

# 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!

Well, it's another month in paradise!!!!!! What a great start for our spring season!! I don't know about everyone else out there, but I love getting up in the morning and going to work and just enjoying the day.. Isn't that what it is "all about"???

This month we will start a 2 month "Membership Drive" for our Chapter. We are almost to 50 members , which is awesome, but we can still grow..the more to network with, the more to help build our businesses.....by the way, we were in the ABWA National Magazine again this past month. Check it out!!!!!!

Please bring a guest to our meeting this Tuesday and show up yourself!!!!!! We will be having 4-5 people talk individually about their professions and how we can help them build their business. Eventually, everyone will have a turn... Remember the National Convention will be in September in Greensboro. I plan on attending and hope others will join me.

We picked up the monies from Inlet Square where Sandy Smith and I "manned" the door for 5 hours for Belk Charity Days. We made \$215.00 for our Chapter. I don't have the figures for Conway yet (Linda Rabon helped there).

This month we will be voting on "Woman of the year" and our new slate of officers...please show up for this very important meeting.

Thanks!!  
See you on Tuesday!

Brenda Varnum, President

April 27, 2007

Volume 1, Issue 4

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## Newsletter Help Wanted!

Newsletters are informative! prosper in our businesses!

Newsletters have lots of tips!

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

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



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

The INBOX is waiting!

### Next Meeting:

Tuesday  
May 1, 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.

## Room Freshening Ideas!

I know you love fragrances from PartyLite — now we have a new way for you to freshen every room of your home. It's called Fresh Home by PartyLite™, a set of three fragrances available in tealights, votives, reed diffusers, room sprays and sachets. You can use them together or separately to create a mood of freshness and calm throughout your home, even in the closets and drawers.

There's Sun-Kissed Cotton with the clean scent of sheets dried in the sunlight. New Leaf and Aloe reminds me of a summer garden. Mandarin Basil is a crisp blend of citrus and herb — perfect for a kitchen or family room.

I'd love to share these scents with you and your friends at a Show. In addition to all the great items in our Winter/Spring Catalog, we also have some other new accessories for summer. It's a fun time to think about sprucing up your life with scent and candlelight!

Please call Celeste today to schedule your show at 843-655-0894 [www.partylite.biz/celeste](http://www.partylite.biz/celeste)

## Kate's Travel Tips!

Roughly two-thirds of Americans research and plan travel online and approximately the same amount book online as well. The online travel industry breaks down into several different categories: online travel agents, online travel guides, online travel planners, and online travel communities and forums. Don't forget your ABWA member Kate Jensen when planning a vacation or cruise. I am considered an online travel agent!

Kate Jensen  
*Fulfilling Dreams*  
CruiseOne-Myrtle Beach

### Tip #1

Get off the beach when a thunderstorm threatens. Lightning is unpredictable. Lightning can strike up to 25 miles away from its parent storm.



### Tip #2

Renting a car from the airport can often be less expensive than the family taking a shuttle, and you have the convenience of transportation when you want it.



### Tip #3

Security at the airports.

Certain clothing and accessories can set off an alarm on the metal detector and slow you down. Avoid wearing clothing, jewelry or other accessories that contain metal when traveling through the security checkpoints:

- Heavy jewelry (including pins, necklaces, bracelets, rings, watches, earrings, body piercings, cuff links, lanyards or bolo ties)
- Clothing with metal buttons, snaps or studs
- Metal hair barrettes or other hair decoration
- Belt buckles

- Under-wire bras
- Hidden items such as body piercings may result in your being directed to additional screening for a pat-down inspection. If selected for additional screening, you may ask to remove your body piercing in private as an alternative to the pat-down search.
- Take metal items such as keys, loose change, mobile phones, pagers, and personal data assistants (PDAs) out of your pockets.
- Place heavy jewelry and other metal items in your carry-on baggage or in plastic bags if they are offered, until you clear security.
- Pack all your coats and jackets in your baggage when possible. All coats

and jackets must go through the X-ray machine for inspection. These include, but are not limited to, trench coats, heavy winter coats, suit jackets, sport coats and blazers. If you choose to wear an outer coat or jacket to the checkpoint, you will need to either place it in your carry-on or put it in the bin that is provided for you.

Disposable booties or slippers may be worn through the checkpoint to help protect your feet, but they must be disposed of prior to leaving the screening area.

Gel-filled bras are permitted through security screening and aboard aircraft. Well, that's good news!

Kate Jensen  
*Fulfilling Dreams*  
CruiseOne-Myrtle Beach

# Hurricane Preparedness Seminar—NMB—May 4th!



As a follow up to the Emergency Operations Plan, the North Myrtle Beach chamber is conducting a **Hurricane Preparedness Seminar on May 4<sup>th</sup> at Barefoot Community Church** on Main Street in North Myrtle Beach. Guest speakers include Ed Piotrowski, Chief Meteorologist WPDE TV15 and Randy Webster, Horry County Emergency Management. Preparation for hurricanes and other cataclysmic events is the best way to protect you and your family from Mother Nature's wrath. Come join your neighbors and find out what you need to know to be prepared if a hurricane strikes.

**FREE and open to the public!** Bring your questions and attain the knowledge needed to protect yourself and family in the event of a hurricane.

For more information visit: [www.northmyrtlebeachchamber.com/seminar](http://www.northmyrtlebeachchamber.com/seminar)  
Questions? Call Jennifer Prince at (843) 281-2662

Article forwarded by Tammy Watier—North Myrtle Beach Chamber of Commerce Member

## Best Exhibitor Award!

### CFBL MEMBER RECEIVES LOCAL HONOR

#### CFBL Member, Rhonda Eason, Wins Best Exhibitor Award at Can Am Days

March 20, 2007, Myrtle Beach, SC – Interior Designer, Rhonda Eason, along with realtors Linda Gross and Patricia Viayra, recently won the Myrtle Beach Chamber of Commerce Canadian American (Can Am) Days Exhibitor Award. The Can Am Days is a week period every year that organizations along the Grand Strand dedicates to celebrating Canada and promoting our area to Canadians. This year, members of the Myrtle Beach Chamber of Commerce were invited to exhibit their businesses to the people who attended the Can Am Days.

Rhonda Eason, owner of Finishing Touches, an interior design firm specializing in high-end interiors, consulted with Carolina Shoreline Realty's Broker in Charge, Linda Gross and Realtor & Marketing Director, Patricia Viayra, to show off the beauty of Myrtle Beach at their booth.

As an incentive to decorating their booth, the Myrtle Beach Chamber of Commerce announced they would be giving an

exhibitor's award to whomever decorated their booth most like the theme of the expo, "coastal living." Eason and the Carolina Shoreline Realty team's booth captured "coastal living" with a waterfall featuring Carolina Shoreline Realty's luxury home listings over a Tommy Bahama style screen.

"I am pleased and honored to receive this award," said Finishing Touches owner, Rhonda Eason. "This was a great experience and I am glad to have been a part of this event with my colleagues at Carolina Shoreline Realty."

For more information about Finishing Touches, please call Rhonda Eason at: (843) 602-2931 or e-mail her at: [rhondaeason@efriendly.com](mailto:rhondaeason@efriendly.com)

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**P.O.W.E.R**  
**PROFESSIONAL ORGANIZATION OF WOMEN**  
**ENCOURAGING REFERRALS**

*Submit your Newsletter Ideas and Stories*

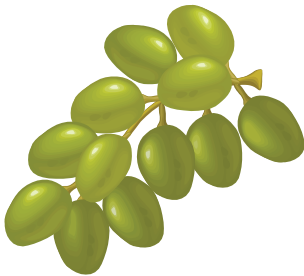
email Tammy Watier at  
[Tammy@WatierDesign.com](mailto:Tammy@WatierDesign.com)

## Recipe Time!

### Frozen Grapes

With the hot weather fast approaching I find myself looking for a cool treat.

Take 1 bag of washed seedless grapes, place them in an airtight container in the freezer. The next day sneak into that container and enjoy a frozen guiltless treat. Frozen grapes go great with a movie!



### Flavored Ice Water



When it is hot you need to drink more water. Many of us fall into the dehydration trap way too often in the summer. Try these tasty flavored water recipes to keep you coming back for more!

#### Lemon/Lime

Take a slice of lemon and a slice of lime, toss it in your ice water and enjoy!

#### Strawberry/Kiwi

Take a slice of Strawberry and a slice of Kiwi, toss it in your ice water and enjoy!

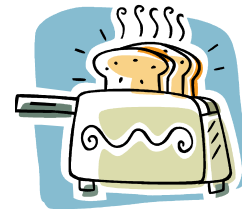
#### Orange Twist

Take a slice of orange.....twist it.....and toss it in your ice water and enjoy!

### Quickie Banana Bread

You will need 1 banana  
1-2 slices of bread—toasted  
Nutella Spread

1. Toast the bread
2. Spread on some Nutella
3. Slice the banana and pile upon the Nutella



Recipes by Tammy Watier