

Hopkins County Business & Professional Women

P.O. BOX 154

MADISONVILLE, KENTUCKY 42431

AUGUST 2017

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President's Message

By Dana Weaver

August is quickly approaching and with it many events and projects we need to plan for. Julie Franklin has brought a worthwhile community project to our attention that we learned a little about at the July gathering. If you like books

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August Meeting

August 1st
6:00 pm

Oak Ridge Senior Living Center

Menu: Chef Salad (choose your own toppings including Turkey, Ham, Bacon as well as vegetable toppings) along with Baked Potato, Dessert & Drink

President's Message Continued...

and like to help children you'll be as excited as I am about this project and if all goes according to plan, Traci Lutz will be at our next meeting to tell us lots more.

We did not do our short awards presentation at the July gathering as planned but will be doing it during our August meeting. So, please if you got an award/certificate at/from State Convention please bring it and be presentable for pictures at our August meeting. They will be done at the August meeting.

We still have committees that need people to be on and my Activity Director Certified Obsessive Compulsive Disorder is kicking in. At present our most pressing as far as planning is Business Women's Week. It will be in October and there is a lot of preparation that needs to go into it. Including August, we have 3 meetings until then. This sounds like a lot of time but for this week we have 3 awards that need nominations and selections, venues to be booked and more activities to plan for that week. So please be thinking about how you can help with this special week.

We are also in need of a planning committee for the West Regional Meeting this year. There is a lot of preparation for this meeting and March will be here before we know it. Please let's get a head start and have all the kinks we can possibly have ironed out ASAP.

In addition, there are a few more committee positions that need to be filled. Please be thinking about where you can lend your talents.

Ladies, thank you for all you do and see you August 1!

Dana Weaver, President HCBPW 2017-2018

BPW OUTREACH OPPORTUNITIES

BY DONNA SLATON

Heroes Run/ Walk Team-- would be a great place to Step out together for BPW

Sept 9 from 8-10 pm. Pre-registration required.

Contact Donna Slaton for more details or to volunteer.



It's Good to See You!

BY Nena Matheny

In June, Beth and I visited these two former BPW/KY state presidents in Shelbyville. Good friends, good conversation, and a birthday celebration also!



Pictured: Beth Moore, Betty Hedges (Shelbyville BPW), Nena Matheny, and Brenda Gunn (University of Louisville BPW).





Congrats!

We are recognizing these accomplishments this month:

Gina Munger:

Gina received the Gladys Martin Best of Show and the Robbie P. Ruby Award, on July 8th, for her photography entries in the Juried Photography Exhibit. Everyone's art work is on display until August 25th at the Glema Mahr Center for the Arts.

Upcoming Events

August 4 - Friday Night Live featuring Corey Smith
City Park in Madisonville, KY

August 11- Sounds Around Town
Madisonville, KY

August 18- Friday Night Live w/ Conch Republic
First United Bank Plaza

August 19- Community Concert w/ Jennifer Nettles

August 19- Brianna's Birthday

August 25- Sounds Around Town,
Madisonville, KY

Mary Werner-Howard:

Mary's new short story collection, featuring stories about marriage, is coming out on Amazon Kindle August 1st. It's called *A Token and Pledge*. Go Mary!



Get Steppin' BFPW

Kentucky Federation of Business and Professional Women's Clubs, Inc.
2017-2018

Theme: "Get Stepping KFBPW"

The goal of this challenge is to walk as many steps from August 1, 2017 - May 15, 2018. This will be a club challenge and the winner will be decided based on the team's average number of steps:

Example (a local has 10 walkers, will add all 10 tracking sheets and divide by 10 and give the average for team)

Each member will keep up with their steps and turn in totals to your local. Copies of your step sheet will be submitted to the Local President on October 1, 2017 and May 15, 2018 for submission to the State President for validation within the week.

The local that averages the most steps will be recognized at the Interim Board and State Conference.

You might asked the question, "What's in it for me?"

1. Improve your health
2. Improve mobility
3. Help you to lose weight
4. Have time to walk with a friend or family member
5. The cardiovascular benefit of walking are biologically plausible; like other forms of regular moderate exercise, walking improves cardiac risk factors such as cholesterol, blood pressure, diabetes, obesity, vascular stiffness, and inflammation, and mental stress.
6. Long, peaceful walks calm you down, pace your thoughts, and clear your head

Are you an exercise loner?

- Take your dog for a walk
- Walk to the store if it is within reasonable distance.
- Choose the stairs instead of the elevator.
- Park further away from the store entrance.

Do you enjoy exercising?

- Walk with a coworker at lunch.
- Take a walk with family after dinner.
- Walk to a co-worker's desk instead of calling him/her.
 - Walk around the mall.
 - Join club members for a group walk!

Additional ways to get active

- Walk when you talk on the phone.
- Have walking meetings with coworkers.
- When watching TV, run in place during commercials.
- Start a walking club with your KFBPW members.

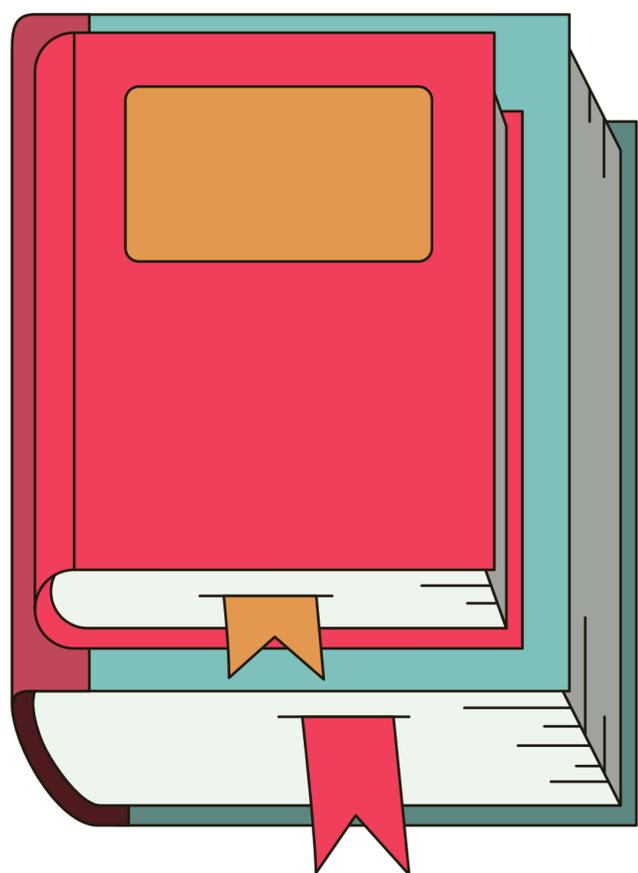
One mile of walking equals about 2,000 steps depend on how fast you walk.

If you have any questions, contact Diane Croney-Turner (270) 881-0265 or email: croney0803@gmail.com.

LET'S GET STEPPING KFBPW

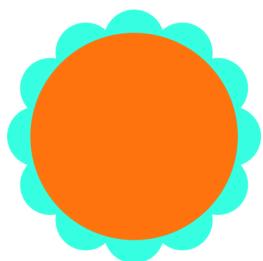


TO GET STEPPIN',
PLEASE USE THE
ADDITIONAL TRACKING
SHEET ATTACHED TO
THE NEWSLETTER



BOOKS FOR BROWNING SPRINGS

At our July dinner, Julie's sister brought information regarding a book drive to provide books for Browning Springs' library. They are taking new and gently used books. More information will be provided at our August meeting.



August Photo Challenge

30 Day Photo Challenge August

- | | |
|--|---------------------|
| 1. Vintage | 16. Words |
| 2. Water | 17. Toes |
| 3. Muahahaha (use #DIYhaha) | 18. Guilty Pleasure |
| 4. Something U Can't Live Without (#DIYCanLive) | 19. Nature |
| 5. Barbecue | 20. Crunchy |
| 6. Flower | 21. Clock |
| 7. Something Old | 22. Crooked |
| 8. Fancy | 23. Black & White |
| 9. The Letter B | 24. Fence |
| 10. Dog Days of Summer | 25. Favorite game |
| 11. A Magazine You Like | 26. Statue |
| 12. Rhymes with "Cat" | 27. Inside |
| 13. Droplets | 28. Big City |
| 14. Something Pink | 29. Bug |
| 15. Something Mom Bought for You (#DIYMomBought) | 30. Rainbow |

SOMETHING COOL,
and SOMETHING new,
BUT IT WON'T BE FUN,
WITHOUT YOU!

2017-2018 Officers

President.....	Dana Weaver
President-Elect.....	Mary Werner
Secretary.....	Brooke Archila
Treasurer.....	Beth Mitchell

2017-2018 Committees

Aspiring Professional – Brooke Archila
Bylaws – Patti Fallin
Finance – Nena Matheny, Julie Franklin, Sally Taylor, Teresea Hatler
Foundation – Wanda Morrow, Lana Moore
Health and Wellness – Mary Howard
Hospitality – Wanda Crowe
Issues Management – Dana Weaver
Legislation – Your name here :)
Membership – Donna Slaton
Member Handbook – Patti Fallin, Julie Franklin
Mentoring – Your name here :)
NBWW – Sharon Smith, Brenda Blanchard
Newsletter – Brianna Pantano
Public Relations – Wanda Morrow, Donna Slaton, Wanda Crowe
Scholarship – Brooke Archila, Brianna Pantano