

JUNE  
2011

MEETING

Tuesday  
June 14<sup>th</sup>  
6:30 p.m.

LOCATION

Hobo  
Mickey's  
Pizza  
1065 National  
Mine Drive

PROGRAM

TBA

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# HC B&PW News

*A Publication of Hopkins County B&PW*



## President's Message

Dear Members:

It looks as if our June meeting is right around the corner. I want to thank each of you that attended our last meeting and the installation of officers. I thought Wanda did a wonderful job! It is going to be a great year to serve with Tammy, Melinda, and Lana. I asked that each of you consider a committee that you would be willing to chair so that we could start our year off on the right foot. Those committees are: Aspiring Professional, Bylaws, Finance, Foundation, Issues Management (always VP), Legislation, Membership, Professional Development, Public Relations, Hospitality, Junior Miss, Member Handbook, National Business Women's Week, Newsletter, Scholarship and Sickness and Distress.

Some of our members take on more than one committee which is wonderful, but we have enough members that each should have a different committee chair. Each member will probably be asked to serve on more than one committee.

Our Jr Miss program will either be on or off by the time of the next regular meeting. We only had three (3) girls to show up at the first practice, so we have put the

program on hold until after June 12<sup>th</sup>. On that date we will be holding an open house at the Extension office for Junior girls. Whether the program goes forward or not depends on whether we have at least three (3) additional girls to sign up - we have decided that six (6) will be the least we will take. A lot of work has already been expended on this project and I thank each and every one of you for the efforts already made. Everyone is invited to be at the open house - the time is from 2 - 4 pm.

I am hoping to keep our meetings short and to the point, but am looking forward to seeing everyone at Hobo Mickey's on the 14<sup>th</sup>.

See you soon,

Sharon

Merle's Pearls:

- " Do not discount your face. Always wear a smile. "

## Calendar of Events

JUN 12	Junior Miss Open House – Hopkins County Extension Office
JUN 14	Monthly Meeting – Hobo Mickey’s Pizza
JUN 20	Newsletter Deadline
JUL 5	Monthly Meeting – TBA
JUL 20	Newsletter Deadline

### THOUGHTS ON KFPBW CONVENTION

Submitted by Lana Moore

I recently attended the Kentucky Federation of Business and Professional Women Annual Conference in Bowling Green. Others will report on that conference; I just ask that you let me share a personal perspective. On Friday, I watched as friends greeted friends, new attendees were warmly welcomed, and women of many ages, from different walks of life came together as a "sisterhood" from all over the state. I experienced joy in taking part in the Foundation fund raiser and felt the endorphins flowing as we all laughed together. On Saturday, I witnessed more warmth, smiles and laughter but, also, tears. Mostly tears of joy, some tears of empathy, but, mainly, a sharing of just being who we are . . . a group of women with common goals of wanting to support each other and help those women in our state and our communities less fortunate than we. I was struck by the big hearts and souls of the BPW Sisters, and I remembered not just why I joined BPW but why I have stayed. You are all awesome women, and I encourage you to do however much you are able to assist Sharon and our organization in this new year. The following can't be repeated too many times.....

*"A sufficient measure of civilization is the influence of good women."*  
.....Emerson

## THANKS

- ❑ To Melinda Howell Oglesby for allowing us to use Curves for our recent fundraiser – yard sale.
  - ❑ To Melinda Howell Oglesby, Lana Moore, Patti Fallin, Wanda Crowe, Cheryl Tucker, Julie Franklin, Sally Taylor, and Algia Morrow, for working at the Yard Sale
  - ❑ To all of you who donated items for the Yard Sale
  - ❑ To all the ladies at Curves who donated items for the Yard Sale
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**HEALTH** submitted by Melinda Howell Oglesby

(Melinda has submitted several 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**

### **Osteoporosis: More than One Way to Bolster Bone**

Your mom has osteoporosis, and her bones are so fragile that she fractured a rib coughing. She hibernates in winter to avoid falling and breaking her hip. But oral osteoporosis medication gave her indigestion, so she stopped.

What are the options for your mother and others troubled by side effects? “New medications enable many more people to be treated for their osteoporosis,” says Abby Abelson, MD, Interim Chair of Cleveland Clinic’s Department of Rheumatic and Immunologic Diseases.

Osteoporosis, an often silent disease that compromises bone quality and increases fracture risk, frequently comes to light only when disabling fractures occur. Half of all women and one-quarter of all men in the U.S. will sustain osteoporosis-related fractures during their lifetime.

#### **Avoiding Treatment Unwise**

“Unfortunately, most people who have a fracture from osteoporosis are not on treatment,” says Dr. Abelson. “Studies show that more than half of all patients discontinue standard oral medications after 12 months.”

Oral medications used to treat osteoporosis are bisphosphonates: alendronate (Fosamax®), risedronate (Actonel®) and ibandronate (Boniva®) – all antiresorptive agents that decrease bone breakdown.

“These medications can cause indigestion and are excreted by the kidneys — obstacles for anyone with acid reflux, a swallowing disorder or kidney dysfunction,” notes Chad Deal, MD, Director of the Center for Osteoporosis and Metabolic Bone Diseases. They also must be taken once a week or month and require fasting.

It is also important to take preventative measures toward osteoporosis. Calcium supplementation and weight-bearing exercise are key factors in reducing risk factors for osteoporosis.

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](http://www.clevelandclinic.org/health).

**PHOTOS: INSTALLATION OF NEW OFFICERS** submitted by Beth Moore



ABOVE: OFFICERS FOR 2011-2012 President – Sharon Smith; President-Elect – Tammy Sanders; Treasurer – Lana Moore; and Secretary – Melinda Howell Oglesby

BELOW: Installing Officer Wanda Crowe with each of the New Officers



**MAY MEETING MINUTES** submitted by Wanda Crowe, Secretary**May 3, 2011**

## CALL TO ORDER

The regular monthly meeting was held Tuesday, May 3, 2011, 6:00 p.m. at the Kentucky Fried Chicken Restaurant. President Lana Moore called the meeting to order. The officers present were: Lana Moore, President; Sharon Smith, President Elect; Patti Fallin, Treasurer; and Wanda Crowe, Secretary. The minutes from the April 5, 2011 meeting were printed in the May newsletter for review and approved at this meeting.

## ROLL CALL

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

## TREASURER'S REPORT

The Treasurer's report as of April 30, 2011 with a balance of \$1962.11 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance was \$581.96.

## CORRESPONDENCE

None

## COMMITTEE REPORTS

Junior Miss: A committee meeting will follow immediately after the orientation at Curves on Thursday, May 5, 2011 at 6:00 p.m. BPW members can order a Junior Miss T-shirt for \$6.50.

Scholarship: Callie Gates was this year's scholarship recipient.

Aspiring Professional: Britney Mitchell, Hopkins County BPW's Aspiring Professional was presented with an autographed book written by Eva Self, special guest speaker at the West Region meeting on April 9, 2011.

Legislation: The May newsletter contained photos from our Pay Equity Day on April 12, 2011 at Madisonville Community College that was held in partnership with Kentucky Commission on Women.

Sick & Distress: Maggie Gammon, Princeton BPW, lost her husband on April 16, 2011.

## OLD BUSINESS

The silent auction raised \$75.00. Our yard/garage sale will be Saturday, May 14, 2011; set-up begins at 5:00 p.m. on Friday. An ad will be placed in the Messenger and will run on the community calendar at local radio stations. Our Bowl for Kids' Sake team bowled at 9:00 a.m. on Saturday, April 30, 2011. Members Julie Franklin, Nena Matheny, Lana Moore, Wanda Morrow and Sally Taylor-Buie answered phones for the Rotary Club on Monday night, April 25, 2011.

## NEW BUSINESS

Installation of the new officers was conducted by Wanda Crowe. New officers of Hopkins County BPW for 2011-2012 are: Sharon Smith, President; Tammy Sanders, President-Elect; Lana Moore, Treasurer; and Melinda Oglesby, Secretary. After the installation, incoming President Sharon Smith asked that members step up and take on committee assignments. A listing of committees will be printed in the June newsletter.

## ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:10 p.m.

Wanda Crowe  
Secretary

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**Officers  
2011-2012**

President  
Sharon Smith

President Elect  
Tammy Sanders

Secretary  
Melinda Oglesby

Treasurer  
Lana Moore

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Visit KFBPW at  
[www.bpw-ky.org](http://www.bpw-ky.org)

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

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

Summer has finally arrived, and for me that usually means a slight "slow-down" at the office, which suits me just fine! For some reason, lawyers do not move fast in the heat of the summer months.

Hope you are taking the time to enjoy some sunshine, work in your garden, visit the lakes, or just read a good book while sipping something cool.

Sincere thanks to Sharon, Lana, Beth, 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:

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

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

By fax: 270-821-2360

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