

# 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!

It's that time again this year when everyone is planting flowers and either, going to the beach, or thinking about it...the motorcycles have gone (they weren't a big deal) and all is well!!

While we are planting our yards let's remember to "grow" our chapter! Please invite guests and show up yourself. That's the only way to build your business! (and make friends) I will not be able to make this meeting, but Angie can "practice" being President, which she will have no problem.

Be sure to show up with networking material and "show your stuff"!!!!!!!!!!!!!!!!!!!!!!  
See ya next meeting!

Brenda Varnum, President



### A special lady will be missed.

Also, I wanted to let the chapter know that one of our longtime members of our sister chapter died on May 12th. Freda Green was the first president of the Grand Strand Chapter in 1982. She was loved by many and will be missed by all.

## Woman of the Year!

Tammy Watier from Watier Design is our very first Woman of the Year.

Tammy graciously offered to set up the first of its kind website for our organization, **FREE** of charge. I took many hours and "a

whole lot of patience" but we now have a means of communication for not only everyone in the group but for other business women who may be interested in joining our unique networking organization.

Thank you for all your hard work and congratulations on a job Well Done.

By:  
Margie Meek Plumer, Realtor  
Century 21 Coastal Lifestyles

May 31, 2007

Volume 1, Issue 5

### Inside this issue:

Golfers and Sponsors Needed! 2

Girls, Girls Girls! 2

Recipes! 2

Reliv International! 3

Top Ten Tips For Travelers! 3

Thoughts To Share! 4

### Next Meeting:

Tuesday  
June 5, 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.

## Golfers and Sponsors Needed!

Coastal Power Ladies, I wanted to share an upcoming event with you in hopes that you may be interested in participating. My daughter Nicole is 3 and has Downs Syndrome. I am part of a non-profit organization called GSDSS (Grand Strand Downs Syndrome Society). We are having our first golf tournament Saturday August 18th and are looking for golfers, golf sponsors, etc. We are also having a dance on Friday, August 17th and are looking for door prizes. Our group is trying to let the grand strand area with families who have a downs syndrome know about us and that they have a support group. We are trying to get to the hospitals to share with the new parents about what is ahead of them. Our long term goal is to have a safe place where are children can go and do things. The sky is the limit and we are eager and ready to go!

Also through Cartridge World we have a program called "Ink for Downs". We are looking for people at home to save their empty ink cartridges and donate them to our cause by bringing them into the store. The owner will give us money for them and we will take the proceeds to spread our name out and help families in our area who have children with downs syndrome.

Thanks,  
Christine Krawchuk, Cartridge World



## Girls, Girls, Girls!

Do you need a day off from work? I don't mean a day off to catch up on the laundry, weed the lawn, scrub the bathroom, drive the taxi or mop the kitchen. I mean a day of relaxation and fun. Do any of us remember one of those? Well here's an idea. Why not gather your Girls: sisters, daughters, friends and neighbors for a little pampering, girl talk and fun. Host a Spa Party for no occasion at all, just because life is short and we deserve it. Okay here's what you do: have each guest bring a store bought delectable (heavens do not cook or bake anything), and maybe supply a bottle or two of bubbly. With me so far?

Next buy a dish tub from the dollar store for each guest, fill it with warm water and drop in a foot fizzie and let each of you soak your feet, drink champagne, yakety-yak and eat your store bought delecta-  
Ahhhhh...tomorrow is another day!

For all your party needs visit Michele at :  
Event Solutions  
3100 Hwy. 17 Bus.  
Murrells Inlet, SC 29576  
[www.eventsolutionsmb.com](http://www.eventsolutionsmb.com)



For all  
your spa

## Recipes!

Got a grill?  
Want a burger?



### RECIPE INGREDIENTS:

- 1 lb. lean ground beef
- 4 drops Worcestershire sauce
- 1 tsp. crushed oregano
- Salt and pepper to taste
- 6 hamburger buns, split

In a large bowl, combine the

beef, Worcestershire, oregano, salt and pepper. Mix well and form the meat into 6 patties. When the coals are hot and evenly distributed, place the burgers in the center of the grill and set the buns, open-face down, to the outside edge. As soon as the buns are toasted, flip the burgers and place a bun top on each. This will help the meat cook through while the bread soaks up juices. Serves 6. Set out with your favorite condiments.

Recipe from Family Fun Magazine  
Submitted by Tammy Watier

Need to chill? How about a Pink Flamingo?

Naturally sweet, this three-fruit combination is packed with vitamin C and potassium.

### RECIPE INGREDIENTS:

- 1 frozen banana
- 1/2 cup fresh strawberries
- 3/4 cup pineapple juice

Combine the fruit and juice in a blender or food processor. Blend until smooth. Serves 1.

Recipe from Family Fun Magazine  
Submitted by Tammy Watier

# Reliv International!

Reliv International is an 18 year old food science company based out of St. Louis Missouri. The products are patented, powdered, balanced nutritional supplements that are changing people's lives. The products are powerful and work on a cellular level to nourish your body and help those who are sick and tired of being sick and tired!! All products come with a money back guarantee. The business is about changing lifestyles and helping people to feel better and teach others to do the same.

For more information about Reliv International contact me!

Thanks,

Shelia Karsevar 843.568.9522



## Top Ten Tips for Travelers!

### *From U.S. Department of State*

1. Make sure you have a signed, valid passport and visa, if required. Also, before you go, fill in the emergency information page of your passport!
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit. (See the section "Consular Information Program.")
3. Leave copies of your itinerary, passport data page and visas with family or friends at home, so that you can be contacted in case of an emergency.
4. Make sure you have insurance, which will cover your emergency medical needs, while you are overseas.
5. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, while in a foreign country, you are subject to its laws!
6. Do not leave your luggage unattended in public areas and never accept packages from strangers.
7. While abroad, avoid using illicit drugs or drinking excessive amounts of alcoholic beverages, and associating with people who do.
8. Do not become a target for thieves by wearing conspicuous clothing and expensive jewelry and do not carry excessive amounts of cash or unnecessary credit cards.
9. Deal only with authorized agents when you exchange money or purchase art or antiques in order to avoid violating local laws.

When overseas, avoid demonstrations and other situations that may become unruly or where anti-American sentiments may be expressed.

Submitted by Kate Jensen  
Cruise One—Myrtle Beach  
[www.cruiseone.com/kjensen](http://www.cruiseone.com/kjensen)



## Thoughts To Share!

-Jeff Herring, Knight Rider News Service

### Guideposts on the Way to Your Dreams

"You are never given a wish without the power to make it come true.

You may have to work for it, however." -Richard Bach

"It's OK to dream big if you are willing to take enough action to make it happen." -Lollie Mc Lain

What is your BIG dream? Most of us have dreams but are not willing to do what it takes to make them become reality. If you are willing to work hard, here are some tips to help make your dreams come true.

**Desire ...** Every dream starts with a burning desire:  
a passion to change something, to make a difference.

**Decision ...** Add to desire the decision that failure is not an option.

**Determination ...** You will always encounter obstacles on the way to your dreams. Determination keeps you moving forward in spite of setbacks, discouragement and all kinds of difficulties.

**Responsibility ...** This means the ability to respond. It also means that you are the one in charge of making it happen. There is no room for "It's not my fault" or "I tried."

**Resources ...** Use the resources around you. Ask for advice. Ask for help. There are people in your life who have either done what you are doing or who are in the middle of doing it.  
Ask them how they did it. Use your resources.

**Enthusiasm ...** The people who are living their dreams are usually lots of fun to be around. One reason is because they bring such passion and enthusiasm to what they do. Work becomes fun.  
The really wonderful side effect is that enthusiasm gives you a great deal of energy.

**Energy ...** An absolutely necessary ingredient to living out your dreams is lots of energy. Often, the only difference between those who live their dreams and those who don't is that "dream catchers" keep on going while "dream droppers" get tired and quit.

**Attitude ...** You must have the attitude that nothing will stop you no matter what.  
You've got to live the Japanese proverb: "Fall down eight times, get up nine."

**Action ...** You can have all the above ingredients in full and still not get anywhere. You have to do something about your dreams every day. You have to take action,  
sometimes a little bit each day, sometimes a lot.

**Momentum ...** If you put the above nine tips into action, you will build a momentum that is virtually unstoppable. Momentum carries you through the low and weary times, and makes the obstacles that were once huge boulders mere pebbles in your path.

***There Are Few Things In Life As Satisfying As Living Out Your Dreams...  
Get Started On Yours!***

Submitted by Kate Jensen

Visit my website today: <http://www.cruiseone.com/kjensen>