

Hopkins County Business & Professional Women

P.O. Box 154
Madisonville, Kentucky 42431

August 2018

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President's Message

by Mary Werner

August is just around the corner and "academic summer" is drawing to a close. We had a great turnout for our July meeting, and I hope we will for our next meeting on 7 August as well. There are still a few committees that need members: Fundraising, Grief and Distress, and Public

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August Meeting

August 7, 2018 6:00 pm
Brown Badgett Building, Room 270
Madisonville Community College

Menu: Chicken Salad on Croissants,
Berry Salad & Dessert

August Program:

Women's Club of Madisonville



President's Message Continued...

Relations, so please consider adding your name to one of these if you haven't signed up for a committee yet. As a member of the Health and Wellness Committee, I wanted to let you know that the Centers for Disease Control and Prevention has identified 1 August as National Girlfriends Day. Their website lists many good tips on how women can support their female friends, whether it is participating in healthy habits together, advocating for better practices in women's healthcare, or providing assistance when a friend is coping with a physical or mental health concern.

<https://www.cdc.gov/women/girlfriends/index.htm>

At our August meeting, we will need to make further plans for our participation in the 9/11 Heroes Run again this year. Kelly Forbes gave an inspiring talk at our last meeting, and I know that many of us are looking forward to the event this year. I, for one, probably need to start preparing now and get walking more. Our August speakers, Donna Vaughan and Gail Eveland from the Madisonville Women's Club, will help with that, as they are going to talk about the new walking trail in downtown Madisonville. Hope to see you all there, and hoping for cooler weather this time!

Mary

Get Stepping!

Ways YOU Can Add Steps to your day:

- take the stairs when available
- walk to the ice cream truck
- take a walk through town
- walk the mall
- walk to your favorite boutiques
- take the "Madisonville Walking Route"





KEY LIME "POKE" CAKE

- 1 box cake mix (vanilla or key lime - I used key lime)
- 1 14oz can sweetened condensed milk
- 1/2 cup heavy cream
- 1/3 cup freshly squeezed lime juice
- 1 tbsp, plus 2 tsp grate lime zest, divided
- 3 cups whipped cream (Cool Whip is OK)

Preheat oven to 350 degrees. Spray pan with cooking spray and dust with flour.

Prepare cake mix according to instructions on the box. Bake until toothpick comes out clean (around 25 minutes). Let cool 10 minutes.

Poke holes all over cake with the handle of a wooden spoon.

In medium bowl, stir together sweetened condensed milk, heavy cream, lime juice and 1 tbsp lime zest. You may add green food coloring, if desired.

Pour filling over cake and spread into holes with a spatula. Refrigerate 1 hour.

Top cake with whipped cream and garnish with remaining (2 tsp) lime zest.



**Meet
Dixie!**

Upcoming Events

Aug. 1: DOGust Universal Birthday for Shelter Dogs

Aug. 1: National Girlfriends Day

Aug. 1: Spider-Man Day

Aug. 2: National Coloring Book Day

Aug. 2: National Ice Cream Sandwich Day

Aug.3: National Watermelon Day

Aug. 4: Mary's Birthday!

Aug. 4: National Chocolate Chip Cookie Day

Aug. 4: U.S. Coast Guard Birthday

Aug. 5: National Friendship Day

Aug. 5: National Sisters Day

Aug. 5: National Underwear Day

Aug. 9: World Cat Day

Aug. 9: National Book Lovers Day

Aug. 9: National Women's Day

Aug. 10: National Spoil Your Dog Day Pets U.S.

Aug. 11: National Son and Daughter Day

Aug. 13: International Lefthanders Day

Aug. 13: National Bowling Day

Aug. 15: National Relaxation Day

Aug. 16: National Tell A Joke Day

Aug. 18: National Fajita Day

Aug. 19: National Potato Day Food U.S.

Aug. 19: Brianna's Birthday

Aug. 20: National Lemonade Day

Aug. 20: National Radio Day

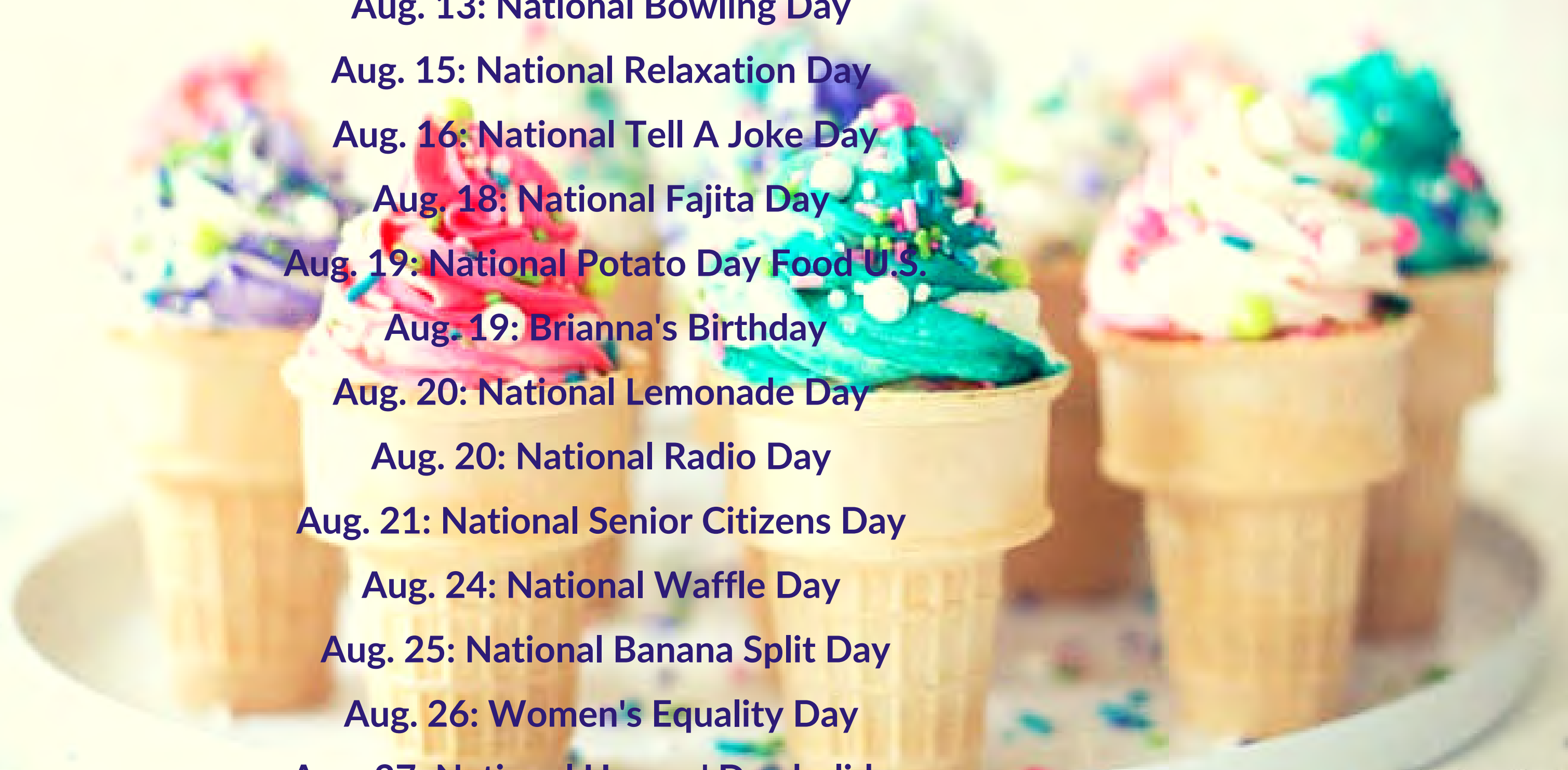
Aug. 21: National Senior Citizens Day

Aug. 24: National Waffle Day

Aug. 25: National Banana Split Day

Aug. 26: Women's Equality Day

Aug. 27: National Heroes' Day holiday



2017-2018 Officers

President.....	Mary Werner
President-Elect.....	Nena Matheny
Secretary.....	Brooke Archila
Treasurer.....	Beth Mitchell

2017-2018 Committees

- Aspiring Professional- Brooke Archila, Brittney Hernandez- Stevenson
- Audit- Raegina Scott, Cindy Kelley
- Bylaws- Julie Franklin, Sally Taylor
- Finance- Beth Mitchell, Sally Taylor
- Foundation- Wanda Crowe, Patti Fallin
- Fundraising-
- Grief & Distress -
- Health & Wellness - Mary Werner-Howard, Lana Moore
- Hospitality- Brianna Crowley, Margaret Menser
- Issues Management- Nena Matheny, Lana Moore
- Legislation-
- Membership & Mentoring- Beth Mitchell, Wanda Morrow
- Member Handbook- Julie Franklin, Patti Fallin
- KPWW- Sharon Smith, Lana Moore, Patti Fallin, Gina Munger
- Newsletter- Brianna Crowley
- Professional Development- Brittney Hernandez- Stevenson, Jamie Slaton
- Public Relations-
- Scholarship- Brooke Archila, Brittney Hernandez-Stevenson