

NC State Woman's Club



2018

www.ncsu.edu/womansclub

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

Sharon Ayers, President
919-852-1888
Ayers5fam@hotmail.com

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

Message from President

How fast the year is progressing! It is hard to believe that Thanksgiving is right around the corner this month. Even so, I know that many of you are already thinking further ahead and wrapping up your Christmas shopping for next month!

Our program topic, "Discovering New Ways to Treat Metastatic Breast Cancer", presented by Dr. J. "Chuck" Harrell, was one that has touched the lives of everyone, as we all know someone who has suffered through the agonizing trauma of cancer. Our thanks to Dr. Harrell for sharing valuable and up-to-date information on the treatment of this rampant disease. We all left more knowledgeable on the subject. And thanks to Annette, too!

This month we look forward to hearing all about the Kitchen Project by Dr. Carolyn Dunn, Head of Agricultural and Human Sciences, NC State.

Be sure to get your reservation in early and come to hear our informative program and great fellowship! See you all at the luncheon! -- *Sharon Ayers*

Program – The Kitchen Project

Dr. Carolyn Dunn is a professor of nutrition and department head for the Department of Agricultural and Human Sciences at NC State University. Dr. Dunn has over 25 years of experience in the area of nutrition education. She and her colleagues create cutting-edge, nationally acclaimed nutrition education materials including the national award-winning Color Me Healthy for children ages four and five.

She and colleagues created Eat Smart, Move More, Weigh Less, a 15-week evidence-based weight management program that has reached over 25,000 participants in both in-person and online formats. Her current research focuses on using distance technology to deliver health promotion interventions. She was the lead author for *North Carolina's Plan to Address Obesity: Healthy Weight and Healthy Communities* and is the past chair of Eat Smart, Move More, North Carolina. She is past chair of Eat Smart, Move More North Carolina, a 100-agency coalition that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

Dr. Dunn is a member of Sigma Xi, the scientific research society, and the Academy for Outstanding Faculty Engaged in Extension. She is a 2016 graduate of the Food Systems Leadership Institute. She received her BS in nutrition at Meredith College and MS and PhD in nutrition from the University of North Carolina at Greensboro. She is a registered and licensed dietitian nutritionist. Carolyn is a nutritionist, foodie, and avid cook. She tries to balance all three of these loves. Her passions are travel, art, design, and cooking. Follow her on twitter @carolyndunnfood. – *Annette Harrell, Chair, Programs Committee*

Reservations/Nametags Committee

Please try to get your reservations in by the Friday deadline. In September and October so many reservations came in after I had called Cassie with our numbers and entree selections that some members did not get their requested entree choices. This is embarrassing for me and a nuisance for Cassie and the waiters. I try really hard to never say it is "too late" because I want all the members to attend our wonderful meetings. When Chris and I get reservations on Tuesday, the numbers have been called in to Cassie on Tuesday morning so we may have to start saying "it's too late". Also, sometimes mail is slow being delivered. I realize that if you are out of town or have a "last minute" change of plans, you may need to contact us late. If it is after the deadline, call me at 919-851-8575, and plan to pay at the door (\$20) so Chris doesn't have to contact me over the weekend.

I am very sad that our attendance has been so low this fall. Please reach out to other members and let's get our attendance up!!!! Love to everyone! – *Kathryn Bartley, Reservations/Nametags Committee*

Breaking Bread Program

Below is an email message from Nehemiah Chung, International Programs Coordinator, Office of International Programs at NC State University, regarding the Breaking Bread Program. His message includes the electronic form to fill in if you're interested in hosting an international student(s) as part of our 100th Year Anniversary.

"Please introduce the ladies to the **Breaking Bread** program. Each person will contact them and the preferred way is by email by the email address given below. Please print out the application in case someone does not have internet and would like to do this. Please explain that the host will communicate with the student assigned to find a date agreeable to both host and student <https://goo.gl/forms/7ib8qHm4xrqicLx82>

Let me know if you need anything else and I look forward to hearing from your members soon. Nehemiah Chung, <https://internationalservices.ncsu.edu/> – *Aileen Pressley/Helen Hauser, 100th Anniversary Committee*

Announcements

Meeting Date and Time – Thursday, November 15 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 meeting times will remain as listed above for the 2018-19 year unless noted otherwise.

Reminder -- Date Change in our December 2018 Meeting

The Executive Committee met on June 1, 2018 to discuss programs and other items pertaining to our NC State Woman's Club meetings for 2018-19. Our December 2018 meeting would normally be held on December 20, however, the Committee felt this date is too close to the Christmas holidays and could possibly create scheduling conflicts for our members. "Article IV - Meetings" of the NC State Woman's Club Constitution allows for meeting dates to be changed with prior notice to the membership. Please consider this prior notice that the December 2018 meeting date has been changed to December 13, 2018.

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

Communications Committee

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

Death

Carl Eycke, husband of Mary Lou Eycke, passed away on October 12. Carl became the Director of Student Affairs at NC State in 1967 and later became its Director of Financial Aid. He retired from that position in 1992. After retirement, Carl derived pleasures in tutoring first grade students at Wiley Elementary School and delivering Meals on Wheels. A celebration of Carl's life was held on Thursday, October 25 at the Raleigh Rose Garden. The club sends its heartfelt condolences to Mary Lou and her family.

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 hostess for 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 Jane Mullahey 919-762-0161 for assistance. Hope to see you in November!

LUNCH RESERVATIONS—DUE BY FRIDAY, NOVEMBER 9, 2018

Reservations (with payment) should be mailed to:

Chris Cammarene-Wessel
10017 Bushveld Lane
Raleigh, NC 27613

No refunds for cancellations later than the above 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).

If you would like to pay for the remainder of the year (6 months x \$19.00 equals \$114.00) up front, please mail your check to Chris Cammarene-Wessel. **You will still need to send in your lunch reservation form so that we know your menu selection by the Friday due date.**

Cost: \$19.00 per person or \$20.00 at the door

Cost: \$114.00 (6 lunches remaining)

Make check payable to: NC State Woman's Club

Lunch will be served at 11:45 am

Number of Reservations _____

Member Name _____

Number of Guest(s) _____

Names(s) _____

Enclosed is \$ _____ (\$19.00 per person), payable to NC State University Woman's Club.

Enclosed is \$114.00 _____ (remaining six months) for the 2018-19 season, payable to NC State Woman's Club. ***You will still need to mail/email your menu selection for each month by the Friday deadline.***

Write your entree selection(s) below for yourself and your guests for either **Turkey Breast with Stuffing and Gravy OR Tilapia with Mango Salsa** with Fresh Fruit Salad, Baked Sweet Potatoes and Green Beans. Water, tea, coffee, rolls and butter are included.

Member _____

Entrée Selection _____

Guest _____

Guest _____

Entrée Selection _____

Entrée Selection _____

Reminders:

Please notify Kathryn Bartley at kathrynbart.88@gmail.com or 919-851-8575 no later than the above Friday deadline with your lunch selection if you:

- have paid \$152 for the full year's lunches
- are mailing your reservation form late
- are not mailing in your reservation and intend to pay at the door (\$20)
- Other special needs (i.e. space for wheelchair at table, vegetarian entrée, etc.):

MINUTES
NC State University Woman's Club
October 18, 2018

The meeting was called to order by President Sharon Ayers. Sharon welcomed the members and apologized for the State Fair traffic. Sharon recognized Wendy Lapish who recognized the October Hostess Committee for the absolutely incredible and spooky decorations this month. The Hostess Committee for October was: Helen Crane, Chair, Ethel Boone, Carolyn Bunn and Ann Collins. Thank you, ladies, for volunteering to serve as hostess for this month. You set the bar high for the other hostess committee members!

After continuing to encounter State Fair traffic over the past few years, our membership voted unanimously to move next year's October meeting to October 10, 2019 to avoid the State Fair traffic.

We had one guest this month, Howard Harrell, who was a guest of Annette Harrell.

Sharon Ayers had several announcements regarding the members. Dr. Joy Fleming has given birth to a baby girl. The club congratulates Joy and her family, and we look forward to seeing Joy at upcoming meetings.

It is with great sadness that Sharon Ayers announced that Carl Eycke, husband of Mary Lou Eycke, passed away earlier this month. The club sends its heartfelt condolences to Mary Lou and her family.

There was a brief discussion and a question on the new reservation process for the luncheon and payment process. If you decide you would like to pay (\$20) at the door before the luncheon, please be sure to email or call Kathryn Bartley by the Friday deadline to advise her of your meal selection so that the headcount is correct for the meeting and that the University Club has a meal for you.

October is Breast Cancer Awareness Month and our program and speaker this month was Dr. Chuck Harrell, son of Annette and Howard Harrell, who spoke to the club on his research on new ways to treat metastatic breast cancer. Dr. Harrell took a very complex topic and presented it in a very clear and intelligible manner. I believe we all learned some important facts about metastatic breast cancer and what researchers like Dr. Harrell are doing to combat this horrible disease.

President Sharon Ayers adjourned the meeting.

Minutes submitted by,
Georgina Werner, Secretary