

Our E-news cost includes setting up the mailing list manager for the e-newsletter template (similar to constant contact except it can automatically archive on your website). The advantage to archiving the newsletters on the website is that it gives you more seo-rich words on the site itself, and that will help with search engine rankings.

If you prefer this could also be used to send a pdf –type newsletter or just regular mass emails without using the e-newsletter template. The mailing list manager throttles the sending of the emails so that you are not in danger of being blacklisted as a spammer, and it does only list one email recipient per email.

I've made some comments in the image below so that you can see what can go into the e-newsletter. So, here is what an e-newsletter from one of the organizations that we take care of looks like: (you can also view it fully here: http://getupgo.info/email/enews.php?enews_id=16&format=short)

unsubscribe option is required

You're receiving this newsletter because you previously subscribed. [Click here](#) to unsubscribe. Having trouble viewing this email? [View it in your browser](#)



e-newsletter

www.getupgo.info *Join Us!*

GET INVOLVED! STAY INFORMED!

Wednesday March 30, 2016

Health Policy Summit on Nov. 6



The 7th Annual Health Policy Summit will be held on Friday, November 6. This yearly event is essential for bringing together the people and institutions working to improve the health of our communities. The theme of this year's Summit is **Embracing a Culture of Health and Wellness**. Civic leaders, employers, faith leaders and professionals from health, medicine, nursing, and education will learn strategies for creating a culture of health and wellness and integrate ideas from previous Summits.

[Read More](#) ↑

Read More goes to a longer article if you'd like

Congrats to Our 2015 Garden Grant Awardees



The vision of Get Up and Go is to transform St. Clair County into the healthiest county in the U.S. by believing that healthy eating and living are both essential in achieving that aim. In 2014, the Board of Directors of Get Up & Go! took a serious step towards promoting the healthy eating "side of the equation" by voting to award \$5,000 in grants to support community gardening.

[Read More](#) ↑

can link to forms on the website

In This Issue

- Health Policy Summit
- 2015 Community Garden
- Biathlon a Success!
- Run Walk Bike Update
- Lower-Fat Turkey Gra

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Get Involved!

Would you like to use your time and talents to help people Get Up & Go? See the many ways you can [get involved](#).

Submit Your Story!

Have a "good news" story about being active and healthy? We want to hear it! [Submit your story](#).

Facebook!



Find us on Facebook

links to social media

Need a Speaker?

Is your organization looking for a health and wellness speaker? [Find Speaker](#)

can link to calendar

Upcoming Events

Monday Feb 29, 2016
4:30pm Board Meeting

The back end of the e-news editor is easy to use and looks like this:

Version 3 PHPList Web page getupgo.info/email/enews.php?enews_id=16&format=webpage

Click Save Changes to save the values to the right

Year: Month: Day:
 Edition:
 Description:
 Show on Listing? (Y/N)
 Locked Enews ?(Y/N)

Pending E-News Articles

To add to this e-news, choose an E-News item from the drop down list and click Add E-News Item
 Submitted News Items:

Banner Column - Two Column News Items

Choose from drop down list

Item Title	Sort Order	Options
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Left Column News Items

Choose from drop down list

Item Title	Sort Order	Options
Health Policy Summit on Nov. 6	001	Edit Delete Copy Pending
Congrats to Our 2015 Garden Grant Awardees	002	Edit Delete Copy Pending
Biathlon a Success!	003	Edit Delete Copy Pending
Run Walk Bike Update	004	Edit Delete Copy Pending
Lower-Fat Turkey Gravy	007	Edit Delete Copy Pending

Right Column News Items

Choose from drop down list

Item Title	Sort Order	Options
Get Involved!	001	Edit Delete Copy Pending
Submit Your Story!	002	Edit Delete Copy Pending
Facebook!	003	Edit Delete Copy Pending
Need a Speaker?	003	Edit Delete Copy Pending
Upcoming Events	015	Edit Delete Copy Pending

Below is an image of the archived e-news on the site (or view the page here: <http://getupgo.info/enews>)



Below is an alternative E-newsletter style with no table of contents and using the full width of the template:

You're receiving this newsletter because you previously subscribed.
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TRAIL

S M O K E H O U S E

636-798-2400
trailsmokehouse.com e-Newsletter

Friday February 19, 2016

2016 Season



2016 Season Opening Day is April 1st!

Opening day of the 2016 season is April 1st
New Hours this year: Fri & Sat 11-9pm, Sun 11-6pm
Music every Sat & Sun this year!
Coming Soon: Retail line of sauces, merchandise, enclosed pavilion

Come celebrate the 2016 season at our Trail Opener Party on April 23rd! Food & beverage specials throughout the day, live music, a mechanical bull & bounce house for the kiddos! Keep checking our website for more event updates.

Come for the Food, but Stay for the Entertainment!

In June of 2015, Trail Smokehouse officially opened its doors at 2886 South Hwy 94 at the gateway to Missouri's Wine District in Defiance, MO. Formerly Grapevine Wine Bistro, owners Joe & Kelly Brazil rebranded and together created a unique concept blending great BBQ, southern fare & live music on an expansive patio overlooking the river bluffs. Great lineup of beer, bourbon, & wine along with specialty cocktails sure to please any palate. Play a game of corn hole and take in the views. Come for the food but stay for the entertainment!

If you no longer wish to receive special info, promotions & event updates from Trail Smokehouse, please [unsubscribe here](#).

Forward

Know someone who might be interested in the email? Forward this e-mail to a friend.

Unsubscribe

If you no longer wish to receive this email [click here](#) to unsubscribe.



Trail Smokehouse

2886 South Highway 94
Defiance, Missouri 63341
636-798-2400 Email: info@trailsmokehouse.com

Once you decide that you would like this mailing list manager, just let us know and we'll set up the template using your logo and we will add the content of the first e-news for you. After that I can walk you through adding it yourself or I'd be happy to do it for you (or proofread it before you send it). Some image editing is required if you want to add images (and I do encourage you to use them). We can help you with a free image editing program if you would need that.