

For the week of August 1, 2005

Please send your submissions for the next Monday update to Grant@AndersonTech.ca by 5:00 pm on Sunday, August 1 2005. Submissions should have MONDAY UPDATE in the subject line followed by a brief description. Ex: MONDAY UPDATE - ABC Project

Contact the Executive:

President - Kim Riche kriche@cablelan.net

Past President - Wilf Mulder wilf@new-horizons.ca

VP Training - Lyle Doucette leographics@shaw.ca

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Treasurer - Dean Barnard dean@summitfinancial.bc.ca

Secretary - Alisa Dickinson alisadickinson@shaw.ca

Can-Am is here and so is PRIME!

The Vernon Jaycees are very excited to announce that there will be a PRIME class held just prior to the Can-Am Training Weekend. The Can-Am Training Weekend will also feature some excellent training such as Marketing and Promoting your Chapter, Debate Like a Pro, Texas Hold'em Poker, Beer Tasting 101(sponsored by Molson) and many more hot topics. There will also be a special guest speaker breakfast sponsored by KPMG LLP featuring Corey Sigvaldason (2004 National Effective Speaking Champion) presenting his Epitaph Theory.

Be sure to check out the website for the complete list of trainers and topics at www.vernonjaycees.com/canam. The Can-Am Training Weekend will be held September 30, October 1 and October 2. Please direct any questions regarding Can-Am or PRIME to canam@vernonjaycees.com.

The PRIME class has limited spots available and they are already filling up. Be sure to send in your registration form and payment early in order to reserve you seat! Also take advantage of the special offer Can-Am/Prime Combo package. You can take PRIME and enjoy the Can-Am Training Weekend for the low price of \$250.00.