



President: Neil Hamilton, realneil@royalpage.ca; Vice-Pres.: Len Macht, lmacht@shaw.ca; Secretary: Norm Accipiter, naccipiter@hotmail.com

www.nsbsg.com

Mission Statement:

"To promote small business in general and specifically to aid, enhance and motivate each other in our respective business enterprises. Our desire is to expand the knowledge and personal network base of each and every one of our members and to make them better at what they do."

How to Live to 120 Years Old



"If you would have only one car for the rest of your life," opened fitness instructor and public speaker, Donna Hutchinson, "you would baby it, wouldn't you"? Donna used this analogy to show how little we know about our bodies, and therefore know little about how to care for it.

Donna Hutchinson is owner of On The Edge Fitness Educators, an education provider that educates and certifies fitness professionals. She is also Founder and President of the International Fitness Network Association, a non-profit association serving to unite fitness professionals in order to build a worldwide network.

Donna is also a public speaker with professional affiliations and an instructor with Douglas College.

Speaking to the NSBSG, Donna asked the audience to track some important stats: height, weight, blood pressure, cholesterol, and waistline. Know your stats, know your body, is her mantra to all.

Who you are is where you're from, says Donna. She enlightened and entertained the audience with stories of her background and childhood, rich in history, sugar and cholesterol. This point was demonstrated by bringing a willing volunteer to the front who weighs in at 135lbs. to represent the amount of white sugar the average individual ingests in a year.

She also acknowledged how difficult it is for the average person to know what is healthy and what is not. The media tends to send out mixed signals in this regard by publishing every report that sounds good but excuses bad behaviour. How much dark chocolate is ok? If one glass of red wine is good for you, then two is better, right?

Without patronizing or finger wagging, Donna advised anyone looking for a healthier lifestyle to just start doing something pleasurable, if that's walking, hiking, or even learning to take deep breaths now and again. Find health professionals to give you good advice, be they your Doctor, holistic practitioner, or a nutritionist.

For more information on how to measure the health in your lifestyle, contact Donna Hutchinson at 778.231.7410, or edgefit@shaw.ca

Guests:
Joanne Ward, Writer/Editor,
Joanne Ward Communications,
250.747.0498, joanneward@shaw.ca

Lesley Russell, Trainer,
604.733.8907, ljrussell@telus.net

Lloyd Collingwood, Webmaster,
Athropolis, 604.988.8528,
Collingwood@athropolis.com

NSBSG Boat Cruise Sails Again

The NSBSG will host a Boat Cruise on Wednesday July 25, 2007, during the Celebration of Lights.

Starting from False Creek, the cruise will take you around both harbours,

Dundarave and West Vancouver, stopping in English Bay to view the fireworks show.

The cost to attend is \$45 per person and includes a wine for the evening, and is a "bring your own appetizer" event.

For more information contact Pat Miller at Fairweather Cruises at pat@fairweathercruises.com

Focused Chat Calendar:

July 11 – Greg Lee, President, Capilano College

July 18 – Charles Holmes; re-scheduled. Strategic Business Alliances

July 25th – Tricia Edgar – Edible Garden Project

Acknowledgements:

The following members wish to thank those mentioned for referrals, successful joint ventures, or advice given:

Pat Miller, Fairweather Cruises:

- Marion Maysenhoelder

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- Alvaro Peralta

David O'Brien, Wit Marketing:

- Steve Cooper

Marion Maysenhoelder, Invis:

- Pat Miller for hosting Cruise for her reunion
- Wayne Keeler for storage boxes
- Neil Hamilton
- Nelson Chow, for insurance
- Dave Watson, email marketing services

Calendar of Events:

ESN Boat Cruise

Tuesday, July 17
7 pm to 10 pm

Boarding 6:30pm sharp
Hornblower Yacht Charters, 450
Denman St
FEE: \$55.00 (inc GST!)

info@esnorg.org

Sea to Sky Golf Company

Sea to sky is offering three events over the summer:

Thursday July 19, 2007

Dog Leg Golf Tour - Golf with your
Dog Tournament - Eaglequest
Coquitlam

For more information and to register:
www.dogleggolftour.com

Join us for a fun day of golf with
your Dog in this unique event.
Support the Pacific Assistance Dogs
Society

Thursday July 26, 2007

Sea to Sky Golf Tour - Corporate
Networking Series - Furry Creek
Golf Course

For more information and to register:
www.seatoskygolf.ca

Join us on the links for a great game of golf, business networking and education. The theme for this event is, Sports Marketing: How to make it effective for your business, how to capitalize on sports marketing opportunities.

**Surrey Chamber of Commerce:
Various**

<http://www.surreychamber.org/event/s1.html> - 2007-04-24221

Resource Guide:

For a listing of members' web sites, please visit our website at
www.nbsbg.com

Chamber events:

http://www.hpmarketing.com/cgi-bin/events_calendar.cgi

Maps and Directions:

<http://www.mapquest.com/>

Networking Database:

LinkedIn Resources: SONI
Canada

<http://www.linkedin.com/home>

Job Boards:

Vancouver Job Shop:

<http://regionalhelpwanted.com/home/167.htm?sn=167>

Working Canada:

<http://working.canada.com/vancouver/index.html>

Government of Canada:

<http://jb-ge.hrdc-drhc.gc.ca/>,

FutureWorks - Wage Subsidy
Program (& Job Board)

<http://fwt.bc.ca/>

Recycling:

<http://www.nsrp.bc.ca/>

<http://www.onedayvancouver.ca/about.php>

<http://www.gvrd.com/recycling/index.html>

Social / Event Management:

<http://fairweathercruises.com/>

<http://gracioushost.ca/>

www.tgifbc.com,

Urban Legends Reference Page:

<http://www.snopes.com/>

Yellow Pages Business Finder:

<http://www.yellowpages.ca/searchBusiness.do>

Miscellaneous: <http://www.soho.ca/>