

Coastal Power Women!

Professional Organization of Women Encouraging Referrals

American Business Women's Association (ABWA)
Coastal Power
Express Networking
Myrtle Beach, South Carolina
www.coastalpowerwomen.com

Message from the President!

I hope this newsletter finds everyone enjoying the "great" weather. I just got back from St Louis for business and the NCAA Regional's and the weather was in the 70's-80's even out there.

We had a great meeting last month but we missed some of our members because of the rescheduling. For those of you not there, we had 16 visitors and 3 new applications, and I expect more to come. We will be choosing a nominating committee this month to help choose the slate of officers for the next year (starting August 1st).

Also, we have received a check from Greg Everett, the owner of the Myrtle Beach Herald for \$500.00 to give us seed money to start our group. When we are placing advertising, remember his gift. His mother was involved with ABWA, I believe, and this is where his interest came for our group.

Belk Days are March 30th-31st. I hope some people bought tickets from our group, if you bought them.

One last thing.....Magnolia's is not charging us a room fee. But the one stipulation is that everyone there pays the \$10.00, whether you eat or not. Get a to-go, if time is restraining or you're not hungry. Be sure to tell your guests, so they are prepared. The food is awesome and we will be in the "bigger" room in April, so bring your flyers and networking stuff.

Keep all our members in mind as you conduct your personal business.

Let's help all of us "build our business"!

Thanks!
Brenda Varnum,
President

Newsletter Help Wanted!

Newsletters are informative! prosper in our businesses!

Newsletters have lots of tips! Please share your bits and pieces with everyone by submitting your marketing tips, articles, press releases, best practices, business resources, and even favorite recipes!

Well then, let the Coastal Power Women rock on with informative bits and pieces to help us ladies



Send your newsletter ideas to
Tammy Watier at
Tammy@WatierDesign.com

The INBOX is waiting!

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Volume 1, Issue 3

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Next Meeting:

Tuesday
April 3, 2007
12-1:30
Magnolia's Restaurant
2605 N. Ocean Blvd.
Myrtle Beach, SC
29577

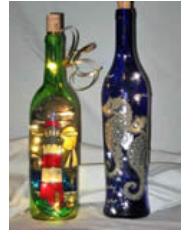
Meet in the
conference room.
Buffet lunch \$10 per
person.

Lawson's Lights! - For Cystic Fibrosis

Cystic Fibrosis is the number one inherited fatal disease. My 10-year-old son has it. After two years of hospitalizations and countless trips to various doctors, Lawson was diagnosed with cystic fibrosis at age four. Lawson and approximately one hundred thousand others need a cure. The Cystic Fibrosis Foundation is trying to find that cure everyday.

We raise money for the CF Foundation by selling beautiful wine bottles that we have painted with stained glass and filled with lights- Lawson's Lights. Flowers, butterflies, sea life, angels- we have a bottle for any room of your house. We've been selling them at craft shows and, now, mostly by word of mouth. We will be having a special Mother's Day party on May 5 at 6:30 in Planter's Creek- call Diana for info. Give a gift that can give life to so many others.

Diana Blue
843-251-6118



What is Success?

SETTING GOALS,

but not in concrete.

FOLLOWING A PLAN ,

but remaining flexible.

MOVING AHEAD,

but not too fast to smell the flowers.

CLIMBING THE LADDER,

but not stepping on toes.

FIGHTING TO THE FINISH,

but choosing your battles.

TAKING A BOW,

but applauding those who had a part in your success.



Kimberly Dahlin

Hydrate!



How much water do you need?

Do you often feel thirsty?

Hot or humid weather can make you sweat and requires additional intake of fluid.

Dietary recommendations. The Institute of Medicine advises that men consume roughly 3.0 liters (about 13 cups) of total beverages a day and women consume 2.2 liters (about 9 cups) of total beverages a day.

Even apart from the above approaches, it is generally the case that if you drink enough fluid so that you rarely feel thirsty and produce between one and

two liters of colorless or slightly yellow urine a day, your fluid intake is probably adequate.

Source <http://www.mayoclinic.com/health/water/NU00283>

Submitted by Tammy Watier

Kate's Travel Tips!

Passport Central

Planning a trip to the Caribbean, Mexico, Canada or abroad? Then you'll need a passport. The Passport ID is valid for 10 years and well worth the \$100 or so to validate your American citizenship. If you need to apply for a passport, get a replacement, or get a renewal, then visit the Passport page of the U.S. Department of State's Travel Web site. The main page features pertinent news that may be useful to travelers. The directory of links on the left side of the page will direct you to the appropriate forms and procedures for Lost Or Stolen Passports, Passport Applications, and other useful information. Use these links to Obtain A Birth Certificate, read Frequently Asked Questions, and view various Passport Statistics. You can also look at information regarding the U.S. Electronic Passport by clicking the appropriate link.



Kate Jensen

Michele's Party Tips!

With the warm weather fast upon us I thought I would pass along some outdoor party tips.

The Party Tub!

Available at most hardware or home improvement stores, a metal tub is the best way to serve icy cold drinks. If you have a bartender, put all the soda, beer and white wine in a tub filled with ice. It will look much better than a fishing cooler, I promise. If your outdoor party is self-serve, fill the tub with beverages and place in a central location. Attach a bottle opener to the handle of the party tub with fishing wire, twine or florist wire. Plan on buying about 6 bags of ice per tub. - Nicole King

- For heaven's sake, use disposable plates, napkins, cups and utensils. Stock up on garbage bags and cans prior to the event and place them in strategic locations. Your party clean-up detail will be much quicker.
- Citronella candles, hurricane lamps and tiki torches keep the bugs away and light up the evening nicely. If the bugs are particularly bad in your region, you'll want to be sure to have plenty of bug spray on hand.
- Avoid having your party outside during the hottest part of summer. Your guests will remember the weather much more vividly than the fun they had. They'll be talking about the insufferable heat and mosquitoes, not the band, which they won't be able to dance to anyway, after collapsing from heat exhaustion.

Red and white tablecloths are divine and make any old table festive outdoors. Do provide your guests with plenty of tables and chairs. Even the perkier guest need the opportunity to relax.- Nicole King

You can get this pretty party tub, along with a complete line of luau and outdoor party themes at Event Solutions.

Michele Pacetti

The Party Tub!



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PROFESSIONAL ORGANIZATION OF WOMEN
ENCOURAGING REFERRALS

Submit your Newsletter Ideas and Stories

email Tammy Watier at
Tammy@WatierDesign.com

Recipe Time!

Light and Elegant Berries

2 cups fresh strawberries,
halved
1/2 cup fresh strawberries,
crushed
1/3 cup frozen whipped dessert
topping, thawed
1/3 cup plain, low-fat yogurt
1 tablespoon sugar
4 whole strawberries

Spoon halved berries into sherbet glasses. Combine crushed berries with dessert topping, yogurt, and sugar. Spoon over berries in glasses. Garnish with whole strawberries. Yields: 4 servings, 78 calories each.

Tasty Spinach Quiche

1 (9") deep dish unbaked pie shell
1 1/2 c. fresh spinach
3 T. butter
4 eggs
1 c. half and half
1/2 tsp. salt
1/4 tsp. nutmeg
1 c. shredded Mozzarella or Swiss cheese

Let pie shell thaw at room temperature while combining other ingredients. Wash spinach and remove any coarse stems. Melt butter in large skillet; add spinach and cook 5 minutes or until spinach is limp. Chop spinach fine. Beat eggs; stir in half and half, salt, nutmeg, cheese and chopped spinach. Pour into pie shell. Bake at 375 degrees F for 40 to 45 minutes or until knife inserted in center comes out clean. Let stand approximately 5 minutes before cutting. Can be served warm or cold. Six servings.

Kiwifruit Crush

1 kiwifruit, peeled & sliced
1 banana, peeled & sliced
1 papaya
1/2 cup orange juice
crushed ice
kiwifruit slices for garnish

Place all ingredients in a blender and blend until frothy. Serve in tall glasses over ice. Garnish with kiwifruit and banana slices on long sticks. Yields two 8-ounce servings.

Recipes from The South Carolina Department of Agriculture web site.

Submitted by Tammy Watier