



The Friendly Team = A Positive Family of Friends Forging towards a Fantastic Future for All!

The Friendly Force

Distributors of GNLD International

NEWSLETTER VOLUME 25 ISSUE 3 MARCH 2011

"What lies behind us and what lies before us are small matters compared to what lies within us." Oliver Wendell Holmes

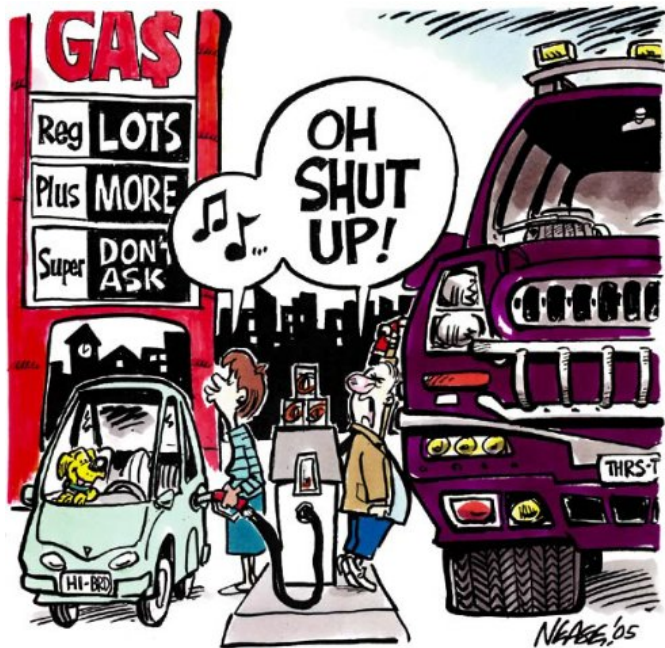
Hi Friendlies...We have had a brilliant February! Short but Sweet! The team did over 41 000 Group PV. Well Done, everyone! It seems that the Friendly Force is on the march... in March... and many of you will build successful distributorships this year... We expect many Fully Qualified Directors this year! A Special Congratulations to all our Qualified Directors for February and --) there were many more Directors who had incredibly good results!

Team Rally this Saturday 5th March 2011

at GNLD Head Office 2-4pm ... Remember that our Team 'Roll Over' Cash Draw stands at a whopping R3000 ... You have to be there to win the money!

BANKS, LYN	2RD	41248
BAIGENT, JEANETTE	SD	23616
ROODT, ZELDA	SD	8799
DEDEKIND, ERWIN & GILDA	ED	5709
JENNY & MALCOLM MC CONNACHIE	DIR	4318
AARONS, SHIRLEY & RICHARD	ED	4045
HILLARY ESTHERHUIZEN	DIR	4318

Remember that **SUCCESS** comes in **CANS NOT CAN'TS**. Take the word can't out of your vocabulary! The best things in the world are not fashioned by those who are realistic, but by those who dare to take "can't" out of their vocabulary. Louis Brandeis, a leading jurist, put it this way: "Most of the things worth doing in the world were said to be impossible before they were done." A Winner says, "It may be difficult but it is possible" A loser says, "it may be possible, but it is too difficult". Which one are you?



The Petrol prices went up by a whopping 49 cents and litre and everyone is up in arms... except for all the guys with the little cars like me... Man! Am I pleased I invested in my little Chevy Spark Lite...She's nippy, turns on a 10c, you can park anywhere, where there is a tiny little space, has all the little bells + whistles like air-conditioning power steering and central locking and a roof rack! But most of all she get 18 kilometres to the litre... now that's what I callSERIOUSLY CUTE !!!

No I am not selling cars... What I am selling is this... If you are in business for yourself – with your GNLD Opportunity, then you don't have to worry about the price of petrol... Your GNLD Bonus will cover that! Ha Ha... sorry just a bit of humour... but seriously! You don't have to worry about the Petrol Price or the price of anything else... just grow your GNLD business and you won't have anything to worry about ANYTHING except just how to save and invest your money! Personally, I would rather recommend you put your GNLD money into property and investments, instead of spending your well earned money on Petrol! This year 2011 we are going to EXPAND AND GROW !!! Pic submitted by Clive Clements.

GNLD CONVENTION Saturday 12th March 2011 at EMPERORS PALACE 1-6pm

BOOK NOW @ R30 ... Be Warned! This is an investment into your GNLD business + your future! Make sure that you and your team attend this CONVENTION as your business; your team will fly to new heights. If you just knew ... you would not miss it!

TEAM COLOURS ARE BLACK 'N YELLOW... FRIENDLY TEAM SEATED TOGETHER ... LOOK FOR FRIENDLY BANNER/LYN

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(1987/005904/23)

Be Real, and Not Too Smart by Tony Jeary

The world hates a “know-it-all”, and can spot an overly orchestrated pitch a mile away. Your job, at the front of the room, is to be credible and effective. This means that you really don't have to have every answer, and shouldn't be too slick or offer solutions that are too “pat” . You need to be good, not perfect. (Lyn Banks – New Distributors are always nervous about presenting ... Don't be! Obviously know your products, Business (your subject) & Plan but just be yourself! This little article will make you feel easier and more confident about speaking to people.)

Why:

- a. Participants must trust you. You need credibility that assures that you aren't perceived as trying to “smoke something past them” or con them.
- b. It is important to be authentic or truthful, and to be real – to be approachable.
- c. Being too slick breaks the emotional connection between you and your audience.

How:

- a. Know the difference between Being Effective vs. Being Right. The difference between being effective and being right is an important distinction -- being in the right doesn't mean that you're reaching your goal. Effective presenters and facilitators do what it takes to get the job done. They treat people fairly and equally, and will patiently lead the group to a solution. In contrast, the self-righteous facilitator gets involved in being right and dictates a position even when it is not appropriate to the process. If things don't go well, the self-righteous facilitator does not have results, but merely excuses -- "I've done what I can. It's not my fault if they didn't get it." “Ninety-three percent of the believability of your message is not the content or words you use. It's not what you say but how you say it.” – Judy Chaffee

We've all heard the time-tested truth "Who you are speaks so loudly, I can't hear what you're saying." Yet it is equally true that people's perception of who you are is controlled by dozens of small actions that you take every day. How quickly you return emails and phone calls, how you dress, the manner in which you speak and listen, the quality of your work, the people you surround yourself with, and even the look of your business card - all speak volumes to others about the person you are.

In short, every action you take, no matter how small or seemingly insignificant, is a form of communication.

The key to being successful, and in particular, to communicating the essence of who you are to others, is to make sure your actions deliver a consistent and compelling message. A message you have predetermined ahead of time will help you to achieve your highest goals and objectives. A Perfect Message!

Thinking like a Farmer by Jim Rohn

Submitted by Noela Mc Dermid (4 Diamond Director)

One of the difficulties we face in our industrialized age is the fact we've lost our sense of seasons.

Unlike the farmer whose priorities change with the seasons, we have become impervious to the natural rhythm of life. As a result, we have our priorities out of balance. Let me illustrate what I mean:

For a farmer, springtime is his most active time.

It's then when he must work around the clock, up before the sun and still toiling at the stroke of midnight. He must keep his equipment running at full capacity because he has but a small window of time for the planting of his crop. Eventually winter comes when there is less for him to do to keep him busy.

There is a lesson here. Learn to use the seasons of life. Decide when to pour it on and when to ease back, when to take advantage and when to let things ride. It's easy to keep going from nine to five year in and year out and lose a natural sense of priorities and cycles. Don't let one year blend into another in a seemingly endless parade of tasks and responsibilities. Keep your eye on your own seasons, lest you lose sight of value and substance. Hope you are having a great day and have some exciting plans for the new month. Yours in GNLD...Noela-Golden Vision Marketing P O Box 634, Westville, 3630 Tel.: 0312668195 Cell: 0836325000...

Rory & Nola Mc Dermid are our President Team Members and we are lucky to be in their group....“See! That's the Vision”

Have a Marvelous March!...
Lyn Banks

When people talk, listen completely. Most people never listen... Ernest Hemingway

Your Eyes – Don't take them for granted!

As we age, our vision suffers from exposure to natural and unnatural elements in our environment, such as bright light, free radicals, first and second hand smoke. It is also affected by our genetic disposition for eyesight. Many of the diseases associated with deteriorating vision are age-related. They include macular degeneration, cataracts, retinopathy and glaucoma, to name a few.

Age-related macular degeneration (AMD) affects approximately 13 million people in this country and is a primary cause of new blindness for Americans over the age of 65. Macular degeneration is a disease which affects the retina, gradually causing vision loss. A breakdown between the retina and the choroids results in degeneration.

The first symptom of macular degeneration is usually blurred central vision or a large central blind spot. There is no cure, but laser surgery during the early stages of the disease may slow its progression. Risk factors for macular degeneration include advancing age along with genetic predispositions, arteriosclerosis, hypertension and smoking.

In the last decade or so, there is increasing research that oxidative factors and free radical damage may play an important role in the development of AMD. It has been postulated that treatment with high levels of antioxidants and other nutrients may slow down and possibly reverse some of the effects of macular degeneration.

In a study published in the Archives of Ophthalmology from 1988, zinc was found to have some beneficial effect in the treatment of macular degeneration. In a subsequent study published in Archives of Ophthalmology from 1994, the data suggested a protective effect for AMD with high levels of vitamin E along with an antioxidant index composed of ascorbic acid (VC), vitamin E and beta carotene.

Another study published by Seddon in JAMA (1994) indicated that certain carotenoids lowered the risk of AMD by 43%, those specific Carotenoids being lutein and zeaxanthin. The most dramatic effect was noted with lutein. Those people taking approximately 6 mg of lutein per day had an amazing 57% lower risk for AMD when compared to those whose consumption was lower (approximately 0.5 mg per day). **(All Contained in GNLD's Carotenoid Complex)**

Bilberry extract has been utilized for many years in Europe for the treatment of various eye conditions, with some studies indicating that it may have beneficial effects for various types of retinopathy, including diabetic retinopathy, retinitis pigmentosa and macular degeneration. Additional nutrients that have been studied and may have benefit for macular degeneration include rutin, Flavonoids, taurine and magnesium. **(All Flavonoids Contained in GNLD's Flavonoid Complex)**

Cataracts also seem to be affected by oxidation. Cataracts develop when protein deposits form on the lens of the eye, clouding vision. Common symptoms of cataracts include blurred vision, glare, light sensitivity, frequent eyeglass prescription changes, double vision in one eye, the need for brighter light to read, poor night vision, and the appearance of faded or yellowed colours. Cataracts are extremely common, and happen with most people as they age. They appear more frequently in smokers and those with diabetes. **(Diabetics should consider supplementing with the GR2 Program Products as these 3 products assist in stabilizing sugar levels, however, please remember that anyone with a medical condition should never stop taking their medication in lieu of supplementation and that it is prudent to watch their diets, exercise and regularly consulting with their medical practitioner).**

Several epidemiological studies indicated that patients with the lowest levels of vitamins C, E and Carotenoids in their blood were more likely to suffer cataract formation. In one study published in 1997, in a large group of nurses ages 56 to 71, those nurses with the highest intake of vitamin C had a 77% lower prevalence of early lens opacities and an 83% lower prevalence of moderate cataracts compared to women who did not use vitamin C supplementation.

A diet rich in antioxidants (Vitamin E and Vitamin C especially) may help prevent or delay the formation of cataracts, as oxidative damage appears to be a cause of their development. **(Use GNLD's antioxidants E, C and Carotenoid Complex).**

Glaucoma is the name for a group of diseases that can lead to optic nerve damage, ultimately resulting in blindness if not treated. More than three million Americans suffer from glaucoma. Often, glaucoma has progressed dramatically before it is noticed. The best way to detect early glaucoma symptoms is through regular eye exams and a test to determine how much pressure is being exerted on the eye.

The first noticeable symptom of glaucoma is usually "tunnel vision" – a lack of vision of items that are not directly in front of the eyes. While not curable, glaucoma can be treated via daily medication which helps lower pressure in the eye, laser surgery to drain built-up fluid, or conventional surgery creating a new opening from which fluid can drain. Several nutrients have been shown to be of value in glaucoma, including magnesium, alpha lipoic acid, vitamins C and B12.

Nutrient Facts and Recommendations:

Since oxidative damage of the eye can cause macular degeneration and/or cataracts, taking **antioxidants** may lower the occurrence of these diseases. People with high levels of **Vitamin C, Vitamin E, and Selenium** appear to have a 70% lower risk of developing macular degeneration. **(Consider taking GNLD's Betaguard which contains all the antioxidants such as Beta Carotene, VC, B vitamins, VE, Zinc, Selenium, and Chromium)**

Vitamin C is the most commonly found antioxidant in the eyes. Since levels of Vitamin C appear to decrease with age, supplements are recommended, and appear to decrease the likelihood of developing cataracts. It also reduces elevated pressure in the eye. It must be taken in large doses – often up to 20 grams daily – and is not a cure for glaucoma.

(GNLD's Vitamin C Sustained Release)

Lutein, an antioxidant found in spinach and kale, works extremely well in protecting the retina against sunlight damage. Supplementation with 6 mg of Lutein daily may decrease the occurrence of macular degeneration by more than 50%.

(Found in GNLD's Carotenoid Complex)

Zinc is needed by the retina to create enzymes needed for vision. 80 mg of Zinc daily may decrease vision loss rate in patients with macular degeneration. **(GNLD's Chelated Zinc)**

Bilberry, which is similar to blueberries, is high in anthocyanosides, which protect the eye's lens from oxidative damage. It also helps the eyes to better adapt to both bright and low lighting. Bilberry contains compounds which act as antioxidants in the retina, making it a possible preventive measure for macular degeneration. It also strengthens capillaries in the retina and reduces haemorrhaging. **(Found in GNLD's Flavonoid Complex)**

A **B-Complex vitamin** also appears effective in protecting the eyes. Vitamin B2 deficiency has been linked to the development of cataracts. It has been found that when Vitamins B2 and B3 are taken daily, the incidence of cataracts decreases. **(GNLD's Vitamin B Complex Sustained Release)**

Quercetin helps to block the accumulation of sorbitol in the eye, and is especially helpful in the prevention of cataracts in patients with diabetes.

Vitamin A, a major source of Beta-carotene, has also been shown to reduce the risk of cataracts. Lutein, a similar nutrient, acts in the same manner. **(GNLD's Vitamin A, Vitamin A+D, or Carotenoid Complex)**

Alpha lipoic acid, taken in a dose of 150 mg daily for 30 days, has been shown to improve vision in patients with glaucoma. **(In the GNLD Nutrishake).**

Proverbs for the Month!

The man who has confidence in himself gains the confidence of others... Hasidic saying

The gem cannot be polished without friction, nor man perfected without trials... Chinese Proverb

He that is afraid to shake the dice will never throw a six... Chinese Proverb

Fear to let fall a drop and you spill a lot... Malay proverb

Dream Big... Get it into Focus

1931 was an outrageous time to dream big. The Great Depression was in full swing and businesses everywhere were collapsing daily. But that was when Conrad Hilton, the legendary hotelier, came across a photograph of the Waldorf Hotel which he nicknamed, "The greatest of them all". He already owned several hotels, but was struggling to survive; his creditors were threatening to foreclose, his laundry was in hock, and he even had to borrow money from a bellboy to buy lunch.

But after he saw the photograph of the Waldorf with its six kitchens, 200 cooks, 500 waiters, 2000 rooms and its private hospital, he dreamed of nothing else.

He slipped the photograph under the glass top on his desk and focused on it every day... Each time he moved to a larger office, he took the photograph. Eighteen years later, in October 1949, Conrad Hilton bought the Waldorf!

Yonghi Cho talked about dreams and visions as "the language of the Holy Spirit." When He fills our lives the dreams come.

DREAM BIG – AND WRITE THEM DOWN! GET FOCUSED!

Here's some useful advice. DREAM BIG but be willing to start small... "How do you write a book?" was a question addressed to John Maxwell. He answered, "One word at a time."

A Controlled Carbohydrate Diet May Reduce Your Risk of Diabetes, Heart Disease and Cancer

(GNLD's GR2 Weight Loss program supports this information and is perfect for losing weight)

According to the CDC: "Extra carbohydrate equal extra Kilo's."

- ➡ Another study shows moderate fat is the way to go.
- ➡ Evidence suggests that higher intake of fibre = lower heart disease risk

A Study released by the Centres for Disease Control and Prevention (CDC) has suggested that Americans in general, and especially women, are getting fatter. The study suggests that when comparing the daily caloric intake of men and women between the years 1971 and 2000, the average daily intake increased by 168 calories in men and a whopping 335 calories in women. The biggest culprit: Carbohydrates.

This increase correlates with a rise in the incidence of obesity. Among US adults, obesity rates jumped from 14.5 % in 1971 to 30.9 % in 2000. The survey suggested that it was carbohydrate-rich, nutrition-poor foods, such as cookies, bagels, chips and soda, that accounted for the "bulk" (pun intended) of the weight gain. And if you stop and think about it, super-sizing orders of drinks and fries may account for a lot of this.

If we do the math, it sheds some interesting light on the problem. In order to gain weight, you must ingest approximately 3,500 calories more than you expend. So for men, the extra 168 calories per day would result in a 1 lb weight increase every 20 days. In women, the 335 extra calories would cause a 1 lb weight increase every 10 or 11 days. This presupposes that you overindulge in calories every day, which may not be true. But if you are a woman and do this every 3 days, that's one pound per month, and 12 lbs per year.

Additionally, there are the adverse health effects of having an elevated insulin level, which is what occurs when you ingest high carbohydrate or sugary foods. Elevated insulin levels have been implicated in causing such conditions as high cholesterol, heart disease, diabetes, and stroke.

EVERYONE needs to watch their carbohydrate intake. Even if you have been thin all your life, and you notice that over the last few years that you have gained some weight, you need to watch your carbohydrate. If you don't, you will continue to gain weight over time, just as reliably as the sun rises every morning. Your body's metabolism decreases with age, and if you aren't careful, you can gain significant weight without realizing it and without much of a change in your diet.

Another exciting bit of news is found in an article published in the February 23rd edition of the Archives of Internal Medicine. This study was "meta-analysis," which is a review of good quality studies that all have the same purpose. The study's authors looked at a total of 10 studies performed in the United States and Europe. The studies focused on the types of foods people ate, and concentrated on the amount of fibre that they consumed.

What they found was extremely important. Their study revealed that for every 10 grams of fibre consumed per day, the risk of heart disease was reduced by 14%. Furthermore, this same 10 grams of fibre also resulted in a 27% decrease in the risk of dying from heart disease.

In another study, published in the prestigious journal Lancet, the participants with the highest intake of fibre had a 27% reduction in the risk of developing colon/rectal adenomas, which are benign tumours that can frequently lead to cancer.

By becoming less reliant on the empty calories of refined, processed carbohydrates, we can help reverse the disturbing trend in higher rates of obesity, and possibly even heart disease.

The above Article just verifies that GNLD are spot on with the GR2 Weight Loss Program...If you are overweight, obese or simply want to maintain a healthy weight then get with the GNLD GR2 Program and feel the difference!

Don't feel hungry, No Cravings,

Astounding News about Vitamin D & Calcium

The information below will blow your socks off! The *Journal of the American Geriatrics Society*, researchers from Switzerland conducted a placebo-

controlled trial with the use of vitamin D. It is common knowledge that vitamin D clearly reduces the risk of fractures when taken with calcium. What you might not have known is that vitamin D is actually involved in strength and balance. In this study, 378 elderly individuals were studied for approximately thirty-six weeks. Half of the participants received a form of vitamin D, while the other half was given placebos. At the end of the study, researchers noted that those individuals who took vitamin D and consumed more than 512 mg of calcium per day reduced their risk of falling by 55%, compared to those people who did not take supplemental vitamin D. One of the things that vitamin D does is lower a hormone in the body called parathyroid hormone (PTH). In this particular study, those individuals who took vitamin D supplements reduced their PTH levels by approximately 38%. People who have higher levels of PTH tend to lose calcium out of their bones, putting them at greater risk of fracture. In addition, high levels of PTH appear to be associated with an overall decrease in muscle strength, and therefore, a greater risk of falling.

A search of the medical literature found multiple articles confirming that low levels of vitamin D in the blood, along with high levels of PTH, have been clearly associated with an increase in body sway (unsteadiness) and generalized weakness. The term used in one study was "sarcopenia," which means an overall loss of muscle mass and strength with aging.

This is exciting new knowledge. Begin recommending supplemental vitamin D and calcium to all of your older customers. **The best form of calcium is GNLD's Calmag (calcium glycinate and magnesium glycinate).** Calcium carbonate, a form commonly found in many supplements, is an extremely inexpensive and inferior form of calcium made from rock and used to make concrete. This form has variable degrees of absorption that can be poor, depending on the pH of the stomach. Calcium glycinate, however, has uniformly excellent absorption rates and provides superior results. Consequently, it is more expensive..

Magnesium is critically important for healthy bones, strong muscles, and proper brain and heart function. A 1997 study published in the prestigious *New England Journal of Medicine* reported that those individuals who took exactly 700 units of vitamin D and 500 mg of calcium glycinate daily reduced their fracture rate by greater than 50%, compared to a placebo group.



COMPETITION FOR THE MONTH

500 Clubs and The Path to Director Club

1. **500 Club Certificates** will be handed to everyone who achieves 500 QPV in a GNLD Month ... this Certificate will facilitate 12 months of 500 QPV which can be done in any month ... Recognition at Team Rallies.. And who knows?
2. **Path to Director Certificates** will also be given to All who are Qualified Senior Managers who are striving for Director... Recognition at Team Rallies.

"If you think you can or if you think you can't you're right!" ...John Paul Getty.

Make March a Magnificent Month!

Make every moment count and "March" /Strive for great results! Contact all your customers and get their orders upgraded... And Recruit! Remember..."IF IT IS TO BE IT IS UP TO ME!"

HAVE A GREAT MONTH! May the Friendly Force be with you, always!... Lyn Banks.

Get to know your Marketing Plan (As at February 2011) Spot the Great News!!!!

- 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 Directors.
- 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.

The GNLD Marketing Plan

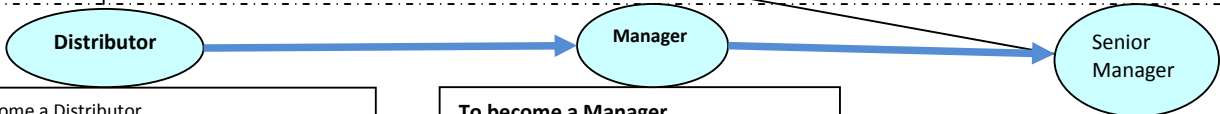
SD & Up... Qualifications + Bonuses
Achieve 3 Months x Qualification in a six month period and maintain Status by qualifying 3 x in a current year.

Total Gr. Status	Leg/Group PV	LDBon.	NWBon.
Dir.	4000 GPV	5/2/1%	
SD	1/10000 GPV	6/2/1%	
1RD	3/20000 GPV	6/3/2%	
2RD	4/30000 GPV	6/4/3%	
3RD	5/50000 GPV	6/4/4%	
International Presidents Team			
4RD	6/100000 GPV	6/4/4%	.05%
5RD	8/150000 GPV	6/4/4%	1%
1DD	10/200000 GPV	6/4/4%	2%
2DD	12/250000 GPV	6/4/4%	3%
3DD	14/300000 GPV	6/4/4%	3%
4DD	16/400000 GPV	6/4/4%	3%
5DD	18/500000 GPV	6/4/4%	3%

Sales Volume Bonus (SVB)	
4000	25%
3000	20%
2000	15%
1000	10%
500	5%
250	3%

To Become an Emerald Director
Achieve 3 Consecutive Months of 4000 QPV
Maintain Emerald Director Status by Qualifying once in a current 3 month period

To Become a Director
Do 10 000 QPV within a 6 month period with the last month being a +4000 QPV month.
NB... Once a Director, always a Director!



Points to Remember....

- You must always do 100 Personal PV to achieve your next step and in order to earn your Bonuses...
- A Single order of 250 Personal PV (PPV) will earn you the status of Manager + a bonus of 3%.
- A Single order of 500 PPV will earn you the status of Senior Manager + a bonus of 5%.
- You can jump from Distributor to Senior Manager by doing a single order of 500 Personal PV.
- You could become a Director within 2 months of joining the business – Senior Manager followed by a month of 9000 PV.

To Become a Distributor
Application Form + R450
This includes a Literature kit Plus 2x TRENN 60's
1 Years Membership + Distributor Pin and most importantly your GNLD Buying/ ID Number for dealing directly with GNLD. Also PIN 4 Website!
Thus you can see you team results @ any time!

To become a Manager
1 Month of 500 Team PV (GPV)
Fast Start!
1 single order of 250PPV or 1 x Month 250 Personal (PPV) Accumulated throughout the month! This includes the KIT PV OF 34PV.

To become a Senior Manager
1 Month of 1000 Team PV (GPV)
Fast Start!
1 single order of 500PPV or 1 x Month 500 Personal (PPV) Accumulated throughout the month! This includes the KIT PV OF 34PV.

[Type a quote from the document or the summary of an interesting point. You can position the text box anywhere in the document. Use the Text Box Tools tab to change the formatting of the pull quote text box.]

Fast Start Incentive Program

GNLD is excited to announce an adjustment in the Fast Start to Manager and Senior Manager Incentive Program, effective February 2011.

This Incentive is an alternative option to the normal Marketing Plan for Distributors stepping up to Manager or Senior Manager.

Fast Start to Manager

Step up to Manager by doing 250 Personal PV in any single month. This PV can be accumulated from multiple Orders or from a single order within a month.

Fast Start to Senior Manager

Step up to Senior Manager by doing 500 Personal PV in any single month. This PV can be accumulated from multiple orders or from a single order within a month.



Friendly 2011 Awards

Please note that this incentive is under review... In the meantime Distributors through to Senior Manager will be recognized on a monthly basis...

DIRECTORS - 2011 QUALIFYING PV					
POS	DISTRIBUTORSHIP	TITLE	JAN	FEB	TOTAL SO FAR
1	Jeanette Baigent	SD	14,160	13841	28,001
2	Lyn & Roy Banks	2RD	13,534	8799	22,333
3	Erwin & Gilda Dedekind	ED	7,502	5709	13,211
4	Shirley & Richard Aarons	ED	4,038	4045	8,083
5	Blanche & John Stephenson	DIR	4,245	3197	7,442
6	Hilary & John Estherhuizen	DIR	1,639	4066	5,705
7	Muhsin Peterson	DIR	4,000	1000	5,000
8	Michael & Margaret Bailey mcewan	DIR	4,547	67	4,614
9	Judy Dosramos	DIR	1,217	2729	3,946
10	Carol & Wayne Walker	DIR	1,430	2071	3,501
11	Merle & Craig Du Plooy	DIR	1,739	1087	2,826
12	Jenny & Malcolm Mcconnachie	DIR	1,845	252	2,097
13	Chrissie & Danie Dorfling	DIR	1,006	611	1,617
14	Susi Muller	DIR	1,017	591	1,608
15	Iris & Frank Malherbe	DIR	516	1033	1,549
16	Rosemary & Rowan Algie	DIR	690	488	1,178
17	Madeline & Ron Gordon	DIR	466	603	1,069
18	Wallied & Farieda Flashman	DIR	130	100	230

- This competition is for all Directors as at the beginning of January 2011 ...The Top 10's in the following three categories... with the following obvious condition...
 1. Team Recruiting
 2. Qualifying (Team) PV. Must do 100 Personal P.PV to pick up Team PV.
- NB...The Top Ten on Team Recruiting - A Director & their Downline will be considered a Team. This will be self monitored and reported and checked by Lyn Banks... so phone in after month

end clarifying your total Team Recruits.

- Recognition will be reported on in the Friendly Newsletter every month which will include monthly results and year to date Results.
- The Awards Rally will take place in January 2012 AT A GNLD EVENT!
- **The top 10's** for 2011 will receive **Certificates** and an invite to a **'Top Ten Gala Event'**.

2011 DIRECTOR TEAM SPONSORING					
POS	DISTRIBUTORSHIP	TITLE	JAN	FEB	TOTAL
1	Erwin & Gilda Dedekind	ED	9	2	11
2	Jeanette Baigent	SD	5	4	9
3	Banks Personal Team	1RD	4	2	6
4	Wayne & Carol Walker	DIR		4	4
5	Shirley & Richard Aarons	ED	2		2
6	Muhsin Peterson	DIR	1		1
7	Susi Muller	DIR	1		1
8	Merle & Craig Du Plooy	DIR	1		1

Recruiting / Sponsoring People into the business is the most important aspect of building your GNLD Multi-Level Networking business! Once you have a new Distributor /Downline; Assist them in achieving their goals by helping them to recruit their family and friends into their business either to use the products and get them at cost or to take full advantage of the this lucrative Business Opportunity!

FEB 2011 FRIENDLY RECOGNITION

Pos	NAME	PPV	QPV	REC	OTHER
1	DANIELLE HOLCROFT	1002	2519	QSM	
2	ORABASILI, GREG OKWUCHU	698	1757	QSM	
3	TALBOT, PAMELA & FREDER	100	1518	QSM	
4	FERNANDES, ILDA	315	1418	QSM	
5	MEEK, DIANNE	103	1337	QSM	
6	OOSTHUIZEN, RENETA & GI	132	1193	QSM	
7	TREAGUS, ANNETTE	505	1126	QSM	
18	BERTRAM, GILLIN & THOMA	140	1110	QSM	
9	LOW AH KEE, DEBBIE	1106	1106	QSM	NEW QSM
10	DACOSTA, OLIVIA	673	1103	QSM	
11	VANLEUSDEN, ANNELIES &	1061	1061	QSM	
12	MURUGAN, TARYN & KARUN	225	1006	QSM	
13	WETSELAAR, JEAN	330	1002	QSM	
14	FREEMANTLE, JACOB & DEL	105	1000	SM	
15	SILWANA, CYNTHIA THANDI	102	856	M	
16	DEBEER, ALTHEA & JANNIE	285	832	SM	
17	TINDLENI, AUNTLATE	253	754	M	
18	KHAN, KATIJAH & ABDUL	103	713	SM	
19	MGBEAHURU, CHARLES	503	708	QSM	NEW QSM
20	STIEVENART, CHERITH & M	370	696	QSM	
21	BAILEY, RICHARD & KC BA	138	586	QSM	
22	PAWSON, FRANCIS & LEN	294	547	SM	
23	DAWOOD, ROOKSHANA	348	504	SM	
24	BALOYI, PEPE ABAPHIA	501	501	QSM	NEW QSM
25	MAFILIKA, ELTHIA	186	500	SM	

Huge congratulations to Everyone who achieved success in February... It was a very short month, a 'crunchy' month which makes your achievements even more amazing! Activate your March + get started early, right away and don't leave things till the end when its too late! Remember! A step in time saves nine... The early Bird catches the worm! A few results every day will result in humongous results at the end of the month/year! The Friendly Force Group urgently needs more Qualified Directors! Are you one of them???? Make up your mind to be a Director and see the difference it makes in your life!!! ATTEND THE CONVENTION!!!

Congratulations on Sponsoring	
Total Signings –February 2011 = 12	
Congratulations to our 3/30's	
Wayne & Carol Walker	3
Charles Mgbeahuru	3
Taryn & Karun Murugan	1
Maya & Rishay Kaloo	1
Lizzie Mulaudzi	1
Mavis Serasengwe	1
Rosa & Simao Zongo	1
Antonio Julio & Elizabeth Hespanhol	
Congratulations to our Brand New Senior Managers - WOW!	
LOW AH KEE, DEBBIE	
MGBEAHURU, CHARLES	
BALOYI, PEPE ABAPHIA	

Life has 2 Rules... 1. Never Quit and 2. Always remember rule No. 1 Duke Ellington

Impending Events - February 2011

Date	Time	Event	Location	Speaker	Contact
March 5 SATURDAY	2-4pm	Friendly Team Rally @ GNLD Head Office	GNLD Head Office, 2 Ayeshire Boulevard, Longmeadow Business Estates, Edenvale. Opposite Greenstone Shopping Ctr. Entr. to Longmeadow Business Estate is from Modderfontein Rd.	Jen, Erwin + Gilda and Lyn.	Lyn Banks 0861-FRIEND Cash 'Roll Over' Draw on R2500 !!! You have to be there to win!

Exciting, Informative **Training Every Wednesday at GNLD Head Office 10am** for Tea and Training 10:30am till 12am...Our Training is growing! Our average number of Distributors attending is at 25.

March 31	Thu	Month End!!!	Remember! It's not over till it's over!!! And...Action Takers are success Creators!		
April 2 nd SATURDAY	2-4pm	Friendly Team Rally @ GNLD Head Office	GNLD Head Office, Longmeadow Business Estates, Edenvale.	Dr. Barry Bland, Jen, Erwin + Gilda and Lyn.	Lyn Banks 0861-FRIEND Cash 'Roll Over' Draw!!! You have to be there to win!

Convention Time!

March 12	1:00 PM	GNLD Convention - Code 634	Emperor's Palace Convention Centre 64 Jones Road Kempton Park, Gauteng, S. Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015
March 13	1:00 PM	GNLD Convention - Code 648	ICC 45 Ordnance Road Durban, S. Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015
March 14	1:00 PM	Distributor Rally - Code 215	Crystal Towers Hotel, Cnr Lotter & Century Boulevard Century City, Cape Town, South Africa	Roget Uys, Dr Fred Hooper	Muret van Rensburg 011 4093015

With President & CEO, Roget Uys and SAB Member, Dr Fred Hooper

Convention Booking

Spread the news! All GNLD Distributors are invited to experience the excitement of **Convention 2011**, taking place in two major South African cities in March. Book now (complete the Convention Booking Form) to secure your place **AND** also take advantage of the special lower Pre-booking price. Pre-booking is strongly advised as seating is limited. Remember this is a Distributor-only event, please do not invite guests.

Cocktail Party ...Convention will be rounded off with a glittering Cocktail Party where invited guests will have the opportunity to mingle with the cream of the GNLD World. All World Team Members (Sapphire Directors & Up) who would like to attend can do so by paying R100 per person and filling in the attached booking form. If you already qualify for the discount and would like to attend, simply complete the booking form to secure your place. Should you qualify after paying, you will receive a full refund.

Cocktail Party Discount

Who's Invited	How to qualify for a 100% discount
World Team Members Congratulations to Jeanette Baigent who has qualified to attend.	Qualify at title1 in 3 months in the period from December 2010 to February 2011.
Top 10 Achievers	Qualify in the 2010 Top 10 for: Founder's Award, President's Team Award, Personal Sponsoring, Team Sponsoring and Rookie Award.
A special invitation: Qualifying Emerald Directors Congratulations to Erwin & Gilda Dedekind and Shirley & Richard Aarons Who have qualified to attend!	Qualify consistently in both January and February 2011.