



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."

Relax, Recharge, Refresh with Julia James



Julia James is a Personal Coach who helps individuals and business owners reach their optimum performance by helping them balance their personal goals with professional goals.

Today's focused chat centred on achieving optimum stress levels to enhance performance. If one has too much stress, a feeling of being overwhelmed is

prevalent, eventually followed by burnout. Too little, and a sense of boredom, lack of challenge and engagement may permeate the daily work life.

Julia discussed the importance of mini-vacations; breaks designed to momentarily stop highly charged concentration and mental activity to bring down the stress levels, resulting in clearer thinking, and more effective problem solving. Mini-vacations can be as involved as a walk in the park or around the block near where you work, or as simple as a meditation break at your desk.

Julia put the membership and guests to task by leading them through a deep breathing exercise. The group was asked to take a deep breath, and count each inhalation and exhalation up to one minute. If you are under 10 breaths per minute, you are reaching a relaxed state. Below five, you are at a relaxed state.

Finding one's relaxation state is key to relieving stress and its related health risks.

Julia James can be contacted at 604.484.0389, or Julia@juliajames.ca.

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 \$40 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:

June 27 - Jen de Tracey, business marketing consultant

July 4 – Donna Hutchinson, On the Edge Fitness

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:

Dave O'Brian, Wit Marketing:

- Jim Fitzpatrick, for business introductions

Pat Miller, Fairweather Cruises:

- Joanne Macpherson

Trudy Gruber, A Clean Sweep:

- Wayne Keeler
- Chi-K Design

Bill Baker, Willabeth Capital:

- Jak Redenbach, Architectural consulting

Neil Hamilton, Royal Lepage Realty:

- Debbie Peck

Debbie Peck, Mosaic Winemakers:

- Thanks Group for support
- Dave Watson, for consulting on Newsletter

Sunny Chow, RiverStar Web Design:

- Bruce Duncan

Calendar of Events:

EBGG:

Monday June 25, 2007

Guest Speaker:

Deborah Browne

"How to Network Effectively In Your Community"

Deborah Brown, a successful entrepreneur and businesswoman since the 1980s, and President of ESN: Entrepreneurial Success Network, shares her insights about networking techniques.

7pm to 9:30pm

33 Water Street, near Carroll, in Gastown

Suite 808 Penthouse, Buzz #1638
(604) 628-1638

Parking: Easy Park at 160 Water Street, \$5

Please RSVP to Teya at teyafrance@shaw.ca or call her at 604-267-7571 if you'd like to attend.

Entrepreneurial Success Network

Wednesday, June 27

5: 30 pm to 7:30 pm

Coast Plaza Hotel, at Stanley Park.
1763 Comox St, Barclay/Gilford Room

FEE: Non-members: \$20.00 (inc 1 drink/appetizers)

info@esnorg.org

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

SOHO

Life is not a Stress Rehearsal featuring Loretta LaRoche.

June 28, 2007, 11:30am – 2:30pm

Organizations worldwide have used **Loretta LaRoche's** prescription for laughter to manage stress in the workplace and improve morale. An acclaimed speaker, consultant, best-selling author and PBS TV personality, Loretta comes armed with some of the newest findings in the field of mind-body health

Fairmont Hotel Vancouver, Vancouver, BC

Special SOHO Rate: Save \$25 off regular rate (includes stand-up luncheon and speaker presentation)

How to Register: Call **604.473.0301** or email

top100rsvp@canadawide.com

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

**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.nsbbsg.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/>