

News & Views

To A Healthier You!



January - March
Winter 2011 Edition

What can you expect when you decide to change your diet or lifestyle? Helpful tips that everyone should know so you won't be taken unawares.

>> Page 4

With Colds and Flu going around this winter season what can you do to keep yourself protected? Also, which Avena products can help.

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Exciting changes are happening everywhere. See all the great changes Avena is creating for you, our valued members.

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Welcome to Our Winter 2011 Edition of Avena's News & Views To A Healthier You!

Welcome to a brand new year. This is a great time to start change and growth in our everyday lives! This season, with its fresh coat of snow, is all about change and re-birth, a shedding of the old to make way for the new. Be inspired by the changes happening outside to promote and create a change within yourself. Take your time and find out what area you would most like to change and then go out there and do it!

One common area many people look at is their diet and lifestyle. Many of us tend to add a little extra weight over the winter season. With all the holiday eating going on, it's no question as to why. Examine your lifestyle and find one area to concentrate on. The more concentrated your efforts are, the more likely you are to succeed, and that's what we all want—success!

With the winter season in full swing it's harder and harder to maintain a healthy diet. The foods that are so easy to come by in the spring, summer, and fall are scarce, making it harder to get high quality nutrient-dense food. This just puts more of a demand on our bodies. Also, in colder weather it is normal to crave more warm foods. A great tip for those who are on mostly raw diets: if you need something 'warm,' try something spicy instead of something cooked. You might just find that it helps to curb your craving.

Bringing about change within yourself not only helps you, but it also helps to motivate others at the same time. When those closest to you see the improvement in your appearance and health, they will be encouraged to do something similar in their own lives. Take charge of your body and use this time of year to make changes where you know you need to.

What better way to go into the New Year than knowing you had an awesome winter full of positive growth? In the words of Mahatma Gandhi, "Be the change you want to see."



All this and more in this newsletter!



- No Toxic Fillers
- No Binders
- No Extenders
- No Excipients
- No Preservatives
- No Heavy Metals
- No Microbes or Fungi
- No Chemicals or Solvents
- No Harmful Substances
- No Artificial Sweeteners

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DEAR AVENA

This is where you, our members, can write in with any questions you may have. Then we will publish these questions and have the best staff member answer them for you. We want to make sure your questions are being answered to the best of our ability. Many of our staff members are qualified to answer your questions, but some have little areas of expertise. By helping to answer your questions, our staff is constantly learning about new products, foods, and other great lifestyle ideas. The more we know, the more we can help you. So please mail, fax, or email your questions, and we will publish them in our upcoming newsletters! We are eager and excited to hear from you!



Question for Avena ~ I recently found out that I have been exposed to household mould. I am wondering what you recommend to help me get my health back on track?

Answer from an Avena Staff Member

Great question. The best way to deal with mould within the body is to rebuild and help your immune system. The 2 main parts of that are your workers, Enzymes and Friendly Flora. These two products will not only help to strengthen your immune system, but they will also create an environment that is stronger against pathogens.



Answered by
Avena Staff
Member

There are other products you can use in addition to the Enzymes and Friendly Flora. These could include the individual enzyme Protease. It is beneficial to digesting protein structures like mould within the body because it is proteolytic and it could therefore digest the fungus. For those people that are finding that their lungs are the primary area affected, they may notice a healthful boost by incorporating Stabilized Liquid Oxygen into their daily regime as well. Pathogens of all types cannot survive in an environment high in oxygen. Therefore, Stabilized Liquid Oxygen is an amazing product for maintaining a healthy immune system. Those individuals who noticed a decrease in the quality of their breathing will benefit from the increased oxygen in the body. It can also help with the fatigue that will hamper a body that is not absorbing oxygen as well as it should.

These products will all greatly assist you; but your diet and environment will also play an equally important role. First of all, it is essential to minimize your continued exposure to the mould, and eliminate all interactions with it if at all possible. If you can simply eliminate or remove as much sugar or sweeteners from your diet (even after the symptoms disappear), you will surely notice an improvement in your quality of life. Only one teaspoon of sugar can hinder the functioning of your body's natural immune system for up to 6 hours. By feeding your body as clean and raw food as possible, you are essentially letting your body use most of its energy for fighting off the mould (or other infections).

There are even some common foods like garlic that have been shown to be of great benefit to health in regards to improving your immune system. This is one more good reason to live by the motto, "you are what you eat."

If you have any further questions regarding mould or any other health concerns, please feel free to contact our office at any time. Our staff is ready and waiting to help you answer your questions.



What Change Brings

No one is perfect. We can all find something within each of us to improve upon. This time of year is when we all take a look at ourselves and find out what we want to change and where. For those that will succeed the road is not easy, the journey can be difficult. What can make this even more of a burden and discourages so many people so early is a healing crisis. When someone decides to change their diet, or adjust their health habits, it can be a struggle when they experience fatigue, or their symptoms become magnified. Those unprepared for a healing crisis often quit, never really getting anywhere in terms of a health improvement.

A healing crisis is something completely normal that usually happens when someone ‘cleanses’ their body, either through changing their diet, taking supplements, or both. The healing crisis can vary in degrees of severity depending on the person and the situation. While some healing crises may only last a couple of days or less, others can continue for weeks. During this time the symptoms can range from mild to severe. It will always depend on the person involved and the goal they are trying to achieve for themselves.

The best way to deal with a healing crisis of any magnitude is to be prepared. If you are aware of what can happen, you will know how to plan for it. You can decide beforehand how you wish your

Prepare for any potential healing crisis by deciding beforehand what will work best for you.

healing crisis to play out. There are two common options. Some people prefer to minimize the effect and severity of their healing crisis so that they can continue with their daily lives with little or no disruption. While this is great for some people, this also means that the person may have their healing crisis continue over an extended period of time. The second option is taken by those people who have a short amount of time or desire to quickly overcome their

potential healing crisis. They can shorten the duration of their symptoms by increasing the input that is creating the healing crisis effect. This can also occur for those who decide to pair their cleansing products with a superior diet full of fresh and raw whole foods. While this may give stronger symptoms, often their duration is drastically decreased.

A great method to prepare for any potential healing crisis is to decide beforehand what will work best for you, your schedule, and your preferences. While some people prefer to get something over and done with as soon as possible, others may

DID YOU KNOW?

A healing crisis is always unique to each person and their situation. No two people will have identical results ~ possibly similar, but never identical.

Lip Balm

Treat your lips to the anti-aging hydrating effects of our Essentia Lip Balm. Unique plant oils and botanical extracts provide unmatched ability to restore natural moisture balance.



Regular price: \$5.99

Sale \$4.99

January Specials

Designed primarily for convenience for those who are not utilizing Avena’s complete nutritional profile of Toco® and Superfood, our Vitamin Supreme takes vitamin supplementation to new heights!

Vitamin Supreme

Regular price: \$49.95 Sale: \$44.95



wish not to experience discomfort at all. It is all dependent on the person and their particular situation.

Try not to be discouraged if you are doing something similar to someone else and are experiencing different symptoms. Each person and each body is unique. What may negatively affect one person may create no change in another. This is even true with members of the same family. A variety of factors all come into play to determine how this change is going to be treated and reacted to within the body. Components such as diet, lifestyle, environment, and fitness level all have an impact. Even some outside influences such as stress and sleep will affect how the body will react.

Being aware of your body is always your best defense. A great way to learn about your body is to keep a food and health journal. This is a book or some place of notation where you can write down the food that you've consumed and how you feel. This should include not only physical feelings, but emotional ones as well. Food impacts all areas of our bodies, including emotions and mental alertness. This can be true for something as simple as mental concentration or as complex as bitterness or anxiety. By carefully writing down daily how you are thinking and feeling and what you are consuming, you may find a pattern you had not noticed before.

By carefully writing down how you are thinking and feeling, and what you are consuming each day, you may find a pattern you didn't notice before.

Usually it's not until an issue has become a nuisance that we take notice; but why should we wait until then? Most people only notice a specific effect after the chance removal of a particular food or substance from their diet. Journaling regularly can increase your probability of finding problems quickly and easily. For example, some of the minor discomforts from caffeine withdrawal are increased body odour or sweating. Something as common to women as hot flashes has been traced to many soy or soy-based

products. It is not easy to see these relationships unless you are documenting both your diet and lifestyle as well as how your body is feeling and performing.

By arming yourself with information about your body, you can gauge how doing a specific change can affect your body and how strong any type of healing crisis you may be experiencing is. This puts more



January Specials

Avena's Essentia Hair & Body Care — Unique all-natural botanical formulas combining superior herbal extracts to clean, condition and rejuvenate your body.

Conditioner Regular price: \$12.95 Sale \$11.00

Shampoo Regular price: \$12.95 Sale \$11.00

All-in-One Regular price: \$12.95 Sale \$11.00





Healing Crisis

power and control over your health in your hands.

Having this knowledge can help in numerous ways! Not only will you be able to see what foods and practices are having a negative effect on your body, but also what is creating a positive effect as well. So often people make a change in the hopes that what they are doing will improve their quality of life only to find no change occurring. However, how do you know if increasing your water intake will help your energy levels, for example, if you are not keeping track of any

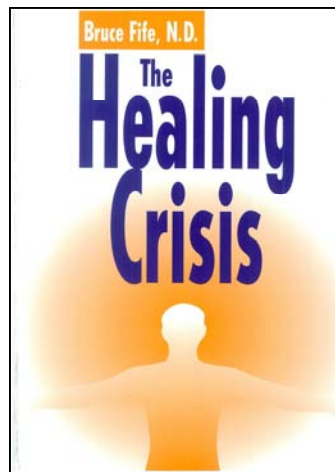
DID YOU KNOW?

A healing crisis doesn't only happen when you detoxify your body. Sometimes eliminating a specific food or adjusting to a healthier diet can also cause a healing crisis effect.

increase and decrease in your water intake, and how your body is reacting to each change?

There are plenty of areas within your body that can show changes and improvement quickly while others can take time to develop. Plenty of men and women have issues with their skin and hope to see a change quickly. However, it takes almost 21 days (3 weeks) for any new skin to become visible, meaning that you will have to change something for 3 weeks before you ever 'see' the change for yourself.

The most important thing to remember is that we are all unique. Try something new for yourself and find what works best for you! Let it be a lasting change! There may be bumps and hardships along the way, like a healing crisis, but at the end of the journey it is always worth it! Challenge yourself to better health and wellness this year, and stay true to that path.



For those interested in reading a more in-depth book about change and the healing crisis phenomenon, check out the book:

*"The Healing Crisis"
by Bruce Fife, N.D
ISBN:0-941599-33-7*

*Available now through
Avena Originals*

February Specials

The most treasured ancient Himalayan health secret, goji berries are the most nutritionally-rich fruit on the planet. Pristine in quality, Avena's 100% Raw Himalayan Goji Berries are grown in some of the most remote and fertile growing regions in the world! An ancient powerhouse of nutrition, goji berries contain 500 times more vitamin C per ounce compared to oranges. These yummy berries are also the richest source of carotenoids including beta-carotene (even more than carrots), of all plants! Tastily loaded with 21 trace minerals, and with more iron than spinach, these delicious berries are truly an incredible food.

Goji Berries Regular Price: \$19.50 Sale \$18.00



How can Avena help with Cold and Flu season?

So often we wonder what can improve our body's natural immune system, especially during the winter when colds and the flu seem to happen more often. There are 4 main products that Avena carries and suggests to boost your body's natural defenses.

- 1. ENZYMES:** One of the most immune-enhancing products that we carry. Enzymes boost your body's natural defenses. These enzymes, when taken on an empty stomach, have been proven to increase your macrophage and white blood cells by 700% and 1300% respectively. Our enzyme blend also includes a very strong protease enzyme. This enzyme is crucial for proteolytic activity. This means that protease literally has the ability to digest protein. All pathogens (viruses, bacteria, and parasites) are made of protein.
- 2. FRIENDLY FLORA:** This is one powerful product, working to support your immune system in a 2-tiered approach. First, these strong bacteria colonize and ensure a healthy environment in your gut that makes it hard for any pathogen to infiltrate. (The stronger the healthy colonized bacteria in your intestines, the stronger your natural defense.) Secondly, Friendly Flora has a powerful attack capacity. This product has been patented and proven to be anti-tumoural, anti-viral, and anti-retroviral, as well as proteolytic. This means that Friendly Flora is a very strong probiotic that will keep the pathogens, regardless of what kind of cold or flu virus or bacteria they are, from overtaking your system.
- 3. ELECTRIC C:** Numerous studies have shown the benefits of Vitamin C. One of the greatest benefits of increased Vitamin C is the ability of the body to reduce the length and severity of infections, such as those caused by the common cold or flu. Vitamin C not only helps to prevent and shorten the duration of the common cold, but it also prevents secondary viral or bacterial complications. Many find that taking Electric C at the first sign of a cold (a tickle in the throat or a stuffy nose) makes them feel 'back to normal' within a day or two. The powerful anti-oxidants in this product mean that colds and flu don't stand a chance in your body!
- 4. STABILIZED LIQUID OXYGEN:** Many would wonder how this product could even make such a short list. The answer is easy: no pathogen (virus, bacteria, or parasite) can survive in the presence of oxygen. Something as simple and easy as adding a few drops to your water daily can increase your body's own natural immune system by untold amounts!

All of these products will help your body stay strong naturally this winter season, but don't forget the importance of diet! One teaspoon of sugar can weaken and shut down your body's natural immune system for up to 6 hours! Keeping your diet clean and as unprocessed as possible will give your body the maximum strength it needs. Be aware and keep yourself immune this cold and flu season with these simple products and diet tips.

February Specials

Vitamin C is one of the most important vitamins and is said to be one of the best and most cost-effective health insurances available. Vitamin C not only helps to prevent and shorten the duration of the common cold, but it also prevents secondary viral or bacterial complications.

Electric C

Capsules - Regular Price: \$55.00 Sale \$49.95

Powder - Regular Price: \$49.95 Sale \$44.50

Power C

100 Caps Regular Price: \$48.50 Sale \$44.00



New DrinkMe™ Smoothie - Available Soon



New Flavour!

Drinkme™ is gearing up for a 'hat trick' with Drinkme™ Ruby, our new vivacious flavour. Ruby embodies radiant passion and satisfaction, as its ingredients include delicious raspberries and beets. Ruby's flavour is a combination of exquisite, savoury sweetness, yet, being a product of Drinkme™, it is packed with raw whole food nutrition and its star ingredient is kale. Ruby's engaging appeal and popularity is promises to make it our best flavour yet.

Ruby has beet skins and raspberry seed in it, but you would never guess that when you take a sip. Ruby is low in calories, but high in protein, antioxidants, fibre, vitamins and minerals. It's like a party in your mouth.

Avena Originals will be the first to get their hands on this delicious treat before it's available in stores. We will see you at the Avena meetings in Calgary, Edmonton, and Winnipeg where we will be serving up samples and talking to Avena members one on one about the many benefits of Drinkme™.

Drinkme™ is very excited to celebrate our new flavour and to share it with you. We will also be appearing at some select events on the West Coast. Please watch your calendar for dates.

March Specials

Avena Minerals

60 Caps Regular Price: \$38.50 **Sale \$34.00**

120 Caps Regular Price: \$69.95 **Sale \$62.00**

Oxy-Dyne

Regular Price: \$28.50 **Sale \$25.00**

Body Splash

Spray Regular Price: \$21.95 **Sale \$18.95**

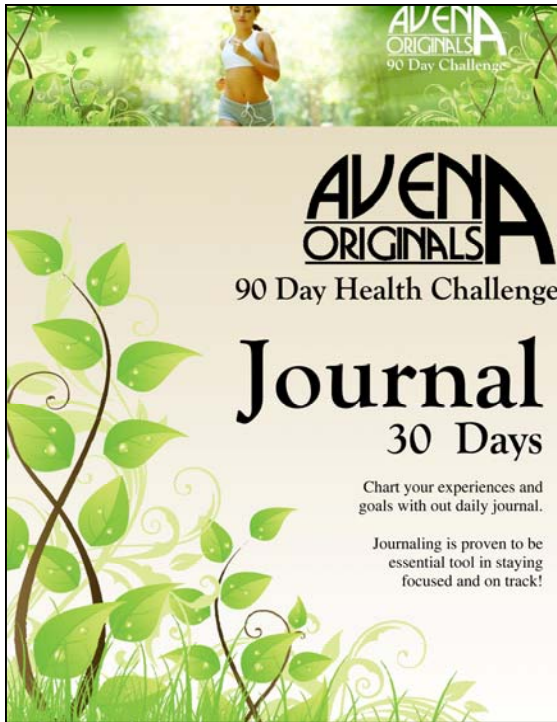
Refill Regular Price: \$49.95 **Sale \$43.50**



Avena Originals Guides & Journals

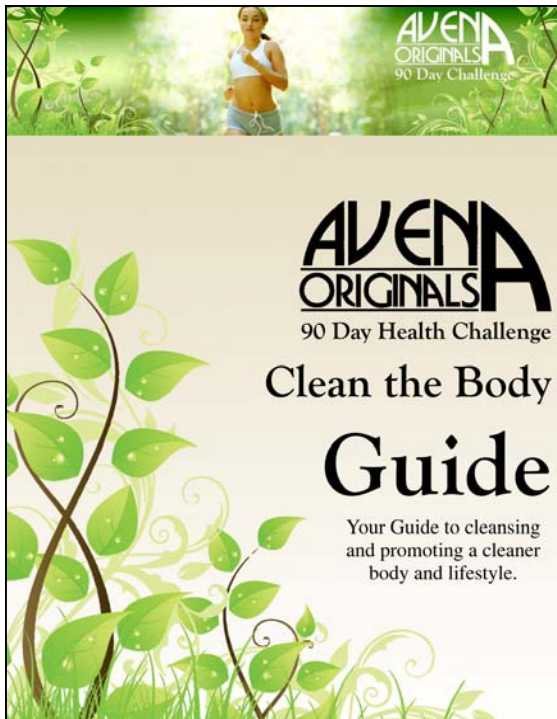
Now Available through Avena Originals

For those members who are unable to do the program at this time, or wish to custom tailor what we have already designed to best suit their needs, our challenge documents are available for purchase.



Health Challenge Journals \$4.99

Many of us need a place to keep everything, somewhere to document our ups and downs. This journal is custom-made for those wishing to seek a healthier lifestyle. The journal has helpful areas to keep track of many different daily occurrences such as water intake, food intake, and sleep. As well, this journal includes a unique Health Assessment quiz that can help you to discover what area of your body you should concentrate on. This simple and easy -to-use journal will become a staple in your life as you carefully document your health journey over the course of 30 days!



Health Challenge Guides \$4.99

Available in 3 unique forms, these guides will carefully explain how to go about creating a change in your lifestyle that best suits your needs.

Each guide contains tips and suggestions on everything you need to know to start any health journey, including such areas as diet, exercise, water intake, and sleep.

More importantly, this guide helps you to better understand the Avena products and how to use them to their maximum potential. Even great products, if used incorrectly, can be disappointing. These guides show and explain not only how the products are to be taken for best results, but they also show you a simple schedule that you can make to help incorporate these products into your lifestyle.

Pick up your guide today and discover the full potential that the Avena products and a completely healthy lifestyle can provide!

Available Guides: Clean the Body, Feed the Body, and our Full Guide (Clean & Feed the Body combined)



90 Day Health Challenge! Starting January 1, 2011

Congratulations to everyone

who has decided to join us on our 90 day health challenge

As a benefit for those members who have signed up for our challenge, Avena is offering some great prizes!

- ▶ One lucky person (decided by a draw) who completes the FULL program will receive a 100% rebate on all the products they purchased towards the challenge—amazing!
- ▶ The person who loses the most weight (regardless of program) will receive a 3 month supply of Herb Cocktail.
- ▶ The person who has the biggest health recovery will have their recovery story published in our newsletter and receive 3 free bottles of Enzymes.
- ▶ The person who has the most significant health improvement will receive 3 bottles of product of their choice, as well as their story published in our newsletter.

But regardless of all prizes given out, everyone is a winner when it comes to health and lifestyle improvements! What better gift than the gift of health!

Many of you have decided to try our 90 Day Challenge and for that we say, “Thank You!” Not only have members decided to try this program, but many of our staff members have decided to take on this challenge as well!

Our staff members are not immune to the temptations and complications of trying to live a healthy lifestyle in today’s world. Some of them have even decided to blog online about their journey!

We here at Avena would like to extend warm congratulations to those members who have decided to try our 90 day challenge. May you experience only health and happiness on your journey.

Follow Avena Staff Online with their Blogs

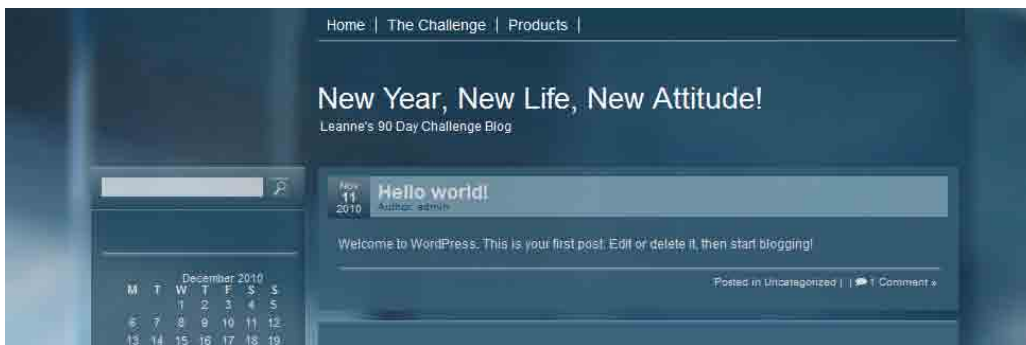
Feel free to contact these staff members through the blogs and ask them about their experiences! This can be a great resource for all of you who want to follow and interact with Staff Members as they embark on their own health journeys.

Here are 3 examples of our staff members and their blogs:



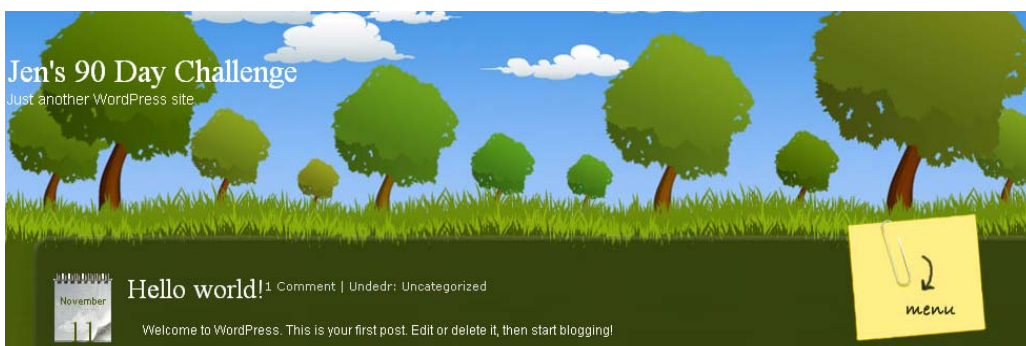
The screenshot shows a blog header with the title "Time for a Change" and subtitle "Kameron Tarrys 90 day Challenge Blog". Below the header is a navigation menu with "Home", "About the 90 day challenge", and "Natural Health Products". The main content area features a post dated "NOV 11" titled "I am ready for a change!" by Kameron under the category "Kamersons Experience". The post text reads: "Registered for Avena's 90 Day Health Challenge. So My wife Nicole and I, have registered for Avena's 90 day health challenge, I am really looking forward to this opportunity. Starting January 1st, my family is adopting a 80% Raw food diet, combined with the full 7 tools to reclaim your health natural health products." There is an "ADD COMMENTS" link at the bottom right of the post.

Kameron and Nicole : Kameron is going to do the Full program while also adding in a private trainer to help kick in not only his healthy eating habits but his fitness as well. His wife Nicole is expecting their second child in January and doing the Feed program. She is hoping not only to keep Kameron in check, but also to manage the daily struggles of taking care of 2 children while maintaining a mix of good diet and taking healthy supplement products.
<http://kameron.myavena.com>



The screenshot shows a blog header with the title "New Year, New Life, New Attitude!" and subtitle "Leanne's 90 Day Challenge Blog". Below the header is a navigation menu with "Home", "The Challenge", and "Products". The main content area features a post dated "Nov 14 2010" titled "Hello world!" by Leanne under the category "admin". The post text reads: "Welcome to WordPress. This is your first post. Edit or delete it, then start blogging!". There is a "Comment" link at the bottom right of the post.

Leanne is enrolled in the Full challenge program. She is hoping to keep her supplementing on a regular schedule, as well as get her system to a healthier state before her summer wedding.
<http://leanne.myavena.com>



The screenshot shows a blog header with the title "Jen's 90 Day Challenge" and subtitle "Just another WordPress site". Below the header is a navigation menu with "Home", "The Challenge", and "Products". The main content area features a post dated "November" titled "Hello world!" with "1 Comment" and "Undedr: Uncategorized". The post text reads: "Welcome to WordPress. This is your first post. Edit or delete it, then start blogging!". There is a "Comment" link at the bottom right of the post.

Jennifer has decided to try the Full program. She already takes many of the products, but not all of the basic seven products. She hopes to encourage herself to take the products faithfully, all the while working to complete a nutritional course. Keeping up with food and studying is never an easy task.
<http://jen.myavena.com>



New Features

Customer Email Options



Enrol in our new electronic email programs for up to date information, reports, promotions, and much more!

Enrol in **Promotions** for: Product Specials, Events, Ideas, public appearances, or anything else to do with promoting healthy living and success with Avena Originals.

Enrol in **Newsletters** for: Electronic Copies of our Newsletter produced Monthly, help save paper and go green with a digital copy. Get yours before everyone else!

Enrol in **Reports** for: Digital copies of all your reports. Save time and the environment by cutting paper costs through receiving your statements and reports electronically.

Enrol in **Account Statements** for: up-to-date information on your Avena Membership. These include great features like rebates earned this month, this year, and for all time;* any referrals you have made this month or this year; your account balance and any debits or credits you currently have; and your current qualification status, upcoming status, and your order history within the last 30 days.

Enrol in **Invoices** for: Digital copies of your invoices emailed to you the same day as you place your orders. These are sent to you when your order is shipped.

All existing members are automatically enrolled in these programs. If you wish to unsubscribe from any of them please do so by emailing info@avenaoriginals.ca.

* Because this software began on Oct 1, 2010, no data exists in the program from before this time. Therefore, features that display all data only go back as far as Oct 1, 2010.

WWW.AVENAORIGINALS.COM is now auto-updating your information on our website twice per day, every day, including information on your personal rebate values.



VISIT US ONLINE

**WWW.AVENAORIGINALS.COM
FACEBOOK.COM**

Go Green and Go Digital



Get your Rebates **FASTER** for **LESS!**



Direct Deposit of Rebates

Avena is moving and growing. Over the last year Avena has been in the process of creating a custom software solution. This program will improve Avena staff members' ability to fully customize and tailor your Avena experience with our company! This will allow us to specify more (and less) of what you would like on your personal membership account.

One new feature we will be starting soon is electronic funds transfers. This will be a great option for those members who hate waiting for their cheque to arrive in the mail. This will all be done automatically for you! No hassle, no waiting in line at the bank, no paper stubs (unless you would like a copy).

Minimum value for a Deposit is \$50.00 (Cheque=\$100.00)
Processing Fee is: \$0.50 (Cheque=\$2.00)

We kindly ask our members that in this time of change and growth to please be patient with staff members as they learn how best to use this new program.

To Enrol in Direct Deposit, please mail us a void cheque, or scan a void cheque and email it to us, along with the authorization letter.

Direct Deposits are available within 3 days after the end of the month.

CONGRATULATIONS to our WINNERS!

INVOICE REWARD PROGRAM:

Avena Originals Invoice Reward program pays \$25.00 to every hundredth invoice. The member who places that hundredth order receives \$25.00 credit towards future orders.

Avena Originals paid a total of \$6,250.00 to 250 Avena Members!



POP QUIZ and BRAIN TEASERS

Avena Originals has been running several Facebook promotions over the last year.

Thank you to those people who visit us online and have become fans of Avena Originals on Facebook.com

If you have not yet become an Avena Facebook fan, consider this: each week Avena Originals posts a brain teaser. These are a simple, straight-forward questions which are already answered for you in our material. The first person to answer correctly online (by commenting on the quiz) WINS a \$5.00 coupon for future purchases.

Raw Pasta Sauce Recipes

Hemp Seed Pesto By: Avena Staff Member



2 cloves garlic
2 cups Raw Hulled Hemp Seeds
2 cups fresh basil leaves or mixed basil/spinach
2 tsp Pristine Sea Salts
1/8 cup Cold Expeller Pressed Hemp Oil
1/4 cup raw pine nuts

****raw pasta can be made with raw zucchini cut into desired pasta shape—try using a peeler to get thin, fine noodles****

*Place all ingredients in a juicer, blender or food processor and blend.
Mix desired amount, pour over raw zucchini pasta, and enjoy!
Serves approx 6. Will stay fresh for 1 week if stored well.*

Raw Marinara Sauce By: Avena Staff Member



2 cups sun-dried tomatoes
2-3 tomatoes (roughly chopped)
1 red pepper
1 Tbsp Cold Expeller Pressed Hemp Oil
2-3 garlic Cloves
1 tsp of Raw Agave Nectar (3 dates is another alternative)
2 tsp Pristine Sea Salts
1 tsp Italian Seasoning
*Additional spices you may wish to add
Cayenne, Oregano, Basil, Parsley*

*Place all ingredients in a juicer, blender, or food processor. Blend and it's ready to serve.
Sauce can be stored in the fridge or freezer. Serves 4*



Special Attention

Freight:

Avena is proud to say DHL has been off to a great start since beginning in July. Many of our customers are enjoying this more cost-effective shipping method. Plus, with online traceability and quick, prompt service, Avena will be continuing to use this great courier service throughout the new year!



Office Closures

Check our calendars on the right for dates of office closures this quarter.

CUSTOM PRINTED NEWSLETTERS

What better way to help promote your own business while offering a gift to your customers? Have our quarterly newsletter printed with your name and contact information! Sold at a low cost of \$2.00 with a minimum order of 10 copies.

January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 OFFICE CLOSED	4 Kelowna, BC (250) 868-2246	5	6 Vernon, BC (250) 558-9974	7	8
9	10	11	12	13 Edmonton, AB (780) 962-0084	14	15
16	17	18	19 Prince George, BC (250) 613-6380 (250) 613-0636 Calgary, AB (800) 207-2239	20	21	22
23	24 Victoria, BC (250) 658-8859	25 Edmonton, AB (780) 962-0084	26 Qualicum Beach, BC (250) 752-0783	27	28	29
30	31 Oliver, BC (250) 498-2979					

February 2011

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6	7	8 Golden, BC (250) 344-7062	9 Calgary, AB (800) 207-2239	10 Edmonton, AB (780) 962-0084	11	12
13	14	15 Quesnel, BC (250) 992-2678	16 Prince George, BC (250) 613-0636 (250) 613-6380	17	18	19
20	21 OFFICE CLOSED Victoria, BC (250) 658-8859	22	23 Qualicum Beach, BC (250) 752-0783	24	25	26
27	28 Oliver, BC (250) 498-2979					

March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kelowna, BC (250) 868-2246	2	3 Vernon, BC (250) 558-9974	4	5
6	7	8	9 Calgary, AB (800) 207-2239	10 Edmonton, AB (780) 962-0084	11	12
13	14	15	16 Prince George, BC (250) 613-0636	17	18	19
20	21 Victoria, BC (250) 658-8859	22 Edmonton, AB (780) 962-0084	23	24	25	26
27	28	29	30 Qualicum Beach, BC (250) 752-0783	31		

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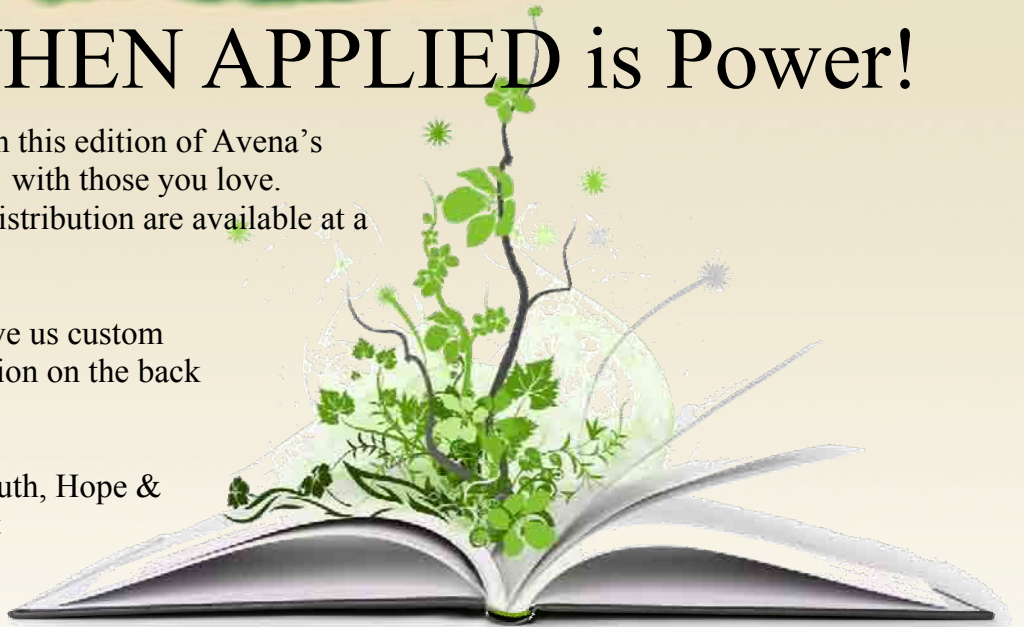
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