

Coastal News

COASTAL ASSOCIATION OF HEALTH UNDERWRITERS

President's Message

Mark Waugh



Greetings Coastal Members! I have to emphasize membership this year. It's our numbers that make Congress, and our state legislators, listen to us. Without insurance agents, many would be clueless when selecting a health insurance plan that best fits their family's needs. We should be telling all of our clients and prospects that we're members of NAHU and why work with an agent who isn't.

Your local board has been quite busy this summer. You know Coastal received three major awards in San Diego-- Pacesetter, Website, and National Champion. These awards are quite an honor and recognize not just Coastal, but also NCAHU.

PLEASE support our PACs. We MUST educate our elected officials about health insurance and the importance of an agent. And refer your clients to www.nahu.org.

We're having our local Strategic Planning Meeting at the Blue Cross Blue Shield office on Eastwood Road July 28 at 1:30. We invite interested members to attend and share your ideas and expertise. Our Leadership meeting will be August 22, location to be determined.

I am looking forward to working with you and seeing you all at our meetings for 2008-09. We appreciate your support.

July 2008



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First Meeting: September 25, 2008 - Wilson's Restaurant, 11:45-1:00

American Heart Association Cape Fear Heart Walk Program

Plan ahead for the upcoming walk—

Saturday, October 18, Wrightsville Beach Loop, 10am



American Heart
Association



Learn and Live®

HEART WALK®

Domestic Violence Shelter

Remember to collect the hotel soaps and shampoos for the Domestic Violence Shelter kits!



Basic Sun Safety Tips

- Limit outdoor activities between 10 a.m. and 2 p.m. in the summer months. Therefore, play golf, tennis, swim, etc., in the early morning or late afternoon.
- Wear a good pair of sun glasses to ward off the sun from your eyes and some kind of protection—the looser the better—on your head.
- Clouds and particulate matter in the air scatter sunlight. Therefore, you may receive a “surprise sunburn” even on a cloudy day.
- Some drugs & cosmetics—Tetracycline, diuretics, major tranquilizers—may increase susceptibility to sunburn because they contain substances that cause the sun to absorb more of the sun’s radiation. These “photosensitivity reactions” may also be caused by birth control pills. Your physician can advise you about medications that can cause problems in the sun.

Please Note: This information is provided as a guideline and not intended as medical advice. If complications arise due to a sunburn or sun exposure, contact your doctor immediately.

Your 2008-09 Officers and Board of Directors

President: Mark Waugh
mawaugh@ebenconcepts.com

Vice-President: Mike Smith
bluewaterinsurance@hotmail.com

Immediate Past President: Connette Bradley
chbradley@earthlink.net

Secretary: Carrie Stephenson
carrie@jamesmoore.com

Treasurer: Nick Ogden
ogde9581@bellsouth.net



Website: Dennis Stokley
Communication/Newsletter: Connette Bradley
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