

SEPTEMBER  
2011

MEETING

Tuesday  
September  
2nd  
6:00 p.m.

LOCATION

Merle  
Norman  
Madison  
Square Drive

MENU

Pasta, Bread  
& Salad

PROGRAM

Sophie  
French  
Hopkins Co.  
Health Dept.

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# HC B&PW News

*A Publication of Hopkins County B&PW*

## President's Message

Dear BPW members:

Hope everyone enjoys their Labor Day weekend. Larry and I will be in Shreveport, LA visiting with friends from Friday thru Monday.

Am looking forward to seeing everyone on Tuesday night at Merle Norman. I believe we had agreed on pasta from the Pizza Hut but will verify with Algia so we will have something to eat.

Received information that Interim Board has been changed from November 4-5 to November 18 - 19 but at the same location.

Also, we went to the Back to School event at MCC. The music was very good, but the ticket sales were very poor. If you have a chance to sell some tickets, please pick them up at Merle Norman. I don't believe we have even made \$200 as yet on the wonderful raffle items we have to give away. Thanks to Lana, Sally, Julie, Wanda Crowe (if I miss someone, I am sorry) for manning the booth. Also, want to thank Keri for the great banner she had her Dad make for us. We will be able to use it for sometime to come.

I understand Sophie French will be our speaker. Sophie works for the Health Department. We will

be discussing our upcoming event to raise money for the health department. Please be sure to come with lots of ideas and enthusiasm to make this event a surefire success.

Wanda Morrow is in charge of BPW week in October. Be sure to give her any suggestions you might have for our awards as well as a speaker.

Hope to see everyone on Tuesday.

Sharon

*Merle's Pearls:*

My experience has taught me that worry is always useless and silly, and that the details of a successful business bloom and come into fragrance by night as well as by day. Success is the outcome of living and breathing the definite structure of a planned business. (Merle Norman) - I personally believe this is true about life in general. Planning is an important part of anyone's life and often times lack of planning is a quick way to derail a successful life.

## Calendar of Events

- SEP 6 Monthly Meeting – Merle Norman
- SEP 15 Kentucky Cardinal Deadline
- SEP 20 Newsletter 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
- NOV 1 Monthly Meeting – TBA

### **DISCIPLINE** submitted by Lana Moore

I am reading a novel "The Lords of Discipline" by Pat Conroy. I have come late to his books, most recently reading my first one, "South of Broad," which caused me to want more. I stumbled upon "The Lords of Discipline," which was first published in 1980, and, so, started it when, if I had actually been choosing, I might have chosen another--such as "Prince of Tides," or "The Great Santini," having enjoyed both movies. Anyway, here I am in the middle of a book about "four young men--friends, cadets, and blood brothers--and their days of hazing, heartbreak, pride, betrayal, and, ultimately, humanity." Not something I would usually be interested in. But it has captured me. The thing that rides along just below the surface as I read, and does surface as soon as I put the book down, is the word *discipline* which, according to one of my dictionaries, is (I know you know this so you can skip this part; I just feel compelled to include it) 1. control or order exercised over people or animals; 2. training or way of life aimed at self-control and conformity; 3. branch of learning; 4. punishment; 5. punish; 6. train in obedience.

The book has covered, so far, the art of discipline used at military academies in turning freshmen plebes into true and loyal cadets. It contains some pretty horrific stuff. But it's also about individuals discovering who they are and whether or not they are very self-disciplined. That's the part that has my attention. Sometimes I think I have quite a bit of self-discipline, such as when I make it to most of my exercise classes...and on time. Other times I have none...trying unsuccessfully not to eat that chocolate (not just the first bite, but also the tenth or fifteenth!). Well, while I am reading this book I have, so far, been somewhat more successful. About five days ago (after discovering my body fat percentage is 24.3%! I'm fairly tall but also fairly thin and to think 1/4 of me is all fat is kind of scary) I decided to lay off the chips...of all kinds. I love corn chips and salsa. I also love a nice round tostito with a fat slice of cheddar cheese topped with a slice of pickled jalapeno and a good dollop of sour cream. Yum! So, you can see it is taking quite a bit of self-discipline to lay off the chips.

I won't bore you with my continued success (or not) with self-discipline. I just wonder if stopping to think about words and what they really mean might help us stop and think about what we are doing--or not. Most of you seem very self-disciplined to me. You have jobs and families and are involved in your community...and you do a lot for BPW. Being with you and being a part of BPW helps me with the self-discipline thing. So thanks to you all.....and good luck to those of us who do struggle, more some days than others.

## 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 Thyroid Trouble?

- The thyroid is a butterfly-shaped endocrine gland located at the front of your neck, below the Adam's apple.
- Thyroid disorders affect 20 million Americans; more than the number who suffer asthma or heart disease.
- Symptoms: feeling tired, gaining or losing a few pounds, having trouble sleeping
- Thyroid disorders often go undiagnosed due to general symptoms.
- Thyroid disorders include:
  - Hyperthyroidism – when the thyroid produces too many hormones
  - Hypothyroidism – when the thyroid produces too few hormones
  - Thyroid nodules
  - Thyroid cancer
- Treatments range from medications to surgery and are available for most thyroid disorders.
- See your primary care physician or an endocrinologist if you suspect a problem with your thyroid.

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).

### THANKS MUCH!

- ❖ Keri Langer (and her dad, who owns Signwriters!) for the banner, which we can use for events for many years to come
- ❖ Sharon Smith – for your donations of Vera Bradley items for the raffle
- ❖ Lana Moore – for your donations of UK items for the raffle
- ❖ Melinda Oglesby – for your Curves gift basket for the raffle
- ❖ Lana, Wanda C., Sally, Sharon, Nena, and Julie for working at the Back to School Bash

**JULY MEETING MINUTES (CORRECTED) submitted by Wanda Crowe**

July 5, 2011  
REVISED

**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 be eligible to compete on September 10, 2011 in an 'at-large' program. 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

**AUGUST MEETING MINUTES** submitted by Wanda Crowe, Secretary

**August 2, 2011**

CALL TO ORDER

The regular monthly meeting was held Tuesday, August 2, 2011, 6:00 p.m. at the home of Teresea Hatler. 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 July 5, 2011 meeting were printed in the August newsletter for review and approved as corrected at this meeting. Kelly Hood, co-owner of Madisonville Pharmacy, was our guest speaker.

ROLL CALL

Members attending: Wanda Crowe, Julie Franklin, Teresea Hatler, Keri Langner, Nena Matheny, Beth Moore, Lana Moore, Algia Morrow, Wanda Morrow, Tammy Sanders, Sharon Smith, Sally Taylor-Buie. Guest: Kelly Hood, speaker.

TREASURER'S REPORT

The Treasurer's report as of June 30, 2011 with a balance of \$2545.30 was revised to reflect \$325 received for state dues with a new balance of \$2870.30 for June 30, 2011. The Treasurer's report as of July 31, 2011 with a balance of \$2441.48 was distributed and reviewed. The report will be filed for audit. Hopkins County Junior Miss account balance was \$456.66.

COMMITTEE REPORTS

KPWW: The Hopkins County Extension office rental fee is \$100. Nominees for Woman of the Year, Woman of Achievement and Business Equity awards will be taken at the September meeting. A membership drive event is planned for Tuesday night. We also need a guest speaker for the Thursday night banquet.

UNFINISHED BUSINESS:

President Sharon Smith made recommendation from the Executive Committee to adopt the 2011-12 Financial Budget as presented (No second required as recommendation came from a committee). The motion passed and budget is adopted.

President-elect Tammy Sanders presented the Audit Report for 2010-11 Financial Records (minus checkbook in records). All records were appropriate and accounted for by Ms. Sanders. The audit report for 2010-2011 will be in the September newsletter. Patti Fallin, 2010-11 Treasurer, will be contacted by President Sharon Smith to file the 990 form.

Teresea Hatler and Tammy Sanders volunteered to be Co-chairs of the Finance Committee. President Sharon Smith will ask another club member to chair the Membership Committee.

NEW BUSINESS:

Members came to a consensus that a Hopkins County BPW web site would be beneficial. Sharon Smith will request that Patti Fallin, KFBPW Webmaster, get a link off the state web site.

The club will sponsor a booth at the "Back to School Bash" at the Glema Mahr Center for the Arts on August 20, 2011 and will sell raffle tickets for a basket of Vera Bradley items. Members volunteered for various duties for this event and a list will be distributed by email.

The September meeting will be held at Merle Norman Cosmetics, 226 Madison Square Drive. Algia Morrow, Hospitality Chair, will contact members concerning menu and cost.

ADJOURNMENT

Announcements & happy dollars were followed by the Emblem Benediction. The meeting adjourned at 9:00 p.m.

Wanda Crowe, Interim 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**

Just when I think I have something figured out . . . it turns out I was wrong! I had pictures for the newsletter this month but could not figure out how to get them into the newsletter. Don't you just hate it when you are unable to do something with your computer, and no matter how many ways you try, you just can't do it? The photos came from Wanda Crowe's camera, which she brought by, and I loaded the photos straight from her camera into my computer, but for whatever reason, I can not edit them, or insert them into the newsletter. Maybe I'll figure it out before it is time for the October newsletter!

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 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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