



Women of the

"Growing, building,
and improving
our tomorrow."

South

September 2004

SAVE THE DATE: October 16, 2004

The 2004 Komen Oklahoma City Race for the Cure® will be held Saturday, October 16th at the SBC Bricktown Ballpark. Join us in celebrating breast cancer survivors and remembering those who have lost their battle. Individuals may participate as a walker or ghost walker and receive a t-shirt. Or you may make a monetary contribution. Last year, your efforts helped grant out nearly \$400,000 in the Central Oklahoma area and give another \$125,000 to breast cancer research.

Please contact Connie Mashburn at 826-2333 or Pasty Couch at 691-7733 by the September 20th deadline.

Testosterone Tune-up Sponsored by INTEGRIS HEALTH


Ladies, this is your opportunity to take care of the men in your life by sending them for a free health and wellness check up. The health event, designed to educate men and their loved ones on the importance of taking care of their health, will be held from 9 a.m. to 2 p.m. on Saturday, September 25, at INTEGRIS Southwest Medical Center.

Free health checks including cholesterol, glucose, blood pressure and cancer screenings, as well as physician presentations on men's health issues such as gastrointestinal disorders, sleep disorders, depression, urology, stroke and special health discussions for Hispanic men will be provided throughout the day. Other activities include a classic car show, free chair massages, entertainment and great door prizes.

Empowering men with information is an important first step to improving their overall health and longevity. This event, co-sponsored by WWLS The Sports Animal, WKY AM 930, the Journal Record, Pfizer, Winter Creek, Auxilium, Solvay Pharmaceuticals, and Richardson Homes, will be a great way for men to learn about health care issues in a fun, supportive environment.

For more information or reservations for cancer screenings, call the INTEGRIS Healthline at (405) 951-2277.

September Birthdays

- 
- Martha Southard - 2nd
 - Guyona Randel - 6th
 - Diane Lasse - 7th
 - Denise Hawkins - 8th
 - Paige Thomas - 8th
 - Peggy Matlock - 13th
 - June Hickman - 15th
 - Carol McDonald - 15th
 - Judy Magnusson - 16th
 - Kyle Dohlem - 18th
 - Jamie St. Cyr - 18th
 - Pat Smith - 19th
 - Becky Killman - 21st
 - Karen Meneely - 21st
 - Carol Perry - 22nd
 - Avis Scaramucci - 25th
 - Linda Carr - 28th
 - Becky Brink - 30th

HAPPY BIRTHDAY TO YOU!!!!

GALA 2005

The 2005 Gala is slated for April 23rd. Your Gala Committee Chairs are all in place and are ready to work for you. If you are not a Gala Committee Chair but are willing to assist in any of the twenty-three subdivisions please let me know.

It is also not too early to be asking for donations. We will be distributing the donation packets in the October meeting. Any ideas or suggestions for making the organization of the event easier and/or ideas for improvement are always welcome.

Thank you,
Mina Acquaye, Gala Chair 2005

We Need You

DON'T MISS YOUR OPPORTUNITY TO BE A
PART OF A GREAT ORGANIZATION!!!

JOIN WOMEN OF THE SOUTH!

CONTACT SHAUNA SMITH AT 895-7111.

ANNOUNCEMENTS

Our heartfelt thoughts and prayers go out to Liz Bishop and family. Tuesday, August 17, Royce Bishop passed away while traveling in Remond, OR. Royce and Liz have been faithful supporters of Women of the South through their participation in the Gala and Golf Tournament. He was an uncle to Mary Jane Beavers, Sherry Williams, and Wendy Thompson.

Out thoughts and prayers are with Olivia Spradlin. Her husband, Rick, passed away September 2nd

Our thoughts and prayers are also with Bernadette Pritchard. Her brother passed away in August.

Congratulations to Elizabeth Foshee. She's the proud grandmother of 6 lbs- 12 oz. Samuel James Hedenberg, born July 22nd. Proud parents are Eric & Elisa Hedenberg of Enid.

Congratulations to Staci Aduddell. On August 6, Reagan Ruth Aduddell was born at Baptist Hospital. She weighed 9 lbs, 12 oz. WOS members Grandmother Linda Neimann, Great Grandmother Ruth Clayton and Aunt Ashlee Neimann should have plenty of pictures to share!

SOUTH OF THE BORDER PARTY - MUY BUENO



What a great time! 88 people attended, great weather, great margaritas and great music -Mariachi Band - "Andalusia"

We want to thank Beth & Paul Odom for once again hosting the event in their clubhouse and thanks to Beth for her help on setup day.

Ted's Escondido for the awesome food and service.

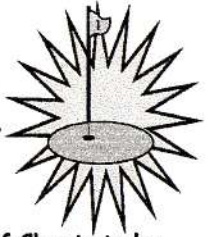
Vickie Nettle-Munsey for the tables & chairs.

Steve Cupit for the paper fans (since we were blessed with gorgeous weather and didn't need them, they made a nice contribution to our table decor)

Thanks to committee members, Dottie Klepper, Bonnie Gehl, Lori Sesenko, Cindy Zink, Barbara Laird and huge thanks to Kimberley Cupit for all the hours she put in as well as hosting all of our meetings.

Tamara Pennington, Social Chair

GOLF TOURNAMENT UPDATE



"The 10th Annual Southern Benefit Golf Classic to be held at Willow Creek on September 20 is fast approaching. Be sure to get your entry in for your team as soon as possible. Don't forget to speak with all your golfing friends to encourage them to get their entry in soon, too.

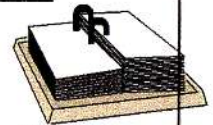
We still need a few Flag and Tee Box sponsors. Please contact me if you would like to be a sponsor or know somebody who should be called. We are also collecting door prizes. We have had some great donations, including time in a golf simulator and dinner and theater tickets for an evening out!

Please contact Cathy Estes at 691-1494 if you are planning to be at the Tournament to help. Dottie Clepper is handling registration beginning at 11:00 a.m. and Tamara Pennington is working on several great games & contests for our golfers. We will be meeting at Willow Creek in the Fireside Room on Sunday, September 19, to put goodie bags together and get set up. Please make plans to join us.

Thank you to all who contributed to the golf ball "empty hand" during our August social and at the August meeting. We raised \$390 to purchase golf balls for our tournament golfers! Every person in Women of the South can make a contribution to the Golf Tournament in some way, and everybody working together will help insure another great tournament!"

Upcoming Events

- | | |
|----------|---|
| Sept. 13 | Board Meeting—6:30 p.m. Dianne's |
| Sept. 20 | Golf Tournament Willow Creek Golf & Country Club |
| *Oct. 1 | Women of the South Fiesta! (Strategic Planning Day in lieu of Sept. general meeting) South OKC Chamber—9:00-3:00 |
| Oct. 11 | Board Meeting—6:30 p.m. Dianne's |
| Oct. 18 | General Meeting—6:30 p.m. TBA |



- special reminders!

NOTES FROM DIANNE

Women of the South kicked off our new year with a fun-filled, fabulous evening last month! The "Explosive Festival South of the Border" was a huge success, and many thanks go to the Social Committee for their spectacular planning. They ordered just the right music, food, and weather so we could sit back, relax, and visit with each other. Tamara Pennington and Kimberley Cupit—y'all are awesome!

Don't forget Sept. 20! The Golf Committee has been working many hours to make this year's Southern Benefit Golf Classic another WOS hit. If you would like more information or would like to "step up to the tee" and offer your time and energy, please call Cathy Estes (691-1494).

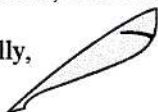
Once again, I'm reminding all of you to keep Friday, Oct. 1, open for the WOS strategic planning day at the South Chamber from 9-3. This will be a great time to let your voice be heard. Lunch will be provided, but we do ask for your RSVP so we can be prepared. Since this is such an important event, the Board decided to make this a "general meeting" day in lieu of our Sept. general meeting. (We will get back on a regular schedule with the Oct. general meeting, Oct. 18.)

Unfortunately, we will not be sponsoring or volunteering our time to the Integris Women's Health Forum this year. A decision was made by the Integris foundation last May to severely cut back the "freebies" we've enjoyed for so many years. We will no longer be getting preferential seating or invites to the guest speakers' receptions unless we contribute more financial support. The WOS Board did not learn of this decision until the deadline for donations had passed. In any event, we could not (or would not) have agreed to the expenditure since we have not yet approved this year's WOS budget and Research and Recommendation's requests. I'm sure many of you are disappointed about Integris' decision, as am I.

On a happier note, membership continues to grow, Gala chair Mina Acquaye has found some more talented chairpersons, and I have a full-time job now. ☺

Gratefully,

Dianne



PLANS UNDERWAY FOR OCTOBER MEETING

Tentative plans have been made to have the October 18, 2004, general meeting at the Ronald J. Norick Library. There will be a guided tour, followed by a short, but important business meeting. Watch for more details in the October Newsletter.

RECIPE OF THE MONTH

Beef Taco & Cheese Pockets

Ingredients:

- 1 cup refrigerated fully cooked taco sauce with seasoned ground beef
- 1 cup frozen vegetable mixture, such as broccoli, corn and red peppers
- ¾ cup shredded Mexican cheese blend or Cheddar cheese
- 1 package (17.3 ounces) refrigerated grand biscuit dough
- Cooking spray
- All-purpose flour



Instructions:

1. PLACE an oven rack in the center of the oven. HEAT oven to 375 degrees.
2. PLACE the taco sauce with beef, vegetable mixture and cheese in a medium bowl. STIR with a fork to mix well.
3. SPRAY a large baking sheet with cooking spray to coat it lightly.
4. OPEN the biscuit dough package following the label directions.
5. SPRINKLE a wooden board or clean countertop with flour to coat lightly. PLACE 1 biscuit on the floured board.
6. RUB a rolling pin with flour to coat lightly. ROLL biscuit with rolling pin until you have a 7x4-1/2 inch oval piece of dough.
7. PLACE a heaping ¼ cup of the beef mixture on one side of the dough oval. FOLD the other side of the dough over the filling to cover it.
8. PLACE the pocket on the baking sheet. FIRMLY press the edges of the dough together with the tips of the tines of a fork to seal the dough.
9. REPEAT steps 6 through 8 to make a total of 8 pockets.
10. PLACE baking sheet on the rack in the center of 375-degree oven. BAKE 13 to 15 minutes or until dough is golden.
11. REMOVE the baking sheet from the oven and place it on a wire rack. Carefully remove the pockets from the baking sheet with a metal spatula to serve. Makes 8 pockets.

Nutrition information per serving: 252 calories; 10 g protein; 35 g carbohydrates; 8 g fat; 1,142 mg sodium; 16 mg cholesterol; 2.8 mg niacin; 0.1 mg vitamin B6; 0.3 mcg vitamin B12; 2.3 mg iron; 1.1 mg zinc.



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NONPROFIT OFFERING LOW-COST MAMMOGRAMS IN OCTOBER

During the month of October, women can save money—and possibly their lives.

Several mammography facilities in the Central Oklahoma area will take part in the Project Woman Coalition Low-Cost Mammography Campaign as part of Breast Cancer Awareness Month. The program is designed to make breast cancer screening and detection more affordable.

Participating facilities will be offering screening mammograms at reduced prices of \$80 for film screen mammograms and \$120 for digital.

This is a significant savings on a screening mammogram that is a crucial part of women's health. This coupon is valuable to many Oklahoma women because the price of mammography services can sometimes be too costly. Coupons are available at Panera Bread locations, at the participating mammography facilities, on the Project Woman Coalition Web site, and on McDonald's tray liners.

Annual mammograms are important because the earlier breast cancer is detected, the greater the chance of beating the disease. Early detection also allows for more treatment options. These are the reasons Project Woman Coalition exists.

In addition to providing the low-cost coupons, PWC is also teaming up with Panera Bread during the month of October. Panera Bread will be selling a cherry-flavored Pink Ribbon Bagel with 25 cents of every bagel sold going to PWC.

Project Woman Coalition is a nonprofit organization with a mission: to increase breast cancer awareness, provide access to screening and diagnostic services, and improve the breast health of Oklahoma women. PWC collaborates with area hospitals, mammography facilities, city, county and state agencies, community-based organizations, physicians, nurses, and breast cancer survivors in order to provide services and education.

PWC provides breast health services to Oklahoma women who are uninsured and have limited financial resources. These programs are supported by donations and grants from individuals, corporations, and foundations such as the Central Oklahoma Affiliate of the Susan G. Komen Breast Cancer Foundation.

For additional information on PWC and to print a coupon with a list of participating facilities, please visit www.projectwoman.org, or contact the PWC office at (405) 604-4642.

WELCOME NEW MEMBERS

Sonya Brewer
3528 N.W. 116th Terrace
OKC, OK 73120
H - 302-5170
C - 209-0030

De De Clayton
C/O 1328 S.W. 71st
OKC, OK 73159
H - 682-6561

Amy Currier-Peters
4005 Eaton Place
Edmond, OK 73034
H - 330-8137
W - 755-2273, ext. 122
C - 627-0333

Annette Jones
3020 S.W. 130th Street
OKC, OK 73170
H - 692-5435
M - 706-4108

Jerri Kettler
3105 S.W. 105th Street
OKC, OK 73170
H - 691-0571, W - 692-6056

Kim Kimmel
10600 S. Penn. #12
OKC, OK 73170
C - 514-4331
W - 692-6056

Shelana Lane
12101 Rohan Road
OKC, OK 73170
H - 202-3523
W - 794-1414

LaRheta Morrison
2508 S.W. 124th Street
OKC, OK 73170
H - 691-4468
W 319-6082
C - 550-4487

Iris Owensby
1129 Starka Terrace
OKC, OK 73139
H - 632-1562

Susie Robb
2413 S.W. 123rd
OKC, OK 73170
H - 691-0914
W - 794-1414
C - 623-3355

Tatum Sanders
9901 S. Bluebonnet Dr
OKC, OK 73159
C - 326-3592
W - 228-4459

Jerri Tittle
10913 Abbeywood
OKC, OK 73170
H - 691-3099
W - 733-7462
C - 503-5325

Sheila Travis
2332 Celina Drive
MWC, OK 73130
H - 733-3743
W - 733-7489
C - 812-9640

Holiday Happening XI with 5 Friends & Company

Saturday, Sept. 25, 2004
Okla. City Community College
7777 S. May / Entry 6
9:00 a.m. to 4:00 p.m.

View more than 20 decorated tables full of holiday and party ideas. Shop for unique Fall, Christmas and Gift items. Demonstrations by: RSVP Stationary & More, Cake & Candy Connection, Creative Culinary and more! Admission is \$4.00. Call 840-5040 or 691-3812.