

January 2009

Wild Boomer Women

An instant community of girlfriends, events and activities for baby boomer women

www.wildboomerwomen.com

 Forward to a Friend

Happy New Year 2009

Wild Boomer Women is off to a great 2009 with lots of new ongoing events and activities that you won't want to miss. Here is a preview of what we will be offering every month. Please forward this newsletter to anyone who might be interested, using the "forward to a friend" link above. Everywhere you see something underlined in red, click on it to get to the link.

HAPPY HOUR: Let's meet at a different place each month for happy hour. Our first happy hour is scheduled for the Thursday, January 8 at Bloom in Scottsdale. It is Queen Sue's birthday so come out to honor the queen.

POTLUCK AND CONVERSATION: Every month we will get together at someone's house for a very informal potluck and conversation. There will be a "theme" every month. January is scheduled for Friday the 16th at Queen Sue's house.

MINDING YOUR VISION: *Creating the Life You really want to live:* Minding Your Vision is a women's support circle to help each other set and accomplish our life goals. The group meets monthly, typically the 3rd Sunday of the month, from 3:00 - 6:00. Bring a dish to pass as we eat at 5:30. Drinks are provided by the host. It is not mandatory to attend all sessions. Our first session is: January 18 - **YEAR END-CELEBRATE AND CREATE:** We will be using a handout that takes some pre-thinking, Once you register, you will be sent the form to start helping you remember the highlights of 2008. It will end with a burning bowl ceremony, to let go of that which no longer serves you and move on into 2009 creating and manifesting the dreams you want.

DAY TRIPS: Once a month we will take a day trip to somewhere in our wonderful state. January's day trip is scheduled for Saturday, January 24. Join us as we enjoy Tucson for Frontier Days.

QUARTERLY WEEKEND GETAWAYS: Every quarter we will schedule a weekend getaway. Our first getaway is tentatively scheduled for March 6 - 8 - location to be determined. Get your suggestions in and we might go to the spot you love.

Get your 15 Minutes of Fame



Want a great way to promote your business or event? Queen Sue is now a segment producer (with the title "Life of the Party") on the radio show "Perfect Game" broadcasted live from Scottsdale every Saturday between 11:00 am - 1:00 pm, and also on the internet - so anyone with an internet connection can hear the show ([click here](#) and then select "listen live"). Schedule your 15 minutes of Fame to be interviewed by Queen Sue on the show. You create the questions you want me to ask you to ensure you promote your business or event exactly as you want to. You will get your 15 minute clip to upload to your own website. Wild Boomer Women Club Members pay only \$300. Non paying members pay \$375. I only have two 30 minute segments per month available, so schedule your time now. Listen to Queen Sue in January on January 3 & 17. Contact For more information contact [Queen Sue](#).

FIRST MEMBERS ONLY PARTY A HIT!

Twenty Wild Boomer Women Club members attended our first members only party at the beautiful [Bodynew Med-Spa](#) in Scottsdale. We were treated to free mini oxygen facials, skin analysis and laser spot removal. There was lots of great food and bubbly thanks to the folks at the Med Spa and [Rachell Hall](#). We also got gift bags full of great goodies. And the spa gave away prizes to three lucky winners, plus they sent us \$50 gift certificates to use toward our first appointment. All in all, the gifts and services were worth several hundred dollars to our members. Not a bad return on your \$9.95 per

month investment. Members Only events will be scheduled quarterly. Watch for details on our next one in March.

January Events

Don't miss these events and activities coming up this month. For details on all of the following events, please click on [our calendar of events](#).

If you would like to receive notification every time an event is posted, please make sure you are registered at [our meetup site](#).

Saturday, January 3 - Listen to Queen Sue on the radio from 11:00 am - 1:00 pm. Listen locally at 1310 am or in the internet at www.kxam.com and click on "listen now".

Thursday, January 8 - Happy Hour at Bloom to celebrate Queen Sue's Birthday.

Friday, January 9 - Hair, the musical and Girls Night Out at the Arizona Theatre Company.

Friday, January 16 - Potluck and Conversation at Queen Sue's.

Sunday, January 18 - Minding Your Vision.

Friday, January 23 - Flirting Workshop and Field Trip with Joann Cohen.

Saturday, January 24 - Daytrip to Frontier Days in Tucson

For details on these events, please click on [our calendar listings](#).

Welcome New Members

Please visit our [favorites page](#) often to check out our new members and the services they offer. What better way to do business than with someone who is known by others you know? Please welcome our latest new members:

Sherry Fritz, Juice Plus - sherry@sherryfritz.com, www.getfitandfab.com

We educate people to have diet and lifestyle be your number one health strategy! Every health organization recommends eating 9-13 servings of fruits and vegetables every day, but almost no one gets that much. Juice Plus+ is the next best thing to actually eating 17 fresh, raw, vine ripened fruits and vegetables every day!

Michelle Meyer, Naturopath - 480-588-3311,
micmey@gmail.com, www.bioharmonichealth.com

Michele Meyer, Naturopath is dedicated to guiding you to complete wellness. Many steps above symptom (dis-ease) free living, it is a lifestyle training of how to have the highest level of health possible. Please inquire about the

basic and more advanced programs available.

Debbie Schwendler, Independent Arbonne Consultant,
480-202-8721,
djschwendler@cox.net

Arbonne features remarkable products that do what they say they will - botanically-based, pH correct, contain no animal products or other harmful ingredients. Discounts up to 65% are available and free, no obligation, in-home trials.

If you are traveling in 2009 and want to save money on flights, hotels, cars, cruises and more, [click here](#) to compare prices with any other website. Chances are you can save money.

BECOME A MEMBER OF THE CLUB TODAY

You can always attend a Wild Boomer Women (WBW) event, but with a WBW membership you get so much more. Here are just a few things you will get by joining:

Reduced member prices at WBW events.

Members only events (like the one described in this newsletter).

Members only web pages on the website.

Free listing on our member link page with a **link to your own website**, or a 30 word description about your business with a link to your email address.

Promote your events - if you have an event to promote, send the details to us and we will post it on our calendar.

Don't wait to be a member of this exclusive club. [Click here.](#)