

From: Glenn Simon Inc. <newsletter@glennsimoninc.com >
Subject: **Being _____ Takes A Little Time.**
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Alberta Oil Sands Investment Real Estate News®

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Dear Friends and Partners,

Just before I sat down to write to you I opened Philip McKernan's email and watched him share his thoughts about time in his attached video. Philip was saying that we are all too rushed and often don't take the time to slow down and enjoy what is happening; we stay in jobs we don't like, relationships we don't appreciate and places we abhor.

All because we're too busy to change?

Things don't change - we change. Philip's musings go back to the old adages of 'stop and smell the roses' or 'haste makes waste', both true. I think some activities require **quantity** of time whereas others require **quality** of time.

An example of *quantity* of time might be seen as hanging out with your kids and goofing around and *quality* of time might be seen as focusing on a precision task that requires your attention at work. Occasionally in life there are things that require our urgency and they battle against the ubiquitous things that merely appear urgent, but are not.

I often pack my days too full, I even like to organize me 'free time' to maximize it... But one of the greatest pleasures that we can all practice right now is to be in the moment and to be mindful of that moment, as it is the only one we have.

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North West Edmonton: Cashflowing Legal Duplex in Kensington

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Bustling Market Delivers New Home For FedEx

By Bill Mah, Edmonton Journal. September 15th, 2010

EDMONTON – Federal Express Canada president David Binks doesn't need statistics on jobs, housing or retail sales to tell him Edmonton's economy is taking off -- he looks at the growing number of parcels his local couriers are delivering.

"We've had to upgrade our facilities and we've upgraded our airlift coming into Edmonton a number of times over the past few years." The global logistics and transportation company introduced a direct flight from the United States to serve the Edmonton market specifically two years ago. **GRAB THIS STORY**

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Christina Lake Offers Look At Oilsands Future Environment, Economy Eyed by Cenovus

By Shaun Polczer, Calgary Herald. September, 25th 2010

When Duane Coleman, the chief administrative officer of Lac La Biche County, hears the words "dirty oil," he cringes.

That's because his small chunk of northeastern Alberta is the staging ground for the next round of in situ thermal oilsands development -- which some have dubbed 'Oilsands 2.0' -- in which companies such as Cenovus Energy are planning to more than quadruple oil production from projects such as Christina Lake within the next decade. **READ MORE HERE**

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Komatsu Opens Depot In Edmonton

Facility a Partnership Between Japanese Heavy Equipment Maker, SMS Manufacturer

By David Finlayson, Edmonton Journal. September 30th, 2010

EDMONTON — Along one wall of the cavernous building are a pair of axle housings for a giant oilsands haul truck that weigh 7,700 kilograms apiece. A few yards away, boxes of small bolts wait to be sent out to a customer.

Both are critical to the operation of Komatsu's line of heavy equipment, and both are closer to customers with the opening of its 75,000-square-foot west Edmonton parts depot. [FOLLOW THIS ARTICLE](#)

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I appreciate all your calls and emails. I'm looking forward to helping you with your next step towards building real wealth.

Your success continues TODAY, let me help you build upon it.

"Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back." -Harvey MacKay

Kind Regards,

Todd and Danielle Millar

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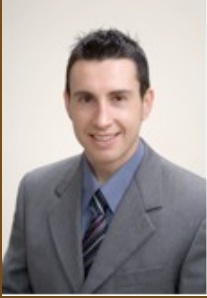
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