

# LAKE COUNTRY NEIGHBORS

## GENERAL MEETING

February 5, 2026

The meeting was called to order by Vice-President, Mary Hall, at 12:04 PM. 22 members and 4 guests, Vickie Sueland, Chantel Ballard, Devon Churchill and Susie Franklin were present. The Invocation was led by Pam Bowden. Many thanks to hostesses, Denita Young and Mary Hall, and caterer, Fusion in the Woods.

### BUSINESS MEETING

#### Reports of Officers

Minutes: The minutes from the January meeting were presented. Denita Young moved to accept the minutes as written, and Libby Moss seconded the motion. The motion passed.

Treasurer's Report: Pam Bowden reported the funds were all reconciled by the end of January. LCN currently has \$50,657.01 in the bank.

Membership Report: Jimmie Standridge reported the we currently have 37 paid members. She reminded the members to get their dues paid by the end of February.

#### Report of Standing committees

School: n/a

Scholarship: n/a

Good Samaritans: Pam Bowden reported that we will work Good Sam's on Feb. 21<sup>st</sup>. She asked for more volunteers to cover all the stations needed.

Veteran's Program: n/a

CASA: Pam Smith reported that all of the CASA kids received their Christmas presents and all were happy with their gifts. She also reported that Betsey Woodlan and Sandy Smith will be joining CASA in March.

Nominating/Hostess: Velma Knowles reported that we need a hostess for the August meeting. Meeting Greeters are needed for the months of July, August, September, November and December.

Savor the Flavor: Margie Hooper reported that her committee is meeting tomorrow and that she will report their progress in March.

Sunshine: n/a

Mardi Gras: Denita Young and Mary Hall reported that all the tables were purchased and that 182 tickets have been sold, \$16,000 worth. Money making during the event, February 28<sup>th</sup>, will be the silent auction and the live auction. Also, there will be raffle tickets sold. Denita asked for donations to the raffle to off-set the cost. NHS and Student Council members from RHS will help this year loading at the storage venue and unloading at the event venue. Set up will be Feb. 27<sup>th</sup> at 1:30 at the Wildflower. She said we need all hands-on deck to get the venue decorated, tables set and other jobs like putting together 200 boxes for the pralines at each place setting. On the 28<sup>th</sup> the doors will open at 6PM. Denita reminded members that they need helpers, ticket sellers, pass out raffle tickets, check in, serving the high-end tables and bussing tables.

There will be 3 door prizes given out throughout the evening. Must be present to win. There will be a cash bar again this year. Denita thanked Blazin' Pizza for all their help. Breakdown will be Sunday, March 1<sup>st</sup> @ 9AM.

NO ANNOUNCEMENTS

NO OLD/NEW BUSINESS

#### PROGRAM

Kim Taylor introduced Devon Churchill from the Heart Assoc. in Tyler to speak on Heart and Stroke Month. Devon announced that more women suffer from critical heart incidences than men. Cardio-vascular disease is currently the #1 killer of women, more than all cancers combined. 29% of women having a cardio incident get CPR from total strangers. She impressed the importance of getting trained in CPR and use of an AED. If an AED is available, it is mandatory that the AED be in working condition, for you only have 9 minutes from collapse to death.

Chantel Ballard then spoke to us about that Heart Month is so important because the importance of focus on heart health is presented to the public. She then reviewed 4 things all women should be conscious of:

1. You are at risk if you have high blood pressure, high cholesterol, and are a smoker. Control this through eating healthy and exercise.
2. Health efficacy of women is different from men. Women don't see the symptoms of cardiac incidences, or they ignore them. Pay attention to what YOUR normal is, and report anomalies.
3. Response: 39%/49% men receive CPR from a stranger. Men survive more than women.
4. Know your numbers: cholesterol, blood pressure, etc. If something is "off" get help. Early intervention and prevention are the keys.

NEXT MEETING: March 5, 11:30, place to be determined.

ADJOURN: Pam Bowden moved and Cheryl Shipp seconded the motion to adjourn. Motion passed. The meeting was adjourned at 1:03 PM.

Respectfully submitted,

Debby Keenan, Secretary