

NSBSG

Weekly Window vol.3



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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."

Stress Relief Expert Visits NSBSG



"Stress is a worldwide plague", opens Dr. Kenford Nedd, family doctor, and recognized international keynote speaker on the subject of stress.

He goes on to describe how 85% of patient complaints can be rooted in stress, and how thousands deaths among young males are stress related.

He described the physiological change that occurs during stress, and the chemical reaction that takes place. This chemical change is what prevents cells within the body that protect us from doing their job.” Stress”, Dr.Nedd describes, “is the response of an individual when he/she perceives there are too many things happening in life.” It is important, he continued, to reverse the stress reaction.

Dr.Nedd closed with the following warning: “No amount of success in (your) business life will make for the failure I your health”.

Dr.Nedd will be holding a one-day seminar on stress relief in Vancouver on Saturday September 15, 2007. For more information visit www.kennedd.com, or contact Alexander Potter at Donovan Creative Communications at alexander@donovancreative.com.

Guests:

Dr.Kenford Nedd, BSc, M.D.,
International Stress Control Centre,
www.kennedd.com,
ken@kennedd.com

Alexander Potter, Donovan
Creative Communications,
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Henry Espinosa, Marketing
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604.649.8019,
www.prestigemember.com

Focused Chat Calendar:

July 25 – Charles Holmes; re-
scheduled. Strategic Business
Alliances

Acknowledgements:

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

Bryan Pybus, K & G Debt & Credit Professionals:

Press Release help:

- Norm Accipiter
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- Jim Fitzpatrick
- Reno Gajo
- Simeon Garriott
- Bryn Hamilton
- Mark Hood
- Barry Kong
- David O'Brien
- Barry Sharp
- David Watson
- Tatsuya Nakagawa
- Neil Hamilton for Real Estate

Cam McLeod, Angel Restoration:

- Jayme Ward, for graphic arts work

Gary Bombay, Shippam & Co.:

- Amber Weland
- Alvaro Peralta, Movie Nite Club

Barry Kong, consultant:

- Dave Watson
- Jim Fitzpatrick

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- Gary Bombay

Dave O'Brien, Wit Marketing:

- Dave Watson for emailing campaign

Neil Hamilton, Sussex Realty:

- Bryan Pybus, for listing
- Glenn Duxbury, services rendered

Calendar of Events:

EBGG

Monday July 23,2007

Catherine D'Aoust
Gaia Adventures
Fitness through adventure traveling

7pm to 9:30pm

\$15

33 Water Street, near Carroll, in
Gastown
Suite 808 Penthouse, Buzz #1638
(604) 765-7571

Easy Park at 160 Water Street, \$5

ESN Evening

Thursday August 2, 2007
530pm to 730pm

Coast Plaza Hotel,
1763 Comox St. at Denman
Windows on the Bay

info@esnorg.org

Sea to Sky Golf Company

Sea to sky is offering three events
over the summer:

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](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.nsbgs.com

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

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>