

AUGUST
2011

MEETING

Tuesday
August 2nd
6:00 p.m.

LOCATION

Home of
Teresea
Hatler

265 White
Oak Lane
(directions, p. 2)

BRING

Salad / Side /
Dessert to go
with
Hamburgers
& Hotdogs

PROGRAM

Kelly Hood
Madisonville
Pharmacy

Inside:

Calendar	2
Thanks	2
Health	3
Procrastination	4
Minutes	5
Editor's Note	6

HC B&PW News



A Publication of Hopkins County B&PW

President's Message

Dear BPW members:

Hope everyone is having a wonderful month even though the weather has been so very HOT! Please remember that Wanda Morrow is in need of nominees for Woman of the Year, Woman of Achievement and Business Equity. Please help her with this so we are not at the last minute trying to come up with someone to honor.

We plan to have a proposed budget to present at the meeting on Tuesday night. I hope everyone is planning to come to Teresea's - it's always a lot of fun and Don does a great job of grilling for us.

I believe Tammy has Kelly Hood, pharmacist, lined up for our speaker. Be sure to have lots of questions for her - right now health care is on everyone's mind so I think this is a very timely topic for us.

Be sure to invite a prospective member to come to the meeting. Our club needs to grow in order to be really effective in the community and I believe we can make it

happen. One of the fun meetings is always a good time to invite someone.

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone." - Audrey Hepburn

Hope to see you all on Tuesday.

Sharon

HELP WANTED
(& NEEDED!)

MANY OF YOU HAVE STEPPED UP TO THE CHALLENGE AND VOLUNTEERED TO CHAIR OR SERVE ON A COMMITTEE.

COMMITTEE CHAIRS ARE STILL NEEDED FOR:

MEMBERSHIP
FINANCE

PLEASE CONTACT SHARON SMITH ASAP IF YOU WOULD BE WILLING TO CHAIR ONE OF THESE COMMITTEES.

Calendar of Events

- AUG 2 Monthly Meeting – Home of Teresea Hatler
- AUG 20 Newsletter Deadline
- SEP 6 Monthly Meeting – TBA
- SEP 15 Kentucky Cardinal Deadline
- OCT Breast Cancer Awareness and Domestic Violence Awareness Month
- OCT 4 Monthly Meeting – TBA
- OCT 17-21 National Business Women’s Week
- OCT 31 Kentucky Foundation Scholarship Application Deadline

THANKS

I would like to thank my fellow BPW members for all their cards and prayers. I really appreciate hearing from everyone, And hope to get to a meeting soon.

Suzanne Soder

DIRECTIONS TO TERESEA’S HOUSE

Head North on Main Street and turn right on KY-281/Island Ford Road (at the McDonald’s/Arby’s intersection).

Travel approximately 1.7 miles to Ridgewood Heights, and turn left onto Pin Oak Lane.

Go approximately .3 miles and turn left onto White Oak Lane. Teresea’s house is the last house on the right, in the cul-de-sac.



HEALTH submitted by Melinda Howell Oglesby

(Melinda is submitting articles on various topics from the Cleveland Clinic, who has partnered with Curves; look for these over the next several months. Thanks Melinda!)

BE AWARE

Fibromyalgia: Symptoms, Diagnosis & Treatment

Fibromyalgia is a condition characterized by aching and pain in muscles, tendons, and joints all over the body, especially along the spine. The exact cause of fibromyalgia is unknown; however, women tend to have it more often than men.

The pain in people with fibromyalgia usually seems worse when someone with fibromyalgia is trying to relax and is less noticeable during busy activities or exercise. Other symptoms often associated with the pain, include:

- Sleep disturbance
- Depression
- Daytime tiredness
- Headaches
- Alternating diarrhea and constipation
- Numbness and tingling in the hands and feet
- Feelings of weakness
- Having difficulty remembering
- Dizziness
- Increased sensitivity to light, odors and sound

People with fibromyalgia receive individual treatment based on several factors including their overall health, medical history, number of tender points, severity of pain, and the presence of other symptoms. Treatment for fibromyalgia includes:

- Medications that decrease pain and improve sleep
- Lifestyle changes including stress reduction
- Exercises to improve cardiovascular (heart and lung) health
- Relaxation techniques to relieve muscle tension

Many people with fibromyalgia will continue to have symptoms despite treatment, especially when life is stressful. Those who are able to continue working and fulfilling their social obligations – despite their pain – do best.

For more than 20 years Nurse on Call has been providing the advice of all Registered Nurse staff to the patients of Cleveland Clinic as well as to callers from the community. Our caring and compassionate nurses are committed to providing 24/7 access to care throughout the entire health system. Nurse on Call is a nationally recognized pioneer in the emerging specialty of telenursing. This information is provided by the Cleveland Clinic and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition. For additional health information, please go to www.clevelandclinic.org/health.

PROCRASTINATION submitted by Lana Moore

I read an article recently about procrastination. I read this article, you see, because I believe I was born with the procrastination gene, and I thought I might find a treatment if not a cure. I am hoping some of you might also have this gene (well, not really-for your sake, but I hate to think I'm all alone with this), and thought I would share some of my findings with you. If you are lucky enough not to have this gene, you can obviously skip this.

Procrastinators put things off because we don't want to do them, or because we have too many other things on our plates. However, we are not inherently lazy or inefficient. We love the rush of adrenalin we get when we finish something just in the nick of time. Procrastinators tend to be self-critical. We fear failure; we fear success (talk about being stuck in the middle!). Procrastinating helps us feel more in control of situations (we'll do it when we feel like it). Some of us fear being alone and procrastinate so that others will come to our rescue. And, get this one...others have a fear of attachment and procrastinate to create chaos, believing this will keep other people away. Have you recognized yourself yet? If not, read on. We expect ourselves to be perfect and are scared we might not meet our own high standards. Procrastination helps reinforce itself. When we avoid doing something we dread by doing something we enjoy, we escape the dreaded task (at least momentarily).

So what can we do? Well, we can create a productive environment in which to do the dreaded task. This might work for things like doing paper work at a desk. We can start out by keeping a neat desk and making sure all the needed materials are available and organized (paying bills, for instance...doing this on-line can be tricky, though, because so many tempting distractions are at hand like e-mail, Facebook...you get the picture). Please note...skilled procrastinators will spend so much time getting the desk organized and all the materials handy there is no time left to actually do the work. We can try scheduling those things we usually put off instead of doing our usual, "Oh, I'll take care of that later today or tomorrow." If those mundane things (most of them seem to be mundane, don't they?) are actually on our calendar, we might be more likely to get them done. Break down the task. Instead of scheduling "clean out the closet," schedule the following (as examples) for separate times (and even days if that helps): (1) top shelf, (2) shoes, (3) shirts/blouses, (4) skirts/pants.

We need to get a new attitude (well!). We shoot ourselves in the foot, to begin with, by telling ourselves how horrible a particular task is. So, we need to have a talk with ourselves and convince ourselves the task isn't so bad, difficult, etc. Hmmmmm. OK. We can get an anti-procrastination coach or a buddy (anyone want to be mine?), someone to help keep us on task or even help us with the task. (I have one daughter who is a procrastinator and one who, absolutely is not; the one who is not has tried hard to be my coach....I don't recommend a family member for this job). We need to get unblocked. Sometimes we procrastinate because we're not exactly sure just how to begin or, perhaps, how to do all the steps involved. That means we have to schedule figuring out how to do what needs to be done, then scheduling the actual task...You get the picture.

We can make ourselves accountable. I think this one is akin to scheduling. We should evaluate our strengths and weaknesses regarding the task(s) at hand. We will tend to put off those things at which we believe we are weak; so we must schedule those first. We'll be so proud when we get those done, the ones we dread but are good at will be a piece of cake. In case you're feeling overwhelmed at this point (I sure am), just work on one thing you usually put off until the last nanosecond. Wait until later (sound familiar?) to tackle the rest.

As we explore why we procrastinate and experiment with strategies for working differently, we are not to expect overnight transformation. We developed the procrastination habit over a long period of time (I really think I was born with the gene), and we aren't going to stop magically. But we can change bit by bit. We must stop punishing ourselves when we procrastinate and start rewarding ourselves (I like this idea) for our small successes. Good luck to us all!

JULY MEETING MINUTES submitted by Wanda Crowe, Secretary

July 5, 2011

CALL TO ORDER

The regular monthly meeting was held Tuesday, July 5, 2011, 6:00 p.m. at Merle Norman Cosmetics. President Sharon Smith called the meeting to order. The officers present were: Sharon Smith, President; Tammy Sanders, President Elect; and Lana Moore, Treasurer. The minutes from the June 14, 2011 meeting were printed in the July newsletter for review and approved at this meeting. Shelley M. Cates, Madisonville-Hopkins County Board of Realtors' Executive Officer, was our guest speaker.

ROLL CALL

Members attending: Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Nena Matheny, Lana Moore, Algia Morrow, Wanda Morrow, Tammy Sanders, Sharon Smith, Sally Taylor-Buie. Guests: Shelley Cates, speaker; Amy Sherman, Hudson Toyota.

TREASURER'S REPORT

The Treasurer's report as of June 30, 2011 with a balance of \$2545.30 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance was \$456.66.

CORRESPONDENCE

A thank you note was received from Dr. Sara Adams.

COMMITTEE REPORTS

Junior Miss: There were only four confirmed candidates which did not meet our minimum of six to present the program locally. The four candidates will compete on September 10, 2011. They will be assessed points during the competition, all who have enough points will qualify to compete for the state title. Hopkins County BPW has already submitted the franchise fee for one candidate, Merle Norman will pay the franchise fee for the other three should they all qualify to compete.

Hospitality: Members signed up for standing reservations. Our August meeting will be at the home of Teresea Hatler, members are asked to bring a dish.

PR: A scorecard has been established for the state award, and will be available soon on the KFBPW web site.

KPWW: Wanda Morrow is already making plans. Please be thinking of your nominees for Woman of the Year, Woman of Achievement and Business Equity awards.

OLD BUSINESS:

An audit will be scheduled for the 2010-2011 year and filing of the 990 form.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:00 p.m.

Wanda Crowe
Interim Secretary

**Officers
2011-2012**

President
Sharon Smith

President Elect
Tammy Sanders

Secretary
Melinda Oglesby

Treasurer
Lana Moore

**Visit KFBPW at
www.bpw-ky.org**

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

Editor's Note by Julie Franklin

I added some **color** to the newsletter in a few places – hope you don't find it too distracting.

Hope to see you at Teresea's house at the next meeting – the food is always delicious! You don't want to pass up this opportunity to have more than one dessert!

Sincere thanks to Sharon, Lana, 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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