

AUGUST 2009

Meeting

Tuesday

August 4th

6:30 p.m.

Bullseye

(@ Days Inn)

MENU

Your choice
from menu

PROGRAM

J. W. Durst,
Chief
Operating
Office and
Selena
Johnston
Phaup,
Clinical
Manager,
Kentucky
Physical
Therapy
Specialists

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B&PW/HC News

A Publication of B&PW Hopkins County

President's Message

Hello Everyone,

August is starting out to be a month of firsts for our club.

First, we are having our meeting at a new place. I have talked to Arleen at Bull's Eye and she is looking forward to having us.

I will have the committee chair sign-UP sheet and I hope we can finish it and start putting them into play.

Next, we are hosting our first Jr. Miss Program. Patti, Sharon and their committee members have been working very hard to make this a success.

The club will also have a new name. I am sure the committee will have some very good suggestions for us to choose from.

I would like to Thank Teresa Hatler for opening her home to us once again. I always have a wonderful time.

I would also like to thank everyone for all of their hard work and especially for helping me do my job.

See you all at the meeting,

Algia

REMINDERS

Hopkins County's
Junior Miss

August 9, 2009
2:30 p.m.

Browning Springs
Middle School
Auditorium

Tickets are \$10.00 in advance, or \$12.00 at door, available at Merle Norman, Curves, and Ky Farm Bureau

Calendar of Events

- AUG 4 Meeting – Bullseye at Days Inn**
- AUG 9 Junior Miss Program – Browning Springs Auditorium**
- AUG 20 Newsletter Deadline**
- SEP 1 Meeting – TBA**
- SEP 15 Kentucky Cardinal Deadline**
- SEP 20 Newsletter Deadline**
- OCT Breast Cancer Awareness Month**
- OCT Domestic Violence Awareness Month**
- OCT 6 Meeting – TBA**
- OCT 19-23 National Business Women’s Week**

PROPOSED NAMES FOR NEW ORGANIZATION

Formerly known as BPW/Hopkins County

Committee: Beth Moore, Nena Matheny, & Wanda Crowe

At the July regular meeting of our organization, a special committee was formed to propose new names for our local organization. The committee met on July 14, 2009 and reviewed several suggested names. Thank you for all of your suggestions.

It was decided that the 3 most viable names are:

- 1) Hopkins County Professional and Business Women (Hopkins County PBW or HCPBW)**
- 2) Pennyrile Professional and Business Women (PPBW)**
- 3) Hopkins County Career Women (HCCW)**

The decision was made at the July meeting to vote on the new name at the August regular meeting to be held on Tuesday, August 4, 2009. All interested members are encouraged to attend and vote.

Beth Moore has requested that Treasurer Patti Fallin provide a list of current members in good standing of BPW/Hopkins County, who will be eligible to vote on this official matter. She has also asked Patti Fallin to provide the appropriate parliamentary procedures necessary for this vote.

Submitted by: Beth Moore

5 TIPS TO MAKE THE MOST OF SUMMER WORK & FUN

(From Business and Professional Women's Foundation)

Summer's in full swing--are you letting the season of fun take a back burner to your workload? According to Careerbuilder.com, [15 percent of workers](#) gave up vacation days this summer because they didn't have time to take them.

5 Tips to Make the Most of Summer Work & Fun

1. **Don't be a gym rat.** Just because you pay a monthly membership doesn't mean you need to be chained to the treadmill! Try to exercise outside at least twice per week.
2. **Embrace your lunch break.** You can get your daily dosage of vitamin D with [just 10 minutes of sun exposure](#). There's no shame in taking your lunch break outside with others, instead of in your cubicle.
3. **Take a real vacation.** [Twenty-five percent](#) of workers say they stay in contact with their office over vacation. Do your best to finish all of your work ahead of time and leave specific instructions for coworkers while you're away, so you can trade in your Blackberry for a chair by the pool. ([There's even a bill in the Congress about this!](#))
4. **Change your schedule.** According to an [Accenture survey](#), men are more likely than women to say they take advantage of the opportunity to work from home when offered. Talk to your boss about the possibility of telecommuting or ask about implementing a flextime system in your office to more efficiently spend time with family and friends.
5. **Plan an event.** Summer is a great time to increase office camaraderie. Try forming a recreational softball team or planning a pot luck cookout after work.

Are you feeling pulled in opposite directions? Support work-life balance as part of your workplace. A [donation to Business Professional Women's Foundation](#) supports [advocating for workplace policies](#) that make you and your employer happy...and productive.

Do you have other work-life tips for the summer? Tell us on our blog, [Young Women Misbehavin.](#)

FUN & INSPIRATION

5 MINUTE CHOCOLATE MUG CAKE – Submitted by Nena Matheny

4 tablespoons flour
4 tablespoons sugar
2 tablespoons cocoa
1 egg
3 tablespoons milk
3 tablespoons oil
3 tablespoons chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug (MicroSafe)

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well.

Add the chocolate chips (if using) and vanilla extract, and mix again.

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT ! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

INSPIRATION submitted by Lana Moore

I offer the following quotation as a way of saying "Thanks" to everyone involved in the upcoming Jr. Miss Scholarship Program. They are following the guidance of this quote which is anonymous.

"I expect to pass through this world but once. Any good therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again."

And I can't help but repeat a quote (also anonymous) I gave at one of our meetings.

"Women"

"Oh, the shrewdness of their shrewdness when they're shrewd.
And the rudeness of their rudeness when they're rude;
But the shrewdness of their shrewdness and the rudeness of their rudeness,
Are nothing to their goodness when they're good."

JULY MEETING MINUTES – Submitted by Wanda Crowe, Secretary

July 7, 2009

CALL TO ORDER

The regular monthly meeting was held Tuesday, July 7, 2009, 6:30 p.m. at the home of member Teresea Hatler. President Algia Morrow called the meeting to order. The officers present were: Algia Morrow, President; Lana Moore, President-elect; Wanda Crowe, Secretary; and Patti Fallin, Treasurer. The minutes from the June 2nd meeting were printed in the July newsletter for review and approved at this meeting. A program on summer weight loss and healthy eating was presented by Tiffany Shoulders, Manager of Curves.

ROLL CALL

Members attending: Wanda Crowe, Patti Fallin, Evelyn Fine, Julie Franklin, Teresea Hatler, Nena Matheny, Beth Moore, Lana Moore, Algia Morrow, Wanda Morrow, Melinda Oglesby, Sharon Smith and Sally Taylor-Buie. Guests: Tiffany Shoulders, speaker; prospective member Cheryl Tucker of Tom's Photo Shop.

TREASURER'S REPORT

The Treasurer's report as of June 30, 2009 with a balance of \$1,958.84 was distributed and reviewed. The report will be filed for audit.

CORRESPONDENCE

None

COMMITTEE REPORTS

Junior Miss - Patti announced we have 11 contestants. The next committee meeting will be July 14, Tammy Sanders home, time 6:30p.m. - all members are encouraged to attend.

Hospitality - We will meet at Bull's Eye Steak House in the Days Inn for our August Meeting.

Finance - Treasurer Patti Fallin presented the budget for 2009-2010. The budget was approved with note that corrections may need to be made during the course of the year.

UNFINISHED BUSINESS

President Algia Morrow presented certificates received at the BPW/KY Annual Conference: NBWW, Kentucky Cardinal, 6 Keys for Membership, and BPW/KY Foundation. BPW/Hopkins County also won the award for NBWW for small clubs which was presented to Sharon Smith, NBWW Chair.

The Kentucky Federation of Business & Professional Women's Club, Inc. voted to disassociate with BPW/USA which has now merged with BPW/USA Foundation. This means we can no longer use trademarked symbols, names, programs, etc. The Kentucky Executive Committee is researching the legal aspects of what needs to be changed. Several task forces have been appointed to revamp the trademarked programs. We will be notified as things progress.

NEW BUSINESS

President Algia Morrow appointed a committee to address the need to change our organization's name. They are Nena Matheny, Beth Moore and Wanda Crowe.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:55 p.m.

Wanda Crowe
Secretary

**Officers
2009-2010**

President
Algia Morrow

President Elect
Lana Moore

Secretary
Wanda Crowe

Treasurer
Patti Fallin

Visit **BPW/USA** at
www.bpwusa.org

Editor's Note by Julie Franklin

I want to share with you that there is a new arrival at my house – a golden retriever puppy named Isabel. We are calling her “Izzie.” Right now, she thinks her name is “NO.” She is really a doll and I can’t wait for all of you to meet her.

Thanks to Algia, Wanda C., Beth, Nena, and Lana for their contributions to this edition of the newsletter.

Your ideas, articles, and information are always welcome! Submit them to me, by the 20th of each month, as follows:

By e-mail: fghlaw@bellsouth.net or

jfranklincla@bellsouth.net

By mail: P. O. Box 547, Madisonville, KY 42431

By fax: 270-821-2360

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