



By the Sea Enterprises

"News You Can Use"

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Issue # 3



A New Year – A New You!

Make the time to Focus on New Dreams, Goals and a Better You

Happy 2011 New Year! 2010 was a tough economic year for many, which put heavy burdens on many marriages and families, and had many Singles struggling to make ends meet. It's a great feeling to have a new start with a New Year. However, new beginnings can happen any time you are determined to make a change for yourself, your relationship, or marriage. The New Year is a time to personally reflect on where you are presently and where you want to be. It's a time to become completely real with your partner and calmly and lovingly discuss changes you want made in your relationship or about things that are bothering you. Keep the "team" concept and stay away from blaming statements when discussing what you need. Talk about the changes YOU are willing to make

to help your relationship. If the discussion becomes too difficult, contact a Professional Counselor or Certified Relationship Coach to help your communication be more effective and loving for mutual change.

Remember, if you are not happy with yourself personally, you could be taking out your frustrations by nit-picking at your partner. So ask yourself, are you reaching your goals and dreams, or are you angry you have put your plans on hold – to support your partner, raise your children, or because your finances are tight? Approach your Partner

with your personal concerns and a solid plan for change. Ask for their love and support as you embark on this change, and be willing to start slow and negotiate where you need to. Together, watch the DVD of *The Secret* by Robyn Byrne that shows many examples of praying or meditating with focusing on your specific goals. *The Secret* teaches; "What you Think About, Comes About" so meditate or pray on exactly what you want for you and your partner – every day, twice a day. But be certain to start with an "Attitude of Gratitude" because when you

Meditate or Pray on your Goals every day, twice a day, starting with an Attitude of Gratitude

start with Thanking God or your Higher Power for your many Blessings, it makes you reflect on what you DO have in life, not what you don't have. If you still can't find any Blessings or think negative thoughts about how hard things are, watch the video on the EPIC charity at www.epicthemovement.org; to see

how fortunate you are! After giving Thanks for your Blessings, Ask for what you want. Every Day, twice a Day – and watch what happens! *The Secret* has worked for me, for many singles and for couples that work the plan together. Be determined to read more motivational books this year, become more spiritual, learn about and become more holistically healthy – by exercising, eating healthy, getting 8-9 hours of sleep, taking vitamins & laughing more. Vow to be more affectionate & romantic with your partner! **Happy New Year & Happy Valentine's Day!**

Inspiration for the Month...

"Beginnings are wonderful things – they're free, full of possibilities, and everyone gets a new one every day. What will you do with yours?" "You must begin wherever you are" – Jack Roland. "What you Believe, you Will Achieve" – *The Secret*. "What Did You Do Today?" EPIC - (Every Day People Initiating Change), Alexi Panos



The Season of Love & Romance!

Did you date your Lover, Spouse or Partner this week? Do you have a plan for next week? Stats show that couples stay together longer & are happier when they date once a week – take turns to plan a weekly event out of the home. Dress sexy for each other, flirt, laugh, hold hands, dance – do what you did back in the beginning when you first met. Put each other FIRST, before friends & family - Be a Team. Remember to live the concept of "You & Me Against the world!"



SKYPE Web cam is NOW AVAILABLE for Coaching SINGLES or COUPLES through www.rianamilne.com. Call Riana at 609-601-7884 to set an appt. or email info@rianamilne.com. Get Professional Coaching from the comfort of your home, office or college dorm! It's easy, fun & informative!

By the Sea Singles

Advice, etc. Quick Question of the Month: Dear Riana: Here is another New Years Eve and Valentines Day is quick approaching – and I don't have a date or a steady guy. I get so depressed during these "Couple Celebrations." What should I do to get through this? Angie

R: Dear Angie – Get on the phone and make a date with some girl and/or guy friends. Meet them out at a popular restaurant and sit at the bar to eat – or go to a Singles club that's right for your age – or – dress up and go out yourself. Make a point to say hello and chat with everyone near you – be determined to make new friends that night. Or, start a new project you have wanted to do and "never had the time." Read inspirational & motivational books to build your confidence and self esteem, focus on your goals and get Coaching to help meet them!



Karen Jones & Rogena Mitchell

Congratulations to Karen and Rog who celebrated their loving relationship with Civil Union on August 28th, 2010 in Egg Harbor Township, NJ at the Harbor Pines Country Club Thank You for including Jimmy and I on your special day, and may you two be as happy together – forever as you were on your special day!



Tami and Thomas Gandolfo, Jr.

made a lovely couple on their wedding day at the Grant Street Beach in Cape May, NJ on Friday, July 23rd, 2010! What a fun and lively crowd! It was a perfect wine ceremony, with reception held at the historic and quaint Hotel Alcott.



Jamie Lynn Farewell & John Manners.

The Carriage House made a picturesque, serene and classy setting for this outdoor wedding for this stunning couple on Friday, August 27th 2010. Congratulations & Best Wishes!

Ceremonies by the Sea

Romance International Travel

This newly remodeled Boutique Hotel is in the perfect location in the heart of South Beach, FL. It is one block to the ocean, two blocks from the famous Lincoln Road where the locals like to hang at the many outdoor cafes, close to many hot nightclubs; and yet close enough to walk to the tourist section and Deco area of Ocean Blvd. The Carlton also has a great Olympic-sized swimming pool in the center courtyard that has a wonderful southern exposure and nice large lounge chairs, .

We enjoyed the Lobby Bar, with Owen the Bartender quite friendly and accommodating. Michael at check-in was super efficient and we were able to park our car right next to the hotel - rare in South Beach. We loved our room, #101 - only 3 steps up off the lobby. It was very large, with soft white linens on a huge king bed, large Plasma TV, CD Player, mini frig, and room safe. There was Internet access throughout the hotel for free, and we were offered a generous extended checkout.

We paid \$287.59 for two nights, for an upgraded, renovated Superior King room - quite reasonable for South Beach! Thanks Everyone -- We will definitely be back!



Owen in the Lobby at The Carlton
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