



Weekly Window vol.3



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."

Bob Rogers: CHS Seeks to Inform and Treat



Bob Rogers, CHS Executive Director, Address NSBSG

Hemochromatosis (HHC) is a hereditary illness afflicting one of every 300 Canadians. It is the overloading of iron into the major organs of the body by the blood system affecting the joints, liver, heart, pancreas and endocrine glands.

Although potentially fatal when left untreated, it is easily controlled when diagnosed early before the excess iron can cause harm.

Bob Rogers is now the Executive Director of the **Canadian Hemochromatosis Society** and he visited the NSBSG this past Wednesday.

The society's mandate is to educate and promote the discussion of this little known affliction by people with their GP's so that testing for HHC becomes as common as testing for cholesterol. There is no known cure, however treatment is as simple as giving blood.

Some of the symptoms include chronic fatigue, abdominal pain, bronzing of the skin, arthritis, diabetes, thyroid problems, elevated liver enzymes and triglycerides, just to name a few.

When blood is expelled, iron is needed to build the red cells used to replenish the body. Therefore, as blood is donated, iron is drawn from wherever it resides in the body to rebuild red blood cells and therefore iron levels in the body are reduced.

The only limitation on this treatment is that the blood services will accept donations only once every fifty-seven days. For someone newly diagnosed, special treatment is required to augment the donation cycle until the iron drops below certain levels to make regular donations viable.

The society helps its members by providing up to date information through a biennial newsletter, and an online forum as well as assisting members in finding doctors practicing in treatment close to where they live. They also inform members how to recognize and treat the illness in their children.

“We need to get the message out better than we have in the past,” says Bob. “We are not searching for a cure. Our mandate is to get the message out and have people tested and treated. We hope that in ten years, testing becomes a regular part of annual check-ups and we will be out of business.”

Salute to Troops Postponed

NSBSG's "Salute The Troops" Luncheon has been postponed to a later date to be announced.

Hosted by NSBSG and High Output at the Bella Candela, the luncheon will be attended by Veterans of our Afghanistan Campaign and will feature VIP's yet to be announced.

Tickets will be \$25 for NSBSG members, and \$35 for non-members. Partial proceeds will go to assist families of fallen veterans.

For more information, Contact Neil Hamilton, President of NSBSG at 604.925.4711, or stay tuned to Weekly Window.

New Member:

The membership committee is pleased to announce that Des Dougan of Dougan Consulting is our latest member of the NSBSG.

Des is an IT consultant who assists small to medium sized business plan and implement their information technology including computers and peripherals.

Guests:

Bob Rogers, Executive Director,
Canadian Hemochromatosis Society, brogers@toomuchiron.ca,
www.toomuchiron.ca; 604.279.7135

Tony Burrows, Director,
Hospitality and Beyond Hotels,
tonyandni@shaw.ca, 604.904.0743

Patricia Lambert,
Realist/Consultant, **Insight to Success**,
patricia@insight2success.com,
www.insight2success.com,
604.985.3416

Cindy Burridge, Wellness
Consultant, cindyburridge@shaw.ca,
www.mynikken.neet/cindyburridge,
604.929.5757

Richard Stokes, Home Theatre
System Consultant,
rstokes1@telus.net, 604.619.3323

Dian Patterson, Coach,
Hypnotherapist, **Directed Potential**,
dp@directedpotential.org,
604.924.8094

Sunny Parmar, Sales Supervisor,
First Canadian Barter Exchange Inc., sunny@barterfirst.com,
604.759.3223

Jenny Rolfe, BNAC,
jenny@bnac.ca, 604.780.3020

Focused Chat Calendar:

Sept. 26- Workshop- Open Meeting -
Andrew Barber-Starkey, ProCoach,
Goal Setting 7am – 930am

Oct. 10 – Flavio Caron - RBC 2010
RFP Workshop

Acknowledgements:

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

Kath Parasiuk, Chi-K Design:

- Jenny Rolfe for consultation

Jenny Rolfe, BNAC:

- Chi-K Design for inquiring on environmental concerns

Nelson Chow, Arbutus Insurance:

- Pat Miller, insurance
- Simeon Garriott, insurance

Jan Townend, Townend Art:

- Chi-K Design for consultation

Calendar of Events:

Entrepreneurial Business Growth Group

Monday Sept.24

What's Good For You, Anyway?
Presenters: Robert Wood & Bruce Duncan

7pm to 9:30pm
33 Water Street, Buzz #1279, Suite
808 Penthouse, near Carroll in
Gastown, 604-765-7571

PARKING: street or EasyPark 15
160 Water St., \$5

ESN Evening
Wednesday September 26/07

Special Speaker Series: 5 – 530pm
“Frequensea” presented by Bruce
Duncan. Listen to Bruce and learn
how phytoplankton, a natural whole
food product can add nutrition to
your life.

Speed Networking:
530pm – 730pm
Sheraton Wall Centre
Azure Room
1088 Burrard St.
Non-Members: \$20
Pre-register at 604.303.6580
www.esnorg.org

Gracious Host:
Wizened Women Speaker Series
Tuesday Sept 25, 2007,
6pm-9pm
Connie Wilson, Creator and
Publisher of Modern Dog Magazine

The Terminal City Club
837 W. Hastings St.

\$35 members, \$45 non-members
WBO yearly membership \$85 (join
tonight and get a free gift!)

Web:
<http://www.wbo.ca/page121.htm>

10 Deadly Sins of Negotiation
Tuesday, September 25th, 6 – 7 PM
Boardroom, 744 W. Hastings,
Vancouver
Price: \$49 + GST
Fiona Welsh 604.339.5706
info@fmwalsh.com
<http://www.fmwalsh.com/>

Enrolling the Media - CPRS
Vancouver

Thursday, September 27, 2007,
5:30 p.m. to 7:30 p.m. (Session)

UBC Robson Square C130, 800
Robson Street, Vancouver

Costs: \$45 for CPRS Members , \$60
for Non-Members

604-633-1433
www.cprsvancouver.com

SOHO-SME Trade Show
Tuesday October 30
Fairmont Hotel Vancouver

www.soho.ca

Mature Women's Network
Saturday, September 29, 2007
12:45 PM - 3:15 PM

At this interactive session, Lourdes
Elardo (MBA, CPA) will discuss
techniques you can use to reach your
goals, create reality and achieve the
changes you want.

3rd Floor, 411 Dunsmuir Street
Vancouver, British Columbia
Cost: \$3.00. Refreshments, prizes.
Info. 604-681-3986.

Surrey Chamber of Commerce:

[http://www.surreychamber.org/event/s1.html - 2007-04-24221](http://www.surreychamber.org/event/s1.html-2007-04-24221)

West Vancouver Chamber:
Wednesday September 26, 2007
SEPTEMBER MEMBER
SHOWCASE

For Members & Non-Members

5:00 - 7:00 pm
Wednesday September 26, 2007

Steamworks West Brewing Co.
The Village at Park Royal
900 Main Street, Unit C1
West Vancouver
(Located under the Lighthouse)

FREE - RSVP required for
appetizer preparation.

[http://www.westvanchamber.com/
events1.html#2007-09-19243](http://www.westvanchamber.com/events1.html#2007-09-19243)

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](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](http://regionalhelpwanted.com/home/167.htm?sn=167)

Working Canada:

[http://working.canada.com/vancouve
r/index.html](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/abo
ut.php](http://www.onedayvancouver.ca/about.php)

[http://www.gvrd.com/recycling/inde
x.html](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/searchBu
siness.do](http://www.yellowpages.ca/searchBusiness.do)

Miscellaneous:

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