



October 2015

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

Fall has arrived and leaves everywhere. The cooler temperature and low humidity are a most welcomed appearance along with the beautiful leaf color on some of the trees. We have four-legged goats that some people call deer living nearby and they have eaten five beds of Hosta and some down to the ground! They have eliminated the need to deadhead the few plants that produced a bloom. In fact, they ate the blooms before the bud had a chance to open. My only hope at this point is that they will clean up the acorn crop.

It is time to think about Halloween and to "drag" the decorations down from the attic. Our granddaughter expects us to decorate for every holiday. With her help, the decorations are placed in their spots, however, putting the decorations up is a different story. We have just a few children in our neighborhood so I buy candy that we like. A winning situation for us!

It was wonderful seeing all of you at our first meeting. I discovered as President, I didn't have time to hear any news about friends. Please feel free to call or e-mail me as I do want to stay in the loop.

"Paraprosdokian" -- Evening news is where they begin with "Good Evening and then proceed to tell you why it isn't"! -- *Doris Wernsman*

Program – "The Man Who Touched His Own Heart"

Dr. Robert Dunn is a biologist, writer and professor in the Department of Biological Sciences at North Carolina State University and will be presenting his program entitled "The Man Who Touched His Own Heart".

Dunn grew up in the then rural town of Hartland, Michigan. Growing up, he spent much of his time outdoors catching snakes, fish and turtles. The basement of his house was filled with these 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 and many science essays. His popular science essays have appeared in magazines such as BBC Wildlife Magazine, Scientific American, Smithsonian Magazine, National Geographic and others. He is quickly becoming known for efforts to involve the public as citizen scientists in arthropod surveys and bacterial flora studies. His projects include studies of belly button biodiversity, mites that live on human faces, ants in backyards, and fungi and bacteria in houses.

He was a Fulbright Fellow in Australia.

Carol Caldwell Scholarship Endowment

Once again, we thank you for your ardent support for the Carol Caldwell Scholarship Endowment to provide need-based scholarships for mature students. The following year-end balance of the fund reflects your continuous support:

Beginning Balance 7/1/2014	\$141,414.31
Contributions	2,317.00
Investment Gains	12,652.30
Spending Withdrawal	(4,300.00)
Assessments	(1,160.00)
Ending Balance	\$150,923.61

The endowment awarded FY15 ending June 30, 2015 to Jessica Barton, Senior in Leadership and Public sector. While we congratulate Jessica Barton on getting the award, we thank you for helping her in pursuing her dreams. The fund awaits your tax-deductible contribution for this year to continue the legacy. Please send the check before the end of the year for 2015 tax credit. Checks should be made payable to NC State University Foundation with "Carol Caldwell Endowment Gift" in the memo line. Your check may be given to me or mailed to my home address, and I will be glad to deliver to campus. It is also possible to give online through the giving.ncsu.edu page; click the Give Now button, then select, "I would like to give to a fund not listed here." In the box, type in "Carol Caldwell Endowment-680609 and enter the gift amount. This will direct the gift planning department to put the funds in the endowments principal account. YOUR SUPPORT IS CRITICAL. Thank you again. -- *Sharda Sawhney, Chair - Scholarship Committee*

An Editorial: Growing the NCSU Woman's Club

How healthy is our organization? Will the NC State University Woman's Club survive another decade? Can this organization strengthen and grow strong again? These are a just a few questions that I've asked myself, and I know that many other members have pondered the same thing. The Executive Board has discussed these very questions, but the bottom line is each member must do their part if the NC State University Woman's Club is going to survive another 90 – or even another 10 years.

So what can we do? Perhaps we must first get a clear picture of what the NC State University Woman's Club is really all about. We certainly are advocates and enthusiastic supporters of NC State University. We advocate for NCSU Students through a long history of scholarship support and awards. Last year we supported a brand new program with the NCSU Student Health Services to create the Student Emergency Fund for Medical Needs. These are commendable accomplishments. What else could we do that would make other women want to be part of our club?

Every member must "market" to other NCSU women that this organization is a good investment of their time and resources. We must talk about who and how we are serving. We must talk about our organization as a vital NCSU community resource, as well as great fellowship opportunity. Working and retired NCSU women of today have many demands of their time, so our message must be that the NC State University Woman's Club is worthy.

Thank you for your continued membership support. There would be no organization without YOU! If you have ideas of how to attract new members, please email (dkwoman@Bellsouth.net) or call (919-851-2168) our President, Doris Wernsman. – *Anne Porter*

2015-16 Yearbook

Yearbooks were distributed at our September meeting. If you were not at the meeting and no one picked up a copy for you, your copy will be mailed to you. If you would like an electronic color copy of the yearbook, we can also email you with a pdf version. Just let me know what you would like. Please take a minute and look over your personal information. If your information has changed or is incorrect, please fill out the form below with your updated information. -- **Sandy Donaghy** sandy.donaghy@gmail.com

Information for the 2015-16 Yearbook has changed or is incorrect.

Name _____

Address _____

Telephone _____

Email address _____

Please give this note with changes to Sandy Donaghy at our October meeting. If you cannot attend our meeting on October 15, please mail your response to her at 103 Heritage Court, Cary, NC 27513. Email will also work sandy.donaghy@gmail.com

Lunch Reservations

My apologies for the “pin on” name tags. I have misplaced the name tags from last year and was unable to find that style in any of the office supply stores.

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**

Recipe

If you attended our September meeting, you will recall our delicious, homemade dessert made by our own Linda Moore. She has been kind enough to share this recipe with us. Thank you, Linda, for such a great dessert and for sharing!

GRAHAM CRACKER TOFFEE BARS

2 packages graham crackers

1 1/2 sticks butter

1/2 cup packed light brown sugar

1 cup finely chopped nuts

Preheat oven to 350 degrees. Spray 11x15 jelly roll pan with cooking spray and line with graham crackers (separated at the perforations). Melt butter in saucepan, then add brown sugar and bring to a boil. Lightly boil

for 2 minutes while stirring. Pour over graham crackers and sprinkle with nuts. Bake for 10 minutes. Let cool for about 5 minutes and then separate the individual pieces.

Announcements

Meeting Date and Time – Thursday, October 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. 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 October

Our hostesses for October are Carolyn Bunn, Chair, Ethel Boone, Helen Crane and Suester Sowell. 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 October!

Member Address Changes:

Jean Bowen

Jean Bowen
5301-105 Creedmoor Road
Raleigh, NC 27612
Telephone number has not changed

Hazel Cooper

Charles and Hazel Cooper
Golden Mesa
151 N. Roadrunner Parkway
Unit #417
Las Cruces, NM 88011
Cell: 919-946-3399

Lunch Reservations—Due by Friday, October 9, 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 **Pecan Crusted Pork Cutlet** or **Chicken Cordon Bleu** with rice pilaf, vegetable medley and Caesar 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
September 17, 2015

The North Carolina State University Woman's Club met at 11:30 am on Thursday, September 17, 2015, at the University Club with 38 members and guests in attendance. President Doris Wernsman opened the meeting with announcements. She thanked the hostesses for the lovely Wolfpack and mannequin themed decorations. The hostesses were Linda Moore, Edith Simpson, Fay Prost-Hoit, and Reba Worsley. We had one guest today – Wilma Hammett. Sandy Donaghy distributed the yearbook to all present. Helen Crane wants everyone to remember that the newsletter articles are due the day of the meeting each month for the following month's newsletter. Hazel Cooper will be moving to New Mexico to be near family. Ella Apple's husband, Lawrence, died last week. They live in Burlington. Doris went over a couple of items discussed at the August Executive Board Meeting. We agreed to start our meeting at 11:30 am. On snow days when Wake County schools are out for inclement weather, we will not have our meeting. There is still a chance we will have to pay for our meal. We need an infusion of new members. One way to do this would be to recruit future retirees from the university. A committee is being established to increase our membership. Edith Simpson gave the invocation and then we ate lunch.

Our program was "Is It Time to Upgrade Your Skin Care and Makeup?" This was presented by the Clinique Team from Belk's in Triangle Town Center. Erica Manning, a Boone native, has a 4-year old daughter. Caroline is mother of three children ages 13, 12, and 8. They did a makeup demonstration with Clinique products with Roma Weeks and Mary Liner serving as their volunteers. Here are some tips they gave during the presentation: Remember to cleanse your face twice a day – in the morning before makeup and in the evening before bed. Serums are generally good for firming and sun spot reduction. Don't forget about your neck when applying moisturizer. For foundation, some options include CC cream which fixes color or BB cream which fixes texture. Both of these should have SPF. They are both considered treatments rather than moisturizers. Set your foundation with a loose powder or compact. When applying liquid makeup, use synthetic fiber brushes. When applying powder-based makeup, use natural fiber brushes. Iridescent eye shadow lessens the look of aging. For thinner lips, use a lip liner that is one or two shades darker than your lipstick color. Be sure to remove your makeup at the end of the day.

We will see you at our next meeting on Thursday, October 15 with the program by Dr Rob Dunn, Professor of Biology, at NC State titled "The Man Who Touched His Own Heart".

Helen McGee, Secretary