

March 1, 2005

Issue 01

Castro Valley LeTip

"A Professional Networking Organization "



Absence Hotline
510-867-9908

LeTip Creed

LeTip is a professional organization of men and women dedicated to the highest standards of competence and service. Our purpose is the exchange of business tips. Members, will at all times, maintain the highest professional integrity. Each business category is represented by one member and conflicts of interest are disallowed.

Special Announcements:

**CV LeTip Mixer
Palomares Café
March 8, 2005
6:30 – 8:30 pm**

Fines:

- No Guest.....1.00
- No Badge.....1.00
- No Lapel Pin1.00
- Missed Unknown
- Greeter.....1.00
- Unexcused
- Absence.....1.00
- Late Greeter.....1.00
- Late to Meeting.....1.00
- No Tip1.00
- Phone/Pager.....20.00
- No Show at
- Social.....10.00
- Speaker No
- Show.....10.00
- Late Dues10.00
(Per week)

Tip Report

Results: YTD

Top Tippers

Peter Liebowitz:.....24
 Bill Adams22

Top Receivers

Bill Adams28

Values

Received..... \$36,828.75

Membership Statistics - 2/22/05

Members29
 Guests.....4

Lucky Devil

Alex Pulos for Jeff Thompson

Officers

PresidentJack Wilcox
 Vice PresidentBill Adams
 SecretaryRyan Lema
 Treasurer.....Gary Zoffada
 Membership.....Alex Pulos
 Tip MasterEarl Cory

Contributing Members

Program Director Brenda Junginger
 Social DirectorJohn Feeney
 Inspector.....Craig Conley
 MentorCraig Conley
 Sergeant at ArmsJenny Lassalle
 Ethics..... Sara Ennor
 Newsletter.....Rich Camillieri

LeTip News & Information

A NEW MEMBER WELCOME!

Please Welcome Jaydene Gardner of Castro Valley-Hayward Storage to the group. Jaydene was brought to us by Bill Mulgrew, and should prove useful as our businesses grow and we need storage for files and equipment. Give her a call at 510-581-2021.

Another way to help our new members get acclimated is at the "New member" mixer:

Don Jose's March 3rd 6:30 pm

Last Week's Presentation

Marie Lehn, R.N., C.A.P. spoke on the importance of relaxation, and the toll stress can take on a person's body and health. Tensions from the issues that come of running a business day to day begin to build up in different parts of the body. Some may feel muscle soreness between their shoulders, and others in the lower back or even neck. Some just get headaches.

If we as human beings don't learn to relax our minds and bodies there will continue to be an increase in the amount of people dealing with chronic pain. Since the 50's and 60's the amount of people dealing with chronic pain has more than doubled.

By taking time to relax the body and mind, either through acupressure, massage, meditation, or just sitting quietly with a fictional book, we all can begin to feel better physically and mentally.

If there is anyone that knows a person with stress, a tip can be passed to Marie Lehn by calling 510-783-6594 or e-tip at www.cvletip.com.

Board Meetings

Board meetings are held once a month at Bakers Square in the CV Village. The last board meetings attendance included Jack Wilcox, Gary Zoffada, Ryan Lema, Earl Cory, Alex Pulos and Rich Camillieri. All members are encouraged to attend these meetings to discuss current chapter issues.

Welcome to our Guests!