

## Sizzling Summer Specials

### How to Triumph Over Stress

"Life is one darn thing after another." So began the extraordinary presentation by Dr. Kenford Nedd—a physician and speaker—at our June 1st meeting. Stress relief must have been on the minds of audience members, because his presentation drew our largest crowd ever. Dr. Nedd revealed insights into the physiology of stress and he led us through a series of exercises to help alleviate stress in our daily lives. Dr. Nedd's animated talk left the group feeling energized and better equipped to deal with future challenges. Many of our members also expressed their appreciation for the increased networking opportunities based on the large attendance.

### 13th Annual Golf Tournament Fundraiser

The tradition continues. Our 13th annual Golf Tournament Fundraiser was a great success, reuniting members, colleagues and friends for a fun-filled summer day. Our "brotherhood" counterparts took advantage of their once-a-year opportunity to join us and they participated in droves! Since 1994, this event has enabled HBAC to contribute over \$160,000 to charitable causes dedicated to women and children.

### Helping RESIDENCE PROJECT CHANCE

Thousands of dollars were raised at the Fundraiser for **Residence Project Chance**, a Montreal-based organization that provides single mothers—who have come out of an abusive home setting—with the lodging, financial and child support needed to further their education and become self-sufficient. **CPM**



Dr. Kenford Nedd with HBAC Board Member, Jennifer Morrison.

### Upcoming meetings

Thursday, October 5, 2006

Thursday, December 7, 2006

Call us to find out how you can become a member of HBAC! You'll hear speakers on a variety of pertinent topics and have a chance to network and make new friends and professional contacts.

### We're easy to reach! Our Board Members:

**Robin Grover** (514) 956-4081  
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*(sanofi-aventis Canada)*

**Lea Capuano** (514) 694-1212  
 Membership  
*(CryoCath Technologies)*

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 Golf  
*(Bristol-Myers Squibb)*

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 Golf  
*(Taxi Advertising & Design)*