

# The Echo

Glasgow B&PW  
Newsletter

June 2011  
Issues 1

## President's Message

It is indeed an honor to serve as your president for the 2011-2012 year. I look forward to serving this wonderful organization that has given so much to this community over the last several years.

I have selected "**Life is But a Journey**" as the theme this year because we truly have much to celebrate as we travel each day on the road of life.

On May 9th, 10th & 11th me, Helen Simpson, and Dawn Boyter helped WKU club with a membership drive. The new Executive

Committee met on Thursday, May 12th at 6:00 p.m. at Main Street Bed and Breakfast to ensure we have a fun and productive year.

### May Day is Pay Day

We're armed with the tools for success, but B&PW can only succeed if you, our valuable members, join us in our efforts. If you haven't already paid, please renew your membership by the end of the month. Dues are \$45.00 and need to be sent to Dawn Boyter, 94 Wyndstar Ct, Glasgow, KY 42141.

Just as Nature brings forth that new growth



from the strength of strong roots, solid roots will provide the foundation for yet another year of colorful activities for our club.

## June Meeting—Make your Reservation

Our June meeting will take place at the Glasgow Golf and Country Club on June 2nd at 6:00 p.m. Please **RSVP** by noon Tuesday, May 31st to Annetta Hunter at [cookiealh@yahoo.com](mailto:cookiealh@yahoo.com) or 844-4776 (H), 834-0180 (C) for reserva-

tions. If you are on the automatic RSVP list, you only need to let Annetta know if you are **NOT** attending the meeting. Please have checks made out in advance (13.50) to speed-up the check-in process. I encourage you to be there and bring a

guest or two. This is a great opportunity for us to network with other women and make lifelong friends. You won't want to miss!!!!

Mezetta Hunter, mother of Annetta, remains in Norton Audubon Hospital.

## 2011-2012 Glasgow B&PW Executive Board

**President**  
**Betty Driver**  
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**President Elect**

**Vice President**  
**Annetta Hunter**  
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**Recording Secretary**  
**Debbie McCandless**  
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**Dawn Boyter**  
H 651-8414 W 651-6159  
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**Parliamentarian**  
**Krissie Coe Fields**  
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**Betty Driver, Editor**  
**E-mail any information**



**Janis Turner, KFBPW President, presiding over the Installation**

## Monthly Agenda

On May 23rd, the book club will be meeting at Garcia's Grill, 514 N. Race St. at 6:00 for dinner. They will be discussing the book, Cutting for Stone, by Abraham Verghese. Come join us!!!!

It is not to late to register for the KFBPW Annual Conference, Hilton Garden Inn, Bowling Green, KY on

June 3rd & 4th. If you need a form, let me know. Call 590-8490.

WKU Club will be included in our mentoring program for this year. We will be attending their monthly meetings beginning on May 19th, 2011 at 6:00 p.m. We will be introducing our commit-

tee chairs and you will have the opportunity to sign up for the committees you want to serve on this year. Attached is a survey for you to complete and bring to the June 2nd meeting. Issues Management Committee will use this survey to plan programs for this year.

## Kentucky Legislature



"The purpose of this site is to provide and facilitate access to timely information concerning the Kentucky Legislature and the workings of the Legislative Research Commission to all interested persons in an organized, intuitive manner. The Kentucky legislature convenes in regular ses-

sion on the first Tuesday after the first Monday in January for 60 days in even-numbered years and for 30 days in odd-numbered years. It convenes in special sessions at the call of the governor. The Kentucky Constitution mandates that a regular session be com-

pleted no later than April 15th in even-numbered years and March 30 in odd-numbered years."

You will be able to E-mail your Legislator from this website:

[www.lrc.state.ky.us](http://www.lrc.state.ky.us)

## Women's Health Issues



"Life" can depend on your Blood Pressure Readings...Blood pressure is the measure of how much pressure your blood puts against various blood vessels of your body. If it is too high your body, especially your heart, will slowly start to become damaged. It can lead to coronary artery disease, stroke, and kidney

damage...Your body has two readings for blood pressure;

Systolic (top#) – Is when your heart has just made a beat and blood is surging through your body.

Diastolic (bottom#) – Is the moment after the beat when your heart relaxes. We have listed a chart of various blood pressure ranges. (note:

as we age normal blood pressure ranges will rise slightly to accommodate an increased demand of oxygen to and nutrients.)

**Low B/P: 60/40 this is hypotension**

**Normal: 120-129/75-79**

**High/Normal: 130-139/80-89**

**Grade 1: 140-159/90-99**

**Grade 2: 160-179/100-109**

**Grade 3: >180/>110**

May is B/P month. If high, **see your doctor.**

## Automatic RSVP List

For your convenience, you may sign up on the **automatic RSVP** option list at any time, just indicate in your reply to Annetta. Below is the list of members who have signed up for this option. These people only need to let Annetta know if they are **NOT** attending the meeting. Unless sick, you are financially responsible for any reservations you make whether you ( or a guest) attend.

Annetta Hunter  
Becky Barrick  
Betty Driver  
Cathy Doty  
Courtney Benefield  
Davie Greer  
Dawn Boyter  
Debra McCandless

Georgia Beth Albany  
Helen Simpson  
Janis Turner  
Jennie Wilson  
Jewel Searcy  
Julie Edwards  
Krissie Coe Fields  
Ledean Hamilton

Mary Beth Jessie  
Melanie Watson  
Norma Redford  
Pat Kelley  
Sandy Leitao  
Sondra Cook  
Sherrie Burgess  
Yvonne Martin



## Important B&PW Dates

**May 20th, 2011** — Relay for life this Friday on the Glasgow Square. Hats off to Melanie Watson for doing a great job.

**May 22nd, 2011** — Help Pearl Greer celebrate her 103rd Birthday. Send your cards to 201 Trista Lane or a visit.

**May 23rd, 2011** — The Book Club will meet at 6:00 p.m. at Garcia's Grill on 514 N. Race St.

**June 2nd, 2011** — Regular meeting at 6:00 p.m. at the Glasgow Golf and Country Club.

**June 3rd & 4th, 2011** — KFBPW Annual Confer-

ence, Hilton Garden Inn, Bowling Green, KY.

**June 4th, 2011** — A few Members will serve at the Highland Games Country Ham Breakfast.

**June 21st, 2011** — First Board of Director's Meeting at Hall Place Bed & Breakfast. We will begin at 6:00 p.m.

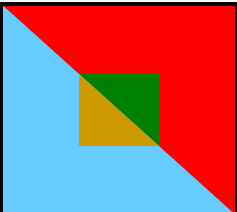
**“ Even if  
you are on  
the right  
track, You'll  
get run over  
if you just  
sit there.”  
Will Rogers**

## HAPPY BIRTHDAY

Kathy Bruner — May 3rd  
Sherrie Burgess — May 4th  
Lisa Strange — May 4th  
Martha McCoy — May 12th  
Glenda P Eaton — May 20th  
Pearl Greer — May 22nd  
Rita Woodson — May 26th

Denise Minor — June 1st  
Julie Edwards — June 5th  
Stacy Janes — June 15th  
Robin Garmon — June 16th  
Kathryn Thomas — June 20th





# Highlights of Past President's Program

## May 5, 2011 and WKU Membership Drive

