

AUGUST 2008

Meeting

Tuesday

August 5th

6:30 p.m.

**Madisonville
Country Club**

Menu

**Smothered
Chicken**

Program

**Tonya
Bowman**

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BPW/HC News

A Publication of BPW Hopkins County

President's Message

Hello BPW Hopkins County Ladies,

I hope everyone that came to my house had a great time. I sure enjoyed having you. Don is so helpful to me. He makes it easy for me to enjoy my time with you. We had lots of great food. I even enjoyed leftovers.

Everyone has been great to step up to all the committees. I really appreciate it. I need lots of help. Our Meeting was casual but we still got some work finished. There is always planning to be done and decisions to finalize.

Let's help financial chair Lana Moore get a head start on fund raising. Beth Moore suggested we have a silent auction of purses and jewelry. I think that's a great idea. Bring your purses and jewelry and we can have some fun and make some funds.

Several years ago we had a Member of the Month program. We nominated a member and told something about them in the newsletter. If someone has something special going on, that would be a good time to spotlight them. It is a great way

to get to know our members better. You could send your nominations to Sally Taylor-Buie or Wanda Morrow for submission to our newsletter.

Let's make our newsletter better and easier for Julie by submitting our news. Anything you would like to share about your career or personal life makes our newsletter more interesting.

I am looking forward to meeting our scholarship winner Audrey Fowler and her mother.

Don't forget about the National Convention. If you are planning on attending get that application in.

See you soon.

Your President,

**Teresea Hatler
thatler1@hotmail.com**

Calendar of Events

- AUG 5 MEETING – Madisonville Golf & Country Club
- AUG 20 Newsletter Deadline
- SEP 2 MEETING – Madisonville Golf & Country Club
- SEP 15 Kentucky Cardinal Deadline
- OCT 7 MEETING – Madisonville Golf & Country Club
- OCT 20-24 National Business Women's Week

JUNIOR MISS submitted by Patti Fallin

At our last meeting, we discussed attending Junior Miss events in surrounding counties in the next few months. We would like to try to carpool to some of the events so that everyone can become acquainted with the program as well as get some ideas for our program, which will be held in the Fall of 2009.

The following events are scheduled:

August 9th - Henderson County Junior Miss - Henderson Fine Arts Center at 7:00

August 23rd - Union County Junior Miss - Union County High School at 7:00

September 13 - Simpson County Junior Miss - Goodnight Auditorium, Franklin, KY at 6:30 p.m. (This program is co-chaired by Franklin BPW members Amy Ellis and Brownie Bennett)

September 21st - Webster County Junior Miss - Webster County High School

Review your calendars so that we can discuss attending some of these events at the next meeting.

I would also like to set up a committee / start-up meeting for all those who are interested in helping with the program sometime between August 4th and 15th. Please email me at pfallin@insightbb.com with suggestions for dates, location and times and I will announce it by the August meeting. Feel free to invite anyone who is interested in helping with the program.

If you have questions, let me know.

Patti Fallin

Membership submitted by Wanda Crowe

We are looking for some fabulous women to join the incredible ones we already have in BPW/Hopkins! If you know someone who might be interested in becoming a member, please invite them to one of our meetings. Please talk to those you see about BPW - Educate...Elaborate...Evaluate!

BPW/USA – Legislative Update

1. Paycheck Fairness Act Passes House Overwhelmingly

Last night, the House of Representatives approved the Paycheck Fairness Act (HR 1338) by a vote of 247– 178, with 14 Republicans supporting the bill. Sponsored by Rep. Rosa DeLauro (D-CT), the bill would update and strengthen the Equal Pay Act of 1963, closing loop holes and improving the law's effectiveness. **This is an enormous victory for BPW/USA and working women!** BPW/USA has supported the Paycheck Fairness Act since it was first introduced in 1997. BPW/USA joined with other women's organizations to send a letter to all members of the House of Representatives asking them to support the bill without weakening amendments. Over twenty BPW state federations also signed onto that letter. **BPW/USA members sent over 190 letters in twenty-four hours through the BPW/USA Advocacy Center in support of the bill.**

2. Proposed Rule Undermines Women's Access to Health Care

BPW/USA has joined with a coalition of public health, religious, advocacy, and research groups to urge Health and Human Services Secretary Leavitt to abandon the Department's pursuit of a regulation that could limit access to contraceptive services. The Department claims that these regulations are needed to educate the public and the health care industry about the scope of certain existing federal refusal clauses. However, contrary to Congress' intent, the draft proposed regulations essentially rewrite those laws to permit institutions as well as individuals to refuse to provide women access to contraceptive services and information. Despite overwhelming public support for contraception, the draft rule seeks to limit access by deliberately confusing contraception with abortion. This is a far-reaching rule and would affect any health care entity that receives federal funding, directly or indirectly, from HHS.

3. Women Reach Equality in Job Loss

The [Joint Economic Committee \(JEC\) has released a report](#), requested by Vice Chair Rep. Carolyn B. Maloney (D-NY), which finds that the current downturn threatens women's employment more than ever before. The 2001 recession was the first in decades during which women not only lost jobs, but also did not see their employment rates recover to their pre-recession peak. Unlike in decades past, families can no longer rely on women's employment to help boost family income during a downturn.

The proportion of women holding jobs in their prime working years, 25 to 54, peaked at 74.9 percent in early 2000 as the technology investment bubble was about to burst. Eight years later, in June, it was 72.7 percent, a seemingly small decline, but those 2.2 percentage points erase more than 12 years of gains for women. The pattern is roughly similar among the well-educated and the less educated, among the married and never married, among mothers with teenage children and those with children under 6, and among white women and black.

4. Sexual Bias and Glass Ceiling Issues Remain Intact

The [Institute for Corporate Productivity](#) has released a study which finds that more than half of companies have faced sexual discrimination complaints and most choose to handle them in-house and quietly. The July 2008 study found that more than half of the companies polled report they've had a sexual discrimination complaint lodged, and 43% say they've experienced personal clashes over sexual discrimination issues in their organization. Companies are paying attention - 83% have specific written guidelines regarding sexual discrimination.

The study also showed that most sexual discrimination complaints do not end up in court. Eighty percent of companies queried say they have not been sued as a result of complaints. Of those cases ending up in litigation, 47% were settled out of court favoring the employee who brought the suit, and in 12% of the cases, the employee dropped the suit. With regard to equal pay issues and women occupying key roles in organizations, the study found that 17% of all organizations do not offer the same pay for women and men with like expertise/experience; 62% report that women serve on their organization's board of directors. Overall, women hold upper-management positions within companies to a lesser extent. The Taking the Pulse: Sexual Discrimination survey was conducted by i4cp, in conjunction with HR.com, in July 2008. The full results of the survey are available exclusively for all i4cp corporate members. i4cp is the world's largest private network of corporations focused on improving workforce productivity.

TIPS FOR HEALTH & PROSPERITY submitted by Nena Matheny

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to _____ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2007.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, car, desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the energy vampires away.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. GOD/GODDESS heals almost everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or email them to death!!)
37. Each night before you go to bed complete the following statements: I am thankful for _____. Today I accomplished _____.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
May your troubles be less, May your blessings be more, May nothing but happiness come through your door!

JULY MEETING MINUTES – Submitted by Nena Matheny, Secretary

July 1, 2008

CALL TO ORDER

The regular monthly meeting was held Tuesday, July 1, 2008, 6:30 p.m. at the home of President Teresea Hatler. President Hatler called the meeting to order. The officers present were: Teresea Hatler, President; Algia Morrow, President-elect; Nena Matheny, Secretary; Patti Fallin, Treasurer; and Lana Moore, Parliamentarian. The minutes from the June 3, 2008 meeting were printed in the July newsletter for review and approved at this meeting.

ROLL CALL

Members attending: Sally Taylor Buie, Wanda Crowe, Patti Fallin, Julie Franklin, Teresea Hatler, Nena Matheny, Beth Moore, Lana Moore, Algia Morrow, and Wanda Morrow.

Guest: Tonya Bowman.

TREASURER'S REPORT

A report was not available and will be presented at the August meeting.

CORRESPONDENCE

A thank you letter was received from the American Cancer Society for the club's donation to Relay for Life.

COMMITTEE REPORTS

No reports were presented.

NEW BUSINESS

Patti Fallin will attend and represent our club this month at the BPW/USA conference in Atlanta, GA.

UNFINISHED BUSINESS

President Hatler circulated a sign up sheet for committee chairs/members. Wanda Crowe presented a report on the BPW/KY annual conference and distributed awards and certificates received at the conference. BPW/Hopkins County received the BPW/KY Foundation award for the largest monetary contribution by a local organization. Patti Fallin is searching to see if the club will be required to pay a franchise fee for the Junior Miss Program. If any of our members want to attend a Junior Miss program and see how it operates, Union County's program is August 23 and Webster County's is on September 21. 2008-09 local dues were collected.

ADJOURNMENT

Announcements and happy dollars were followed by the Emblem Benediction. The meeting adjourned at 8:15 p.m.

Nena Matheny, Secretary

**Officers
2008-2009**

President
Teresea Hatler

President Elect
Algia Morrow

Secretary
Nena Matheny

Treasurer
Patti Fallin

Parliamentarian
Lana Moore

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

Editor's Note by Julie Franklin

Many thanks to Teresea, Nena, Patti, and Wanda C., for their submissions to this edition.

The deadline is always the 20th of each month. Should you need extra time, just let me know.

Please submit your articles, info, reports, announcements, recipes, funnies, etc. to me as follows:

By e-mail: fglaw@bellsouth.net

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

By fax: 270-821-2360

BPW/HC

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