



Diane C. Lund, President



“Enlightening Ideas
that work, delight
and inform.”

Diane recently returned from a fabulous trip to Chicago where she got to see the ultimate talk show – Oprah! A long time dream come true, Diane has respected Oprah for her authenticity, openness and empowerment for women. You can arrange tickets to watch the taping of her show through her website www.oprah.com Is it your dream too?



Sounds Like Fun

Part of our ongoing work with **Vancouver's North Shore Tourism** was a radio spot and a new logo. Our 'Sounds Like Fun' game show style spots airs in May & June in Nanaimo and on The Sunshine Coast. The spots were recorded at SoundsWrite Studios in North Vancouver.

[Click Here to Play](#)

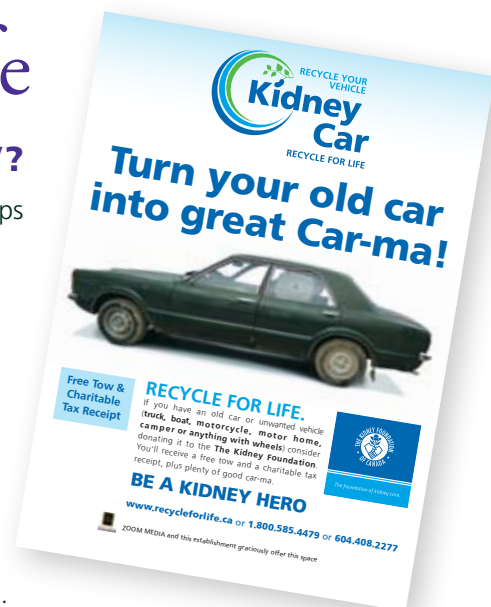
ADventures

Recycle For Life

So what is 'Recycle For Life'?

It's an innovative recycling program that helps you make a difference in the lives of people living with kidney disease. Originally there was the **Kidney Car** Program which has operated for over a decade across Canada. This program allows you to get an old vehicle (*bus, car, truck, motorcycle, etc.*) picked up for free! All of the parts including metal, fluids and tires are recycled.

The money raised from this recycling goes to help people and their families living with kidney disease. In addition, **you get a tax receipt for the amount and a big dose of good CAR-MA!**



All your old metal can go to a good cause. Even the kitchen sink!

The newest 'Recycle For Life' program is The Kidney Foundations, **Kidney Metals** Program. Now, for the first time in BC you can recycle most household metals: sinks, metal ladders, old wheelbarrows, garden tools, pipes, even some appliances. To find out more go to www.recycleforlife.ca

ScrapArtsMusic

Helps Launch Kidney Metals.

Kudos to **ABC Recycling** for sponsoring in part ScrapArtsMusic successful performance at the Stanley Industrial Alliance Theatre on April 22nd and 23rd to launch their new Kidney Metals Program.

ScrapArtsMusic is an amazing band featuring 145+ hand built sculptural instruments, all made from material salvaged from construction sites and scrap metal yards. Gregory Kozak and Justine Murdy are the heart and soul behind Scrap Arts Music. The intricate rhythms, raw energy and athletic choreography of this exciting band embodies the hottest, most inventive reuse of metal materials in music today. Seen recently at the closing ceremonies of the Vancouver 2010 Olympic Games, Scrap Arts Music are not to be missed!

