

NOVEMBER
2009

Meeting

Tuesday

Nov. 3rd

6:30 p.m.

Bullseye @
Days Inn

MENU

Your choice
from menu

PROGRAM

Silent
Auction of
New and
Gently Used
Accessories
(Purses,
scarves,
jewelry, etc.)

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HC B&PW News

A Publication of Hopkins County B&PW

President's Message

Hello Everyone,

November is here and that is the start of the Holiday season. It is hard to believe that it is already Thanksgiving and Christmas time and this year is almost gone.

I would like to thank Sharon Smith and Melinda Oglesby for their hard work during Kentucky Professional Women's Week. The luncheon was a great idea. Congratulations to all the award winners.

Happy Thanksgiving,

Algia

FUNDRAISERS

Lana Moore has order forms / catalogs for selling (and buying) RADA cutlery and Innisbrook. Please contact Lana at 339-1631 to discuss selling and / or placing orders as soon as possible. You can reach her at 339-1631. Orders must be turned in by November 16th.

CONGRATULATIONS!

- ✓ Jeannie Barnett, Director of the Mid-West Kentucky Chapter of the American Red Cross, was honored during Kentucky Professional Women's Week as Woman of Achievement. Ms. Barnett attended the luncheon on October 24th and accepted the award.
- ✓ Old National Bank received the Business Equity Award during Kentucky Professional Women's Week. Old National Bank was recognized for its promotion of women in the workplace and service to our community.
- ✓ The Woman of the Year will be honored at the November meeting. Be there to congratulate this deserving member of our organization.

Calendar of Events

- NOV 3 Meeting – Bullseye**
- NOV 13-14 KFBPW Interim Board of Directors Meeting – Hopkinsville**
- NOV 20 Newsletter Deadline**
- NOV 26 Happy Thanksgiving**
- DEC 1 Holiday Party**
- DEC 1 Kentucky Cardinal Deadline**
- DEC 20 Newsletter Deadline**
- DEC 25 Merry Christmas**

KFBPW INTERIM BOARD OF DIRECTORS MEETING

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

AGENDA

Friday, November 13, 2009

Executive Committee Meeting	10:00 – 2:30 p.m.
KBPW Foundation Meeting	10:00 – 2:30 p.m.
Registration	1:00 – 6:00 p.m.
Vendor Exhibits	3:00 – 8:00 p.m.
Town Hall Meeting	4:00 – 5:45 p.m.
Networking	6:00 – 6:30 p.m.
Dinner followed by KBPW Foundation Event	6:30 – 9:00 p.m.

Saturday, November 14, 2009

Breakfast (On Your Own)	
Registration	7:30 – 11:30 a.m.
Vendor Exhibits	7:30 – 11:30 a.m.
Business Session #1	8:00 – 11:20 a.m.
Awards Luncheon	12:00 – 2:00 p.m.

Additional information and registration information is available in in the Fall edition of the Kentucky Cardinal.

HEALTHY FATS submitted by Melinda Howell-Oglesby

Think about it...your morning latte...a bag of M&M's...an avocado...a handful of almonds. Can you figure out what these have in common? All four are high in fat. But did you know that the avocado and almonds are high in the GOOD fat? So many people automatically think bad when they hear the word "fat." The good news is that not all fat is bad for you. To fully understand the fat dilemma, we need to explore the good, the bad and the ugly about fat.

But with all the names—saturated, unsaturated, trans, omega 3—it can get confusing. Let's try to break it down. Fats can first be divided into two main categories—saturated fats and unsaturated fats.

Saturated fats come from animal products, such as butter, high fat dairy products and the white marbling on meat. Saturated fats are the number one dietary contributor to high cholesterol. The American Heart Association recommends that saturated fat should not make up more than 10% of your diet on average—about 20 grams of saturated fat on an average 2,000 calorie diet.

There are actually two types of fats within the unsaturated fats category—mono and poly unsaturated fat. Olive oil, canola oil and avocados are great examples of monounsaturated fat. These are very healthy for you.

Most plant oils such as Safflower, sunflower, corn and soybean oil are polyunsaturated fats. Omega-6 and Omega-3 fatty acids also fall into this category. While both Omega-3 and Omega-6 fats are essential to our bodies, the typical Western diet contains far too many Omega-6s and not enough Omega-3 fats. The best source for Omega-3 is fatty fish. Walnuts and flax are also good sources, but fish is the best. The best way to limit your Omega-6 is to choose olive oil over vegetable oil; limit fried foods and choose more whole foods (fewer things out of a box).

And finally, there's trans fat. Much of the health news lately has been about trans fat. There are no benefits or safe levels for the consumption of trans fat. The American Heart Association recommends that individuals should not eat more than 2 grams of trans fat per day, but should do their best to avoid trans fat altogether. Trans fats increase the shelf life of processed foods, so you can expect to find trans fats in processed things like boxed crackers and cookies. Trans fats are also found in traditional margarine and fried foods. The easiest way to limit the amount of trans fat is to stay away from products with partially hydrogenated oil.

Here are a few quick tips for you to work healthy fats into your diet:

1. Choose lean proteins.
 2. Choose olive oil over butter or traditional margarine.
 3. Snack on nuts.
 4. Enjoy avocados.
 5. Feast on fish.
-

FUN, FOOD & INSPIRATION

THANKSGIVING DEFINITIONS FOR YOUR FOOTBALL WATCHING HUSBAND

PLAYBOOK: Also known as my cookbook, to be kept in plain sight at all times. If the book gets moved, the game could get ugly.

OFFSIDES: Silverware is to be set next to the plates -- off to the side, dear, not tossed in the middle of the table in a heap, for all to scramble for.

GAME TIME: This is when the food must all be on the table, at the same time, at the same temperature (preferably hot) so that the *teams* may meet at the arena (Table) for the coach to say the prayer.

TEAM SPIRIT: That which shall be upheld until the END of the game. When the coach (ME) has heard the fat lady sing (AUNT MARTHA saying that she's had enough to eat).

COMMERCIAL BREAKS: There will be NONE for us, until I deem them totally necessary for my sanity, when you have made me crazy!

PENALTIES: Will be given if there is no team spirit showing and the game time is DELAYED or offsides have occurred due to a certain *televised* football game engaging your attention!

HOLDING: May be necessary of several large bowls, so that I may pour gravy without staining my new silk blouse. And keep in mind dear, I am HOLDING the clicker for the T.V. for ransom.

TOUCHDOWNS: Please make them gentle when bowls are being touched down on the table. Do not spike them, and do not dance when the mission is complete!

FLAG ON THE PLAY: When something is spilled, PLEASE by all means throw a towel down on it and mop it up!

RUSHING: What we will be doing a lot of!!

and last but not least...

GROOMING THE FIELD: Dear husband, if you help me through this meal, as I know you will, I promise to RECRUIT new players for the clean up and YES... in plenty of time for you to enjoy the REAL GAME!!!

OCTOBER MEETING MINUTES – Submitted by Wanda Crowe, Secretary**October 6, 2009****CALL TO ORDER**

The regular monthly meeting was held Tuesday, October 6, 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 September meeting were printed in the October newsletter for review and approved at this meeting. The speaker, Amanda "Sam" Pendley, ARPN, had a very interesting program and spoke about her recent trip to Africa with 'The Nurses' Apron Partnership Program.

ROLL CALL

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

Guests: Amanda "Sam" Pendley, speaker; Florence Boling, Rebecca Hatfield, Linda Taylor

TREASURER'S REPORT

The Treasurer's report as of September 30, 2009 with a balance of \$1,515.98 was distributed and reviewed. The report will be filed for audit. A checking account was opened for the Hopkins County Junior Miss with a balance of \$1299.15.

CORRESPONDENCE

The club received a donation request from the American Cancer Society and a thank you letter from Katherine Kelley, winner of the Hopkins County Junior Miss.

COMMITTEE REPORTS

Junior Miss – Tammy Sanders has set a meeting with Katherine Kelley to begin preparing for the Kentucky Junior Miss Program.

Hospitality - We will meet at Bull's Eye Steak House in the Days Inn for our November Meeting. In lieu of a program, we will have a silent auction – gently used purses, jewelry, scarves and other accessories.

KPWW – Sharon Smith and Melinda Oglesby, co-chairs, will have a "Girls Get Together" on Tuesday, 6pm @ Curves, to raise funds for cancer screenings at the Hopkins County Health Department. Speakers and vendors will be there. Members are asked to bring a 'healthy' dish. Sharon would like nominations for Woman of the Year, Woman of Achievement and Business Equity. Applications are available on the web site: bpw-ky.org. Members will be notified of other KPWW activities.

Newsletter – Julie Franklin wants suggestions for a new name for the Newsletter.

UNFINISHED BUSINESS

Be sure that Patti has your updated information for the Membership Directory. We will take a group picture, courtesy of Tom's Photo Shop at Curves on October 20, 2009. Individual pictures will also be taken to put in the directory.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:34 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

It is my favorite time of year – the season of shopping! Open Houses (like the one coming up at Merle Norman and other local businesses), BIG sales, extra % off coupons and the like.

I also love the parties and get togethers – with good friends and good food. I hope you are planning on coming to B&PW's holiday gathering on December 1st.

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 20th of each month, as follows:

By E-mail: jfranklincla@bellsouth.net

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

By fax: 270-821-2360

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