

TIME for Luxurious Living Ring in 2006 in STYLE

For those who "have to have" the ultimate in status symbols – the Rolex watch, Swarovski cufflinks, Tiffany ring, Faberge Egg or Porsche Turbo - why not have a Vertu or Aloisson mobile phone? Brad Pitt, Gweneth Paltrow, Madonna and David Beckham all have a Vertu, the newest line of mobile phones from Nokia.

Assembled by hand, the Vertu features more than 400 mechanical parts and 18 jewelled bearings. The blue sapphire faceplate is a scratch-resistant crystal, second only to diamonds in hardness. The collection ranges from leather to platinum, 18 carat white gold, 18 carat yellow gold and stainless steel. The colors range from black, brown, white and tan to Ascent Pink, Ferrari Red, Bugatti Blue and Lamborghini Yellow. All colors come with matching key backlighting. Future collections will offer custom colors.



To ensure clients experience a unique class of service, they receive 1 year exclusive membership to Vertu Global Concierge, simply by pressing a dedicated key. The concierge service is available within the USA, Europe, Asia and certain Canadian cities.



If a \$5,000 to \$84,000 Vertu still doesn't shine enough for your style, you out the newest creation by Austrian Peter Aloisson. Featuring solid gold parts and an exterior covered with 2,590 natural Blue diamonds, the Aloisson is estimated to cost \$1Million.

Both phones are the ultimate sign of luxury and status. What a way to ring in 2006!

TIME to LEARN

By performing "a lot of legwork that would otherwise be both disruptive and time consuming" and the fact that "Cynthia used her own initiative to improve on our concept.....my first impression (with Time Is Money Executive Concierge) was very favourable, fast & efficient."

Bob Outhwaite, Peak Energy Services

As our company name implies, we believe time is a precious commodity. We cater to traveling professionals and executives, over-scheduled families, corporations and small business owners.

Whether it is daily chores and errands, organizing a function/evening/weekend or vacation away or shopping for any type of gift - we are here to help YOU make time for the things that matter.

Not sure where to start? Just ask us. Some of our recent services include:

- Organizing & serving at a private dinner party for 50.
- Scheduling a customized 10 day vacation on the Colorado River and the Grand Canyon area.
- Shopping for hard to find electronics, including Xbox & Ipod Nanos.
- Assisting in setting up new day home and preparing client & business proposals.
- Arranging the delivery of overseas gift within 12 hours.

Time to Ponder

- 1/3 of Canadians spend 3-10 hours a week struggling to keep their eyes open during work hours. That is between, 8 to 25% of their entire work week.

(Carly Weeks – Falling Asleep at Work)



Picture by Cynthia Pickering

**TIME Off in 2006
Top Travel Destinations in the World**

- | | |
|-------------------------|----------------------|
| 1• Sydney, Australia | 6• New York, USA |
| 2• Bangkok, Thailand | 7• Istanbul, Turkey |
| 3• Rome, Italy | 8• Cape Town, Africa |
| 4• Florence, Italy | 9• Oaxaca, Mexico |
| 5• Chiang Mai, Thailand | 10• San Francisco |

What's Your Time Worth?

Ever wondered how much you really pay for everyday services or what others around you are paid for their hard work? We took a cross - section of Calgary professionals:

	PER HOUR
Piano Lessons	\$36 - \$55
Psychologist	\$75 - \$300
Mover	\$75 - \$120
Personal Trainer	\$55 - \$150
Professional Soloist	\$100 - \$200
Pet Walker	\$15 - \$25
Web Design	\$30 - \$100
Wedding Planner	\$65 - \$150
Car Servicing	\$60 - \$100
Executive Coaching	\$100 - \$300
Dental Hygienist	\$45 - \$70
Botox	\$100-300/5min
Lawyer	\$100 - \$500
Paris Hilton Appearance	\$200,000/ 20 min

	PER HOUR
Massage	\$55 - \$110
Tutoring	\$12 - \$60
Golf Lessons	\$100 - \$140



TIME for Health

Each day you and I start with a clean slate. It does not matter where we live in our amazing world, or what you do for a living- we all have 86,400 seconds each day to live, experience and celebrate!

Try to do **ONE Step** everyday that will move you towards your healthy living goal. Here are some simple examples:

Nutrition and Menu Planning - Time Saving Tips:

On a Sunday, go to the grocery store, buy your 7 pieces of fresh fruits and enough vegetables for the week.

ONE Step: Clean and cut your fresh vegetables into bite size portions and place them in airtight containers with paper towels on the top and bottom. The paper towel absorbs the extra

moisture and helps your greens and veggies to last much longer. Then during the week, you just have to grab what you want, toss them in the salad, stir-fry, casserole, soup, etc! This tip helps you save prep time in the kitchen and will enable you to reach your healthy living goals in 2006!

- Laura Simonson, Lifestyle Coach, & Speaker will be contributing periodically to our newsletter. Please contact her at info@liveit.ca

Don't forget about Valentine's Day! Ensure your sweetheart gets the perfect gift. Call us for your shopping & delivery needs!

This is a general Quarterly publication for friends and associates of Time Is Money Executive Concierge Inc. If others would like to sign -up for this newsletter, please have them do so at www.timeismoney.ca

All Time Is Money Executive Concierge Exclusive Members receive a bi-monthly newsletter that includes specials, in-depth seasonal travel profiles (including Best Resorts for Families, Top Tropical Destinations and Staff Favourite Global Cities), etiquette, business trends, detailed health tips and wellness information.

We value your policy. We use our email list strictly for the purposes of this newsletter and will not replicate, distribute or sell any email addresses. If you would like to be removed from this newsletter, please email newsletter@timeismoney.ca.

Reading TIME

We are featured in the following magazines:

- Alberta Venture (Dec 05)
- Avenue (Jan 06)
- Calgary Living (Jan 06)
- Calgary Inc. (Jan 06)