



Successful Events...

At ACCA, we love feedback. We value your thoughts, & appreciate the fact you take the time to write to us. As we try to aim for a balanced, more positive lifestyle we all need assistance & support to guide us through an ever-changing mass of information. I hope you enjoy the newsletter & many thanks for all the constructive feedback & comments I received from course participants. Email me at vivienne@ac4ca.com or fax Tollfree on 1300 136 038.

*Wishing you health & happiness!
Warmest Regards Vivienne Kariotoglou*



National President—Vivienne Kariotoglou with some of the participants in the Feng Shui Introductory Module

Feng Shui for April 2003



Participants in the Feng Shui Introductory Module

Enjoyable and informative module. Presenter Vivienne was very professional.....

G. Nayak

I really enjoyed the seminar. Both Mathew and I would be interested in doing the next module. We found it extremely interesting and would love to apply it to our respective homes...

M. Paraskevopoulos

An eye-opening experience, exciting applications...

C. Fletcher

The negative sector to watch out for this month is primarily the Southeast & the West.

Problem Areas:

If your home or office has a door in the Southeast, pay particular attention to possible mishaps, accidents, illness & unforeseen problems. Please take heed.

Offices located in the Southeast area of a building should make discerning decisions only after much thought & care has been taken. Impulsive decisions or signing documents carelessly will only lead to potential problems in future.

Industries relating to fashion, design & plantation will encounter struggles this month. Expect setbacks, arguments & numerous problems. Chemical & industries dealing with machinery will find it agreeable in April.

If you are owed money, collecting these debts may prove difficult if you have a door in the Southeast sector or use a room in this area. Try & use more Metal elements in this area - a Metal windchime is a good idea. Ensure that in putting up these Metal Cures that you do not knock or drill the walls. This will inadvertently activate the negative Chi. The other option is to simply put metal, copper or bronze objects in the Southeast sector of your home or office.

West rooms & houses or offices with a main door in the West may endure a few setbacks. Businesses may face additional competition, stress & even internal arguments within the office or household.

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Body Language Gestures

Body Language is the quiet, secret & most powerful language of all! According to experts, our non-verbal language communicates about 50% of what we really mean (voice tonality contributes 38%) while words themselves contribute a mere 7%. Our bodies send out messages constantly & often we don't recognize that we're communicating a lot more than we realize.

Your ability to read & understand another person's Body Language can mean the difference between making a great impression or a very bad one! It could help you in that job interview, that meeting, that business function, or special date!

Every one of us has experienced that feeling of an instant like or dislike of someone but without necessarily knowing why. We just weren't happy, there was something about them. We often refer to this as a 'hunch' or 'gut feeling', two descriptions directly relating to our own body's physiological reaction.

Some sayings related to Body Language:

BEADY LITTLE EYES:

The pupils unconsciously constrict when we are lying or being deceitful.

SHIFTY EYES:

The eyes avert the gaze of when someone is lying, so the eyes shift around looking at anything & anyone but the recipient of the lie.

SPARKLE IN THE EYES:

The pupils unconsciously dilate when we are seeing something pleasurable, this action allows more light to be reflected off the back of the eye.

OPENING UP TO YOU:

A physically open gesture, uncrossed arms and legs allowing more of you to be emotionally & physically vulnerable.

GET A GRIP ON YOURSELF:

We usually touch ourselves for reassurance in times of stress, a tight grip on the upper arm is common.

THUMBS UP:

Generally a form of OK, Good or Yes, but be careful where you use this gesture, it can be highly offensive in some cultures.

JOIN US AT THE NEXT BODY LANGUAGE MODULE

BRING A COLLEAGUE, FRIEND,
PARTNER etc. ALONG & YOUR
REGISTRATION FEE WILL BE **WAIVED***

Date: Monday 7 April 2003

Venue: University of
Technology, Sydney (UTS)
The Loft, Boardroom Level 2

Facilitator: **Nick Kariotoglou**
BAppSc, MBA, GradDipMan,
Certified Practicing Marketer,
Managing Director of Aargus
Pty Ltd & Aargus Refill
Centre, Executive Director of
the Australian Centre for

Corporate Advancement (ACCA), Executive Director of the
Australian Marketing Institute (AMI), Executive Director &
Treasurer of the Hellenic Australian Chamber of Commerce
& Industry (HACCI)

Time: 6.00-9.00 pm

Cost: \$90.00 (members)/ \$130.00 (non-members) *plus GST*

RSVP: Thursday, 3 April 2003 by midday

*Not applicable to existing ACCA members

Numerology Answers to Quiz



Demi Moore =
Demetria Guynes

Bruce Willis = Walter
Willison

Bill Clinton = William
Blythe

Cliff Richard = Harry
Webb

Stimulating the Immune System

When the natural defences of our bodies break down we are at a risk of developing infections such as bronchitis & pneumonia, viruses such as herpes & flu.

A healthy lifestyle is the key to an efficient immune system, with plenty of nutritious food, a balance of activity & relaxation, & a minimum of stress which both impose great strain on immunity. In the fight against infection, it is fruits & vegetables that hold the most vital key.

To produce white blood cells & antibodies, we need to eat enough protein, essential fatty acids, antioxidant vitamins A, B, C & E, and minerals including copper, iron, magnesium, selenium & zinc. Eat brazil nuts & fish for selenium. Dark green vegetables, red fruits such as blackcurrants, raspberries & cherries, eggs & whole grains will provide the iron you need. Broccoli, cabbage & kale stimulate the immune system & the production of antibodies.

Greek Skordalia

One of the most superb & memorable of Greek sauces, reminiscent of lunches in the mountains of Samos dipping bread & vegetables & watching the sun twinkling on the Aegean. Truly the best food for the immune system, garlic contains substances that ward off a host of infections, viral, bacterial or fungal.

“A feast is not a feast unless to begin Each guest is given ample Toes of Garlic, That finest aphrodisiac To whet his appetite for later revelry”

Quintus Horace, Roman poet, c. 65BC

ingredients together. Delicious stirred into soups & casseroles or as a dip with crusty bread or raw vegetables.

4 servings

Malaysian Ginger & Lemon Tea

An exotic tea to bring a hint of the tropical Far East to your lips. The volatile oils in ginger are highly antiseptic, activating immunity & dispelling bacterial & viral infections, such as colds, tonsillitis & bronchitis. The high Vitamin C content of lemons help fight off infection and may ward off cancer. The cleansing properties of both lemons & ginger support the immune system by aiding the elimination of toxins.

25g fresh root ginger (peeled & sliced)
600 mL water
Squeeze of lemon juice
Honey to taste

Place the root ginger in a teapot. Pour over the boiling water & leave to steep for 5 minutes. Strain & serve in cups each containing a spring of mint.

4 servings

“Eat ginger and you will love and be loved as in your youth”

Saying at the Salerno medical school, Italy 11th century

Personal Year Numbers in Numerology

With the ever-changing world around us, our individual personalities have the potential to react in many different ways. They can be influenced by the people around us & by changing circumstances that occur at all stages of our lives.

Numbers are energies which carry within them immense possibilities. The Personal Year Number is helpful in evaluating the trend of the coming calendar year as well as providing a valuable aid to personal development. Life isn't black or white, nor are the influences of the numbers. Not only can you understand yourself more clearly, but everyone with whom you come into contact on your journey through life.

For a clue as to what lies ahead this year calculate your Personal Year Number using this formula:

Your day, month of birth plus the number 5 (total of 2003)

For example 17th February plus 5

$$1+7+2+5 = 15 \\ =6$$

Reduce to a single digit

The list highlights some of the issues or situations that may be significant from a business perspective:

1. An individual, self-focused year; new ideas & goals should be clearly set & worked toward
2. Excellent for partnerships; improve your abilities to work with others in a productive way
3. Expand personal creative talents; good for short projects
4. Solid, constructive year; a building time, get organised
5. Changes ahead that may test your abilities to be adaptable to change; be flexible
6. Good for projects involving larger groups; increasing responsibilities
7. Learning & training can give you the edge; time for analysis & understanding
8. Personal power & success; attainment & capital gains; need for ruthlessness
9. Completion of projects; results



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Event Calender 2003

Introduction to Feng Shui: Module 1

Wednesday April 9 Sydney 6.00-9.00pm

Facilitator: Vivienne Kariotoglou
Cost: \$110.00 (members) /\$155.00 (non-members)

Numerology in Business: Module 1

Wednesday April 2 Sydney 6.00-9.00pm
Monday April 14 Brisbane 6.00-9.00pm

Facilitator: Leslina Duggan
Cost: \$110.00 (members) /\$155.00 (non-members)

Hypnotherapy: Module 1

Tuesday April 1 Sydney 6.30-8.30pm
Wednesday April 16 Brisbane 6.30-8.30pm

Facilitator: Leslina Duggan
Cost: \$100.00 (members) /\$140.00 (non-members)

Body Language: Module 1

Monday April 7 Sydney 6.00-9.00p.m
Tuesday April 15 Brisbane 6.00-9.00p.m

Facilitator: Nick Kariotoglou
Cost: \$90.00 (members) /\$130.00 (non-members)

NLP: Module 1

Monday May 5, 6, 7 Sydney 6.00-9.00pm

Facilitator: Nick Kariotoglou
Cost: \$210.00 (members) /\$260.00 (non-members)

Sales Skills: Module 1

Monday April 21, 22, 23 Sydney 6.00-9.00pm

Monday May 19, 20, 21 Brisbane 6.00-9.00pm

Facilitator: Nick Kariotoglou
Cost: \$190.00 (members) /\$240.00 (non-members)

**Prices show member/non-member rate-prices exclude GST.
To register: TOLL FREE call or email us on the details provided**