



## TRI-VALLEY EXECUTIVE'S ASSOCIATION

P.O. Box 985 ♦ PLEASANTON CA 94566

PHONE & FAX 485-1394 ♦

[www.trivalleyexecs.com](http://www.trivalleyexecs.com)

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MARCH 29, 2007

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### NEXT WEEK:

The next meeting of the Tri-Valley Executives' Association will be held on Thursday, **April 5, 2007**, at Vic's All-Star Kitchen at 7:00am.

GREETERS will be **John Quintanal** of USANA Health Sciences and **Dave Silva** of Silmar Flooring.

This is our **Annual Awards Breakfast**, induction of the new President and Board members, and presentation of the Executive of the Year Award. Don't miss it!

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### VALUE:

**Beverly Hoey** of the Law Offices of Beverly Hoey says that aside from knowing you have all of these businesses to draw advice from, the Value of the TVEA is the sense of community, support and belonging that is so important in our daily lives.

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### ASSOCIATE LUNCHEON:

Grab an associate or two and meet us for lunch at Girasole on May 10 at 12:00pm.

Tickets for lunch will be \$7 for members and \$13 for associates.

Marriage & Family Therapist, Jim Moog will be our motivational keynote speaker.

Call Cristin at 485-1394 for more information and to sign-up.

(Please note: *there will be no morning meeting on May 10*)

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### DID YOU GIVE A REFERRAL THIS WEEK?

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### CLASSIFICATION:

**John Quintanal** was born and raised in Los Angeles, California. He received his marketing degree from Cal State Northridge. During college he played baseball and even played with the Cardinals farm league.

After graduating college, he was offered a position with Southland Corporation, the parent company of 7-11 stores. In 1989 he moved to the Bay Area. Shortly thereafter, on a blind date, he met his wife. He has now been married for 14 years and has an 11-year-old daughter, Jillian.

He loves sports and plays softball, coaches youth soccer and softball. His other hobby is being a dad. Enticed by its promotion of longevity and availability of flexible hours, he was introduced to and joined the USANA Health Sciences group in 1998.

USANA is a company out of Salt Lake City that formulates and produces nutritional supplements and weight management products. The Government's Recommended Daily Allowance (RDA) was originally created in the 1940's to help prevent disease such as scurvy and rickets, through good nutrition; the RDA was revised in 1974 to what it is today. However, the diseases of today are not being prevented with the current RDA, thus supplements are required for optimum health.

The nutrition industry is not regulated by the FDA, but USANA voluntarily manufactures all of its products at pharmaceutical standards, making them truly the highest quality supplement on the market. They even have 6 or 7 products in the Physicians Desk Reference



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used by doctors and pharmacists in prescribing drugs to patients.

USANA manufactures multi-vitamins for youth, teen and adults, and has products for joint health, heart health, eye health, prostate health, female hormone boosters, protein, fiber and many other products including health bars and shakes for optimum health.

And if you're trying to lose weight, John has a diet plan that can help you lose weight initially and change your diet habits to help you keep it off.

John sets up clients with an identification number, so that they can call or go on-line to order products; some prefer auto-ship, which is a standing order that ships every 28 days so that you never run out.

The USANA products are formulated to do more than defend against deficiency diseases; they are designed to promote optimal health.

If you have questions about the products or would like to place an order, please call John Quintanal at (925) 998-4088.

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### OPEN CLASSIFICATIONS:

Roofer  
Electrical Contractor  
Health Insurance

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### MEMBER UPDATE:

**Mary Tuttle** of the Best of Coupons Books is feeling better and is currently in China on a Rotary Trip. She is planning to have knee surgery upon her return, and should be back with us shortly.

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