

JANUARY  
2010

**MEETING**

Tuesday  
January 5<sup>th</sup>  
6:30 p.m.  
Bullseye @  
Days Inn

**MENU**

Your Choice

**PROGRAM**

TBA

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# HC B&PW News

*A Publication of Hopkins County B&PW*

## President's Message

Greetings,

**The Holiday Season is just about over and then business as usual.**

**I hope everyone had a wonderful Christmas and that Santa brought you just what you wanted.**

**Thank you Julie for another fun-filled Christmas party. I think the Dirty Santa exchange was one of our best. I got just what I wanted.**

**Everyone have a safe and Happy New Year. I will see you all at the meeting.**

**Algia**

## THANKS

We were able to donate two large boxes of non-perishables to the Dawson Springs area food pantry. (Julie Franklin's parents volunteer there, and delivered the food on our behalf.)

Thanks to all of our members who generously contributed to this worthy project.

We received a nice thank-you note for our donation; it was much appreciated!

## Calendar of Events

<b>JAN 1</b>	<b>Happy New Year</b>
<b>JAN 5</b>	<b>Meeting – TBA</b>
<b>JAN 20</b>	<b>Newsletter Deadline</b>
<b>FEB 2</b>	<b>Meeting – TBA</b>
<b>FEB 15</b>	<b>Deadline for State Officer Nominations</b>
<b>FEB 20</b>	<b>Newsletter Deadline</b>
<b>MARCH</b>	<b>Women's History Month</b>
<b>MAR 2</b>	<b>Meeting – TBA</b>
<b>MAR 15</b>	<b>Kentucky Cardinal Deadline</b>

### **STRONGER TOGETHER** submitted by Melinda Howell-Oglesby

It's a funny thing about New Year's resolutions. A lot of people make them—studies show about 66% percent of us—but few actually keep them—about 17%. Women make them more often than men—74% versus 58%—but are less likely to keep them—14% versus 22%. So it's pretty obvious we need help, ladies.

If you've made the commitment to health this year, why not take advantage of a free program that will help you keep your fitness and weight loss resolutions? Our monthly Weight Management classes teach the clinically proven Curves methods for losing weight, boosting metabolism and eating healthfully. We'll teach the classes right here in the club using a series of DVDs featuring Curves' Registered Dietitian. You'll learn the basics of the Curves program as well as special topics like blood pressure, reading food labels and—this month's featured topic—metabolism. Classes incorporate hands-on activities to help you remember what you've learned.

Best of all the classes are free to you and all of your friends—even if they're not Curves members. Invite a woman you care about to the next Weight Management class. You'll be stronger together. And dare we say...more resolute?

*God Bless and Have a Great Day*

*Melinda Howell-Oglesby, Owner, Madisonville Curves 101835*

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**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. 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 Co. 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.

**December 1, 2009**

**CALL TO ORDER**

In lieu of our regular meeting, we held our December Christmas Party at Julie Franklin's beautiful home. Dirty Santa was enjoyed by all! The officers present were: Algia Morrow, President; Lana Moore, President-elect; Wanda Crowe, Secretary; and Patti Fallin, Treasurer.

**ROLL CALL**

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Nena Matheny, Lana Moore, Algia Morrow, Wanda Morrow, Melinda Oglesby, Sharon Smith, Sally Taylor-Buie, Cheryl Tucker.

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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Visit **BPW/USA** at  
[www.bpwusa.org](http://www.bpwusa.org)

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

Here we are with a brand new year. I sincerely hope that the first couple of months of this new year are better than 2009, as those months were a real challenge for us all.

As we all think about resolutions for the new year, let's all make one to attend as many meetings as we can.

It would also be great if everyone would resolve to send info to the newsletter.

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

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

By E-mail: [jfranklincla@bellsouth.net](mailto:jfranklincla@bellsouth.net)

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

By fax: 270-821-2360

Hope you have a happy, safe, and prosperous year in 2010!

**HC B&PW**  
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