

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!

Dear Coastal POWER Women,

Have you ever taken the time to actually read and absorb the ABWA mission? The mission of ABWA is:

To bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support and national recognition.

Our network provides an excellent opportunity to network with businesswomen of *diverse* occupations - we have realtors, financial professionals, small business owners, advertising experts, and designers!

Leadership... well, we have women who have been given awards from their industry, women who are a part of local leadership programs, and even women who teach leadership skills!

Every month, we **educate** the group about each other and the services we offer through our featured business speaker!

I hope I speak for every member when I express the **personal and professional growth** I have gained by being a part of our elite group of women! Each month, we are going to offer testimonials of the women in our group who have helped us personally and professionally too!

I think we are pretty mission-minded and doing a fantastic job of following through with the ABWA mission. However... I would like to challenge our group to consider national recognition. Would you like our network group to be recognized by the national ABWA organization? Are you willing to step up your participation to receive a national award? If this is something you are interested in, then I would like to know.

Honored to serve as your President,

Angela Kegler McDowell

October 30, 2007

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Next Meeting:

Tuesday
November 6, 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.

Invitation to tour OceanWatch Villas!



You're invited to a PERSONAL PREVIEW of ...
Marriott's OceanWatch Villas at Grande Dunes
Myrtle Beach, South Carolina

Did you know...

- Ownership provides a deed to oceanfront real estate in Myrtle Beach that passes from generation to generation?
- For **\$89 per week**, owners can exchange to other Marriott Vacation Club International resorts in places such as Maui, Orlando, Paris, Las Vegas, Williamsburg and more?
- Owners can trade for Marriott Rewards points that are redeemable for worldwide Marriott accommodations, airfare, cruises, car rentals etc.?

To set up your personal appointment to tour OceanWatch Villas contact:

Mary Ann Brechbill

Sales Executive

267-664-0883

Mary.Brechbill@vacationclub.com



Watier Design

Web Design, Hosting, Maintenance

Basic Fall Package \$200

1 Page Basic Web Site—Free Domain Name Registration for 1 year
1 Year of web site hosting—2 email accounts

Basic Fall Plus Package \$400

3 Page Basic Web Site—Free Domain Name Registration for 1 year
1 Year of web site hosting—2 email accounts

Contact Tammy at 843.399.0664

Edward Jones Sponsors Investment Club Seminar!

Brenda Varnum, a local Edward Jones financial advisor, will host an investment club seminar for women at 6:00 on November 14th at T-Bonz Gill & Grill on 21st.

The seminar is designed for women interested in learning about investing matters, building wealth and building friendships, Varnum said.

Women's investment clubs typically outperform men's clubs by 9% annually, according to the National Association of Investors Corporation.

Other reasons to consider an investment club:

- Learn about how to make your money grow
- Work toward building wealth while investing only a small amount monthly
- Gain the leverage that comes from pooling resources
- Share investment research and management with others

While the seminar is free, seating is limited. For reservations, call Varnum at 843-651-9473.

Edward Jones provides financial services for individual investors in the United States and, through its affiliates, in Canada and the United Kingdom. Every aspect of the firm's business, from the types of investment options offered to the location of branch offices, is designed to cater to individual investors in the communities in which they live and work. The firm's 10,000-plus financial advisors work directly with more than 7 million clients to understand their personal goals—from college savings to retirement—and create long-term investment strategies that emphasize a well-balanced portfolio and a buy-and-hold strategy. Edward Jones embraces and makes sense of the investment options available today.

Edward Jones is headquartered in St. Louis. The Edward Jones interactive web site is located at www.edwardjones.com, and its recruiting Web site is www.careers.edwardjones.com.

Brenda Varnum
843-651-9473



Mission Trip To Nepal!

A note from our President!

"I am going on a mission trip to Nepal from December 12-22, 2007. I will be distributing Christmas gifts to the children in villages on Mt Everest!

The mission trip group is still raising funds to purchase items for the children and if anyone wants to help, I am featuring my Satin Hands Pampering Set for \$25.00 (that's \$5.00 off the regular price). The sets make fantastic gifts and, because I have had so many generous Mary Kay partners donate Satin Hands Sets to me, I am able to contribute 100% of the proceeds directly to the trip!!! Christmas is coming up and EVERYONE loves Satin Hands!!!

Anyone interested in purchasing a set and helping me with my mission trip can call me at 843-283-0887, email me at angieh_sc@msn.com, or see me at the meeting!"



Reliv Kalogris Foundation—Nourishing Our World



From its founding, Reliv's core mission has been to nourish our world. Through the work of the Reliv Kalogris Foundation, the company and our Independent Distributors have broadened that mission, bringing health and hope to thousands of people in need worldwide.

Rather than simply giving money to a single cause, the Kalogris Foundation works at a grassroots level, providing nutritional support to individuals who have been nominated by Reliv Distributors for assistance. The vast majority of recipients are families in the throes of financial difficulties who need help maintaining good health. A significant portion of the Foundation's distributions also goes to support feeding stations in impoverished areas and disaster zones.

Since its founding in 1995, the Kalogris Foundation has distributed more than \$11 million in nutritional support, giving strong testimony to the power of individuals to collectively make a difference in people's lives.

We invite you to watch the video below which movingly captures the essence of Reliv's Kalogris Foundation. Then, explore the other pages within The Foundation section to see more of the faces and stories of hope that embody the Foundation's work, and discover how you can help Reliv continue the mission to nourish our world.

For more information on Reliv contact:

Sheila Karsevar, 843-568-9522, sheila6reliv@yahoo.com

Recipes

SC Chicken Bog!

INGREDIENTS

- 6 cups water
- 1 tablespoon salt
- 1 onion, chopped
- 1 (3 pound) whole chicken
- 3 1/2 cups chicken broth
- 1 cup long-grain white rice
- 1/2 pound smoked sausage of your choice, sliced
- 2 tablespoons Italian-style seasoning
- 2 cubes chicken bouillon

DIRECTIONS

Place water, salt and onion in a large pot. Add chicken and bring all to a boil; cook until chicken is tender, about 1 hour. Remove chicken from pot and let cool. Remove skin and bones and chop remaining meat into bite size pieces.

Skim off fat from cooking liquid and measure 3 1/2 cups of this chicken broth into a 6-quart saucepan. Add rice, chicken pieces, sausage, herb seasoning and bouillon to this saucepan.

Cook all together for 30 minutes; let come to a boil, then reduce heat to low, keeping pan covered the whole time. If mixture is too watery or juicy, cook over medium low heat, uncovered, until it reaches the desired consistency. Stir often while cooking.