

Henderson Business & Professional Women's Club

Meeting Minutes
July 16, 2015

CALL TO ORDER AND INVOCATION

The regular meeting of the Henderson Business & Professional Women's Club was called to order at 6:30 pm on July 16, 2015 by President Marsha Abbott. After the invocation by Dr. Marty Smith, members enjoyed dinner at Maria Parham Medical Center.

Members present were Marty Smith, Kathy Taylor, Michelle Evans, Bernice Barchan, Maria Bailey, Donna Stearns, Marsha Abbott, Anita Hicks, Val Short, and June Blanks.

MEETING PROGRAM

The July meeting speaker, Val Short, provided a program titled "Cross Fit for the Brain." Cross Fit is a type of fitness and strength training designed for individuals in a customized format. The more we exercise our minds, the better our long range outcome will be. The attendees made a list of all the things that changed about this room after we entered. The group was very observant and continue to have good memories. We played the sentence game to help us exercise our minds. Val shared a tip sheet from the work of Linda Melone. Activities like doing math in your head and learning an instrument helps with keeping your mind alert. To enhance ones' minds, individuals may draw a map from memory, create word pictures, take a cooking class, learn a foreign language, challenge your taste buds, refine hand-eye ability, or learn a new sport. Luminosity games are free exercises on the computer but are more challenging.

APPROVAL OF MINUTES

Minutes were received from the May 21, 2015 monthly meeting. The minutes were approved as submitted.

TREASURER'S REPORT

June Blanks gave the financial report.

COMMITTEE REPORTS

Val Short presented the program report and schedule for the year. The list was distributed.

The Audit Committee [Maria Bailey (Chair), Bernice Barchan, and Kathy Taylor] performed the 2014-2015 audit. The books were in excellent order.

Beginning Balance 5/21/2015	\$1569.72
Deposits	+320.00
Disbursements	-285.58
Balance as of 7/16/2015	\$1604.14

OLD BUSINESS

- Val Short's story was in the *Tar Heel Woman*.
- As for the Henderson newsletter, a new Kudo's Korner will be added and the font size will be increased in the President's corner. The club should plan now to submit the newsletter for an award before the Annual State Convention.
- At the May 2015 Annual State Convention:
 - Val Short received the Verna Taylor Membership Award; and
 - The Henderson Club received the State Nike Award for best overall coordinated programming during the entire fiscal year and the Pat Nixon-Bettye Powell Award for the club with the highest percentage of continuing members renewing their membership during the fiscal year.

NEW BUSINESS

- The club has a new member, Anita Hicks, who joined at the July meeting.
- The registration fee for the September and October meetings will be \$5 for each meeting given the meeting will be held at Val Short's office rather than Maria Parham. For dinner, Val will arrange for Pizza in September, and the members will bring a covered dish in October.

ANNOUNCEMENTS AND CORRESPONDENCE

- The USDA sent a communication for residents of Henderson, Kittrell, Watkins, or Sandy Creek.
- The WPEA event will be held in July for those who are interested in participating.
- The BPW/NC Pinterest page is available. Facebook pages are in development for each club.
- Vance Granville Community College was listed #5 in the state as the most affordable college in the state in Arts & Sciences and #11 in the country.

ADJOURNMENT AND COLLECT

Meeting was adjourned by President Marsha Abbott at 8:25 pm.