



Wolf Rinke Associates, Inc.

## READ AND GROW RICH

The eNewsletter for Savvy Nutrition Professionals

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<http://www.easyCPEcredits.com>

### SPECIAL HOLIDAY ISSUE

Feel free to forward this eNewsletter to other Nutrition Professionals.

To get your own FREE subscription go to the end of this eNL.

1. NEW CPE--HOT OFF THE PRESS
2. HOW TO SAVE UP TO 16% ON CPEs
3. AN INSPIRATIONAL STORY TO REKINDLE YOUR HOLIDAY SPIRIT
4. AN INEXPENSIVE ONE-OF-A-KIND HOLIDAY GIFT
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*I would like to wish you and your loved ones a happy, healthy and prosperous Holiday Season.*

#### PERSONAL INTERVIEW WITH DR. BEN CARSON

For my popular book *Make It a Winning Life* I had the privilege to interview Dr. Carson. So if you want to get an insight into his thinking before he became really famous, read Chapter 6 of my book. BTW: The book, and the perpetual desk calendar (\$12.95 value) which you can get absolutely **FREE** with this special offer, will make wonderful holiday presents for someone who wants to succeed faster. Just [click here](#) and get some of your holiday shopping done early.

*DISCLAIMER: This is not an endorsement of Dr. Ben Carson. You can learn about Dr. Carson and five other very successful individuals, and what each of them did to overcome massive obstacles in my *Make It a Winning Life* book.*

#### A HOLIDAY POEM

##### *A Christmas Kiss*

*Rejoice that we are all together*

*For a day like this.*

*Two things keep us happy, warm*

*A Christmas hug from you my dear*

*And in return a Christmas Kiss.*

*Merry Christmas from the heart,*

*To ones I hope will never part*

Source:

[http://www.theholidayspot.com/christmas/poems/poetry\\_page\\_1.htm#HCy7JWADyF83vCBI.99](http://www.theholidayspot.com/christmas/poems/poetry_page_1.htm#HCy7JWADyF83vCBI.99)

## 1. NEW CPE--HOT OFF THE PRESS

***Putting Your Patients on the Pump: Initiation and Maintenance Guidelines***, Karen M.

Bolderman, RD, LDN, CDE, C268, 16 CPEUs, \$139.95.

(Book, 256 pgs and study guide, 26 pgs.) Filled with checklists and step-by-step instructions this CPE program is the ideal resource for health care professionals with expertise in diabetes care who wish to successfully start and maintain diabetes patients on insulin pump therapy. You will discover how to:

- Formulate an individualized pump therapy initiation plan;
- Identify blood glucose patterns and trends that require basal rate adjustments;
- Determine a decreased temporary basal rate to manage and prevent recurrent hypoglycemia;
- Integrate the use of extended and combination prandial bolus features into patients' regimen;
- Recommend pump therapy guidelines and adjustments for each patient's particular needs.

For more information and customer comments [click here](#).

**Approved/Accepted by CDR, CBDM, NCBDE**

For RDNs/RDs & NDTRs/DTRs:

Suggested Learning Need Codes for the Prof. Dev. Portfolio: 5000, 5190, 5450, 6000

Suggested Performance Indicators for the Prof. Dev. Portfolio: 5.2.5, 8.1.5, 8.3.6, 10.2.9

## 2. COUPON+SALE+FREE SHIPPING=TRIPLE SAVINGS

To get triple savings on all of our easy to use, high quality CPE programs go to [www.easyCPEcredits.com](http://www.easyCPEcredits.com). See coupons below, and programs on sale in our [bargain corner](#).

**Remember-Free Shipping on orders over \$200** (usually just 2 courses).

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<http://www.wolfrinke.com/CEFILES/ecourses.htm> or by [clicking here](#).

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Hurry coupon expires 12/15/2015.

Also coupons applicable to **ONLINE ORDERS ONLY!!**

## 3. AN INSPIRATIONAL STORY TO REKINDLE YOUR HOLIDAY SPIRIT

### ***A Dozen Christmas Roses***

Author Unknown

Six year old Bobby was getting cold sitting out in his back yard in the snow. Bobby didn't wear boots; he didn't own any and he didn't like them anyway. The thin sneakers he wore had a few holes in them and they did a poor job of keeping out the cold. Bobby had been in his backyard for about an hour already. And, try as he might, he could not come up with an idea for his mother's Christmas gift. He shook his head as he thought, "This is useless, even if I do come up with an idea, I don't have any money to spend."

Ever since his father had passed away three years ago, the family of five had struggled. It wasn't because his mother didn't care, or try, there just never seemed to be enough. She worked nights at the hospital, but the small wage that she was earning could only be stretched so far. What the family lacked in money and material things, they more than made up for in love and family unity. Bobby had

two older sisters and one younger sister, who ran the household in their mother's absence. All three of his sisters had already made beautiful gifts for their mother.

Somehow it just wasn't fair. Here it was Christmas Eve, and he had nothing. Wiping a tear from his eye, Bobby kicked the snow and started to walk down to the street where the stores were. It wasn't easy being six without a father, especially when he needed a man to talk to.

Bobby walked from shop to shop, looking into each decorated window. Everything seemed so beautiful and so out of reach. It was starting to get dark and Bobby reluctantly turned to walk home when suddenly his eyes caught the glimmer of the setting sun's rays reflecting off something along the curb. He reached down and discovered a shiny dime. Never before has anyone felt as wealthy as Bobby felt at that moment.

As he held his new found treasure, warmth spread throughout his entire body and he walked into the first store he saw. His excitement quickly turned cold when the salesperson told him that he couldn't buy anything with only a dime.

He saw a flower shop and went inside to wait in line. When the shop owner asked if he could help him, Bobby presented the dime and asked if he could buy one flower for his mother's Christmas gift.

The shop owner looked at Bobby and his ten cents. Then he put his hand on Bobby's shoulder and said, "You just wait here and I'll see what I can do for you."

As Bobby waited he looked at the beautiful flowers and even though he was a boy, he could see why girls liked flowers.

The sound of the door closing as the last customer left jolted Bobby back to reality. All alone in the shop, Bobby began to feel alone and afraid. Suddenly the shop owner came out and moved to the counter. There, before Bobby's eyes, lay twelve long stem, red roses, with leaves of green and tiny white flowers all tied together with a big silver bow. Bobby's heart sank as the owner picked them up and placed them gently into a long white box.

"That will be ten cents young man," the shop owner said reaching out his hand for the dime. Slowly, Bobby moved his hand to give the man his dime. Could this be true? No one else would give him a thing for his dime!

Sensing the boy's reluctance, the shop owner added, "I just happened to have some roses on sale for ten cents a dozen. Would you like them?"

This time Bobby did not hesitate, and when the man placed the long box into his hands, he knew it was true. Walking out the door that the owner was holding for Bobby, he heard the shop keeper say, "Merry Christmas, son." As he closed the door the shop keeper's wife asked "Who were you talking to and where are the roses you were fixing?"

Staring out the window, and blinking the tears from his own eyes, the shop keeper replied, "A strange thing happened to me this morning. While I was setting up things to open the shop, I thought I heard a voice telling me to set aside a dozen of my best roses for a special gift. I wasn't sure at the time whether I had lost my mind or what, but I set them aside anyway. Then just a few minutes ago, a little boy came into the shop and wanted to buy a flower for his mother with one dime.

"When I looked at him, I saw myself, many years ago. I too, was a poor boy with nothing to buy my mother for Christmas. A bearded man, whom I never knew, stopped me on the street and gave me

ten dollars.

"When I saw that little boy tonight, I knew who that voice was, and I put together a dozen of my very best roses." The shop owner and his wife hugged each other tightly, and as they stepped out into the bitter cold air, they somehow didn't feel cold at all.

Source: <http://www.inspire21.com/stories/holidaystories/dozenchristmasroses>

#### 4. SAVE 50%! AN INEXPENSIVE ONE-OF-A-KIND HOLIDAY GIFT

**Tis the season for gift giving,  
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Don't be left out in the cold,  
Order these for young and old!!  
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No questions asked!

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#### 5. HOLIDAY HUMOR BREAK

It was Christmas Eve and, while at the meat counter, a woman was anxiously picking over the last few remaining turkeys in the hope of finding a large one.

In desperation she called over a shop assistant and asked, "Excuse me. Do these turkeys get any bigger?"

"No, ma'am," he replied..."they're all dead."

## 6. ABOUT THE EDITOR



Dr. Wolf J. Rinke, RDN, CSP, is the president of Wolf Rinke Associates--an accredited provider of easy to use CPE home study programs for nutrition professionals since 1990, available at <http://www.easyCPEcredits.com>.

If you have questions, or would like him to address a specific issue or topic in this eNewsletter please e-mail him at [WolfRinke@aol.com](mailto:WolfRinke@aol.com).

## 7. PRIVACY STATEMENT AND SUBSCRIPTION INFORMATION

We will not make your name or e-mail address available to anyone. Period!

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