



The Friendly Force

DISTRIBUTORS of gnlD international

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Friendly Team Talk - Newsletter Volume 23 Issue 6 – June 2008

Happy Fathers Day!

Hi Friendly Folks...

Congratulations on an absolutely spectacular result for May... Our Friendly Group finished on 83 000 Group PV ... 28 signings, 12 Managers and 6 Senior Managers... The Baigent Team finished on over 37 000 Group PV and Jen took her first leg to 2 Ruby Director... Well Done Jen! (The Law of Attraction at work!).

Lead Me to Peace... Lead me from death to life, from falsehood to truth. Lead me from despair to hope, from fear to trust. Lead me from hate to love, from war to peace. Let peace fill my heart, my world, my universe. Amen.

South Africans are having a tough time at the moment with petrol prices, interest rate hikes and the increasing costs of everything including basic foodstuffs... the Xenophobia attacks on foreigners is also not helping. People are desperate. Now! Is the best time ever to promote your GNLD Opportunity and to empower those around you towards a happier and brighter financial future! And... What an Opportunity to grow your business!

The London Convention 20-22 June has come up fast and Banks, Dedekind, Walker, Peterson, Aarons, Llewellyn, Stephenson, Flashman are winging their way to spend an exciting time with 7000 other Distributors from around the world... I will be taking the laptop with me and hope to keep you up to date with events and the latest news as they happen from London... Look forward to telling you where the next convention will be...

Have a Sensational June! Lyn and Roy Banks.

Our Friendly Qualified Directors and Up!

Distributorship	Status	May	Recr	PPV	QPV	Legs	GPV
Jeanette & Rob Baigent (1st leg to 2RD)	1RD <i>Pro</i>	1RD	2	8,076	18,697	4 / 4	36,955
Michael & Margaret Baileymcewan (2nd Leg to ED)	DIR	QDR		2,100	4,134		4,134
Reneta & Gideon Oosthuizen	QSM	QSM		1,021	4,039		4,039
Erwin & Gilda Dedekind	ED <i>Pro</i>	ED		2,065	6,085		6,085
Carol & Wayne Walker	ED <i>Pro</i>	ED	1	2,635	4,000		4,000
Merle & Craig Du Plooy	DIR <i>Pro</i>	QDR		550	4,000		4,000
Zelda Roodt	SD <i>Pro</i>	SD		1,110	4,909	2 / 2	17,695
Blanche & John Stephenson	ED <i>Pro</i>	ED		960	7,754		7,754
Shirley & Richard Aarons	ED <i>Pro</i>	ED	3	932	5,032		5,032
Natalie & Francois Bester	DIR	QDR		1,042	4,031		4,031
Muhsin & Deeba Peterson	SD <i>Pro</i>	ED	3	446	5,301		5,301

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you." ...-- Dale Carnegie

COMMITMENT... "If you don't make a total commitment to whatever you're doing, then you will start to bail out the first time the boat starts leaking." ...-- **Lou Holtz**

Senior Managers and Directors with 1000 PV + UP Distributorship

Distributorship	Status	PPV	QPV
••• Madeline & Ron Gordon	DIR Pro	517	1,697
••• Joan Stuart	SM	637	1,351
••••• Lorna & Shirley Dixie	QSM	2,034	2,034
•• Reneta & Gideon Oosthuizen	QSM	1,021	4,039
••• Annelies & Evert Van Leusden	QSM	3,018	3,018
••••• Ilda Fernandes	SM	446	1,387
••••• Althea & Jannie Debeer	SM	161	1,431
•• Cecilia De Freitas	QSM	1,003	1,003
•• Jenny & Malcolm Mcconnachie	QSM	379	2,772
••• Hilary & John Estherhuizen	DIR	518	2,393
••••• Judy Dosramos	DIR	624	1,875
••••• Danielle Rosmary Holcroft	QSM	1,077	1,251
•• Caroline Roodt	QSM	1,193	1,324
••• Philip Forbes	SM	1,203	1,367
••• Susi Muller	DIR Pro	954	1,284
•• Richard Bailey & Kathryn C Bailey	QSM	409	2,216
••••• Rosemary & Rowan Algie	DIR	1,458	1,458
•• Annette Treagus	QSM	1,188	1,294
••• Chrissie & Danie Dorfling	QSM	1,250	1,373
• Iris & Frank Malherbe	DIR Pro	683	1,545
• Jo Spies & Linda Van Der Walt	SM	717	1,820
••• Lydia & Colin Maake	SM	1,103	1,103
••• Katijah & Abdul Khan	SM Pro	812	2,958
••••• Rookshana Dawood	SM Pro	501	1,538
• Jean Wetselaar	QSM Pro	500	1,331
•• Hosian & Feroza Kaldine	QSM Pro	632	1,791
••• Lucia Ntombizodwa Mazibuko	SM	711	1,095
•• Wallied & Farieda Flashman	DIR Pro	564	1,315

**Congratulations to all our Recruiters for May...
Special Congratulations to our 3/30 Achievers...**

♥	••••• Armand Obiang	DST	3
♥	• Muhsin & Deebea Peterson	SD Pro	3
♥	•• Shirley & Richard Aarons	ED Pro	3
♥	You are our Recruiting Stars!		

••• Richard Bailey & Kathryn C Bailey	QSM	2
• Jeanette & Rob Baigent	1RD Pro	2
••• Joan Stuart	SM	2
••••• Belinda & Bernard Ford	DST	1
•• Carol & Wayne Walker	ED Pro	1
••• Jabulile Mbiko	DST	1
••• Susi Muller	DIR Pro	1
••••• Roman & Gladys Nkulu	DST	1
••• Ngoran & Ntombizodwa Nguessan	QSM	1
••••• Nicole & Pierre Mamfoumbi	QSM	1
••••• Cenarsy Pambou	DST	1
• Valerie & Eric Tiedemann	SM Pro	1
• Jean Wetselaar	QSM Pro	1
••• Lucia Ntombizodwa Mazibuko	SM	1
•• Wallied & Farieda Flashman	DIR Pro	1

Congratulations to our New Senior Managers

- ♥ Maletsholo Ntilane
- ♥ Yolanda & Marius Pretorius
- ♥ Mariam & Mohamed Gani
- ♥ Milicent & Gerald Sacks
- ♥ Belinda & Bernard Ford
- ♥ Tholakele & Nomcebo Zuma

- ♥ "Never give in! Never give in! Never, never, never. Never...in anything great or small, large or petty never give in except to convictions of honor and good sense." -- Sir Winston Churchill
Prayer is the most powerful means of overcoming any kind of discouragement.
- ♥ It connects you with an omnipotent, omniscient Father who loves you unconditionally, who sees where you are and is going to help you in it... - Charles Stanley
- ♥ "When you know clearly what you want, you'll wake up every morning excited about life." -- **Mark Victor Hansen**
- ♥ "If you are clear about what you want, the world responds with clarity." -- **Loretta Staples**
- ♥ "Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances." -- **Thomas Jefferson**

Blood Pressure Monitoring Recommended

It makes better control possible, heart experts say

More than 100 million Americans should be monitoring their blood pressure, according to three major health organizations that are issuing recommendations on what to do and how to do it.

"We have an estimated 72 million people with hypertension [high blood pressure] and another 25 million with pre-hypertension," said Dr. Suzanne Oparil, professor of medicine at the University of Alabama at Birmingham.

Hypertension is a pressure reading greater than 140 over 90. Pre-hypertension is a reading higher than 120/80, the desired level, but just below 140/90.

Hypertension in Africa (Extrapolated Statistics)		
Country/Region	Extrapolated Prevalence	Population Estimated Used
Angola	605,434	10,978,5522
Botswana	90,398	1,639,2312
Central African Republic	206,386	3,742,4822
Chad	526,022	9,538,5442
Congo Brazzaville	165,333	2,998,0402
Congo kinshasa	3,216,012	58,317,0302
Ethiopia	3,934,001	71,336,5712
Ghana	1,144,689	20,757,0322
Kenya	1,818,866	32,982,1092
Liberia	186,983	3,390,6352
Niger	626,500	11,360,5382
Nigeria	978,879	12,5750,3562
Rwanda	454,338	8,238,6732
Senegal	598,463	10,852,1472
Sierra leone	324,479	5,883,8892
Somalia	457,974	8,304,6012
Sudan	2,158,905	39,148,1622
South Africa	2,451,202	44,448,4702
Swaziland	64,480	1,169,2412
Tanzania	1,989,198	36,070,7992
Uganda	1,455,345	26,390,2582
Zambia	608,034	11,025,6902
Zimbabwe	202,492	1,2671,8602

Hypertension is the most modifiable risk factor for cardiovascular and renal [kidney] disease.

Added Dr. David Goff, chair of epidemiology and prevention at Wake Forest University, and one of the American Heart Association members who helped write the recommendations: "The evidence is quite strong that blood pressure monitoring leads to better control of blood pressure, and the evidence is quite strong that blood pressure control lowers the risk of heart attack, stroke, kidney failure and sudden death."

(David Goff, M.D., Ph.D., chair of epidemiology and prevention, Wake Forest University, Winston-Salem, N.C.)

Some of the specific recommendations include:

Patients should purchase a blood pressure monitor (some cost less than R500) with cuffs that fit on the upper arm, with advice from a health-care provider on its use. Wrist monitors are not recommended.

Two or three readings should be taken at a time, one minute apart, while resting in a seated position. The arm should be supported, with the upper arm at heart level and feet on the floor.

Readings should be taken at the same time every day, as recommended by a health-care provider.

The target goal is a reading under 135/85, or less than 130/80 in high-risk individuals

Nutritional Recommendation... Omega 3 Salmon Oil Plus 3/day. Lipotropic Adjunct... 2-4 per day. Garlic Allium 2 tabs/day.

Vitamin D Delivers Vital Health Benefits

May 30, 2008 - It is a well-known fact that vitamin D is vital for calcium absorption and the maintenance of strong, healthy bones and teeth. But did you know that vitamin D also supports the health of your cells, heart and blood sugar levels? In fact, recent studies have indicated that maintaining optimal levels of vitamin D through supplementation may prove quite beneficial in promoting healthy blood sugar levels in children as well as in adults.

The medical literature has recently been overflowing with positive studies on nutrition, and the data on vitamin D just keeps getting better and better. For many decades, doctors and patients considered vitamin D essential for good bone health. Over the last several years, studies have clearly indicated that vitamin D provides many more benefits beyond bone health, including promoting healthy balance, cellular health, cardiovascular health and normal blood sugar. The dosages required for optimal health appear to be far higher than the RDA level of 400 IU per day. Let's discuss three new vitamin D studies released recently.

A systematic review in a meta-analysis on vitamin D supplementation and development of poor blood sugar health in children was reported in the June 2008 edition of the journal *Archives of Disease in Childhood*¹. Researchers indicated that there have been a total of five observational studies regarding supplementing with vitamin D in infancy and the subsequent development of poor blood sugar health. In the meta-analysis, it was found that supplementing with vitamin D in infancy significantly reduced the subsequent development of poor blood sugar health.

It was further noted that there was some evidence of dose response effect, with higher amounts of vitamin D further decreasing the risk of developing poor blood sugar health. The authors cautioned that this evidence is based solely on observational studies and that a randomized controlled trial with long periods of follow up would be needed to clearly establish causality, as well as the best formulation, dose, duration and period of supplementation.

In a related article published last month in *The Journal of Clinical Endocrinology & Metabolism*², researchers recruited a group of 10 to 17 year olds to study the effects of short term and long term supplementation with vitamin D3. For the short term study, 25 students were given a weekly dose of 14,000 IU for eight weeks. In the longer term study, 340 students were either given a low dose of vitamin D of 1,400 IU per week or high dose of 14,000 IU per week for one year.

The researchers found that only the children given the equivalent of 2,000 IU of vitamin D daily showed the necessary increases in vitamin D levels considered optimal for adults. No adverse effects were noted from the elevated supplementation. The authors also noted that there is a high prevalence of relative vitamin D deficiency worldwide across all age groups, especially among those living in northern climates, where some estimates claim as high as 60% of northern populations may be vitamin D deficient.

There was yet another article published in the May 2008 edition of the journal *Epidemiology*³ regarding vitamin D and elevated blood sugar. It was found in a large population study that men and women with higher levels of vitamin D in the blood showed a decreased risk of developing elevated blood sugar compared to those with lower blood levels. The authors concluded that the results supported the hypothesis stating high vitamin D status provides protection against elevated blood sugar.

Supplement your diet with GNL's range of nutrition... Vitamin A+D, and Vitamin D also found in Formula IV, Nutrishake and GR2 shake...

1. Zipitis CS and Akobeng AK, **Vitamin D supplementation in early childhood and risk of type 1 diabetes: a systematic review and meta-analysis**, *Archives of Disease in Childhood*, 93(6):512-517, June 2008.
2. Maalouf J, Nabulsi M, Vieth R, Kimball S, El-Rassi R, Mahfoud Z and El-Hajj Fuleihan G, **Short-Term and Long-Term Safety of Weekly High-Dose Vitamin D3 Supplementation in School Children**, *Journal of Clinical Endocrinology & Metabolism*, doi:10.1210/jc.2007-2530, published online on April 29, 2008.
3. Knekt P, Laaksonen M, Mattila C, Harkanen T, Marniemi J, Heliövaara M, Rissanen H, Montonen J, Reunanen A, **Serum Vitamin D and Subsequent Occurrence of Type 2 Diabetes**, *Epidemiology*, 20 May 2008.

Fear knocked at the door. Faith answered. And lo, no one was there.
-Anonymous

Obesity - staggering statistics

Nearly 50% of adults in the developed world suffer from overweight or outright obesity and South Africa is on par with countries such as the USA and the UK, with up to 40% of women suffering from obesity.

These staggering facts were recently highlighted by Prof Philip James, Chairman of the International Obesity Task Force, at the first Regional Congress on Obesity, organised by the International Association for the Study of Obesity (IASO).

Africa has always been regarded as a continent where famine, under-nutrition and starvation were the most pressing problems. However, new research indicates that as African populations become westernised and urbanised – two processes that are taking place at an alarming rate – the incidence of overweight and obesity increases exponentially.

Now, once-undernourished populations have just as high an incidence of obesity as the US population, which is currently leading the obesity epidemic. For example, more than 25% of the populations in Egypt are already obese, and we in South Africa are even more affected with obesity figures of 40-50%.

(Professor van der Merwe should know! In South Africa one out of two women and one out of three men are overweight. That is 45% of the population - just 20% less than the world's fattest country, the United States.)

Adults are not the only ones to face an ever-increasing growth in obesity. At present, 80 million children and adolescents in Europe are either overweight or obese. The UK leads the world in childhood obesity, and with one out of four children in South Africa struggling with overweight, the picture in our country also looks bleak.

The speakers at the Congress confirmed that fat children become fat adults.

(More alarming is that 20% of children under the age of six are overweight and highly likely to grow into overweight adults with related illnesses. Doctors are starting to see Type II diabetes in children when before it was only found in adults. "Obesity is one of the modern world's biggest killers," said Professor van der Merwe, who also heads South Africa's first Obesity Clinic situated in Pretoria. "We assume it is a United States problem but South Africans have been growing steadily larger over the last century.)

Increased mortality

If we keep in mind that the WHO has identified high blood pressure and stroke, cigarette smoking and associated cancers, raised blood cholesterol levels and associated heart disease, diabetes and obesity, as the leading causes of death in future, then the fact that nearly every second South African is overweight, is cause for grave concern.

"Am I overweight or obese?"

You can tell by looking at your body mass index (BMI). Your BMI = your mass in kilograms / (your height in metres)².

(Multiply your height by itself, and divide this total into your mass).

If your BMI is between 25 and 30, you're considered to be overweight. If it's more than 30, you're obese.

A simple test for obesity

Measure the circumference of your body halfway between your lowest rib and your hip bone.

If you're a man and the measurement is more than 102cm, you should go for a medical checkup. Women who

measure more than 88cm should also get checked out.

Your organs are likely to be enlarged because they've been infiltrated with fat. So you're at a high risk of developing high blood pressure or one of the other medical conditions associated with obesity.

The link between obesity and insulin resistance, or type 2, diabetes is also worrying. It has been said that developing countries, like South Africa, are sitting on a 'diabetes time bomb'.

This disease, which was practically unknown in the past, is predicted to mushroom in the next 20 years. Diabetes is associated with an increase in heart disease, kidney failure, blindness and other debilitating diseases.

Unfortunately, women are more prone to developing diabetes if they are obese than men. With 40% of our female population classified as obese or overweight, the prediction that every second or third woman in South Africa will suffer from diabetes by 2025 is not unrealistic.

Keep Off your Weight this Winter!

Stick with your eating plan...

The one thing that I have been working on is getting the weight down... It makes running easier when you're lighter... and I think that most people make the mistake of forgetting to watch their weight especially during winter... because it's cold and one feels like eating hot, sweet, fatty meals more often. So this letter comes with a reminder that we must not make the mistake of losing control over the winter months finding ourselves overweight come spring and summer ... so let look at the following... It's such a hard slog losing weight rather than controlling it.

Losing weight is a challenge, but keeping it off can be even more difficult without a good plan and healthy habits...

GNLD's GR2 Weight Loss Program makes losing weight simple, easy and achievable...It becomes a lifestyle...

Remember that the GR2 products are designed to work on your sugar levels and so with GR2 ... you do not feel hungry, you feel energized and you do not get cravings... Read up on GR2 and remember that you can maintain your weight by just using 1 serving of these products a day... you will lose weight by using the full program as designed by GNLD International... Remember it's a lifestyle!

Weight Management for Life...

Obesity increases your risk of many diseases including hypertension, heart disease and even cancer. Obesity can increase your risk of Type II diabetes by as much as an amazing 5000%. Cancer of the colon, rectum and prostate are prevalent among overweight men with cancer of the breast, uterus, ovaries, gall bladder and bile duct found more commonly in overweight women.

Approximately 300,000 Americans die each year from obesity. In the United States we are spending an excess of \$33 billion every year on weight loss programs and yet we are still gaining more weight.

According to 'Super Size Me', (the movie about the American who ate nothing but McDonalds food for a month.) obesity has been linked to: hypertension, coronary heart disease, adult onset diabetes, stroke, gall bladder disease, osteoarthritis, sleep apnea, respiratory problems, endometrial, breast, prostate and colon cancers, dyslipidemia, steatohepatitis, insulin resistance, breathlessness, asthma, hyperuricaemia, reproductive hormone abnormalities, polycystic ovarian syndrome, impaired fertility and lower back pain.

It also documents a 2002 report by the World Heart Federation; the most common conditions caused by obesity (heart disease, diabetes-mellitus, high blood pressure and cholesterol) annually contribute to about 17 million deaths around the world.

SOUTH AFRICA'S figures are equally alarming!

Figures in South Africa are equally alarming, according to the 2003/4 South African Health Review. The annual report on the nation's health found that, when combined, all chronic non-infectious diseases usually associated with lifestyle (heart disease, strokes, cancer, chronic obstructive pulmonary disease and diabetes) result in 37 percent of deaths. What are amongst the risk factors for these conditions? Poor diet, lack of exercise, high blood pressure, high cholesterol **AND OBESITY**.

So, with statistics like these, it's time to learn the keys of living healthy and start using them to get healthy. Follow these keys to long-term success and you will see what it means to live a healthy life at a healthy weight:

Key #1: It Is All In Your Head

One of the most important aspects of weight reduction is the expectation of what you hope to achieve or motivation. This encompasses the development of an ideal body image – how you visualize yourself to be – as well as setting realistic weight reduction goals. This is necessary to keep the process moving and avoid discouragement. For example, set a goal of drinking 8 glasses of water or more each day and watch the pounds melt away.

Key #2: Calories

Calorie counting is a tedious process that many endure in their pursuit of weight reduction. It may not be necessary if you make wise choices about the foods you eat. For example, healthy foods like fruits, vegetables, whole grains and lean protein have fewer calories per portion size. So you can eat a little more, and still not be over the top in your calorie count. You do not need to count calories, just use good judgment in your food choices.

Snacks – Friend or Foe?

The fact that you are managing your weight does not mean you can not snack. In Fact, when the right snack is chosen, it can be very good for you. A recent study has shown that eating a portion of peanuts satisfied hunger for two and a half hours while a high carbohydrate snack such as rice cakes only satisfied hunger for 30 minutes. It also concluded that the people who ate the peanuts as a snack lost more weight than the rice cake 'snackers'. So once again, making wise choices about the foods you eat will help

you reach your ideal weight.

Carbohydrates – Good and Bad:

Huge portion of the population eat an abundance of carbohydrates – especially the wrong kind. Foods with a high glycemic value raise the blood glucose in our bodies, which increases insulin levels, and are high in calories.

Insulin is absolutely necessary to maintain proper blood sugar balance, but excess levels of insulin may be a large contributing factor to heart disease, hypertension, increased lipids and other chronic illnesses. And, because it impairs the body's ability to use its own stored fat, it inhibits weight reduction.... For example... (Remember to use the GR2 Enjoy/Avoid booklet)...

Foods to Choose:

Low Glycemic Carbohydrates

- 100% Whole Grain Bread
- 100% Whole Grain Pasta
- Sweet Potatoes
- Most Vegetables

Low Glycemic Fruits

- Apples
- Peaches
- Pears

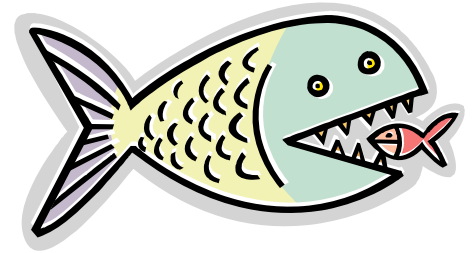
Foods to Avoid:

High Glycemic Carbohydrates

- White Bread
- White Pasta
- Potatoes
- Carrots

High Glycemic Fruits

- Bananas
- Plums



Key #3: The "E" Word

The "E" word most of us try to avoid is exercise! But, in addition to a healthy diet with good food choices, an increase in the daily caloric expenditure is necessary – exercise is a must. Exercise will help you burn those extra calories and boost your metabolism.

The best way to achieve your healthy, ideal weight is to do a combination of aerobic exercise and resistance training. The aerobic exercise, 20 to 30 minutes daily (4x/week) will have many health benefits, and help you burn calories. The resistance training will help you tone your body and add muscle. The benefit to adding muscle is that for every pound of muscle you add to your body you will burn an extra 50 calories per day. This is because muscle is metabolically active and uses energy at a much higher level than fat. Resistance training also helps to strengthen bones, increasing bone density and cutting your risk of osteoporosis.

Key #4: Good Nutrition

A lifetime nutritional philosophy, focusing on the consumption of nutrient-dense, unprocessed foods and vita-nutrient supplementation is the cornerstone of the treatment protocols for a low carb diet.

High carbohydrate meals tend to leave you less satisfied than those that contain adequate fat levels; so you eat more and get hungrier sooner. So what should you do? Get off the insulin generating roller coaster of the low-fat diet and start cutting down on your carbohydrate consumption, especially the worst offenders: sugar, white flour and other simple carbohydrate-based products.

There are also certain minerals, vitamins and herbs that can actually cause the body to burn excess fat. Other nutrients can control sugar cravings and generally curb your appetite. GNLD has it all...

GNLD's GR2 Weight Loss Program

Take control of your life by starting today on GNLD's GR2...

GR2 Appetite Reducer

- Exclusive formula enhances your feeling of fullness! Works with your body's natural "feedback network" to make you feel full on smaller portions.
- Helps you to control your glycemic response by slowing carbohydrate release into the bloodstream, thereby encouraging the body to burn fat for fuel, instead of placing it in storage.
- Fiber plays a critical role in carbohydrate metabolism and controlling glycemic response.
- Think of fiber as a broom that sweeps out fat from the body. Start with 2 tablets of fibre before meals and at bedtime.

GR2 Thermogenic Enhancer

- Unique herbal blend naturally re-energizes your metabolism.
- Provides a "metabolic advantage" to help you burn fat and stay energized, without the use of potentially harmful drugs or addictive stimulants.
- Contains Brindell Berry, which has been shown to help stabilize appetite and inhibit lipid and cholesterol synthesis.
- Contains Green Tea and Cayenne, which have been shown to increase energy utilization.
- Contains Dandelion Leaf, which has been shown to help reduce water retention.
- Unique herbal formula works with the body's natural signaling system to promote healthy weight loss.

- Garcinia cambogia and Green Tea help the body burn fat for energy. Also assists in preventing carbohydrates from turning into fat. Gymnema sylvestre and Garcinia also assist in controlling appetite. In addition, Green Tea, Cayenne and Garcinia help increase energy levels.
- Gymnema sylvestre decreases taste response to sugars, effectively reducing appetite for sugar and other carbohydrates.
- Every herb is based on the blueprint developed by renowned Medical Herbalist, Dr. Ann Walker.

GR2 Meal Replacement Protein Shake

- Keeps your glycemic levels in a safe range and satisfies your cravings!
- Helps to minimize fat storage and increase the amount of fat your body burns.
- Contains "glycemic edge" carbohydrates that provide energy and encourage your body to keep those fat-burning fires fueled!*
- Unique high-protein, low-carbohydrate formulation helps you control your glycemic response and keep your hunger cravings in check.*
- Supplies all 22 amino acids involved in human nutrition. All the Building Blocks of Protein... With these your body can manufacture all proteins needed by the body.
- You receive 32% of RDA Vitamins, Minerals, EFA's, Digestive Enzymes with every serving!
- Manufactured using GNLD's exclusive "Protogard Process."
- Fantastic chocolate and vanilla flavors conveniently mix with water and replace two meals. Replace more if you want to... makes a great in between snack too.

Chromium, Chromium is a trace mineral that cuts sugar cravings and reduces fat storage in the body. The usual dose is 200 to 600 mcg daily. It helps modulate blood sugar levels, and also may preserve lean muscle mass. It has also become very popular for weight reduction. This nutrient is found in the GR2 Control Meal Replacement Protein Shake and the Formula IV Plus...

Vitamin B Complex Vitamins also have a similar role!

NB!

One note of caution - No Guarana and no Ephedra, otherwise known as **ma huang** is used quite commonly in this country as a diet adjuvant. This nutrient, although considered "natural", can be extremely dangerous since it works as a stimulant. It can cause cardiac arrhythmias and a host of other problems including the potential for death. It is the recommendation of the vitacost.com Scientific Advisory Board that this nutrient should **NOT** be taken under any circumstance. These ingredients are not in the GNLD products!

GNLD products has no added caffeine, no fat blockers, no ephedra, , no ma huang, no label warnings, no dangerous ingredients.

Cravings????

Strong cravings for starchy, sugary foods often go hand in hand with being overweight, chronically tired, feeling blue or other symptoms of ill health. They can be the result of out of whack blood sugar levels, Candida (yeast overgrowth), and adrenal fatigue. These imbalances can potentially cause disease, premature aging, and us to feel far less than our most fabulous selves.

Fortunately, there are some great ways to overcome your cravings. Here are some tricks that will keep you from longing for that cake and desperate for that large packet of potato chips.

First and foremost ... Use your GR2 Thermogenic Enhancer... Each Thermogenic Enhancer tablet contains a specific combination of herbs known to enhance energy levels and increase the body's metabolic rate and supports successful weight loss. See info above...

This little herb included in the Thermogenic Enhancer is amazing for keeping cravings under control...

Gymnema Silvestre (Small Indian Ipecac) Leaf. Found in the Thermogenic Enhancer

Known as the "sugar destroyer", is showing up in more and more over the counter weight loss products and blood sugar balancing formulas. What does it really do? Blood Sugar - The "sugar destroyer".

The main focus of gymnema research is blood sugar regulation and glucose metabolism. It has been used in India for treatment of diabetes for about 2000 years. Today in India it is being used to treat primarily type II diabetes and type I as well. The herb has shown to reduce blood sugar, glycosylated haemoglobin and glycosylated plasma proteins when used for 18-20 months. The effect is gradual rather than immediate with conventional drugs. The active components responsible for lowering glucose are the gymnemic acids.

Gymnema Sylvestre Anti-diabetic "sugar destroyer" will normalize your blood sugar.

Weight Loss...It is intriguing how gymnema could reduce and alter the taste of sugar, and it does just that. You just don't desire the taste of sugar and sweetness.

Lowers Blood Pressure Fast 20, 30, even 50 points without drugs or harmful side effects

Lowers Blood Sugar Diabetes – Breakthrough - Really Works 99% Type 2 and 64% Type 1.

By taking this herb, the perception of sugar or aspartame is reduced or eliminated completely. That may come in handy if you want to deter a binge on chocolate cheesecake. It eliminates the perception of sugar. It is also said that the herb reduces cravings for sugars. Some believe that the sugar taste-blocking feature has a factor in not only the reduction in cravings, but the hypoglycemic reactions as well.

Make the GNLD GR2 Program part of your life... AND LIVE THE GR2 LIFE STYLE!

500 Club

500 Club... Sept 07 Onwards...	2008	
Distributorship	May	Times Compl
Madeline & Ron Gordon	517	1
Jeanette Bergesen	579	1
Joan Stuart	637	1
Margaret + Michael Bailey Mc Ewan	2100	4
Lorna & Shirley Dixie	2034	4
Reneta & Gideon Oosthuizen	1021	2
Annelies & Evert Vanleusden	3018	8
Horlando Caetano	651	2
Erwin & Gilda Dedekind	2065	9
Belinda & Bernard Ford	575	1
Carol & Wayne Walker	2635	9
Cecelia De Freitas	1003	6
Hillary Estherhuizen	518	7
Judy Dos Ramos	624	3
Danielle Rosmary Holcroft	1077	8
Christel Kuhn	744	1
Merle Du Plooy	550	6
Zelda Roodt	1110	7
Caroline Roodt	1193	5
Blanche & John Stephenson	960	8
Phillip Forbes	1203	2
Susi Muller	954	9
Rosemary & Rowan Algie	1458	7
Beryl + Rowan Schreuder	517	3
Annette Treagus	1188	7
Patricia Llewellyn	708	2
Shirley & Richard Aarons	932	9
Chrissie & Danie Dorfling	1250	7
Eunice Mokhondo	547	1
Iris & Frank Malherbe	683	7
Verna Rufus	540	2
Jo Spies & Linda vd Walt	717	1
Colin Bockel + Lydia Maake	1103	5
Katijah Khan	812	1
Rookshana Dawood	501	1
Mariam & Mohamed Gani	514	1
Eric & Val Tiedemann	527	2
Jean + Leo Wetselaar	500	2
Anne & Karen Koppenaal	667	1
Mike & Laura Aldridge	583	1
Hosain & Feroza Kaldine	632	2
Lucia Ntombizodwa Mazibuko	711	2
Tholakele & Nomcebo Zuma	502	1
Wallied + Farieda Flashman	564	7

misled... it WILL guide you.

500 Club and 3/30 Club

The Friendly 500 Club

You will receive a 500 Club Certificate as soon as you have achieved your 1st month of 500 Personal PV which will be checked against the results from GNLD Head Office and signed by your Sponsor/Leader.

You then hang on to your certificate as this will remind you to do it again, and again, encouraging consistency. At the end of each GNLD month you will bring your Certificate into the rally/meetings so that we can re-present the certificate to you.

It need not be done in consecutive months but you will be recognized every time you achieve 500PPV. There will be fun prizes every third month. So get started today and make sure you have your 500 Personal PV's in by the end of the month end.

The Friendly 3/30 Club

You will receive a 3/30 Club Certificate as soon as you have achieved your 1st month of 3 Recruits which will be checked against the results from GNLD Head Office and signed by your Sponsor/Leader.

You don't want to miss out on the excitement of this... So make sure that you have your 3 people recruited each month...

(They do not have to have 100 Personal PV in place to count as in the Co's 3/30 Incentive). This too does not have to be subsequent months... You are allowed to miss a month and again you hold onto your certificate... Just recruit 3 people in a month and watch your business grow! There will be a 3/30 certificate, Recognition and novelty prizes along the way... Prizes every third month and run the same way as the 500 Club

Congratulations to our 3/30's for May 08

3/30 Club Sep 07 Onwards...		
Distributorship	May	Times Completed
Erwin + Gilda Dedekind		6
Blanche Stephenson		2
Beryl + Trevor Schreuder		1
Shirley Aarons	3	4
Chrisie Dorfling		1
Muhsin + Deebea Peterson	3	9
Wallied + Farieda Flashman		1
Rayhaan Peterson		3
Tholakele & Nomcebo Zuma		1
Armand Obiang	3	1



Your future will someday be your present. Your present will someday be your past. You can chart the course of your future by your compass... your tongue. It will guide you like a rudder... into either troubled waters or a calm sea. But, don't be

If you can change what you think about, you can change what comes out of your mouth. What comes out of your mouth will someday be in your future.

The words you speak create an atmosphere. If you are going to have a meeting and you really pump it up and build it, what happens? People come with expectancy! They come excited. Your words have set the stage for success! One of the foundational revelations of a wise leader is to learn to control his or her words!

Remember, Samson slew 1,000 Philistines with the jawbone of an ass. Way too many businesses, lives, and relationships are destroyed with the same weapon... Be loosed from the Noose! Refuse to be... Hung By the Tongue!

Price Comparisons on Lemon Drops and Carpet Glo submitted by Jean Wetselaar.
 Jean Wetselaar, Cell: 083-591.2791, Tel: 011-804.3776, Email: leo@wetselaar.co.za
 From: [Jean Wetselaar](mailto:leo@wetselaar.co.za) Date: 2008/06/02 07:02:05 PM To: [Lynda Banks](mailto:leo@wetselaar.co.za) Subject: Price Comparisons
 Dear Lyn, Attached please find the two leaflets I did. Love, Jean

Head Office 011-409 3000 ... Ask for Queries...

GNLD IS THE BEST

GNLD's LEMON DROPS for sparkling clean dishes

Lemon Drops is a biodegradable product designed to protect and preserve our environment. At the same time, Lemon Drops with real lemon is kind to your hands, while being tough enough to clean the dirtiest pots and pans.

Super for all kinds of china, glassware and crockery and best for silver too.

	Price/litre	Dilution		Litres	Price per
Brand	concentrate	with water		diluted	litre
Lemon Drops	R80.00	10 ml. to 20mls.	=	3 litres	R2.66
Lemon Drops	R80.00	10ml. to 40mls.	=	5 "	R1.60
Lemon Drops	R80.00	10ml. to 50mls.	=	6 "	R1.33

The following from the Supermarkets are use direct, no dilution necessary.	
Sunlight	R17.99
No Name	R17.32
Polagric	R14.65
Teepol	R14.66

GNLD is Simply the Best

GNLD's CARPET GLO for soft, clean, sweet smelling carpets.

I did this comparison because of the increasing cost of living and my desire to see where I could save in my house keeping, but still use a high quality, effective product.

There is no doubt in my mind of the quality and economy of Carpet Glo.

It not only removes dirt gently, but powerfully, but enhances the carpet's colour and appearance. It can be used on upholstery is antistatic and quick drying.

Other uses: makes windows sparkle, cleans mirrors and chrome, is wonderful for washing jerseys and other woollens. The quantities are the manufacturers' recommended usages off the bottles in the super-market. For machine use, follow the instructions on the machine.

Brand	Price/litre	Dilution		Litres	Price per
	Concentrate	with water		diluted	litre
Carpet Glo	R109.00	10ml. to 400mls.	=	41 litres	R2.65
I.C.U.	R23.99	100ml. to 1000mls.	=	10 litres	R2.39
Spring	R35.99	225ml. to 3000mls.	=	12 litres	R3.00
Johnson	R29.32	130ml. to 1000mls.	=	7 litres	R4.19
Mr. Manuel					

GNLD's G1 Laundry Compound...

Super 10 G1 Washing Powder Price Comparison submitted by Eric and Val Tiedemann

----- Original Message ----- From: [Eric Tiedemann](mailto:Eric.Tiedemann@gnld.co.za) To: friendly@global.co.za Sent: Thursday, May 29, 2008 6:23 AM
Subject: Washing Powder comparisons Hi Lyn...Herewith attached the latest comparisons as requested.

“Everybody needs to have dirty washing cleaned”

The Information below was taken from various makes of washing powder boxes for me to do my comparisons; the prices quoted were taken at the time of me gathering this information. I have found it necessary to do this comparison due to the ever-increasing cost of living and to try and stretch money further. One way I have found is to use the most cost effective and top quality washing powder. G1.

Pay particular attention to the number of scoops you get to a 2Kg box of washing powder and divide it into the price you pay. That will tell you what a load of washing is costing you per scoop.

For your own benefit please take a very close look at what you are paying for a load of washing. People with small children must be paying a fortune.

The figures taken off the boxes are manufactures recommendations

Name	Price Per box	Weight Per box	Scoop Size	Scoops Per box	Price per scoop	Scoops Per load	Cost Per load	Comments
G1 laundry compound	R166.00	2 Kg	11 gm	181 level	.91c	1 - 3	..91c 1 Scoop	Recommended Most cost Effective
G1 Laundry Compound	R1724	25 Kg	11 gm	2272 level	.76c	1 - 3	.76c 1 Scoop	Recommended Most cost Effective
Skip	R32.95	1 Kg	180 ml	5.55	R5.94	1 ½	R8.91	
Bio Classic	R54.49	2 Kg	50 gm	40	R1.36c	3	R4.08	
Omo Auto	R52.95	2 Kg	180 ml	11.11	R4.76	1 ½	R7.14	
Sunlight	R43.79	2 Kg	190 ml	10.52	R4.16	1	R4.16	
MAQ	R28.99	2 Kg	100 gm	20	R1.45	1	R1.45	
Daisy	Not available	available						
No Name	R36.99	2 Kg	240 ml	8.33	R4.44	1	R4.44	

Please note: Cut this out and stick it on your work space...

GNLD INTERNATIONAL Orders and Queries – Get it right!

Below please find the details for South Africa Distributors to send their orders to the Johannesburg DC: always confirm that your order has been received regardless of faxing or emailing...
 No 2 Ayrshire Boulevard, Longmeadow Business Estate, Longmeadow.
 Tel ...011-409-300 Fax... 011-409-3820

E-mail Address: jhborders@gnld.co.za

Fax to E-Mail Number: 086 636 9235

Confirm orders with Lebo: 011 409 3073

For queries contact ...
 Delcia 011-409 3084
 Epaphrus 011-409 3069
 Liesel 011-409 3080



Super 10 G1 Washing Powder Price Comparison submitted by Eric and Val Tiedemann

----- Original Message ----- **From:** [Eric Tiedemann](mailto:Eric.Tiedemann) **To:** friendly@global.co.za **Sent:** Thursday, May 29, 2008 6:23 AM
Subject: Washing Powder comparisons Hi Lyn...Herewith attached the latest comparisons as requested.

GNLD Simply the Best

GNLD Home Care “SUPER 10”

A Multi purpose concentrated liquid cleaner

Safe, Non-toxic, Non-caustic, Non-flammable, Bio-degradable, environmentally friendly

Available in the following sizes,

- ◆ 1litre concentrate, cost R101.00, and mixed at 10 – 1... = 11 liters = **R9.18** per litre.
20 – 1... = 21 liters = **R4.80** per litre
- ◆ liters concentrate, cost R384.00, and mixed at 10 – 1... = 55 liters = **R6.98** per litre
20 – 1... = 110 liters = **R3.49** per litre
- ◆ 25 liters concentrate, cost R1782.00, and mixed at 10 – 1... = 275 liters = **R6.48** per litre
20 – 1... = 550 liters = **R3.24** per litre

GNLD's SUPER 10 IS THE MOST COST EFFECTIVE HOUSEHOLD CLEANER

Price comparisons with other products

Handy Andy	750ml	R 8.89
No Name	750ml	R 7.99
Jayes	750ml	R 8.88
Bang	750ml	R26.99
Chemico	750ml	R10.39
Mr Muscle	500ml	R 8.99
Windolene	750ml	R20.79 (Super 10 for windows @ 100 – 1 = R1 per liter)

From: [Clive Clements](mailto:Clive.Clements) **Date:** 2008/05/30 10:00:55 PM **To:** friendly@global.co.za **Subject:** Care and the Rest
Hi Lynn, Price Comparison on Care....Regards, Clive Clements...
SA Operations Support Group - Team & Technical Lead...Commercial OSG & SCM Support, IA12, IBM Park, 70 Rivonia Rd, Sandton 2146 South Africa..JHB Office +27 11 302 7376 Option 2 ... Fax +27 11 302 8021 UK Office 02392 393176
Hicom 538176 Option 3 or 4...Mobile +27 82 570 5003...Email clivec@za.ibm.com Taskid saosg@uk.ibm.com

GNLD's Care Disinfectant

Price Comparisons

Product	Size ml	Cost	Cost per litre
Home Guard	750	R 12.99	R 17.32
Harpic	500	R 13.49	R 26.98
Easy Off Bang	500	R 20.69	R 41.38
Toilet Duck	500	R 11.99	R 23.98
House Brand	750	R 13.99	R 18.65
Jayes	500	R 17.99	R 35.98
Jayes	1000	R 22.99	R 22.99
Care @ 10 to 1	11000	R 96.00	R 8.73
Care @ 20 to 1	21000	R 96.00	R 4.57
Care @ 50 to 1	51000	R 96.00	R 1.88



Leadership Meeting

Leadership Meeting will be held in Gauteng for those who achieve a point value of 100/4000PV ... And will include all Emerald Directors... 10th June ... 2pm.

2008 Friendly Force Annual Awards

The Friendly Top 20 Business Builder Awards

January – December 2008

- ◆ This contest is for everyone in the business irrespective of status.
- ◆ Your Position in this Top Twenty Contest will be determined by your Team. (Group PV).
- ◆ You must do 100 Personal PV (PPV) to pick up your Qualifying PV. (QPV)
- ◆ You must personally recruit 1 new distributor every quarter thus = 4 for the year ...
Or you can 'catch up' by recruiting 6 new distributors before the end of December 2008.
- ◆ Recognition will be published monthly.
- ◆ There will be Certificates for each quarter.
- ◆ The top 20 for the year will receive Certificates and Prizes according to rank.
- ◆ Out of this contest, further recognition will be given to the top No. 1 'Business Builder' in each of the following categories and will be determined by your Status at the beginning of January 2008 but is possible to be a Number 1 in more than category if you upgrade!
No. 1 Manager
No. 1 Director
No. 1 Emerald Director
No. 1 Sapphire Director
No. 1 Ruby Director
And the No. 1 Recruiter
- ◆ Out of this contest we will pick out the top No. 1 Recruiter for the year so bear in mind that you have to be in this category to be a contender for the Top Recruiter.
- ◆ Please remember that you have to recruit to be a contender in this contest...

THE FRIENDLY FORCE 2008 ANNUAL AWARDS

May 2008

Congratulations to the following ... Keep it up!

Pos.	Distributorship	Grp PV	Recr
1.	Jeanette Baigent (1RD)	132 304	2
2.	Blanche Stephenson (ED)	32 833	3
3.	Muhsin & Deebea Peterson (SD)	27 670	15
4.	Erwin & Gilda Dedekind (ED)	26 594	9
5.	Shirley & Richard Aarons (ED)	20 664	7
6.	Wayne & Carol Walker (ED)	17 876	2
7.	Susi Muller (D)	7 739	2
8.	Wallied & Farieda Flashman (D)	7 395	6
9.	Cecelia De Freitas (SM)	6 014	1
10.	Chrissie Dorfling (SM)	5 821	4
11.	Daniel Holcroft (SM)	5 817	1
12.	Jean Wetselaar (SM)	5 533	1
13.	Richard & Kathryn Bailey (SM)	4 910	2
14.	Caroline Roodt (SM)	3 995	1
15.	Anwar & Fawzia Allie (D)	3 975	1
16.	Daniel & Zodwa Nguessen (SM)	3 237	2
17.	Elsje Eastaugh (SM)	2 916	1
18.	Joan Stuart (SM)	2 477	2
19.	Beryl & Trevor Schroeder (SM)	2 435	3
20.	Rayhaan Peterson (SM)	2 341	9

You must have 2 Recruits by End June to enter or stay in Contest...

General Notes and conditions!

- The Qualification period will run from January 2008 till end December 2008.
- This event will be hosted by your leaders Roy and Lyn Banks.
- The Awards Rally will take place in January 2009 AT A FRIENDLY FORCE EVENT! You must attend the event to collect your prize unless you reside outside the Gauteng area.
- Recruiting will have an effect on your results both in the Top 20 and in the success of your business!

hung by the tongue...BY GARY EBY

Some people just have a knack for saying the wrong thing at the wrong time. They are being, "Hung By the Tongue!"

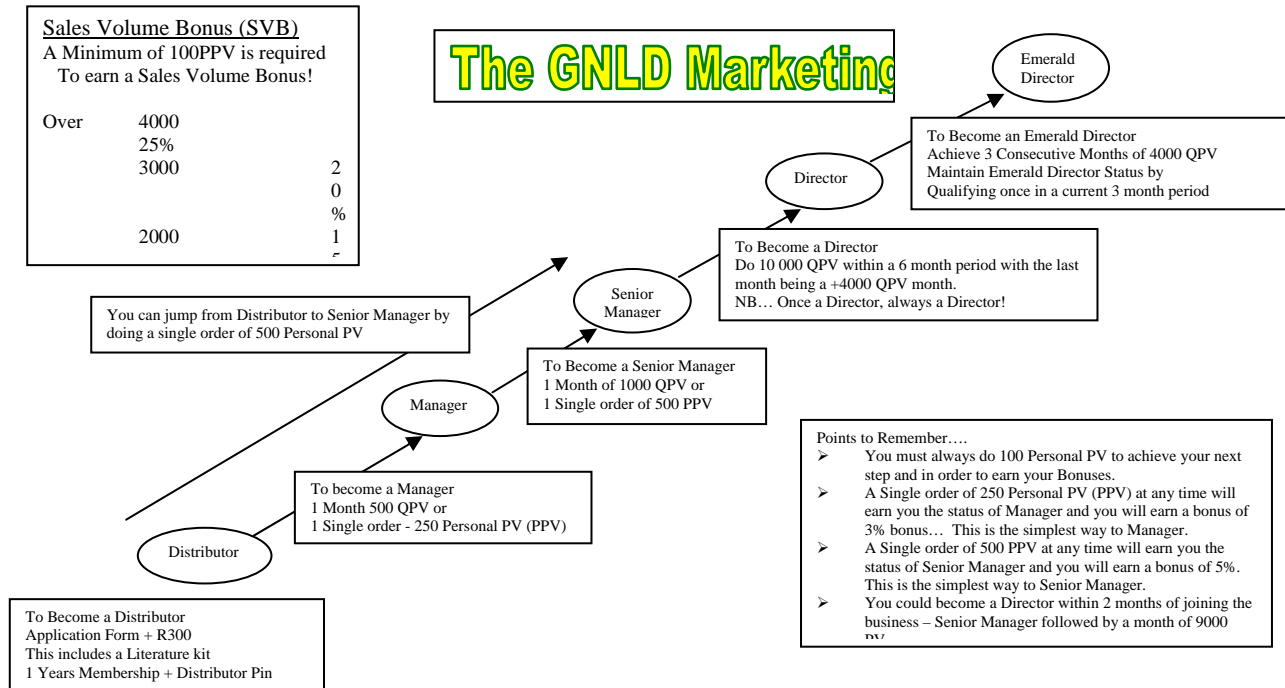
A state trooper pulled a man over for speeding on a deserted road. Since the road was clear and the weather fine, the trooper had indicated that he may not give the man a ticket, and let them off with a warning. He even complimented both the man and his wife for wearing their seat belts. At that point the woman leaned over and said, "Well, officer, when you drive the speeds we do, you have to wear them." That's when the trooper wrote the ticket. Hung By the Tongue!

Gene and Carolyn were entertaining for the first time since the birth of their baby. Everything ran smoothly until one of Gene's buddies arrived with his new girlfriend - a woman whom Carolyn did not particularly care for. She beckoned her husband upstairs with the excuse that they had to check on the baby. In the privacy of the nursery, she spoke freely of her disdain for the new guest. When they went downstairs to rejoin the party, they were greeted with an awkward silence-except for the occasional murmuring of the sleeping baby that came from the infant monitor sitting on the table. Hung by the Tongue!

There is an ancient Japanese proverb that says... "A tongue three inches long can kill a man six feet tall."

If you are continually being "hung by your tongue", you can be "loosed from the noose" if you would just learn to engage your mind a little bit before you speak! Here's the process... think... then speak! I believe that we need to make our words sweet... just in case we have to eat them! The words of your mouth are a creative force. They play a big part in predestining your future. Your words are the architects of your life. The tongue is like a tool. We need to use our tools of the present to build our future we desire.

Get to know your Marketing Plan (As at December 2007)



Notes...

- Personal PV (PPV) means all orders placed through GNLD Head Office in your own Name (Your GNLD ID No.).
- Qualifying PV (QPV) means your personal PV plus all the PV of your unqualified distributors...
- Qualifying Unit... (+ 4000 QPV). This is a Senior Manager or above who with their team are generating 4000 QPV in a month.
- Once achieving the status of Distributor/Manager/Senior Manager/and Director you never lose your status or your pin.
- Once you have recruited someone into the business, that person can never pass you... They might attain a higher status on the marketing plan but they will always be part of your team.

Half of Sinus Sufferers Inappropriately Given Antibiotics

"Antibiotics are inappropriately prescribed for three in four sinus infections despite the fact that viruses are by far the most frequent cause of this condition, according to a study published today in Archives of Otolaryngology-Head & Neck Surgery. (1) The report also states that "physicians may believe that antibiotics are effective because patients improved while taking them, while in fact the symptoms may have cleared up without treatment".

As a former sinus sufferer, I agree with the report's concern that the overuse of antibiotics ay promote increasingly drug-resistant bacteria. I recommend high doses of vitamin C at the immediate onset of an infection. Vitamin C is profoundly anti-viral and anti-bacterial at bowel tolerance levels (the level below that which causes loose bowels) usually around 1 gram an hour during an infection. It also acts as an anti-inflammatory and immediately calms down allergic reactions, which are a common contributor to chronic sinus problems. *(Use GNLD's Vitamin C Sustained Release and Flavonoid Complex)*...

The report also reveals that anti-histamines are the second most prescribed drug for sinus sufferers, suggesting that physicians recognise the connection between chronic sinus disease and allergies. Among children with chronic rhinitis or frequent ear infections as many as one in three have been shown to react allergically to either milk or wheat, the most common food allergens.(2) *(GNLD's Acidophilus Plus assists with minimizing allergies and intolerances to dairy, wheat and other allergens).*

I strongly recommend allergy testing for anyone with persistent nasal congestion or long-term sinusitis. Twenty years of frequent sinus infections came to an end when I found out I was allergic to milk from a simple home-test for food intolerances. I also advise increasing your intake of vitamin C, omega-3 fish oils and a combination of natural anti-inflammatory nutrients including Flavonoids, an anti-inflammatory substance found in red onions, and bromelain, an enzyme found in pineapples that also has anti-inflammatory properties, as well as daily use of a saline nasal spray ...by Patrick Holford. *(GNLD's Salmon Oil Plus is Outstanding for Allergies and sinusitis).*

GNLD Recommendation by Lyn Banks...

Acidophilus Plus... 1 Capsule per day, Herbal Respiratory Formula 2 per day, Vitamin C Sustained Release (Vitamin C is also a natural antihistamine.) 2 – 4 per day, Tre-en-en and/or Omega 3 Salmon Oil Plus. (1-3 capsules per day).

Impending Events

June + July 2008

Gautengers! Team Trainings + Rallies ...

Friendly Team Rally	Saturday 7th July 2008	2.00 pm
GNLD Head Office, 2 Ayshire Boulevard, Longmeadow Business Estate. R10 pp		
Product Dem + Opportunity Presentation + Rally		
Ladies please bring snacks		
It's also our 23 rd Wedding Anniversary... Bring Champaign, Whoopee we will!		
Entrance Fee for Distributors – R10.00 & Guests are Free		

10th June 2008 Leaders Meeting ... at Wanderers Club. 2pm

Fathers Day – 15th June! Happy Fathers Day to our Fathers, Grandfathers, + Great Grandfathers.
This is a chance to really spoil your fathers and Grandfathers with your wonderful GNLD products? ... Here are some ideas... A Large Tub of Tre-en-en... 3 caps a day will give him loads of energy! Gentle Cleansing Bar... A definite favourite! Refreshing Bath + Shower Gel... to make him feel really great! Mind Enhancement Formula... Men love to think! Aloe Vera Gel + Body Luv to keep his skin soft and romantic.

Comrades Race – 15th 20-22nd June 2008 Run by Lyn Banks + 12 000+ others. Please say a prayer for me on the day...
GNLD's Golden Jubilee Convention in London... We will keep you posted!

Lyn and Roy leave on the 18th for London and return 3rd July...
We will keep you posted via email and the Friendly Website with exciting news as it happens!

MONTH END TUESDAY 1st JULY 2008 All Day

Combined Quarterly Team Rally... **Saturday 5th July** (Whatever you do, do not miss this one!) **1pm – 4pm**
Product Forum (Bring Customers) 1-2pm
Quarterly Rally 2-4 PM
Eagles Nest Conference Centre, Cnr. William & Nicol, Fourways.
Guest Speakers ... Dr. Barry Bland, Rory + Nola Mc Dermid
+ London Attendees – Exciting Feedback from London...

Tue 8th July 2008 Leaders Meeting at Wanderers Club. 2pm

Friendly Training Saturday 2nd August... Melrose Bowling Club, **10am**
Product & Marketing Training – Roy + Lyn Banks – 18 Venus Street, Birdhaven

July 2008 - MID YEAR DISTRIBUTOR RALLIES WITH RICO BROWN + BILL BINNS EA/WA& SA

Day/Date	Town	Venue	Time	Code	Pax
Southern Africa with Ricco Brown					
Sat 5th	Angola Experience Meetings	TBA			
Sun 6th	Angola Rally	TBA			
Wed 9th	Port Elizabeth	Elizabeth Park	19:30		200
Thu 10th	Cape Town	Boe Conference Centre	19:00		300
Fri 11th	Bloemfontein	Unisi High School	19:30		
Sat 12th	Johannesburg	Crown Reef Convention Ctr.	14:30		550
Sun 13th	DBN	DBN Dc Convention Centre	14:30		400
Mon 14th	Pietermaritzburg	Golden Horse Conf+ Casino	18:30		250
Tue 15th	Empangeni	Empangeni Civic Centre	18:30		300
Thu 17th	Windhoek	Nampower Conference Ctr.	18:30		200
Sun 20th	Gaborone	The Grand Palm Hotel	18:30		250
Tue 22nd	Swaziland	TBA	18:30		150
West Africa With W J Binns					
Sat 19th	Lagos				
Sun 20th	Abuja				
Tue 22nd	Benin	To be advised...			
Thu 24th	Owerri				
Sat 26th	Douala				
Sat 26th	Accra				
East Africa					
Sat 12th	Nairobi	Bomas Of Kenya	14h00	Ksh 100	3,000
Sun 13th	Kampala	Serena Hotel	14h00	Ush2,000	2,000
Tue 15th	Mombasa	Aga Khan Hall	17h00	Ksh 100	600
Thu 17th	Dar Es Salaam	Diamond Jubilee Hall	17h30	Tsh1,500	2,000

Make the most of building your GNLD Businesses in June by holding your own Home Trainings and Business Opportunities!