



[www.ncsu.edu/womansclub](http://www.ncsu.edu/womansclub)

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

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### **Message from President**

The following quote by Stanley Horowitz sums it up....“Winter is an etching, spring a watercolor, summer an oil painting and autumn a mosaic of them all”. I like this and I think autumn is the grand finale. I refuse to waste the beautiful days of fall, no housecleaning for me, my time is spent outside enjoying the lovely colors and cool temperatures.

Thanksgiving is around the corner, and I am looking forward to celebrating the day at my daughter’s home. It was my decision for her to host the feast and “bless her heart” she agreed. I will bring the turkey, noodles and bake some pies. Deep down, I know they will want to come here for Christmas dinner since I wasn’t successful in eliminating my tree. Not complaining. We are fortunate to have them close.

The October decorations were so impressive, and yes, I should have worn a witch’s hat. I will next year. Dr. Paul Garcia presented a very impressive description of the bands at NC State. I had no idea of the time, money and that the performance staging was so involved. He was witty, informative and easily understood just a little long. Next month our speaker will share tips on decluttering, and I hope this will help me to make some difficult decisions.

**Paraproisdokian:** The last thing I want to do is hurt you. But it’s still on my list. -- *Doris Wernsman*

### **Program – Strategies for Sparking Joy Before Decluttering Your Home**

The NCSU Woman's Club is enormously pleased to welcome Geralin Thomas professional organizer, speaker and author. In 2013, she was named the Best Chronic Disorganization Expert in the organizing industry. A former president of the National Chapter of the NAPO, Geralin has earned the highest level of certification in the professional organizing field. A respected NAPO instructor, she's helped new professional organizers launch their own organizing businesses.

With her rich collection of techniques, tips and tactics and tools of the organizing trade, Geralin has been featured in national magazines and has appeared on the Today Show, the Nate Berkus Show and on over 24 episodes of the Emmy nominated hit TV show on A&E’s Hoarders.

In anticipation of the upcoming busy holiday season, Geralin will be speaking on "Strategies for Sparking Joy Before Decluttering Your Home.” From the person who has already downsized to the pathological hoarder, we can all learn more about sparking joy. Copies of her book, **Decluttering Your Home: Tips, Techniques and Trade Secrets**, and her paperback, **From Hoarding to Hope: Understanding People Who Hoard and How**

**to Help Them**, will be available for purchase at the meeting. Might make great holiday gifts? For more background on Geralin Thomas, visit her website at [www.metropolitanorganizing.com](http://www.metropolitanorganizing.com) – *Jackie Wynne*

### **HELP!**

In keeping with this month's theme, we're asking everyone to please bring a donation of canned or small boxed food for the NC Food Bank that we will use as part of our table decoration. Please wrap your items in grocery brown or dark green paper. Following the meeting, the hostesses will take these items to the NC Food Bank.

We look forward to learning more about classifying our belongings into trash, donations and possible repurposed items. -- *Suester Sowell*

### **Communications Committee**

If you know of someone with a joy or concern that would warrant a card from our club, please tell the chair of Communication/Courtesies Committee, Barbara Dickey, [dadickey@bellsouth.net](mailto:dadickey@bellsouth.net) or [919-846-0614](tel:919-846-0614).

Thank you – *Barbara Dickey*

### **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) for assistance. Hope to see you in November!

### **Announcements**

**Meeting Date and Time – Thursday, November 17 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. Our times will remain throughout the 2016-17 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](mailto:Helen_Crane@ncsu.edu)

### **Hostesses for November**

Our hostesses for November are Suester Sowell, Chair, Geneva Humphries, Fay Prost-Hoit and Aileen Pressley. Thank you, ladies, for volunteering to serve as hostesses this month.

### **Happy Anniversary**

Barbara and Dick Volk just celebrated their 60<sup>th</sup> wedding anniversary....CONGRATS!

### **Jean Bowen**

We understand that Jean was moved to another facility on October 27. If anyone knows her new address, please let Helen Crane know.

**Lunch Reservations—Due by Friday, November 11, 2016**

**Reservations (with payment) should be mailed to:**

**Sharon Ayers  
109 Monarch Way  
Cary, NC 27518**

*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  
Make check payable to: NC State University 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 Sauce** with baked sweet potatoes, fresh green beans and a fresh fruit salad. Water, tea, coffee, rolls and butter included.

Member \_\_\_\_\_

Entrée Selection \_\_\_\_\_

Guest \_\_\_\_\_

Guest \_\_\_\_\_

Entrée Selection \_\_\_\_\_

Entrée Selection \_\_\_\_\_

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

**Books Available for Sale**

Books on decluttering and hoarding will be available for purchase at our November meeting. If you're interested in purchasing a book(s), please bring cash or a check...no credit cards. These books might make great holiday gifts? So that we will have a sense of how many books to bring to the meeting, simply note below if you're interested in purchasing.....No obligation to purchase.

\_\_\_\_\_ **Decluttering Your Home: Tips, Techniques and Trade Secrets -- \$15.70**

\_\_\_\_\_ **From Hoarding to Hope: Understanding People Who Hoard and How to Help Them (paperback) -- \$18.00**

For more background on Geralin Thomas, visit her website at [www.metropolitanorganizing.com](http://www.metropolitanorganizing.com)  
(Do not detach this section of the form....it should be mailed along with your luncheon reservation/check.)

**MINUTES**  
**NC State University Woman's Club**  
**October 19, 2016**

Doris Wernsman welcomed everyone to the October meeting. The meeting was well attended by new and existing members.

The Hostess Committee for October was:

Carolyn Bunn, Chair	Ethel Boone
Ann Collins	Helen Crane

As members entered our meeting room for lunch and our program, they were delighted by the incredibly festive Halloween decorations provided by the October Hostess Committee. I believe everyone thoroughly enjoyed the howling wolf as well. Great job ladies!

There were many old and new guests at the October meeting.

Nancy Devine - Hugh Devine

Barbara Dickey - David Dickey

Nell Patty - Dick Patty

Reba Worsley - Edith Simpson, a former member of the NC State Woman's Club

Doris opened the meeting by welcoming the members and guests. She also enlightened the members on the history of Halloween.

We also have a new member, Wilma Hammett, welcome.

Prayers were requested for Wilma Caldwell as she's experiencing some health issues at this time.

Also, our thoughts and prayers are for the family of Beverly Armstrong who passed away recently and to Glenda Johnson and family on the death of her husband William.

The Woman's Club received a thank-you note from the University for our contribution to the Carol Caldwell Scholarship Program.

Leah Arnette from NCSU was introduced and she thanked the Club for the seed money for two unique programs associated with student health and fostering and enhancing student's interest in the health-care profession. With the seed money provided to Ms. Arnette and Student Health Services, the Club is providing need-based students with assistance to cover unexpected medical experiences and for those students interested in potential careers in health care the opportunity to participate in "Pack Peer" which provides a learning experience to those students and the ability to shadow others in the field.

Jackie Wynne introduced our speaker, Dr. Paul Garcia, Director of Bands at NC State. Dr. Garcia was accompanied by Dr. Dan Monek, Departmental Chair of Music. Dr. Garcia shared a history of NC State's band **Power Sound of the South** and some insight into the selection process of band members, uniforms and how the programs are selected. It was a delightful discussion on one of the many "jewels" of NC State that we have the opportunity to enjoy. A brief question and answer session was also held.

The meeting was adjourned by Doris Wernsman.

Georgina Werner, Secretary