

# THE HOPPER



**Hopkinsville Business and Professional Women's Club**

PO Box 227  
Hopkinsville, KY 42241



**Volume 54**

**May 2018**

**Issue 11**

## President's Message

Memorial Day will be held on Monday, May 28, 2018. Let's all take time out of our schedule to remember the ones who died in active military service.

We will elect an audit committee this month to report at the August 2018 meeting.

The American Cancer Society Relay for Life will be held at 6:00 p.m. on Friday, June 8th, at the Hopkinsville Stadium of Champions. If you have not made your donation, we are asking you to bring it to the May meeting and give to Peggy Stricklin, Event Chair.

Remember it is time to pay dues for 2018 -2019 club year. **"May Days is Paydays"** for our dues. If you have not paid your dues, requesting you to bring your \$50.00 to the May meeting.

We want to thank the Finance Committee Committee for April program, for fun and games.

This issue is being dedicated to Mrs. Rita Brown, who has been a member of the Hopkinsville Club for 31 years.

June 8th is the deadline for early registration for KFBPW State Conference to held on Friday, June 22nd - Saturday, June 23rd, at Hilton Gardens Inn, Bowling Green, KY. Just a reminder that Hopkinsville members will serve as the Contact Chairs at State Conference and will be working the registration table.

Be sure to turn in your steps from August 1, 2017 - April 30, 2018 to me at the meeting.

Have a blessed month.  
*Diane Croney-Turner*  
Diane Croney-Turner

## MAY MEETING

**Thursday, May 17, 2018**

**5:30 p.m.**

**Pioneers' Memorial Complex**

**Pledge: Martha Marcum**

**Collect: Dorothy Tolliver**

**Invocation: Janice Cayce**

**Program: Scholarship Committee**

**Speaking Spanish**

**MENU:**

**Chicken Cordon Bleu**

**Chef's Choice**

### 2017-2018 Officers

President

Diane Croney-Turner

President-Elect

Dorothy Tolliver

Vice-President

Peggy Stricklin

Recording Secretary

Janice Cayce

Treasurer

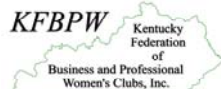
Lena Wann

Executive Assistant

Martha Marcum

Parliamentarian

Karen Hunter



Dorothy Tolliver - Graduated from Hopkinsville Community College with with Certificate in Early Childhood Development and Child Care Assistant

## Membership Committee

### Anna Lee Lackman—Chair

Please remember the following members and their family in your thoughts and prayers.

Naomi Brashears

Butch & Karen Hunter

Sue & Don Mock

Sue Mock sister, Nell Fowler

Glynn Ward

Jewell Long

Karen Drennan's father, Richard Burnett

Peggy Stricklin husband, Butch who broke his ankle,  
and mother, Mabel Crabtree



If you know of a member or their family who is ill and in need of our prayers, please contact Diane Croney -Turner or Anna Lee Lackman.

## Telephone Committee



### Martha Marcum – Chair

If you need a reservation and have not been called by the Sunday before the meeting, call your caller or Martha at 270-719-9371. If a member makes a reservation and fail to attend or cancel with Martha by noon Monday prior to the meeting, you will be responsible for paying for the meal if the club incurs an expense for the meal.

## Guests



We are allowed guests each month for prospective members. The cost of their meal will be paid by the club. If you have a potential member, please contact Telephone chair, Martha Marcum, so arrangements can be made.

## 2018-2019 Officers

Diane Croney-Turner - President

Dorothy Tolliver - President Elect

Peggy Stricklin - Vice President

Mary Fletcher - Recording Secretary

Karen Hunter - Treasurer

## 2017 – 2018 Members

Ann Boseman

Diane Boyd

Jamie Boyd

Naomi Brashears

Rita Brown

Gertrude Bullock

Janice Cayce

Diane Croney-Turner

Karen Drennan

Debbie Dunn

Etta Walker Flegle

Mary Fletcher

Karen Hunter

Paula Knight

Anna Lee Lackman

Karen Lamb

Jewell Long

Martha Marcum

Willedean Meriwether

Sue Mock

Lori Morris

Carolyn Price

Frances Quarles

Ana Sanchez

Tamara Standard

Peggy Stricklin

Dorothy Tolliver

Jean Tuitele

Lena Wann

Glynn Ward

Total 30

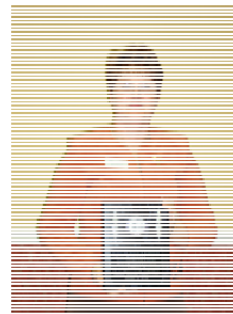
## BIRTHDAY

### May

Martha Marcum.....18th



**Hopkinsville Relay For Life**  
**Friday, June 8, 2018 6:00 p.m.**  
**Hopkinsville Stadium of**  
**Champions**



## Rita Brown

Mrs. Rita Brown joined the Hopkinsville Club in December 1987

Ms. Rita has worn many hats in BPW from serving as President in 1993-1994 and 2005-2006, Woman of the Year 1993 and 2003, served in all officers and committee chairs.

Ms. Rita has participated in all BPW activities across the years, from selling pecans, to participating in the American Heart Walk and Relay for Life. In the earlier years when BPW participated in the Chili Cookout, Rita would have the recipe, bring all the items ready to cook on site and provide the cooking utensils and burners to cook on and we would just do as instructed.

Ms. Rita has been a member of the BPW Social Committee for year. In early years the members would go to her home for fun night during National Business Women's Week. She would have plenty of food and everyone enjoyed. The members always said Rita could cook anything and it would be very, very good.

Ms. Rita is involved in community activities always planning and cooking for different events and especially for Relay for Life. She not only works at the HWEA booth, but provides the tent for the BPW booth and has it set up before we get to the stadium. Rita is a five year survivor of breast cancer.

Ms. Rita worked for 15 years for FP International; 7 years for KenTech Plastics, 6 years for Ambrose Lumber, 5 years for Ken Morris Realtor and farmed for 10 years. She is presently employed by Hopkinsville Water Environmental Authority (HWEA) as HR Officer/Executive Assistant.

Ms. Rita has 4 sisters and one brother.

Ms. Rita will be married to Larry Brown for 44 years on June 8th. Their children are Jim Brown and Mary Beth Hancock; grandchildren: Brandi Stallons, Kyra Oliver, Jordan Spaulding, Landon Spaulding, Dylan Spaulding, Brook Crittendon; great grand children: Kenzley Stallons, Kora Stiles, Riley Crittenden, Merideth Crittendon, and Coleman Spaulding. Rita and Larry also have another child, there pet dog, Vernie.



## April Meeting and Community Events



April birthday girls - Karen Hunter and Peggy Stricklin



Ana Sanchez and her mother, Celeste Richardson De Colon' enjoying the meeting



Members taking tax evaluation to see what fee had to be paid before leaving the meeting.

## April Meeting and Community Events



Members took a bag with different outfits and had to put the items over their clothing. It was a fun night and we had some good laughs.



Diane Croney-Turner, Karen Hunter, Mary Fletcher, Lena Wann, Anna Lee Lackman, Dorothy Tolliver, Gertrude Bullock, & Karen Drennan attend the Pennyroyal Hospice Annual Meeting on April 26th at the James Bruce Convention Center

Ann Boseman, Lena Wann, Gertrude Bullock, Anna Lee Lackman, Dorothy Tolliver, Jean Tuitele, Sue Mock, Mary Fletcher, and Diane Croney-Turner Attended Dorothy Tolliver's graduation brunch on Saturday, May 5th.

**Hopkinsville Business & Professional Women's Club**  
**Thursday, May 17, 2018**  
**Regular Meeting**  
**Agenda**  
**5:30 p.m.**

1. Call Meeting To Order
2. Welcome
3. Pledge - Martha Marcum
4. Collect - Dorothy Tolliver
5. Minutes - April 19, 2018 (in May Hopper)
6. Treasurer's Report
7. Correspondences
8. Unfinished Business
  - A. Get Stepping KFBPW
  - B. Volunteer recording sheet
  - C. Pecans
  - D. Relay for Life - June 8th
  - E. Report Submissions
  - F. KFBPW State Conference
  - G. Other
9. New Business
  - A. Audit Committee
  - B. Other
10. Committees
  - A. Membership
    1. Birthday
    2. Happy Dollar
    3. Other
  - B. Other
11. Invocation - Janice Cayce
12. Meal
13. Program - Scholarship Committee
14. Other
15. Adjourn

**Board Meeting**

- |   |   |
|---|---|
| <ol style="list-style-type: none"><li>1. Call Meeting To Order</li><li>2. May Meeting - Board of Directors - Tuesday, June 26th<ol style="list-style-type: none"><li>A. Pledge</li><li>B. Collect</li><li>C. Invocation</li><li>D. Menu</li><li>E. Program - Installation</li></ol></li></ol> | <p style="text-align:center"><b>Agenda</b></p> <ol style="list-style-type: none"><li>3. Unfinished Business</li><li>4. New Business</li><li>5. Adjourn - Emblem Benediction</li></ol> |
|---|---|

Hopkinsville Business & Professional Women's Club  
Pioneers Memorial Complex  
April 19, 2018

The meeting was called to order at 5:35 P.M. by President Diane Croney-Turner who welcomed club members, and Ana Sanchez's mother whom we were delighted to have as a guest.

The Pledge was led by Paula Knight and the Collect by Karen Lamb.

Peggy Stricklin moved, and Karen Lamb seconded the motion, that the March minutes as printed in the April HOPPER, be approved. Motion passed.

Treasurer's Report was given by Lena Wann. Total assets as of March 31, 2018, were \$8,618.05. Membership is 30. Report will be filed for audit. .

Correspondence –Executive Assistant Martha Marcum read a thank-you card from Gertrude Bullock, a thank-you letter from Pennyriple Area RC&D for the donation of \$100 to Take Kids Fishing, and a thank-you letter from Pennyriple Area RC&D for the \$100 donation to the Jeffers Bend Patio and Amphitheater. A brick with the club name will be displayed in the center's patio and amphitheater.

**Unfinished Business:**

- A. Get Stepping KFBPW – Continue to count our steps and turn in results by May 15<sup>th</sup>.
- B. Volunteer Recording Sheet – President Diane reminded us to keep up with our volunteer hours and turn in to her by April 28<sup>th</sup>.
- C. Pecans – may still be obtained by contacting Peggy Stricklin and Paula Knight.
- D. West Region Meeting – was held in Madisonville on March 17<sup>th</sup>. President Diane reported that it was a good meeting with 3 of the 4 locals represented.
- E. Pennyroyal Hospice – there will be a full table from our group for the fundraising dinner and annual meeting which will be held on April 26<sup>th</sup>.
- F. American Heart Walk – Peggy announced again that it will be held on April 21<sup>st</sup> at the fairgrounds on Richard Street.
- G. Relay for Life – Peggy stated that it will be held on June 8<sup>th</sup> at Tie Breaker Park. The theme is "Everybody Needs a Hero". We are encouraged to dress as our hero.
- H. Other - None

**New Business:**

- A. Submission of Reports Deadline is May 5<sup>th</sup>.
- B. KFBPW State Conference will be held on June 22-23 in Bowling Green at the Hilton Gardens. Registration is due by June 8<sup>th</sup>. Motion was made by Karen Lamb, seconded by Sue Mock, that members attending the conference have their registration and hotel room paid for by the club as they will be working the registration desk during the conference. Registration, with discount, will be \$90 per person and hotel cost is \$134.95 per night. Motion passed.
- C. Other – Please pay club dues tonight, if possible.

**Committee Reports:**

- A. Membership -
  1. Birthday ladies, Peggy Stricklin and Karen Hunter, were presented small gifts by Membership Chair, Anna Lee Lackman.
  2. Happy Dollars were collected by Anna Lee.
- B. Other-
  1. Scholarship Chair, Ann Boseman, stated that she is still receiving applications which are due by May 3<sup>rd</sup>.
  2. Karen Hunter passed out cups and hand sanitizers from Higgins Insurance and noted that they are now located on Lafayette Road.
  3. Mary Fletcher brought some Christian books to be donated to club members.

Sue Mock presented the invocation entitled "Spring is Here" which gave us suggestions for planting our spiritual gardens. Another delicious meal was served by the Pioneers!

An evening of fun and games was presented by the Finance Committee which was in charge of the program for this month.

Meeting adjourned at 7:09 P.M.  
Janice Cayce, Recording Secretary

## Announcements & Dates to Remember

- May 3rd - Deadline for Hopkinsville BPW Scholarship Applications  
May 5th - Deadline for All Local and Regional Award Submissions  
May 6th –12th - National Drinking Water Week  
May 11th - Women Empowerment Conference 2018, 8:30 a.m. - 1:00 p.m. Bruce Convention Center  
May 12th - Water Festival at Jeffers Bend Environmental Center - 1:00 - 5:00 p.m.  
May 13th - Mother's Day  
May 15th - Submit copies of step tracking sheet to Local President  
May 17th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex  
Board Meeting following Regular Meeting  
May 18th - Submit Tracking Sheets to State President  
May 26th - Take Kids Fishing - 8:00 - Noon  
May 30th - Memorial Day
- June 8th - Relay for Life  
June 16th - Jeffers Bend "Benefit for the Bend" - 6:00 p.m. Christian Co. Extension Office  
June 17th - Father's Day  
June 22nd - 23rd - KFBPW Annual Conference, Hilton Gardens, Bowling Green, KY  
June 26th - Regular Meeting - 5:30 p.m. Pioneers' Memorial Complex (Tuesday) (Installation)  
Board Meeting following Regular Meeting (Tuesday)



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



Cancer is the uncontrolled growth of abnormal cells in the body. Cancer develops when the body's normal control mechanism stops working. Old cells do not die and instead grow out of control, forming new, abnormal cells. These extra cells may form a mass of tissue, called a tumor. Some cancers, such as leukemia, do not form tumors.

### What are the most common forms of cancer?

Cancer may occur anywhere in the body. In women, breast cancer is one of the most common. In men, it's prostate cancer. Lung cancer and colorectal cancer affect both men and women in high numbers.

There are five main categories of cancer:

- Carcinomas begin in the skin or tissues that line the internal organs.
- Sarcomas develop in the bone, cartilage, fat, muscle or other connective tissues.
- Leukemia begins in the blood and bone marrow.
- Lymphomas start in the immune system.

Central nervous system cancers develop in the brain and spinal cord.

### How is cancer treated?

Treatment options depend on the type of cancer, its stage, if the cancer has spread and your general health. The goal of treatment is to kill as many cancerous cells while reducing damage to normal cells nearby. Advances in technology make this possible.

The three main treatments are:

Surgery: directly removing the tumor

Chemotherapy: using chemicals to kill cancer cells

Radiation therapy: using X-rays to kill cancer cells

The same cancer type in one individual is very different from that cancer in another individual. Within a single type of cancer, such as breast cancer, researchers are discovering subtypes that each requires a different treatment approach.

### What can you do to manage the side effects of cancer treatment?

Supportive care services describe a broad range of therapies designed to combat side effects and maintain well-being. Treating cancer requires focusing on more than the disease alone; it must also address the pain, fatigue, depression and other side effects that come with it.

Supportive care services include:

Nutrition therapy to help prevent malnutrition and reduce side effects

Naturopathic medicine to use natural remedies to boost energy and reduce side effects

Oncology rehabilitation to rebuild strength and overcome some of the physical effects of treatment

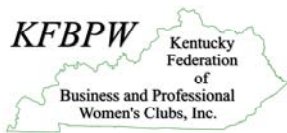
Mind-body medicine to improve emotional well-being through counseling, stress management techniques and support groups

### What does the future hold for cancer treatment?

The future of cancer treatment lies in providing patients with an even greater level of personalization. Doctors are beginning to offer treatment options based on the genetic changes occurring in a specific tumor.

An innovative new diagnostic tool, the genomic tumor assessment, examines a patient's tumor genetically to identify the mechanism that





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