

DECEMBER

2009

**Holiday  
Gathering**

**Tuesday**

**Dec. 1<sup>st</sup>**

**6:30 p.m.**

**Home of Julie  
Franklin**

**1350 Calumet  
Lane  
Madisonville**

**BRING**

- ✓ **\$10-15 gift for "Dirty Santa" exchange**
- ✓ **Food to share**
- ✓ **Non-perishable items for donation to Food Bank**

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# HC B&PW News

*A Publication of Hopkins County B&PW*

## President's Message

**Hello Everyone,**

**On Monday, Sharon Smith, Melinda Oglesby, Teresa Hatler and myself presented the Hopkins County Health Department with a check for the money raised during BPW week. I know the money will help women with some of their health issues.**

**The Christmas meeting this year will be held at Julie's. Everyone is asked to bring a canned good to give to the food bank. I think this is a great way to bless people as we ourselves have been blessed.**

**I pray that everyone has a very Happy Thanksgiving and be safe on your shopping trips.**

**Peace and Love**

**Algia**

### HOLIDAY PROJECT:

#### NON-PERISHABLES FOR FOOD BANK

President Algia Morrow selected our community service project for the holiday season.

We are collecting items for a local food bank. Please bring any non-perishable items to our Holiday Gathering.

Julie Franklin has agreed to be responsible for distributing these items to a food bank.

Especially popular and needed (even during the holiday season) are soups, saltine crackers, and peanut butter. (These items are all on sale at Kroger this week!)

## Calendar of Events

DEC 1	Holiday Party
DEC 1	Kentucky Cardinal Deadline
DEC 20	Newsletter Deadline
DEC 25	Merry Christmas
JAN 1	Happy New Year
JAN 5	Meeting – TBA
JAN 20	Newsletter Deadline

## **KFBPW INTERIM BOARD REPORT** submitted by Wanda Crowe

November 13 – 14, 2009  
Holiday Inn – Hopkinsville, Kentucky

The 88<sup>th</sup> Kentucky Federation of Business & Professional Women's Clubs, Inc. Interim Board was held on Friday, November 13<sup>th</sup> and Saturday, November 14<sup>th</sup> at the Holiday Inn in Hopkinsville.

There were 62 members from across the state attending, including 4 Hopkins County B&PW members: Patti Fallin, Beth Moore, Lana Moore and Wanda Crowe.

The Town Hall meeting conducted on Friday night gave a glimpse into our revamped programs: Professional Development Program (PDP) and Young Professional (YP).

Our own Beth Moore reported that model bylaws are coming, you can start amending your own bylaws by taking out the word "national" and inserting "state."

Other items discussed included "membership in a box" and other helpful information.

The awards luncheon was on Saturday and recognized Woman of the Year, Woman of Achievement and Business Equity winners.

State Winners were Sheila Currans for Woman of Achievement, nominated by Licking Valley B&PW and Baptist Homes Assisted Living, nominated by Glasgow BPW won the Business Equity Award.

## **MINDFUL EATING** submitted by Melinda Howell-Oglesby

It's Saturday night. You put on your favorite DVD. You snuggle on the couch with a tall, cold glass of milk and a package of your favorite cookies. One-by-one you eat the creamy filling first and then the crunchy cookie. Now fast forward two hours-you've not only finished the movie, but you've also finished the entire bag of cookies. A prime example of mindless eating! In order for us to change this behavior, we must be aware of what causes us to overeat to begin with. Here are ten tips that can help us all be more deliberate in our mindful eating.

### Tip #1 - Be portion precise

If you are eyeballing portion sizes, you may be underestimating how much you are actually eating. Underestimating portion sizes could be what is hindering your weight loss efforts.

### Tip # 2 - One bag is not one serving

Whether you are eating chips, ice cream, cookies or nuts, if you are eating directly out of the package you will eat more than you realize.

### Tip #3 - Avoid distractions

Whether it is while working at the computer or watching TV, anytime we are distracting ourselves with another activity while eating, we are more likely to overeat.

### Tip # 4 - Improve our habits

It's not that you should never eat while watching a movie or TV. But rather, you should make the habit to make healthy choices. Eat a healthy snack before going to the movies and bring your own hard candy, mini bag of popcorn or gum instead of buying movie theater popcorn

### Tip #5 - Size matters

If you are eating from a larger package you are probably eating about 20 – 30% more than you realize. The same goes for large plate versus small plates. If you eat on large plates you may consistently be eating more than you realize.

### Tip # 6 - Dine with dieters

Studies show that when we eat with people that tend to overeat, we are more likely to overeat. And likewise, if you eat with those that eat sensibly you are more likely to eat sensibly. So try to eat with people that have your same health conscious goals.

### Tip # 7 - Out of sight out of mind

Some studies show that simply thinking about food can make us hungry. So that cute little seasonal candy dish on your office desk is most likely the cause of your constant candy craving.

### Tip # 8 - Fat free isn't free

Sometimes people think that because something is fat free, they can over indulge. Wrong. Eating excess calories of any form will cause weight gain.

### Tip # 9 - Pass on the calorie dense foods

While generally healthy, juices and trail mix aren't good choices for dieters. Thin liquid calories don't fill us up the same way that solid calories do. If you want to have juice, just make sure you have a reasonable portion size. And nuts and dried fruits are very calorie dense choices. Proper portion control is key. However, if you are trying to lose weight, fresh fruit is always better than dried.

### Tip # 10 – Filling Foods

Foods with a lot of volume and few calories will fill you up quicker, and keep you fuller longer. Non starchy vegetables are great examples of foods packed with nutrients, but very few calories.

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## **FUN, FOOD & INSPIRATION**

### **All I Need to Know About Life I Learned from a Snowman**

It's okay if you're a little bottom heavy.  
Hold your ground, even when the heat is on.  
Wearing white is always appropriate.  
Winter is the best of the four seasons.  
It takes a few extra rolls to make a good midsection.  
There's nothing better than a foul weather friend.  
The key to life is to be a jolly, happy soul.  
We're all made up of mostly water.  
You know you've made it when they write a song about you.  
Accessorize! Accessorize! Accessorize!  
Avoid yellow snow.  
Don't get too much sun.  
It's embarrassing when you can't look down and see your feet.  
It's fun to hang out in your front yard.  
Always put your best foot forward.  
There's no stopping you once you're on a roll.

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### **TOP TEN THINGS TO SAY ABOUT A CHRISTMAS GIFT YOU DON'T LIKE!**

10. Hey! There's a gift!
  9. Well, well, well ...
  8. Boy, if I had not recently shot up 4 sizes that would've fit.
  7. This is perfect for wearing around the basement.
  6. Gosh. I hope this never catches fire! It is fire season though. There are lots of unexplained fires.
  5. If the dog buries it, I'll be furious!
  4. I love it -- but I fear the jealousy it will inspire.
  3. Sadly, tomorrow I enter the Federal Witness Protection Program.
  2. To think -- I got this the year I vowed to give all my gifts to charity.  
And the Number One Thing to say about a Christmas gift you don't like:
  1. "I really don't deserve this."
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**NOVEMBER MEETING MINUTES – Submitted by Wanda Crowe, Secretary****November 3, 2009****CALL TO ORDER**

The regular monthly meeting was held Tuesday, November 3, 2009, 6:30 p.m. at Bull's Eye Steakhouse. 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 October meeting were printed in the November newsletter for review and approved at this meeting. In lieu of a speaker, a silent auction was held.

**ROLL CALL**

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Nena Matheny, Lana Moore, Algia Morrow, Wanda Morrow, Sally Taylor.

**TREASURER'S REPORT**

The Treasurer's report as of October 31, 2009 with a balance of \$1,509.18 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance is \$1209.15.

**CORRESPONDENCE**

The club received a thank you note from our KPWW Luncheon Speaker, Elizabeth Webb.

**COMMITTEE REPORTS**

**Hospitality** - We will meet at Julie Franklin's home for our December Meeting. Bring a dish and a \$15 Dirty Santa Gift. President Algia asked members to bring a canned food item for the food bank.

**KPWW** – \$1050.50 was raised for cancer screenings at the Hopkins County Health Department. Patti Fallin was presented our Woman of the Year award. Woman of Achievement was Jeanne Barnett and our Business Equity Award went to the Madison Square Branch of Old National Bank.

**Finance** – Lana Moore distributed Rada and Innisbrook catalogs for fund raising; the orders need to be in by November 16, 2009.

**NEW BUSINESS**

Interim Board will be held November 13<sup>th</sup> & 14<sup>th</sup> in Hopkinsville. We have 5 members planning to attend: Patti Fallin, Nena Matheny, Beth Moore, Lana Moore and Wanda Crowe

**ADJOURNMENT**

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 7:52 p.m.

Wanda Crowe, Secretary

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**Officers  
2009-2010**

President  
Algia Morrow

President Elect  
Lana Moore

Secretary  
Wanda Crowe

Treasurer  
Patti Fallin

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[www.bpwusa.org](http://www.bpwusa.org)

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## **Editor's Note by Julie Franklin**

I sincerely apologize that this newsletter is coming so late this month. I really was going to send it Wednesday, but things did not go as planned. Better late than never?

I hope all of you are planning to come to my house for our **Holiday Gathering**. We always have a great time! I am making a big pot of soup. Just bring finger food or a dessert to share.

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

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

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

**By fax:** 270-821-2360

**Happy holidays to you and yours! May your season be peaceful and full of joy!**

**HC B&PW**  
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