



www.ncsu.edu/womansclub

"To unite NC State University women in common interests and to promote the welfare and advancement of the University"

Doris Wernsman, President
919-851-2168
dkwoman@bellsouth.com

Helen Crane, Editor
919-848-6580
helen_crane@ncsu.edu

Message from President

I have a witch that wraps around a tree as if she has hit the tree and maybe she did! Her broom was damaged as it took a lot of brown duct tape to reattach the broom. It is time for a new witch! I have pumpkins, fall leaves and turkeys displayed around the house.....almost ready for Thanksgiving. A friend offered us a wild turkey, however, we declined because we like big breasted birds, and I have been told that the wild birds are tough and gamey.

Fall is one of my favorite seasons.....not too cold, not too hot and a good time to prepare for the approach of winter weather. For now, however, I am going to concentrate on the turkey, cranberries, pumpkin pie and count my blessings for one more Thanksgiving to share with family and friends.

The October Hostess Committee decorations were delightful and the Witches Hat cookies (recipe below) were enjoyed by all. Thank you for taking the time to bake them.

Dr. Dunn certainly gave us a lot to think about. I was impressed by the information and superb presentation. Don't miss the November Meeting featuring "Man's Best Friend".

Paraprosdokian: "Hospitality is making your guests feel at home even when you wish they were." -- **Doris Wernsman**

Program – "Special Canine Guests from the Wake County Sheriff's Department"

"Special Canine Guests from the Wake County Sheriff's Department" will be presented by Sheriff Donnie Harrison. They will entertain us.

Rob Dunn's Books

I've received a couple of follow-up emails from folks who were in the audience at our October luncheon asking where they can get Rob Dunn's books. The books are available at the links below. All of the books are available in print and as Kindle e-books. **The Man Who Touched His Own Heart** is also available as an audio book.

The Man Who Touched His Own Heart (<http://www.robrdunn.com/books/the-man-who-touched-his-own-heart/>)

The Wild Life of Our Bodies (<http://www.robrdunn.com/books/the-wild-life-of-our-bodies/>)

Every Living Thing (<http://www.robrdunn.com/books/every-living-thing/>) -- *Lou Mitchell*

Lunch Reservations – As a Reminder

Please try to mail your check before the deadline. “Pay at the Door” is for emergencies such as: You’ve been out of town, did not know until the last minute you would be able to attend, or did not receive the newsletter. Should there be a holiday with no mail delivery the week before the luncheon, please put your check in the mail a day or two earlier than usual.

I will send an e-mail to the chairman of the Hostess Committee on Sunday or Monday night before the Thursday luncheon with the number of attendees. **All persons** making a reservation should check their e-mail address in our yearbook in case I have a question about your reservation. Also if you send me an e-mail, I will respond to you so you will know I received your message. If you do not have e-mail, I will contact you by phone if there is a question.

If you call me, PLEASE leave a message. I simply for many reasons cannot answer the phone every time it rings. I will get back to you. All calls are welcomed (919) 851-8575. -- *Kathryn Bartley, Chair, Reservations/Nametags Committee*

Announcements

Meeting Date and Time – Thursday, November 19 at 11:30 am.

Our meeting will convene at 11:30 am, lunch will be served at 11:45 am and our program will begin at 12:15 pm. These times have been changed for the 2015-16 year unless noted otherwise.

Deadline -- Newsletter Articles

Newsletter articles for the next month are due to Helen Crane at each of our monthly meetings. This standard deadline should help all of us remember to have our articles ready for the coming month. Your cooperation in meeting these deadlines is appreciated. -- *Helen Crane Helen_Crane@ncsu.edu*

Hostesses for November

Our hostesses for November are Nancy Devine, Chair, Barbara Dickey, Mary Lou Eycke, Aileen Pressley and Sharda Sawhney. Thank you for volunteering to serve as hostesses this month.

Do you need a ride?

Please don't let the lack of transportation be your excuse for missing out. We have members who are happy and eager to help. Please call Grace Hodgson [919-781-2983](tel:919-781-2983) for assistance. Hope to see you in November!

Recipe -- Quick Peanut Blossoms (or Witches Hats)

1 roll (16.5 oz) Pillsbury refrigerated peanut butter cookies

2 Tablespoons sugar

36 Hershey's Kisses milk chocolates, unwrapped

Preheat oven to 350°F. Shape dough into 1-inch balls; roll in sugar. On ungreased cookie sheets, place balls 2 inches apart.

Bake 10 to 12 minutes or until golden brown. Immediately top each cookie with 1 milk chocolate candy, pressing down firmly so cookie cracks around edge. Remove from cookie sheets to cooling racks. Cool completely before storing.

Lunch Reservations—Due by Friday, November 13, 2015

Reservations (with payment) must be received by Kathryn Bartley (3400 Birk Bluff Court, Cary, NC 27518-8224). No refunds for cancellations later than due date. If you make a reservation and intend to pay at the door, but do not attend or cancel your reservation, you must still pay for your lunch(es).

Cost: \$18.00 per person

Checks payable to: NCSU Woman's Club

Lunch will be served at 11:45 am

Number of Reservations _____

Member Name _____

Number of Guest(s) _____

Names(s) _____

Enclosed is \$_____ (\$18.00 per person), payable to NC State University Woman's Club.

Write your entree selection(s) below for yourself and your guests from either **Turkey Breast with Stuffing and Gravy OR Tilapia with Mango Salsa** served with baked sweet potatoes, fresh green beans and fresh fruit salad. Water, tea, coffee, rolls and butter included.

Member _____

Entrée Selection _____

Guest _____

Entrée Selection _____

Guest _____

Entrée Selection _____

Other special needs (i.e. space for wheelchair at table, vegetarian entrée, etc.):



MINUTES
NC State University Woman's Club
October 15, 2015

The North Carolina State University Woman's Club met at 11:30 am on Thursday, October 15, 2015, at the University Club with 43 members and guests in attendance. President Doris Wernsman opened the meeting with announcements. She thanked the hostesses for the lovely Halloween decorations. The hostesses were Carolyn Bunn, Ethel Boone, Helen Crane and Suester Sowell. We had three guests today – Thea Schostag attended with Ingeborg Sagan, Dr. Dan Solomon attended with Carolyn Solomon, and Jan Christensen attended with Nadine Tope. Sharda Sawhney had an announcement made to remind everyone to donate to the Carol Caldwell Scholarship Fund. (See the October newsletter for many details relating to this.) Ethel Boone gave the invocation and then we had lunch.

Lou Mitchell introduced our speaker, Dr. Rob Dunn and his wife, Dr. Monica Sanchez Dunn. Dr. Robert Dunn is a biologist, writer and professor in the Department of Biological Sciences at North Carolina State University. Dunn grew up in Hartland, Michigan and spent much of his time outdoors. The basement of his house was filled with animals which sometimes escaped, only to reappear much later under a pillow or climbing up the steps. Dr. Dunn earned a BA in Biology from Kalamazoo College in 1997. He obtained a PhD in Ecology and Evolution from the University of Connecticut in 2003. Dr. Dunn has written several books. His popular science essays have appeared in magazines such as BBC Wildlife Magazine, Scientific American, Smithsonian Magazine, National Geographic and others. He has worked to receive enormous grants for the university from the National Science Foundation.

Dr. Dunn began by letting us know that biologists believe there are over 200 million species on earth and only about 2 million have been named. Science continues to make discoveries about obscure organisms. Whereas we used to think that there were only 20,000 types of bacteria on earth, now we believe that there are at least 100,000 types of bacteria in each of our homes where we inhale approximately 500 kinds per breath. There are ways to look at the “big picture” in science but sometimes you have to look at tiny, individual parts to make the biggest discoveries. From his book “**The Man Who Touched His Own Heart**”, it says, “Most of our big discoveries in medicine (and agriculture and most other fields) depend upon insights from nature.” Akira Endo grew up in post-war Japan and collected mushrooms as a child. His fascination continued into adulthood with research over many years into these fungi until he discovered the early version of statins which so many people take now to control their cholesterol. Heart transplants were happening in very low numbers in the 1970's because the recipients were dying soon after the transplant. Then researchers figured out that a fungus that was in beetles would grow after they crawled into cow poop. Cyclosporine was developed from this because it is an immune suppressant that helps with organ transplants. In his lab at NC State, there is research being done on microbe biodiversity on human skin. He is now working with the College of Textiles to look at ways where beneficial microbes could be added to create probiotic fabrics and make healthier clothing. Can we make socks that could keep your feet healthier? Research on camel crickets shows they can eat most anything in your home including paint and sock lint. That led to discovering they have microbes that can be used to break down the remaining parts of trees (super course and tough lignans) after the processes to make pulp and paper products have used up everything traditionally looked at as useful. This proves there are industrial uses for microbes. “Recognizing that millions of species are out there, this means most of what we can discover to benefit humanity has not even been named yet. Any species can save us, but only after being named, only after being studied, only if saved. Most of life, whether the life you are breathing in or that in the rainforest, remains unnamed, unknown, and yet potentially life-changing.” Rob's books “**Every Living Thing**”, “**The Man Who Touched His Own Heart**” and others are available at Quail Ridge and on Amazon.

We will see you at our next meeting on November 19 with the program “Special Canine Guests from the Wake County Sheriff's Department” presented by Sheriff Donnie Harrison. -- **Helen McGee, Secretary**