would have given up.

Write down the following sentence: “I can handle it.”

Next time it seems as if your own goals are far off or when your problems seem too overwhelming, repeat that sentence over and over again. “I can handle it. I can handle it.”

You will soon realize that your own circumstances are only bad when compared to something better. When you understand that others have been through much worse, you will acknowledge that you are actually lucky, no matter how bad it may seem.

Whatever you’re going through, tell yourself you can handle it. Compared to what others have been through, you’re fortunate. Tell this to yourself over and over and it will help you muster up enough courage to get through the rough spots.



**REFLECTIONS** by Robert Kirwan

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



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.

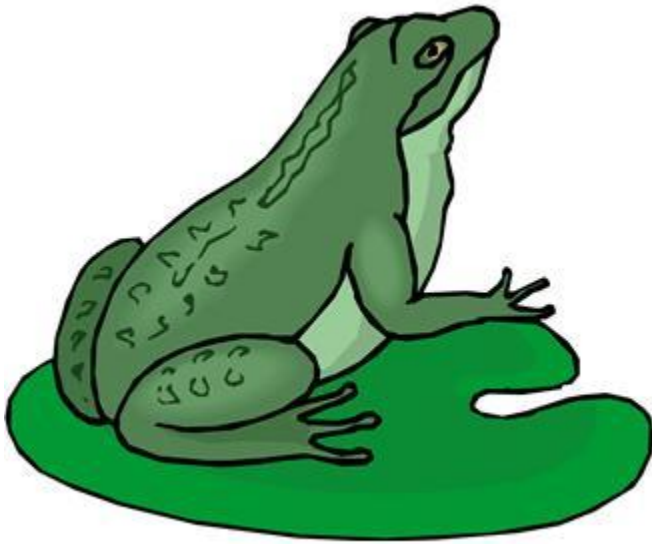
## **The Status Quo Is Not Acceptable In Education**

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.*

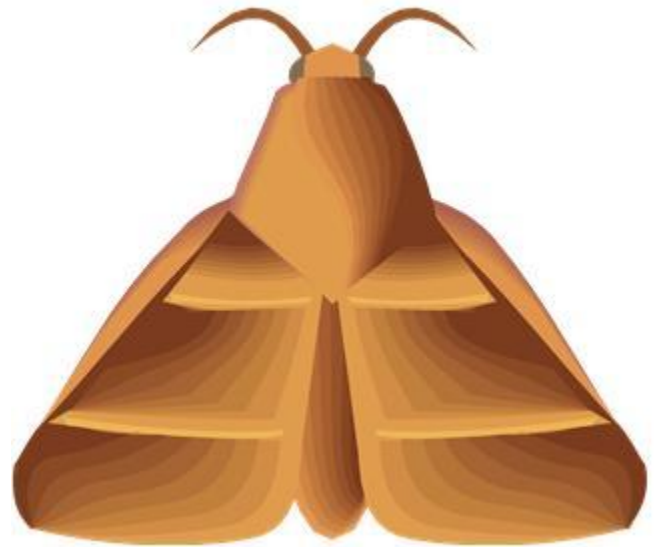
I admire people who won't give up. You can find these people among parents who are struggling to make ends meet and who still want to give their children a good life; among students who are confused about what career to pursue and who are faced with difficult choices; among physically and mentally challenged 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.

## **“Changing Your Focus Can Produce Remarkable Results”**

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

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



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



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

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

# **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](http://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](http://www.rainbowschools.ca) and click on Full Day Every Day Kindergarten under “highlights”

## **Rainbow District School Board seeks volunteers for Special Education Advisory Committee**

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

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

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

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



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

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

The Bio on the web site at [www.destino3.com](http://www.destino3.com) describes Joey.

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

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



## Life Affirming People

*by Kevin Shanahan*

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

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

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

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

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

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

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



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

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

concerned about the safety of their clients than they are.

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



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

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

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

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

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

# Make Up Class Being Offered At Neil's Independent Grocer's In November



Dana Zickar Lajeunesse has announced that she will be presenting a special two-day makeup class for up to twenty (20) local residents on November 23 & 30. The six-hour course will be held in the community room at Neil's Independent Grocers in Hanmer.

The first class will begin at 6:30 p.m. on Tuesday, November 23, 2010 and will be followed up with the second half one week later, on Tuesday, November 30, 2010 at the same time.

Dana explains that in the course you will experience a hands on tutorial covering topics such as the natural look, red lips, smoky eyes, application of false eyelashes, proper application of eye liner (pencil, gel and liquid), proper blending of eye shadows, detailed uses of each brush in your new kit, contouring & highlighting, and any other questions you wish to ask.

The cost is \$100.00. Included will be the six hours of teaching plus a free Sigma brush set.

Space is limited to the first 20 people to register, however, if there is sufficient interest, Dana will consider holding a second set of classes.

Contact Dana at 897-6237 to register or get more information.

[www.danalajeunesse.com](http://www.danalajeunesse.com)

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



## 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 Mathhew 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."

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



**VAL CARON  
523-8080**

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

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

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

**FRIDAY & SATURDAY  
OPEN UNTIL 12 MIDNIGHT**

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

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



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

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

# 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](http://www.vccnet.ca) to find out more about the services available and even get an indication of the low prices that are offered at this time. Give Edgar a call at 705-479-5017 and he may be able to save you plenty of money while giving you the kind of service that you thought was no longer available.



# Cousin Vinny's Offers Ride Safe Program

*Free service operated solely by volunteers serves to keep roads safe*

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

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

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

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

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](http://www.cousinvinny.ca) or call 969-5644

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

**~Brian Tracy**

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

**~Amelia Earhart**

# *The Learning Clinic* *Education & Career Development Agency*

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



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

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

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

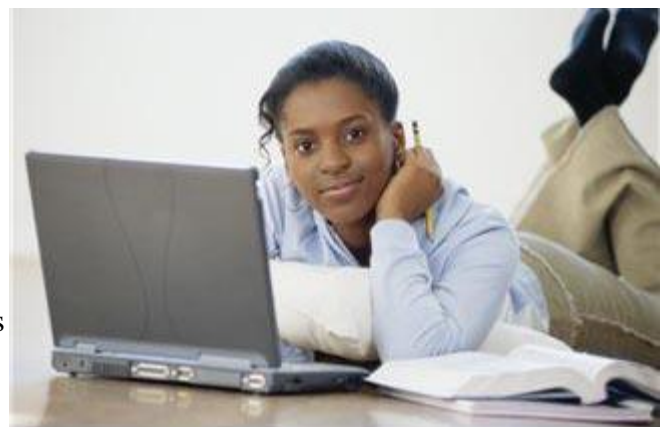
As you have already seen, there are many options available to a parent once the decision to seek tutoring assistance is made. In order to make the right choice for your child, you must be aware of the elements of effective academic management and then you can determine which tutoring approach would be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

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

### **SUCCESS BREEDS SUCCESS**

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

The challenge for a Learning Coach is to determine what



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

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

## **THE FOUNDATION OF ACADEMIC MANAGEMENT: WORK HABITS & LEARNING SKILLS**

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

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



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



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

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

## **THE DIFFERENCE BETWEEN A TUTOR AND A LEARNING COACH**

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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

# Personal Tutoring Services

ELEMENTARY

SECONDARY

POST-SECONDARY



## A Learning Coach Approach To Tutoring



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