

Sand Pebbles

2005/2006 Chapter Officers

President.....Kathy Browe
President Elect.....Tammy Magee
Vice President.....Becky Dawkins
Treasurer.....Pam White
Secretary.....Lynn Holland



Committee Chairs 2005/2006

Hospitality.....Angela McCormick
.....Terre Dominique
Membership.....Bev Bain
Education.....Desley Parker
Publicity.....Tammy McDaniel
Program.....Lisa Jo Spencer
Ways & Means.....Shareen Ketchum
Poker Run.....Jeanne Rief
History.....Sharon Adams
Fall Enrollment.....Vacant
Spring Enrollment.....Vacant
Woman of the Year.....Sherry Kennedy
Business Associate.....Jackie Pilcher
Newsletter.....Sherry Marcolongo



Sand Pebbles is a monthly newsletter published by the Emerald Coast Chapter of the American Business Women's Association for its members.

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Advertise a business card size ad for only:

- \$60.00 for 12 months
- \$35.00 for 6 months
- \$25.00 for a 1 page insert for 1 month

Annual and semi-annual ads will be published on the ABWA web site. Contact Kathi Heapy at KHeapy@cybertron.com if you are interested in advertising.

A Message From Our President

Cheers (and Jeers) - I know there is a magazine that uses this format and I don't because I always want to have everything be POSITIVE with our chapter and ABWA. However, there are a few "jeers" so I will hide them in the middle of this letter and then end with the positives!

Cheers (times three) for our Women of the Year. I know the rest of you feel as I do when the nominations are read. Each candidate is so deserving with all they have done for our community and ABWA that it is hard to decide who to choose. A big congratulations to Tammy McDaniel for representing us as the 2006 Woman of the Year. Thank you to Desley Parker and Terre Dominique for their contributions as well.

Cheers to Tammy Magee and Jeanne Rief for their work as chairs of the Boat Poker Run (again). The March meeting will be devoted to this event. It is our only fund raiser of the year so everyone is asked to chair a committee, serve on a committee or volunteer in some way.

Cheers to Desley Parker and her Education Committee. They have started the process for accepting applications for the thousands of dollars we give for scholarships.

Cheers to Sherry Marcolongo for planning the monthly Dinner with Friends. Each month she invites all members to join together at a local restaurant. If you haven't joined us, plan on it sometime. It is a great way to meet chapter members. It is usually on the Tuesday following our meeting.

Cheers to Angela McCormick and Terre Dominique for heading up our hospitality committee. Many of you just see them as our gracious hostesses as they check us in for dinner. BUT - that is just their "secret identity". The real Terre and Angela meet constantly with the Soundside staff to plan menus and prices. They organize the table set ups and color of the linens. They check the hot line for reservations and cancellations. They deposit the checks and cash the next

morning into our account.

Now for the Jeers - these are the members who don't call to cancel a reservation and then give the hospitality team a hard time. These are the members who are invoiced because they have missed a meal and argue about paying for it. (I guess they expect ABWA to take it out of our scholarship funds because Soundside expects to be paid for the meal.) These are the members who just decide to show up without a reservation and take someone else's place at the table. These are the members who insist they called before Friday at noon to cancel a reservation when our date/time stamp on the service tells us they called on Sunday or Monday. We are business women! How can we run a business effectively if we don't show up for appointments or show up when a client isn't expecting us? How can we refuse to pay bills and invoices? How can we be rude to someone who has volunteered a lot of time to make our event so pleasant? If you recognize yourself in this paragraph, it is time to shape up. Maybe you can chair this committee next year because our Super Heroes Angela and Terre don't plan to.

Cheers again to Sherry for the hard work she does to get this newsletter out on time each month to over 100 members. We really need to get other members involved on this committee because when Sherry's term ends in July the newsletter may end. PLEASE - now is the time to help out.

Cheers to Sherry Kennedy for all the time she spends on our web site and getting information to us by e-mail.

Cheers to my wonderful Board and Committee Chairs. These are the people who keep our chapter running on a daily basis.

See you all in March.

Kathy Browe

March 7th Meeting Agenda
Networking starts at 5:30 p.m.
Call to Order is at 6:30 p.m.

Invocation & Pledge
Dinner
Introductions
Program:
Boat Poker Run Planning
Door Prizes
Benediction



Classic Club Buffet
Greens w/tomatoes, cucumbers,
carrots & choice of dressings
Macaroni Salad & Cole Slaw
Carved Top Round of Beef w/horseradish
Sliced Smoked Ham w/rum raisin sauce
Sliced Roast Turkey w/pan gravy &
stuffing
Oven Roasted New Potatoes
Buttered Peas & Carrots
Warm Fruit Cobbler

Meeting Minutes February 7, 2006

President Kathy Browe called the meeting to order at 6:30p.m.

Jeanne Rief, 1990 Woman of the Year delivered the invocation, which was followed by the Pledge of Allegiance.

The microphone was passed table to table for introductions while dinner was enjoyed.

Sherry Kennedy, 2005 Woman of the Year, presented a tribute to women with her own "Angels in Our Midst". Sherry then introduced Jane Briere, Director of UWF and Okaloosa Walton Small Business Development Center. Jane spoke about advocacy of women in business, how many women think and that we can multi task and balance lives better than our male counterparts. The Small Business Development Center (SBDC) offers consultants, information on starting a business, business evaluation (which Sherry shared with us she took advantage of and learned valuable techniques in her own business). Jane closed with quoted from some successful women. She has been with the SBDC for 20 years.

The introduction of each candidate for

2006 Woman of the Year was presented by the nominee for each of Terre Dominique by Shareen Ketchem, Tammy McDaniel by Sherry Marcolongo (along with 5 other members) and Desley Parker by Kathy Browe.

While ballots were being counted by 5 previous Women of the Year, Sherry Kennedy read a poem by 1988 Woman of the Year, Pat Gross. Sherry then announced the total tallies were for Tammy McDaniel. Tammy had won 2006 Woman of the Year for the ABWA Emerald Coast Chapter!

Roses were presented to Tammy, Terre and Desley. Tammy gave a Thank You to us and dedicated this honor to her Mom who she is currently in Hospice care. The Secretary's Report and Treasurer's Report were approved via motions made and seconded.

Desley Parker, Education Chair, reported that applications for the scholarship program are out to students and he return date of March 24 is very strict. Applications received after that date, will not be considered.

Poker Run Chair, Jeanne Rief announced we can bring goodie bag donations to the next meeting and she and Tammy Magee need volunteers to sign up for committee's. It is May 20, 2006 and our

major fund raiser.

President Browe spoke about the Spring enrollment program. In each of the next months, March, April and May when we bring a guest our name will be entered in the contest. At the May meeting, one name will be drawn and that member wins \$50! President Browe said we also want to start recognizing our long standing members, 5, 10 years...)

Members are asked to sign up with Secretary Lynn Holland for shifts on March 11 for the Focus on Women Expo at Santa Rosa Mall from 10a.m-4p.m. The PAC voted to spend for the funds for a booth. Members are permitted to display brochures from their employer if serving at the booth.

The Board meeting is 2/13 at Bayside Automotive –all are welcome.

Kim Meyer of Kompu Kim's won the interview in the next SandPebbles and \$100.00 was won by Lisa Sturt of the Bella Day Spa for our 50/50 contributions. Darlene Dean gave the benediction and we adjourned at 8:35p.m.

Respectfully submitted,

Lynn Holland, CHME
Secretary



The Westie Social

Westie Social News. Bev has notified her Westie Social group of the upcoming Mardi Gras Krewe of Arfeous Parade sponsored by Barks Avenue in Sandestin at Village of Baytowne Wharf. She is making scarves for each Westie that is participating in the parade. Parade date is Sun. Feb. 26. She will have an update about the parade in next month's newsletter.

Next Westie Social is: Sat. April 8 / 10:00-Noon.

Dixie is a certified Pet Therapy dog and she has her Canine Good Citizen award. Besides visiting assisted living facilities and nursing homes Dixie is also involved with the R.E.A.D. program, Reading Education Assistance Dogs program that is sponsored by the Delta Society Pet Partner Therapy. This is a program and their mission is to improve the literacy skills of children through assistance of registered Pet Partner therapy teams as literacy mentors. The intent of the R.E.A.D. program is to have children read to the therapy animals. Research with therapy animals indicates that children with low self-esteem are often more willing to interact with an animal than another person and are inclined to forget about their limitations and be less intimidated. R.E.A.D. program improves children's reading and communication skills by employing a powerful method: reading to a dog. But not just any dog. R.E.A.D. dogs are registered therapy animals, who volunteer with their owner/handlers as a team, going to schools, libraries and many other settings as reading companions for children. Today, hundreds of R.E.A.D. teams work throughout the United States and Canada. For more information about the R.E.A.D. program please check out www.therapyanimals.org/read/index.php or check out Pet Partner's new website: www.ecff.fuzzylogicdesigns.com. This is a very rewarding program and Delta Society has several programs for pets to be involved with.



WHAT'S NEW?

MEMBERSHIP COMMITTEE UPDATE

We still have a few chapter members that have not paid their Local dues or National dues. It is important to be a member in good standing. Local dues \$24.00 are due each year in Aug. They can be paid at the meeting or members can mail their check to our post office box.

Emerald Coast ABWA Chapter 1579
P.O. Box # 731
Ft. Walton Beach, FL. 32549

NOTE: If a member missed a meeting and has a dinner to pay for she can send payment to the local post office box.

Noteworthy info: Use of Hotline # 864.7697. **Please**, please remember that this number is available 24/7. **It records the DATE & TIME each call.** Members must call this hotline number BEFORE NOON on the Fri. before the 1st Tues. night meeting each month. If you don't plan on eating a meal this number still **MUST** be called to reserve your place at a table. FOR MARCH MEETING: Meeting date Tues. Mar. 7. Deadline to call is Fri. Mar.3 BEFORE NOON for your dinner reservations/ place to sit, and for a guest dinner reservation. Same applies if you are active dinner and will be unable to attend a meeting.

MUST READ : Come on ladies, you all are business women and it's your responsibility to call the hotline for these options. I feel that some of our members are not understanding how important it is to call in so you have a place to sit even if you will not be having a dinner. Our servers are asked to set up for the number of people that will be attending, whether you eat or not. ~ Hospitality has to call in the number of people attending so that there are enough chairs at the tables to accommodate everyone attending the meeting. This means for your guest too. **Please don't bring a guest without her having a dinner reservation.** When this happens your guest has to wait until all the members are checked in to see if there are enough dinners for her. This can be embarrassing for your guest and yourself.

I know I have heard several members comment that they don't like to call in a guest reservation because if the guest doesn't show up then the meal has to be paid for. That is correct, however the meal should be paid for by your guest, not you. When I have a guest I have them call the hotline # so she can hear what is on the recorded message to know exactly what is expected. If she doesn't call in anyway, and shows up she will be asked to wait until Hospitality knows if there will be a place for her to sit and have a meal available.

This is not hard to understand ladies. I have heard comments from members too that we always have meals left over. Whether we do or don't doesn't take away the fact that the

rules were set up for a reason and each member should be adult enough to understand.

At the Feb. meeting an extra meal had to be ordered since there wasn't enough meals available once everyone was checked in. I know too that many of us are willing to give up our meal so that a guest can eat and enjoy our meeting but this is not the answer either.

If you have any comments for me regarding my above message please contact me.

MORE MEMBERSHIP NEWS....from Bev

It is important for you as a member to call Membership if you have any changes in your phone numbers, email, new work place, etc.

I am responsible for contacting National ABWA of any changes in our chapter. I do this on a fairly regular basis. If I don't know of any changes then National could have an incorrect address and mail out your renewal to an old address. Each member has their own ID number and how when they joined ABWA. If any member should need this info please call me.

Also, our local chapter needs to be aware of any changes so that this info is emailed out to all members and members can make changes in their local ABWA chapter roster. When you have a guest attend our chapter meeting please have them sign the Guest Sign In sheet at the Membership table and fill out **all** the information.

Several guests that attended the Feb. meeting neglected to put who they were a guest of or have a phone number or email that I could contact them regarding this. I did mail out 8 Thank You cards to everyone that attended because their addresses were filled out on the Guest Sign In sheet.

Also when a guest decides to fill out an application please have her fill in who her sponsor is. I can find the sponsor ID # from the National roster but if the sponsor name is not filled in then a member sponsoring her will not get the credit for a new chapter member.

As Membership Chair I will be glad to send any info about ABWA to a prospective member. I can do this by email or phone. Membership is here to help all our chapter members wherever it can.

Thanks, Bev <><
Membership Chair
862.5375
E/ bevnbill@earthlink.net

**Emerald Coast Chapter
Member Interview**

Kim Meyer



**Interview by
Sherry Kennedy
Editor's Note:**

I enjoyed interviewing Kim and learning more about her and how she has gotten to where she is today. I admire the fact that she has been in business for so many years and still has a great deal of enthusiasm about what she does for a living. She also does a lot for the youth in the local area, while still maintaining her own family and business. All I can say is...Kim amazes me with her energy and the abundance of dedication to her church and all the people in her life!

Where are you from?

I was born in New Boston, Texas and have 1 brother and 2 younger sisters. We then moved to Lowell, Massachusetts where I grew up and attended school. I go back every year and am the only one that moved out of town.

Please, tell me a little about your family.

I have been married to my husband, Joe, for over 15 years. He computer hardware and networking specialist and works with local companies and individuals. We have two children, Nicholas who is 15 and a daughter, Kaitlyn, who is 11. We also have two cats "Griffey and Garcie", one turtle named Scrappy, and one hamster named Starry.

What are some of your greatest accomplishments?

My greatest accomplishments are receiving my Associates Degree from college, becoming a notary, and doing work with children at our church including vacation bible school and directing the children's choir and music program.

What are some highlights of your life?

The main highlights of my life was when I started my business and got married all in the same year, which was 1990 and, of course, when I had my two children.

What are your hobbies or things you enjoy doing while you're not working?

I enjoy doing creative things on the computer. I design bookmarks for weddings and funerals, personalized greeting cards and plaques for family birthdays, housewarming, shower and birthday presents "personalized". I enjoy watching New England sports teams (Red Sox and Patriots) on TV. I also enjoy my

prayer request ministry and studying prophecy and playing my Ykelele instrument. My grandfather played with Mickey Rooney and Sammy Davis, Jr.

Are you a collector? If yes, what do you collect?

I collect coasters from places that I've been and hang them up in my tiki hut, which is in my backyard.

Where did you go to college and what was your major?

I received my Associates Degree from Andover Junior College in Executive Secretarial Science.

Tell me about the positions that you held before owning Kompu-Kim' Computer Services? Tell me about your current position.

I started my career while in college by doing keypunch operating. After I received my Associates Degree, I started working with the large computer manufacturers such as Digital and Wang, doing word processing. I taught myself everything through hands-on work at my jobs. I've worked as an Administrative Assistant, Purchasing Manager, and Assistant Manager for various companies.

Currently, I am the owner of Kompu-Kim's Computer Services. I offer computer training and consulting, along with hardware and software support. My husband Joe started working with me in my company in 2000, providing the hardware and networking services we currently offer.

My clients include displaced homemakers, single moms, and employment seekers. My goal is to help make them computer literate so they can become independent, self-sufficient and get off of public or federal assistance. I have also worked with the elderly, learning disabled, and physically handicapped. I find this very rewarding. I mostly teach industry standards such as Windows, Microsoft Office, Internet Explorer, and Outlook Express. I also assist new and existing companies computerize their businesses by teaching them QuickBooks and showing them how to use their digital cameras and scanners. I show them how to streamline their computer operations by minimizing the steps it takes to accomplish everyday computer tasks. I call this service "Optimizing your Software". Finally, I have desktop publishing services, which involves creating menus, resumes, labels for "direct mail advertising", flyers, and brochures.

When did you join ABWA? Who introduced you to it?

I joined ABWA Emerald Coast Chapter in 1991 and Jeanne Rief was my sponsor. Then, in 2000, I helped form the ABWA Navarre Charter Chapter. Unfortunately, the chapter disbanded in 2004, but I still keep in touch with all of the ladies. I've served on the Education, Newsletter, Program, and Public Relations Committees along with working on fundraisers such as the Boat Poker Run and the Christmas Parades.

How has ABWA affected your life?

It has helped grow personally and professionally. I really appreciate the one night a month that I have my own identity...I'm not someone's mom.

Are you a member of any other business clubs or groups?

I am a member of the Navarre Chamber of Commerce, First Baptist Church of Navarre where I have been the Sunday School Director, the current Children's Music Director, and a member of the choir. I am also involved in the Navarre Youth Sports Association, PTA (HNMS & NHMS), and the webmistress for Girl Scout Troop #41 & 405, Theresa Summerlin Benefit Fund Page (A Liver Transplant Recipient), and my Prayer Request Page.

What would you consider as your greatest challenge?

My greatest challenge is juggling owning my business and my family life, especially with the health problems that I deal with every day. I've been in several car accidents and have pain everyday. The doctors are going to be doing an MRI in the near future to hopefully find a way to relieve my pain.

What drives, inspires, and motivates you?

What drives me is the blessings of God...He is my inspiration. And, having a supportive husband and great kids.

Finish this statement: "Each week I look forward to..."

Total peace and the kids going back to school...my quiet time.

Likes: I like the Red Sox Baseball Team and the New England Patriots.

Dislikes: I dislike witchcraft.

Best Asset: My best asset is standing up for what I believe in and I'm not afraid to speak my opinion and thoughts.

Favorite Color: Teal

What is the phrase or saying that you live by day to day?

"If you want something, all you have to do is ask. If you don't, you won't get it whereas if you do, you might."
- Kim's Grandfather

Kompu-Kim's Computer Services
Personal Computer Tutor & Consultant
Kim Meyer
Software Specialist
2229 Salamanca St.
Navarre, FL 32566
Cell: 850-582-8757
Phone: 850-939-3359
Fax: 850-936-0319
E-mail: kim@kompukim.com
Website: http://www.kompukim.com

Important Bits & Pieces

ABWA Hotline Update

864-7697

Call the ABWA Voice Mail Hotline by **NOON on Friday** before the dinner meeting for any of the following reasons:

- Cancellation of a standing reservation.
- "Active no-dinner" and you plan to attend the meeting.
- You have a guest you wish to bring.
- Cancellation of a guest reservation.
- You wish a salad instead of the dinner.

864-7697

ABWA Traditional Invocation

Lord, in the quiet of this hour, We come to Thee for wisdom, and for power; To view Thy world through only love-filled eyes; To grow in understanding; to be wise And sure to see Thy guiding light; and thus To know each other as Thou knowest us. Amen

ABWA Traditional Benediction

O Guiding Spirit, Guardian of our days, Be with us as we go our separate ways. Help us to feel those thoughts that lift and bless, To know a closer bond of friendliness; To see Thy beauty always - every day, Translated into living - this we pray. Amen

ABWA Mission Statement

The mission of the American Business Women's Association is to bring together women 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.

Other Chapter Meetings

FWB Charter Chapter—2nd Thursday of each month, Two Trees Restaurant at FWB Golf Course 6:00 pm Networking, Dinner 6:10 pm Entree \$15.50 & Salads \$11.50. Contact: 314-3010 (leave message).

The "Been There - Done That" Prime Time Connection Chapter has been formed for retired businesswomen. They meet on the third Wednesday of each month at 12:30 pm. Meeting locations change monthly. They are looking for new members -- retired or not. Points of Contact: Liz O'Shea 678-7739 and Gloria Walker 651-4008.

If you cannot attend our chapter meeting, attendance at another chapter's meeting will count for perfect attendance.

March's Meeting

The Boat Poker Run Is Coming!
We will be sitting by Boat Poker Run committees, so please look for more details at the sign-in table at the March 7th meeting.

March Birthdays

<u>Date</u>	
3	Karen Jones
4	Patti Baker
8	Karen Prescott
11	Kathy Browe
11	Marty Gossman
21	Sandy Duh
22	Bev Bain
26	Gayle Carmichael

Calls & cards are fun! If we've missed your birthday, please email Bev bevnbill@earthlink.net

ABWA Anniversaries

<u>Years</u>	
23	Sally Johnson
16	June Davis
11	Sandy Duh
9	Terre Carr
7	Tammy McDaniel
5	Pam White
1	Jennifer Parkin
1	Janice Baker
1	Lyn Kelley
1	Tina Saavedra
1	Anna Dominique

Please let us know if we've missed your anniversary. Email Bev at bevnbill@earthlink.net

Woman of the Year 2006 Tammy McDaniel

Dear ABWA Members,

I would like to thank ABWA chapter members for electing me as the 2006 Woman of the Year. Each and every one of you has inspired me to do my best for the family, work and community. I feel our chapter is made up of some of the greatest businesswomen in the Emerald Coast. I admire so many of you! I have made many long lasting friendships and established some great business relationships. I am very proud of our chapter in how it raises the bar each year to earn more money for scholarships for deserving students in the local area.



I would like to give a special thank you to Sherry Marcolongo, Lyn Kelley, Ginger Walker, Jackie Pilcher, and Becky Dawkins for nominating me. I feel very special that they wanted to recognize me as the Woman of the Year and help me make a dream I never thought possible come true. I would also like to mention Jeanne Rief and Brigitte Sullivan. These two women inspire me to constantly do my best and give me good sound advice!

I want to also thank the previous Women of the Year for their gifts I received. They each were so meaningful and will have a special place in my heart.

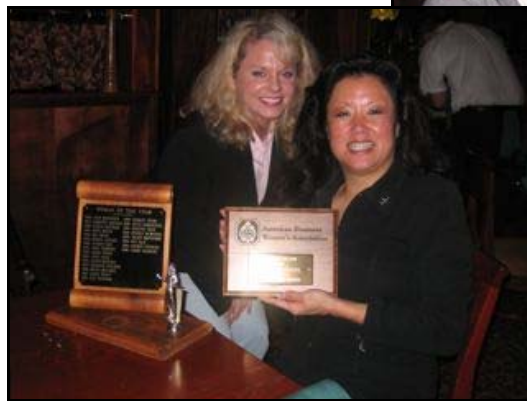
I would like to dedicate this award to my mother who has recently been sent into HOSPICE care. I flew home the next day after being elected Women of the Year. What a thrill this was for my mom. It really made her very happy! I talk to my mom at least once a day and she still gives me encouraging words and inspiration to continue to do my best.



Thanks again to all my sisters and friends!

With love and friendship from the bottom of my heart,

Tammy McDaniel



Congratulations Tammy!!!

March's Dinner With Friends

McGuire's Irish Pub, Destin By Kathy Browe



If you haven't joined us yet for a dinner with other A B W A members, set aside the s e c o n d Tuesday of the month. S h e r r y Marcolongo has planned

some great evenings. On February 21 a group of ten ladies enjoyed dinner at McGuire's in Destin. One of the things that amazes me with some of these events is our great servers. They remember each person's dinner and drink orders, are able to produce separate checks and collect on each persons' credit card.

McGuire's is noted for great Irish food and beer. In fact, the brewery right on the premises makes several wonderful brews. However, Tuesday nights happen to be Martini nights so some of our members decided to try these. With double shots at \$2.50 this was a great deal.

McGuire's is also noted for its large portions. Some of our ladies just planned to bring home lunch and dinner for the next night. Bob and I have found that McGuire's makes it easy to share. Sometimes we have the strip steak dinner to share and just order another baked potato.

There is open hearth cooking so you can see and smell the steaks being prepared. Outside the restaurant they are usually smoking ribs or prime rib beef in a large smoker.

Our group ordered steaks, pasta with shrimp, crab cakes and Shepard's Pie. Everything was brought at the same time and all of the orders were correct. (with the exception of one member who made so many changes that they "accidentally" forgot her dinner.) The servers did correct this promptly and our member was a good sport as usual! We had also warned the servers at the beginning that we were a fun bunch.

Since McGuire's is just over the bridge, there isn't the issue of the drive to Destin. It is well worth the trip for lunch, dinner or appetizers and drinks.

See you in March at Mullhollow's in Fort Walton.

Annuals? Perennials? That is the question.

by Shelly Langshaw, Gaia's Garden 'N Gallery

March is here . . . gardeners are getting spring fever and itching to get their hands dirty! If you're an old pro or brand new to gardening this column hopes to help you garden successfully and have a beautiful landscape that you, your family, and friends can enjoy.

There are basically two types of flowering plants: **annuals** and **perennials**. It's pretty common to get them mixed up. In the beginning, it took me a little while to remember which was which myself.

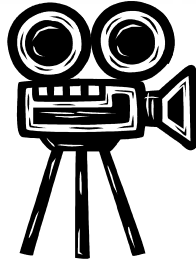
Annuals are plants that have a lifecycle of one year, which means they go from seed to seed in one season. Annuals can be flowers, herbs, and vegetables. Perennials on the other hand live for many seasons. There are short lived perennials and then there are perennials that can last a long time. But they do have a lifecycle and don't last forever. Depending on your region, even the difference between North, Central, and South Florida, some hardy perennials in South Florida may be annuals in the northern part of the state. Perennials are then divided into herbaceous and woody. Herbaceous generally die back with the frosts we experience where as woody perennials may be evergreen and may grow throughout the year.

There are benefits and disadvantages to each. Flowering annuals give you blooms all season long. There are two types: warm- and cool- season annuals. Warm-season annuals, such as marigold and geranium, produce better in the spring until first frost. Then there are cool-season annuals, such as pansy, snapdragon, ornamental kale, pansy (to a degree), and dianthus that do best from fall until late spring. We are coming into the time of year where we will be seeing that the cool season flowers will need to be replaced by the warmer season plants. Hence, the disadvantage – annuals need to be replanted a couple times a year, every year. You may run into some reseeding annuals, like zinnia and cosmos, but generally you'll have to get outside and plant them each year.

Perennials, on the other hand, enable you to plant once and enjoy for years to come. A major disadvantage to perennials are that they have certain times of year that they bloom, so staging perennials that bloom at different times throughout the season is required to keep your gardens flowering. Some perennials may need to be divided occasionally, like ginger, daylily, and cannas that require division every 3-4 years, but this allows you to replant them in other beds within your landscape or give them to your friends and neighbors! Of course, perennials native to your region will do better and give you the promise of coming back year after year, they also require less maintenance and watering than some of the other more exotic perennials available.

Any questions or comments please contact Shelly Langshaw at Gaia's Garden'n Gallery, 11 Vine Ave NE, phone 863-4040.

Movie Review by Kathy Browe



At the "Dinner With Friends" the other night, we were discussing a way to make the job of our newsletter editor easier. One great way for some of you to advertise your business in a round-about way is to write a column. Think...financial planning, health tips, beauty secrets, home décor trends, organization tips. It doesn't have to be a monthly commitment and you can team up with other people.

With that said, I told Sherry I would write a column now and then on Movie Reviews. Of course, by the time the newsletter goes to press the movie may have left town but I'll give it a shot. Also, since Bob and I have VERY different tastes in movies I wanted to try a "He Said, She Said" format. (In his opinion if there are boobs and bombs it makes a great movie. I tend to like the Chick Flicks).

We have seen some of the Oscar nominated movies – *Walk the Line* (we both liked this because Bob is a country music fan and I love biographies.) *Capote* was great for this reason also and Bob and I both remember all the fanfare about the book. *Memoirs of a Geisha* I liked because I had read the book and knew the background. Bob thought it was "like watching grass grow." One thing that is disappointing to us is that a lot of the nominated movies never come to Destin or Fort Walton or when they do, they are gone so soon.

This past weekend we saw *Pink Panther*. Now we realize this movie will never be nominated for anything and doesn't save the world or address social issues (unless you count flatulence) but on a cold, rainy Sunday it made us laugh all afternoon. It is also one that the kids can enjoy because there was a lot of physical comedy. Any lines that were slightly risqué had a double meaning that the kids would miss. They would like Beyonce but Steve Martin as the bumbling Inspector Clouseau makes the movie.

We are off to visit the granddaughters in Virginia this weekend. Last time we went their Daddy had bought *Barbie and the Magic of Pegasus*. Well, it was pretty good if you are under 7 and pretty awful if you are over 7. However, the next night Grandpa and Kathy couldn't run all the technology in their home theater system and guess what started playing again? *Barbie and the Magic of Pegasus* ! Before we could get things figured out the kids were getting excited to see this again. So, due to a lack of nerd knowledge we had to watch it AGAIN. (Thank goodness for martinis.)

Seminar Announcement



70% of the adult population has a desire to be self-sufficient. Only 5% of them ever accomplish this through self-employment. Why? One of the biggest fears is choosing the wrong business. Are you, or someone you know, one of the 70%? Start by understanding what you want to get out of owning a business and understand the pros and cons of the various options available. Then assess what works best for you by looking beyond your emotions and researching based on facts.

Be Your Own CEO: Self-employment & Franchising

March 4th, 2006, 10am - Noon

Cocodrie's Restaurant

Navarre Beach, just over the Navarre bridge

Space is limited. Seminar is free with reservations, \$10 the day of the seminar. Contact Evelyn @ 866-529-1694.
elivermore.esource@mchsi.com

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Evelyn Livermore

Managing Partner

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**March's Dinner with Friends
will be on Tuesday, March 14 at
6pm at *Mulhollow's Bistro 251* in
Fort Walton Beach**

**Please RSVP to Sherry Marcolongo
NO LATER THAN
Friday, March 10 at 12 noon
at smarcolongo@tsacg.com or leave
a message at 642-0191.**

Your Are Invited to...



Bev's 70th Birthday Party with Friends

Hi Chapter Friends,

I am celebrating my 70th birthday and inviting our chapter members to join me in this celebration of life.

I would like to share my birthday party with as many of my friends as possible. **PLEASE, NO GIFTS !** Your gift will be yourself by joining me to celebrate. There will be refreshments and cake. I have been blessed with so many wonderful friends and each of you are very important to me and my life.

I told you all I was older than dirt...
God is good ! All the time.

Hugs in Him, Bev <><

Date: Sat. Mar. 25
Time: 2:00-4:00
Place: 914 Beachview Dr. FWB
Phone: 862.5375
E/ bevnbill@earthlink.net
RSVP: by Mar. 22

Welcome New Members!!

Please add the following new members to your chapter roster:

Kathleen Shaulis

Sponsor: Tracy Kiele
424Northview Lane
Crestview, 32536
H/ 682.8254
W/ 682.7337
E/ cccskshaulis@yahoo.com
Owner / Compassionate Coaching & Counseling Services, LLC

Lisa Sturt

Sponsor: Kathy Meyer
1949 Candlewood Dr.
Navarre, 32566
H/ 499.3442
W/ 936.5806
E/ belladayspa@cs.com
Owner/Hairdresser for Bella Day Spa & Hair Studio

These new members will be affiliated at the March meeting. Please be sure to introduce yourself to them and make them feel welcome. And don't forget: Network, Network, Network!!!

Help Promote ABWA



Members are asked to sign up with Secretary Lynn Holland for shifts on March 11 for the Focus on Women Expo at Santa Rosa Mall from 10 a.m.—4 p.m. The Panhandle Area Council voted to spend the funds for a booth. Members are permitted to display brochures from their employer if serving at the booth.

13th Annual ABWA Boat Poker Run, 2006

Co-Chair: Tammy Magee (H) 315-0836 & Co-Chair: Jeanne Rief (C) 685-8027

Captain's Pre-Registration - Fri, May 19th

Shalimar Yacht Basin – 11 am – 6 pm

Boat Poker Run - Sat, May 20th

Shalimar Yacht Basin

Registration - 9-11 am

Casino Room 2-4 pm

Party & Door Prizes 3-6 pm

It's our Lucky 13th Year and it's going to be better than ever. Tammy McDaniel has the band, ALIBI, booked, we have most of our committees lined up, now we just have to get to work getting publicity, sponsors, donations and participants.

THANKS to all of you who signed up for a committee and special THANKS to those of you who agreed to CHAIR a committee. **The Boat Poker Run is our only fundraiser and supports our Scholarship Program. Last year we raised enough to donate over \$10,000 in scholarships.** We need the support and commitment of all our members.

T-Shirts Sherry Kennedy (865-9404)

Publicity Jeanne Rief (863-1111)

Pre-Registration Shareen Ketchem (863-9082)
Special thanks to Shareen for handling this again!

Dock Workers Bev Bain (862-5375)

Donations- Prizes Barbara Angel (796-0848)

Prize Packages Pam White (863-0370)

Member Door Prizes Kathy Browe (864-0991)

Goody Bags Marcia WrightReynolds (862-4968)

Goody Bag Assembly Forrest Oliver (651-5384)

Entertainment Tammy McDaniel (315-1805)

Casino Room Tammy Magee (315-0836)

Food Donations

Jeanne Rief (315-7374) Paula Ward (664-5734)

March Meeting – Boating Poker Run Program

We will have a slide show with pictures from last year's Poker Run at our March meeting. If you missed the fun you can get an idea of what went on. We will explain the process for new members and answer any questions you have.

We ask that each committee sit together at their own table and brainstorm about what you can do to be more successful. Bet you can come up with ideas to make the job easier. Wear a Poker Run t-shirt or a bikini, if you like, just for the fun of it!! Costumes, bubbles and water guns welcome!! This can be our time to party and celebrate.

Sponsors Needed

We need sponsors to donate cash, resort weekends for our prize package winners, nice door prize items, and items for our goody bags. If you or your company can provide some of these items, tell Kathy Browe.

We have a form that shows the levels of sponsorships and will bring copies to our March meeting. We can also send you a digital copy that you can email when asking for donations. A \$300 donation is required to get your business or name listed on the t-shirt.

Items Needed

50 median signs @ \$3.00 each -\$150.00

3 70-gal Coolers for Grand Prizes \$40 each -\$120

1 Box 500 wrist bands around- \$65

30 stackable or foldable Chairs \$4.00 each

Many items that were donated or purchased last year are in our storage unit that is provided by Kathy Heapi.

ATTENTION ABWA MEMBERS: If you or your company are past contributors of a cash or prize donation, save the committee members some work and call the chairman now and tell her what you or your company plan to donate. If you know of a potential private or business contributor, give the chairman that contact information as well.

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See what you missed!! Shown to the right is Ginger Walker and Sherry Marcolongo. Other members shown below include Lisa Jo Spencer and her husband Gary, Linda Valentine, and friends.



Do you have an event you would like showcased in the ABWA Newsletter? Send photos and details to smarcolongo@tsacg.com by the 15th of the month.





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**Boating Poker Run News from
Dockworker Chairs
Bev Bain & Becky Dawkins**



At the March meeting we will be discussing the BPR that will be held on Sat. May 20. We will have sign up sheets for the docks that we will be using this year and explain to new members just what the duties are for Dock Workers.

See you all at the March meeting. For those unable to attend and have worked docks in the past and have a dock preference please contact your Dock Worker Chairs.

Thanks a bunch.

Bev Bain 862.5375 <><
Becky Dawkins 865.1791

Look for updates on the chapter website
www.abwa-ecc.org.




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