



Weekly Window Vol.2

Executive:

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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."

Healthy Now Markets Nature's Purest Food Source

"You are what you eat", or so says the well-known adage, re-iterated in Bruce Duncan's opening comments.

Marketing a whole food supplement consisting of a flavoured drink made up of phytoplankton molecules, Forever Green products include a variety of health-based products.

Phytoplankton is the oldest and purest known food source, containing all the essential vitamins, amino acids, and natural sugars the body needs for energy and healing. This pure food source restores the nutrients we neglect to feed ourselves in our busy lifestyles.

"Eat and drink healthy," advises Bruce, " stay away from fake sugars and ingredients, transfats, and hydrate regularly."

Forever Green was started by accident when an algae farmer in Nanaimo fell ill with cancer, and began snacking on the algae he was growing in his tank. The narrator in the DVD shown by Bruce left no doubts that this was a foul tasting paste. However, the farmer has since gone into remission and has been healthy ever since.

Through years of development and refinement, and advances in technology enabling to harness the phytoplankton elements from algae, a far more palatable consumable was developed.

Bruce Duncan has many examples of how Forever Green has changed peoples' lives; for more information, contact Bruce at healthenow@shaw.ca

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Verticals:

Accounting/Finance

Architect

Banking

Brokerage (Mortgage, securities)

Building Inspection

Business Services

Cleaning Services

Communications, Marketing (Advertising, Design, Sales)

Computer H/ware

Construction

Counseling

Database Mktg

Home Renovation

Insurance (Life, Asset)

Medical (Holistic, Therapeutic)

Non-profit

Office Mgmt.

Real Estate (Investment, Sales/buying)

Retail

Software

Special Event Mktg.

Taxi Service

Travel

Guests:

Richard Earl, CEO & Director, Hollis Biggs International Ltd, www.hollisbiggs.com, 604.730.4150, rge@hollisbiggs.com

Fred Margel, President, London Piers Properties Ltd. 604.805.0045, www.londonpier.ca, fmargel@londonpier.ca

Irene McKerlich, Sales, imckerlich@hotmail.com

Avi Arya, Director, Capital City Travel and Tours, 604.729.4580, aumtours@aumtours.com, www.aumtours.com

Brian Pybus, Representative, K& G Debt Consolidation, 604.522.0194 pybus@kgdebt.ca

Crystal Sackett, Spatial Designer, crystal@crystalstargroup.com, designing and staging storefront space and real estate

Nick De Cotiis, President, CEO, DeCotiis Group Developers, Builders, Investments, 604.922.3050 nick.decotiis@telus.net, www.decotiisgroup.com

Sean Iles, Barrister and Solicitor, 604.261.5807, grenada_sean@yahoo.com

Carl David Andersson, Proprietor, Access Energy Technologies Ltd., 604.267.7012 cadandersson@telus.net

New Members:

We welcome the following new members; please let us know how can help your business.

Gary Bombay, Shippam & Associates Inc. 604.929.3180, www.shippam.com, gary@shippam.com

Winnie Low, President, Talkshop Communications, 778.231.0810, wlow@talkshopworks.com

Next Meetings:

Wednesday September 6, 2006 - Brandon Roe, Brandon Roe & Assoc. (business building)

Wednesday September 13 - Travis Wong, Different (an advertising branding shop)

We are open for focused chat presentations by members beyond September 13; anyone wishing to present, please contact Neil Hamilton.

Announcements:

The Executive is looking for volunteers to form a committee and assist in the planning and execution of social activities for the NSBSG.

Under the guidance of a Social Director, the committee assists the selected individual in the planning, organizing, tracking participation, and set-up and tear down/cleaning before and after the activity.

Each quarter, the group has social events marking special dates, such as Christmas, mid-summer, and mid-winter dates. Past events included the Fireworks Boat Cruise, Christmas Party, and Mid-Winter Social.

By forming a committee, it is hoped that the organizing and clean up of such events don't just fall on the shoulders of one person.

Interested parties should contact the Executive with copies at: compass8000@shaw.ca, lmacht@shaw.ca, and naccipiter@hotmail.com.

Please specify the position you are seeking. Should we have more than one person requesting the Directorship, a special election will be held. Final decisions on Committee members at-large will remain at the discretion of the Executive and Social Director.

Harvest Project Gala makes big Splash

Darlene Mahyr-Richardson, Resource Officer, announced the success of the Summer Splash Gala, and thanked all members in attendance and volunteers.

The Gala raised over \$13,000 in receipts and auction bids. The event was an entertaining, and successful evening.

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TGIF Hosts Concert

TGIF Singles Inc, led by bon vivant Len Macht, is hosting a concert at the Centennial Theatre Friday September 29, admission by donation.

Headlining will be a Frank Sinatra Tribute performer, Hardy Hansen and the opening act, Robert Miller, with his own "Buddy Holly" tribute.

For more information, contact Len Macht at LMacht@shaw.ca, or visit www.tgifcanada.com

Overnight Cruise: Vancouver to Seattle for NSBSG Members

Velia Tham of Gold Ticket travel has announced a repositioning cruise to Seattle on board the Holland America Line's *MS Veendam* and will take place on Sunday September 24, returning Monday September 25.

The return trip is via Amtrak to Vancouver

The cost of the trip is \$190 CAD including tax per person; two person sharing twin accommodations, inside facing cabin, food, and bar. An outside cabin is available for a \$20 upgrade, and for \$40, a balcony cabin can be acquired.

Contact Velia at Gold Ticket Travel, at 604.724.8800.

Acknowledgements:

Pat Miller of **Fairweather Cruises** thanks **Len Macht** of **TGIF Singles- Vancouver** for a referral

Wayne Keeler of **Ferguson Moving** thanks and endorses **Gerry Scallion** of **Casey's Home Repairs** for carpentry work done on short notice

Simeon Garriott of **Pre-Paid Legal of Canada** thanks **Wayne Keeler** of **Ferguson Moving** for a referral, and his professionalism in following up to ensure a successful outcome

Trudy Gerber of **A Clean Sweep** thanks **Dave Watson, eXtra Contact**, for his business

Marion Maysenhoelder of **Invis** thanks **Neil Hamilton, Royal Le Page, Bryn Hamilton, Investor's Group, and Glenn Duxbury, Home Inspector,**

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for their combined work with one of her clients.

Neil Hamilton, Royal Le Page, thanks **Bill Baker, Willabeth Capital**, for a rental referral, **Simeon Garriott of Pre-Paid Legal of Canada**, and **Bryn Hamilton, Investor's Group**, for business referrals.

Jayne Knox, of Streetcards Advertising, thanks **Arnie Gauthier of datacom consultants**, in assisting her with setting up her IT systems.

Amanda Lin of Jigsaw Services thanks **Nelson Chow of Arbutus Insurance** for business referral.

Jak Redenbach, Architect, thanks **Tony Holtzhausen, CMA**, for a referral.

Networking Events:

Burnaby Board of Trade

September Networking Breakfast

Tuesday September 12, 2006. 7:00 a.m. to 9:00 a.m.
Executive Hotel Burnaby, 4201 Lougheed Highway.

Early-bird tickets: Members \$16, Non-members, \$21
After September 5th Members: \$18 Non-members \$24
All prices are exclusive of GST.

Thursday September 28, 2006

Effective Advertising: Use Your Precious Budget Wisely!

7:00 a.m. to 9:00 a.m. Executive Hotel Burnaby, 4201 Lougheed Highway

Mary Charleson will demystify media choices and show you how to set objectives to use your funds wisely.

Mary Charleson is President of Charleson Communications, a consulting company specializing in marketing research, strategy and advertising development

Tickets: Members \$20.00 Non-members \$25.00

<http://www.burnabyboardoftrade.com/events1.html#2006-09-28256>

Building Bridges: How to bring your small business to the next level

Thursday September 28. 5:30 p.m. - 9:00 p.m.

Hyatt Regency, 655 Burrard St., Vancouver, B.C.

Keynote Speaker: Peter Legge,

"Making Your Life a Masterpiece: Successful Strategies from One of Canada's Leading Entrepreneurs"

FREE BOOK with registration! (Receive Peter Legge's ninth book, "Make your Life a Masterpiece" with each registration. Retail value: \$29.99)

Registration fee: \$65 and includes admission, a three course dinner and Peter's new book.

Contact: 604.762.1145

(Courtesy of Gracious Host)

**Canadian Public Relations Society
Fall kick-off dinner & AGM**

Wed, Sept 20, Arbutus Club; 5:30 p.m.

Make your vote count as CPRS Vancouver members elect a new board at the society's AGM September 20.

Cost: Student members \$37, Members \$40, Non-members \$50

Contact:

<http://www.cprsvancouver.com/Calendar/EventInfo/?event=26>

(Courtesy of Gracious Host)

Entrepreneurial Success Group – on summer hiatus

ESN Networking Social Evening: Thursday September 14, 2006
5:30pm - 7:30pm (starts promptly)

Central Restaurant

1072 Denman Street, Vancouver

Attend an evening of speed networking in a fun, social environment

Contact Deb Brown at 604.303.6580

info@esnorg.org

<http://www.esnorg.org>

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London Pier Real Estate Seminar

REAL PROPERTY. REAL RETURNS. Seminar
“A Fresh Approach to Investing in Real Estate”

Tuesday, September 12, 2006, 7:00 pm

Meeting Room #2
John Braithwaite Community Centre
145 West 1st Street, North Vancouver, BC

(Underground parking is accessible from Esplanade, one block south of 1st Street.
Entrance near Marketplace IGA.)

Cost: Complimentary

Register online at www.londonpier.ca/investmentseminars.php or call 604.805.0045

Space is limited to 18 registered guests.

North Vancouver Chamber

...connections Simplified

Dizzy Cycles

Thursday, September 14, 2006

7:15am - 9:00am

Candela Grill

Non-Members \$20.00

Richmond Chamber

Thursday September 28, 2006

Networking Breakfast

Tickets: Members \$13.00 Incl. GST

Non-Members \$18.00 Incl. GST

Quilchena Golf & Country Club, 3551 Granville Avenue

Strictly Business Networking – Summer hiatus

<http://www.strictlybusiness.rontproductions.com/>

Resource Guide:

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

Online Business Webinars:

http://main.placeware.com/demos/web_seminar_archive.cfm

Virtual Handshake – Online Business Book:

<http://thevirtualhandshake.com/free-book-download.htm>

Vancouver Enterprise Forum – Vancouver's High Tech networking forum:

<http://www.vef.org/web/EventDetails.asp?ProductID=82>

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.atomicacreative.com/sonicanada.html>

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

Job Boards:

<http://charityvillage.com/>,

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

<http://jb-ge.hrdc-drhc.gc.ca/>, <http://regionalhelpwanted.com/home/167.htm?sn=167>

FutureWorks - Wage Subsidy Program (& Job Board)

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

Sales Coaching/ Consulting:

Fiona Walsh

FM Walsh & Associates

604-339-5706

www.fmwalsh.com

Social / Event Management:

<http://gracioushost.ca/> www.perfectday.ca, www.tgifbc.com,

<http://fairweathercruises.com/>

Urban Legends Reference Page:

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

Yellow Pages Business Finder:

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

Miscellaneous:

<http://vancouver.craigslist.org/>

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