



Where fun, fashion, food, family, and faith merge to empower and inspire boomer women all around the world

The #1 Dream-Zine™

For Boomer Babes and the Boomer Dudes Who Love Them

78.2 Million Baby Boomers were born from 1946-1964, and 50.8% of these are women as of a 2005 Census report. This Dream-Zine, our web site, and blog (co-authored by seven amazing women) have all been developed to empower and inspire Boomer Babes around the world to achieve the dreams of their heart.

Boomer Babes Rock!

March 21, 2007

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Volume 1 Issue 3

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What Is A Boomer Babe

1. In The News

Boomer Babes around the country are stepping out in record numbers to achieve the dreams of their heart! (If you are one of them, **we want to hear from you!**) Lives, families, and communities are being changed as more and more boomer women become empowered and inspired to reach for their dreams. We launched a [Boomer Babes Dream](#) contest last month, asking to hear from women just like YOU. Our very first winner is Karen Power, an amazing Boomer Babe who recently stepped out in faith to start the business she's always longed to have. [Read her story](#). Send us YOUR DREAM today! **WIN FABULOUS STUFF!**

Liz Curtis Higgs is in our VIP Celebrity Spotlight this month. A self-proclaimed FBG, you'll be encouraged by what Liz has to share with her fellow Boomer Babe sisters. **WIN A FREE BOOK DIRECTLY FROM LIZ.**

More and more boomer babes (and the men, daughters, and sons who love them!) are visiting our **BOOMER BABES WITH BRILLIANT DREAMS BLOG**. Co-authored by six fantabulous boomer babes, the daily words of insight, faith, inspiration, motivation, and just plain fun are being read by record numbers of women and men from around the world. With new posts daily, [check out our blog now](#) .

WIN a \$250 Mary Frances designer handbag! **WIN a \$1000+** catered dinner party in your home for 12 including Allison Bottke! Check out [Boomer Babe Contests](#) .

Need a motivational or inspirational speaker for your event? Allison's 2008 calendar is currently being scheduled. A limited number of dates are open for 2008. Contact [Allison's speaking agency](#) today for more information.

Welcome back **LaShawn Barber**, who writes [Patio Politics](#), **Pam Farrell**, bringing us [High Voltage Romance](#), and **Dr. Janet Maccaro, PhD**, writing [Body, Mind & Spirit](#) We hope you're as excited about this month's topics as we are. Visit their web sites and let them know you read their column [here!](#)

As some Boomer Babes reach that AARP season in life, we find ourselves faced with unique, exciting, and sometimes difficult challenges. Job hunting? Getting a Divorce? Relocating? Check out [Senior Secrets](#)

Attention Aspiring Writers! Read an Interview with Allison by Alyce Edrich on the Dabbling Mum Blog: [Interview with Allison](#)

View a wonderful write-up about our new website by Mary Byers, author of *The Mother Load How to Say No...and Live To Tell About It* . Read about it [here](#) under the subject of "Recommended Surfing."
www.marybeyers.com

Born between 1946 and 1964, we are women who are comfortable enough in our own skin to realize that the mid-life years can be some of the best and most exciting in our entire life. That the hubris of youth is behind us and the wisdom of the years has made us pretty darn attractive--both inside and out. No longer offended by terms that once caused rancor, we're secure in who we are and where we're going to actually enjoy being called *Boomer Babes*! Listen to Allison's [definition](#)

CWO Column

Christian Women Online - [CWO](#) is an award-winning online magazine uniting women of faith. This online publication offers daily inspiration, motivation for moms, guest columns, monthly columns, a monthly book draw (yes, **FREE** books!) and so much more. Read Allison's new monthly column for baby boomer women, appropriately titled: Boomer Babes Rock!

Boomer Babe Blog Team

Members of this dynamic blog team include several acclaimed CBA authors as well as the Founder of the National Association of Baby Boomer Women - [NABBW](#). With specific posting days every week, the blog is comprised of Allison Bottke, Dotsie Bregel, T. Suzanne (Suzie) Eller, Eva Marie Everson, Keri Wyatt Kent, Connie Pombo, and substitute blogger, Cheryl Hutchings. Read what they have to say [today!](#)

Download Central

We've added a special page to our Boomer Babes Rock! web site that features a whole lot of really neat stuff you can download FOR **FREE!** We have motivational Special Reports, inspiring

Tired, irritable, hungry, depressed? [Find out why.](#)

[Thanks for joining us and for sharing our Dream-Zine with your family and friends. Have them visit our website at \[www.BoomerBabesRock.com\]\(http://www.BoomerBabesRock.com\)](#) to sign up for their **FREE** copy today! Have a blessed month and we look forward to hearing how Boomer Babes around the world are achieving the dreams of their heart! Send us your comments and feedback today! editor@boomerbabesrock.com

Allison Bottke, Author/Speaker/Founder & Publisher

(aka: Boomer Babe Queen)

Cheryll Hutchings, Editor-in-Chief

(aka: Boomer Babe Princess)

2. Boomer Babe Contests

You heard us right!

We are offering a host of **Booming Big Contest Opportunities** every month.

Win **FREE** books **EVERY** month

We are offering **FREE** books throughout the Dream-Zine. Karen Power won a free book by writing and telling us her "Dream."

Win the **Dream-Zine Referral Contest!**

Win a **FREE** Mary Frances designer handbag valued at \$250!

View the guidelines and details in our [Pass It On column.](#)

- [Win the 2008 Boomer Babe of the Year Award !](#)

[With a prize package valued at over \\$5,000! Contest rules and guidelines will be emailed to all subscribers of the Dreamzine in a special announcement this summer, and will be posted on the website thereafter.](#)

- [Win the **One Little Secret Contest!**](#)

[A **FREE** catered dinner party for 12 in your hometown with Allison Bottke as a guest!](#)

[A prize package valued at over \\$1000!](#)

[First you need a copy of Allison's debut novel, **A Stitch in Time** which you can purchase at your local bookstore or online at \[www.BoomerBabesRock.com/books.html\]\(http://www.BoomerBabesRock.com/books.html\).](#) Each month, for the next 7 months, we will ask a question whose answer can only be found in **A Stitch in Time**. Each month email us your answer, along with your name, address and phone number to editor@boomerbabesrock.com and put the words "**SECRET CONTEST**" in the subject line. Entries must be received by midnight on the first Thursday of every month. On the first Friday of every month a drawing will be held from all the correct answers received and two lucky winners will receive a **FREE** book. On the 8th month there will be one final question for which you will need the newly released novel **One Little Secret** in order to find the answer. In October, contestants will be required to submit the answers to all eight questions on one email. All entries with the correct answers to all eight questions will be entered into a drawing for the grand prize of a **FREE** catered dinner party for 12 in your hometown with Allison Bottke as a guest! A prize package valued at

MP3 audio files, and interviews with VIP Celebrity Guests. For you media folks, we have press releases and special announcements. Visit our [download page now!](#)

Pass It On

This Dream-Zine is **FREE!**

Since every Boomer Babe enjoys a great bargain, we invite you to share it with your family and friends. Tell them about our great contests and other **FREE** stuff they can get. All they need to do is visit our web site at www.BoomerBabesRock.com.

Would you like to win a **FREE Mary Frances** hand bag valued at \$250? All you need to do is invite five of your friends to visit our website from now until Monday, April 2nd and sign up for our Dream-Zine. Send us an email with the words "**Pass It On**" in the subject line. Tell us YOUR name, address, phone number, email address and the names and email addresses of your five friends. We DO NOT need the full contact information of your friends, just their email addresses. Send your friends to our website to subscribe to our Dream-Zine. Once we verify their Dream-Zine enrollment, your name will be entered into a monthly drawing for a **FREE** book. There is no limit to the number of times you can enter, but each group of names must be five different friends and all five of those names must be registered for the Dream-Zine by April 2nd. A **FREE** book winner will be selected the every month. Everyone who wins a **FREE** book from now until August will be entered into the hand bag contest. In August one lucky winner will be drawn from the five finalists and win the **FREE** Mary Frances hand bag. It could be **YOU!** Thanks for spreading the word about our Dream-Zine! And...your friends may also participate in the contest if they invite five friends to subscribe to our Dream-Zine. Be sure to let them

over \$1000! Visit our website, www.BoomerBabesRock.com next month for complete details and rules.

March Question: While Dee is recovering from WLS (weight loss surgery) Ursula brings her a gift. Instead of flowers, what does she give Dee?

3. Boomer Babe Dreams

Congratulations to this month's winner, Karen Power!

From the time I was a teenager and knew there was a business side to the music industry, I wanted to manage gospel music groups. Habakkuk 2:3 says, "...if it seems slow in coming, wait. It's on its way. It will come right on time." Thirty years later, I can see how God has guided my steps in learning and developing the skills needed so that I would not just dream my dream, but live it out to its fullest.

I now have the opportunity to help Christian communicators, including some of those gospel music artists I loved as a teenager. Establishing [christianspeakerservices \(CSS\)](http://christianspeakerservices.com) is truly a dream come true. I now get to help communicators spread the message of the Gospel across the country and around the world to those who need to hear it. Having the opportunity to help speakers, singers and authors to spread the message of the Gospel is living my passion to its fullest! No matter how old (or young) we are, I encourage people to find their passion and purpose...and go for it!

Karen Power
Christian Speaker Services
"Connecting Communicators...Companions in Service"
www.christianspeakerservices.com

Thank you, Karen! We encourage our readers to visit Karen's web site and congratulate her on the launch of her new business. Tell this fellow boomer babe that she ROCKS!

We also encourage you to share **YOUR** Boomer Babe Dreams with us in 200 words or less and you, too, may find yourself being featured in this column. Every month we'll draw a name from our submissions and award a **FREE** book to one lucky winner. Write **Boomer Babe Dreams** in the subject line and email to editor@boomerbabesrock.com Refer to the Submission Guidelines on the left hand column of this Dream-Zine for more information.

know...**Pass it On!**

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Boomer Babes Rock Dream-Zine

Feedback Wanted

Thanks for hanging out with us. We hope you've enjoyed this issue of our "Dream-Zine." We know your time is valuable and want your visit to have been one you will repeat each month. Let us know how we are doing. What did you like, what didn't you like? What would you like to see that was missing and what could have been better? Write us at editor@boomerbabesrock.com and put **Dream-Zine Feedback** in the subject line.

One lucky winner will be drawn on the first Friday of every month from all of our feedback participants and win a **FREE** book.

Link My Site

Do you have a GREAT web-site? List your web site FREE on the Boomer Babes Rock web site! We've developed a specific section on our brand new web site to offer our visitors valuable resources specifically of interest to Boomer Babes and their families. The only requirement is that you first pass the litmus test of our staff, and then agree to grab the banner from our Resources & Friends page and place an active link to our site on your web site and your blog. That's it! Send the info below to Cheryl Hutchings, Editor-in-Chief of our Boomer Babes Rock Dream-Zine: editor@boomerbabesrock.com. Place the words **LINK MY SITE** in the subject line. We'll contact you.

Interested? Send us the following before the end of the current month.

#1. Your name and URL.

4. Products & Teleseminars

PRODUCTS:

All of Allison's books are [available on our web site](#). This month we are proud to introduce you to Allison's first non-fiction book called: **I CAN'T DO IT ALL – BREAKING FREE FROM THE LIES THAT CONTROL US**. Co-authored with best selling author Tracie Peterson and Dianne O'Brian, **I Can't Do it All** also includes study guide questions at the end of every chapter – perfect for individual or small group Bible studies. [check it out here](#).

TELESEMINARS:

Allison and best-selling fiction author and marketing guru **Randy Ingermanson** have teamed together to present a series of teleseminars based on some of her most popular writer's conference workshops.

Their first Teleseminar series **CLEAN UP YOUR ACT – STRATEGIC PLANNING** was a **HUGE HIT** and is now available in MP3 downloads and on CD's. This Teleseminar series will motivate and inspire you to get your stuff organized, whether or not you are a writer!
http://www.advancedfictionwriting.com/info/clean_act.php



Stay tuned for info on upcoming Teleseminars presented by Allison Bottke and moderated by Randy Ingermanson covering such topics as:

**BRANDING – WHAT IS IT AND DO YOU REALLY NEED IT?
DEFINING YOUR MISSION VS YOUR GOAL
PUBLICITY PHOTOS 101
YOUR TARGET MARKET – TOO BROAD OR TOO NARROW?**

5. Boomer Babe Spotlight



On Center Stage this month is Divine Boomer Diva, Liz Curtis Higgs, famous author of the "Bad Girls of the Bible." Liz has graciously agreed to personally autograph and mail out a book to one of our Boomer Babe readers. The first Dream-Zine reader who can tell us what FBG stands for wins!

Send your answer to editor@boomerbabesrock.com and put "**I have the answer**" in the subject line. Go to www.BoomerBabesRock.com/archives and click on March's link to view the great article on Liz.

#2. A one sentence description of your web site and/or business.

#3. The URL.

Reprint Rights

Permission is granted to use any of the articles in this Dream-Zine in your own e-Zine or web site, as long as you include the following blurb with it:

Author, Speaker and Boomer Babe Entrepreneur Allison Bottke, publishes Boomer Babes with Brilliant Dreams, the third Wednesday of every month. A Boomer Babe with a keen eye for identifying trends in the marketplace, Allison Bottke is the author of 21 non-fiction and fiction books, as well as the Founder of Boomer Babes Rock and God Allows U-Turns, an international outreach that includes the acclaimed God Allows U-Turns anthology series. Visit Allison's totally hip boomer babe web-site at www.BoomerBabesRock.com and download your

FREE copy of '7 Things You Can Do Today to Start Living Your Dreams.'

Submission Guidelines

All submissions must include full contact information, be sent electronically, and written in the body of an email with the proper category information included in the subject line of the email. ATTACHMENTS WILL NOT BE ACCEPTED. All submissions become the property of Boomer Babes Rock, Allison Bottke, and its licensees. By emailing any submission in response to a Dream-Zine invitation, you give permission to use the submission in all editions and derivations of

www.BoomerBabesRock.com Boomer Babes Dream-Zine and www.AllisonBottke.com throughout the world. In submitting your response to an invitation request, you fully understand there will be no compensation other than

Future Boomer Babes in the Spotlight will be; Robin Jones Gunn, Angela Hunt, Donna Partow, Tracie Peterson, and more!

6. Boomer Bytes & Sites

Keri Wyatt Kent writes and speaks about spiritual transformation. She challenges her readers and listeners to grow, no matter what stage of life they find themselves in. You can read her postings every Thursday on www.boomerbabesrock.com/blog.

Her website, www.keriywyattkent.com, features short essays that focus on how to apply God's truth to everyday situations. The site also provides information about Keri's writing and speaking ministry. Her spiritual gifts are teaching and encouragement. Her mission in writing and speaking is to encourage people to connect more deeply with God, and to lead them toward that through personal examples and clear, Biblical truth.

Do you know of a special Boomer Babe web site we could feature here? Write **BOOMER BYTES & SITES** in the subject line and send suggestions to us at: editor@boomerbabesrock.com

7. 2007 Boomer Babe of the Year Awards



Make 2007 the year you achieve the dream of your heart and you could win one of several **2007 Boomer Babe of the Year Awards!** With a host of valuable prizes, winners will be selected in several categories including Boomer Babe Entrepreneur of the Year, Dreamer of the Year, and Achiever of the Year. The grand prize winner will receive over \$5000 in cash and merchandise! Details of this exciting annual award competition will premier this summer. Stop *thinking* about the dreams of your heart--and start *achieving* the dreams of your heart! Plan to enter the **2007 Boomer Babe of the Year Awards.**

8. Va Va Va VOOM!

A STITCH IN TIME by Allison Bottke
Bethany House Publishers - Summer 2006

Dee Decker is a successful fundraising executive in Southern California, a boomer babe who is out to prove that a middle-aged Christian woman can be faithful, fashionable, and fabulous! In the course of one year Dee Decker . . . has gastric bypass surgery and loses 150 pounds . . . separates from her husband. . . flourishes in her glamorous fundraiser job.... has plastic surgery. . buys a whole new wardrobe. . . and becomes a Christian. This dynamic Boomer Babe is a new person inside and out, and the future looks bright. But then a job offer in Las Vegas sends her life in a direction she hadn't expected. Her past and present are about to collide in a major way. Will Dee discover how to balance the fast-paced Southern California and Las Vegas lifestyles with her new values?



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concerns and comments to

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Editor@boomerbabesrock.com

To contact Allison Bottke:
AB@boomerbabesrock.com

Our Web Sites: www.BoomerBabesRock.com
www.AllisonBottke.com
www.GodAllowsUturns.com

Our Blogs:

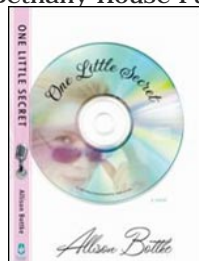
www.BoomerBabesRock.com/blog
www.GodAllowsUturns.blogspot.com

You can read our
[Statement of Faith here](#)
and what it means to be Born Again!

[To update your contact information
click here:](#)

Purchase this book at your local bookstore or online at www.BoomerBabesRock.com/books.html.

ONE LITTLE SECRET by Allison Bottke
Bethany House Publishers - Summer 2007



A Hollywood fairy tale with all the pleasures of escapist literature mixed with gentle lessons on using the talents God has given you, One Little Secret is about the power of sacrifice, self-esteem, and the value of being 'just a housewife.' Ursula Rhoades is a fun and hip Boomer Babe who is refreshingly different from most CBA heroines, offset by a rock star male protagonist who is captivating and gets more likable and 'deeper' as the story goes on. It's just plain fun to watch these characters interact. Don't miss Allison's newest 'hip lit' fiction! Read about the great contest for this book under the CONTEST section in this month's Dream-Zine!

Pre-Order this book at your local bookstore or online at www.BoomerBabesRock.com/books.html

9. **Patio Politics** by **LaShawn Barber**

Phyllis Chesler's Islamic Education



A western feminist stepped down from her Ivory Tower and moved to a Muslim country with her Muslim husband and received the kind of education she never would have received in any left-leaning western university.

Phyllis Chesler, a professor of "women's studies," witnessed Muslim barbarity firsthand. She married a Muslim she'd met at an American school, then moved to his country...My first question to Chesler and women like her is why she married a Muslim in the first place? (And don't give me that *love* stuff.) Based on the fact that she's a women's studies professor and probably majored in women's studies in college, she, like so many feminist elites in the West, held a romanticized and false notion that followers of Allah were no different from secularists like herself. But she knows the truth now.

[Click here](#) to read more about Chesler's journey and subsequent Islamic education.

La Shawn Barber is the Author of LaShawn's Corner (Blog) and a freelance writer, blogger, and blog consultant. She is a columnist for the Washington Examiner, and her articles, essays, and book reviews have appeared in the Washington Post, Washington Times, Christianity Today, Today's Christian Woman, Beliefnet.com, National Review Online, Townhall.com, and other publications. Visit her website at <http://www.lashawnbarber.com>



10. High Voltage Romance by Pam Farrell



This month *Lifeway Publishers* is releasing a DVD of our best selling material *Men are like Waffles, Women are like Spaghetti*. In it we explain a couple of key things to keep in mind when communicating to your “waffle” husband (or son, brother, dad, coworker).

The first is that men are like waffles, meaning a guy compartmentalizes his life. When he is at work, he is at work; when he is mowing the lawn he is mowing the lawn; when he is watching TV he is in the zone—watching TV. He spends time in one box and one box only. Visualize his brain like the top of a waffle, neat compartments separated by walls. Because men compartmentalize, they prefer to think of only one thing at a time. Because of this testosterone driven trait, they are problem solvers by nature. They like to “go into a box,” figure out what the problem is, assign a solution and then move on. If they get to a box, discern the problem, but don’t know the solution yet—they just move on!

Coming soon from
Lifeway Publishers,
Men Are Like Waffles,
Women Are Like Spaghetti
on DVD!
(Due May 1st, 2007).

So if you want to keep some *Red Hot Monogamy* going, instead of rattling on about some very important topic when he is watching TV or on the computer, learn to say something like, “Honey, are you ready to switch boxes?”

To order a DVD set of *Men are like Waffles, Women are like Spaghetti* for you and your husband, your Boomer Babe Book Club, small group Bible study or church, or to connect to Pam and Bill live at one of their coming marriage events, go to www.farrelcommunications.com.

11. Body, Mind & Spirit by Janet C. Maccaro, Ph.D., C.N.C.

When it comes to stress.... If You Don't Take The Time To Be Well, You Will Definitely Take The Time To Be Sick!

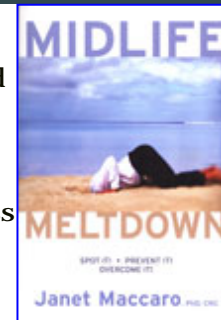
Based upon "A WOMAN'S BODY BALANCED BY NATURE" By Janet C. Maccaro, PhD. C.N.C

When stress is ignored, it can escalate to distress. A woman who is distressed is headed for burnout and total exhaustion. Stress is your body's signal telling you your life needs attention. Stress, when not addressed, makes a woman more vulnerable to emotional and physical illness, such as anxiety, depression, and even heart attack.

Begin to develop a plan of attack for dealing with the stress in your life. Say no to added demands on your personal time. Be more flexible, and forget about being perfect! Focus on your accomplishments, don’t dwell on your shortcomings. Just do your best. Take care of YOU!

Make fun and relaxation a part of your daily plans. Don't take life too seriously; laugh often! Value yourself and what you do. Take time to organize your home and workplace, and keep track of events, due dates, and commitments. Invest in your health. Exercise to release anger.

Life is meant to be lived with vibrancy, productivity, and creative expression. Stress is a great robber of living life to the fullest! As I always say....."Less stress means more success! Be well!



Dr. Maccaro is an international speaker on Women's health from a natural perspective and author of several books including Midlife Meltdown - 2007. Visit her website at www.DrJanetPhd.com where you can find more help in dealing with stress.

12. Fun, Fashion, Food, Family and Faith

Can't seem to stop eating? If it's edible and not nailed down, does it vanish before your very eyes? Is the digital readout on your scale not working 'cause it seems to be creeping up instead of going down? Are you getting hours and hours of sleep but still feel tired, rundown and out of energy? Does every little thing seem to irritate you beyond measure and then make you depressed because you can't figure out why?

You could have S.A.D. Read more about it [here](#)

13. Boomer Babe Book Clubs

Hang in there everyone. We are currently working out the details of this new, online book club where anyone, anywhere can participate in great discussions about great books. We hope to finalize details before our April issue. Anyone interested in participating at the ground level of this new phase of our boomer babes outreach can contact us at editor@boomerbabesrock.com.



14. Senior Secrets

Need to find a new job but it's been years since you searched? There are different pitfalls that await people of different ages. But regardless of your age or stage of career, a smart résumé is essential. Read some tips and pointers on [Business Week](#).

[Recently divorced with no one to turn to? Visit www.divorcediva.typepad.com/](http://www.divorcediva.typepad.com/) Read some great articles by others who have gone through or are going through the same thing. Check out the nice review they gave our website while you are there! (its about 2/3 down the scroll bar J)

Relocating and down-sizing because you have an "empty nest?" According to a 2004 Del Webb survey of baby boomers, 55 percent of all baby boomers plan to move when they retire. There are many good reasons to consider downsizing or relocating and you can read about them here:

15. Boomer Dudes Take Heed

Okay all you boomer dudes out there, this column is for you! You love to be with us boomer babes but you don't always understand us. Well every month we're going to give you a few good tips. This month's tip was taken from <http://www.500secretsaboutgirls.com/home/aboutgirls.html>

Don't take the relationship for granted

Many men forget they have a good relationship when the relationship is good, and just assume everything is fine. However there are a lot of men out there who are not putting their partner first. They're taking what they have for granted and just like the age old lesson teaches, the only way some dudes will see what they have is after they've lost it. This is something a lot of men regret. It's important to communicate and appreciate each other during both good and bad times, for what you both bring to the relationship.

Have a great tip or read a great article that is perfect reading for your "Boomer Dude?" Send it to us with **BOOMER DUDE** in the subject line to: editor@boomerbabesrock.com. One lucky winner will receive a **FREE** book from all those submitted. Refer to the Submission Guidelines on the left hand column of this Dream-Zine for more information.

16. Until Next Month

That wraps up another issue of our FREE monthly Dream-Zine. As each month goes by, I thoroughly enjoy looking for content you will find interesting. I am also learning new and exciting information for my own "boomer babe" life! Especially the one about relocating in this month's edition, as we will be moving south sometime in late summer or early fall when my husband retires.

If any of you find an especially good article, please share it with us. Tell me what you enjoyed about the article and email me the link at editor@boomerbabesrock.com so I might share it with our readers in a future edition. Don't forget to visit the websites of our columnists. Tell them you read their article on the Boomer Babe Rock Dream-Zine. Visit [CWO](#) and read Allison's monthly **Boomer Babes Rock** column and don't forget to visit the [Boomer Babes Blog](#) and see what they are discussing today.

Until next month..... keep on dreaming!

Cheryll Hutchings, Editor-in-Chief
Boomer Babes with Brilliant Dreams - A Dream-Zine
editor@boomerbabesrock.com

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