



# OWC NEWSLETTER

## September 2018

Oriental Woman's Club  
PO Box 515, 1007 Gilgo Road, Oriental, NC 28571  
www.orientalwomansclub.org

**Serving the Community Since 1916**

*OWC Theme: Women Together Making a Difference  
Goal: Focus OWC activities to attract new members,  
retain existing members, and meet needs of Pamlico County.*



### 2018 Officers

President	Elizabeth MacDonald, 249-3520 elizm65@gmail.com
Vice President	Marlene Miller, 249-2827 marlenemiller@embarqmail.com
Secretary	Ann Stackhouse, 249-9883 eastackhouse@gmail.com
Treasurer	Theda Butkus 249-3376, tbutkus@embarqmail.com
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Newsletter Editor	Jean Chastang 249-1099, chastang45@gmail.com

### Message from Elizabeth & Marlene

For OWC, summer coming to an end means road clean up and trophies have been made and awarded for Croakerfest, awards have been given for Yards of the Month, backpacks were filled and delivered from OWC for the Backpack Blessings Project, and a successful Golf Tournament was hosted. The Executive Committee has been meeting all summer gearing up for fall OWC activities.

We continue our school supplies project and can look forward to presentations on Ayurveda, the Neuse Neighborhood Project, Leadership Training, and The Birds Among Us. We will be selecting a Nominating Committee and then choosing Club officers for the next year. We will be sponsoring a Fine Craft Show and Cookies by the Pound event in November. We will be repairing and making new items for decorating the Town Christmas trees and choosing a family for whom we hope to make Christmas brighter. Our Annual Christmas Luncheon will be held in December where we will draw for the winner of the Meal of the Month raffle. Tickets go on sale soon!

It has been a full and busy year to date transitioning to an independent Club, redefining ourselves and changing the bylaws to reflect our progress. We look forward to continuing our transition and seeing you in the Fall participating in fun and meaningful activities allowing each of us to "be the best that we can be."

**EC News:** At the June EC meeting, decision was made to donate \$525 to the start-up organization, Neuse Neighbors Network. <http://www.neuseneighbors.helpfulvillage.com>  
The purpose of this organization is to help members continue to live independently in Pamlico County.

Program Chairmen will not be elected by the general membership but selected within and by each program group. Leaders for Note Writer (Sunshine), Telephone, and Scrapbook will no longer be voting members of the EC.

### September Program:

Want to learn more about a fascinating perspective on your body and how to stay healthy? Come to the Sept. 4th meeting. OWC member Michelle Musella will lead us to explore more about who we are and will learn how to live in harmony with nature using **Ayurveda**. (See next page for description of Ayurveda.)

**Hostesses (Sally Farrell & Barbara Mitchelson):** Thank you to Barbara Mitchelson, Colleen Barton, Jen Lazowski and Dianne Conrad for service in June. The hostesses for September is the Education Program and our speaker, Michelle Musella.



## OWC Calendar



### Monthly Meetings at the Clubhouse

Yoga – Monday & Wednesday, 8:30 AM

Bridge – Monday, 1 PM

**Arts Program** meets third Thursday at 1 PM

**Education Program** meets third Monday at 10 AM

**Home Life Program** meetings as scheduled in advance

**Garden Club** meets third Tuesday at 9 AM

**LON** meets third Tuesday at 6:30 PM

Sept 4 OWC General Meeting, 1 PM

Sept 11 EC Meeting, 10 AM

Sept 18 GC Meeting 9 AM, “Why Birds Matter”

Sept 18 LON Meeting 6:30 PM

Sept 20 Arts Workshop, 1 PM

Oct 2 OWC General Meeting, 1 PM

Oct 3 GC Hwy clean-up, 9 AM

Oct 9 EC Meeting, 10 AM

Oct. 16 GC Meeting, 9 AM, OWC Yard Maintenance

Oct. 16 LON Meeting, 6:30 PM

*Welcome*

### **Welcome New Members:**

**Contact information is in your updated roster.**

Elizabeth Buckman (returning member)

Scottie Gibson (correct mailing address to Merritt, NC 28556)

Ann Savage

Joan Ulvog (correct name and email:

[joanulvog@gmail.com](mailto:joanulvog@gmail.com))

**Ayurveda** is a wellness focused lifestyle strategy from India that is over 5,000 years old. It is a personalized approach to health focusing on your mind-body type which allows you to make optimal choices about diet, exercise and other lifestyle aspects. We will be discovering our **Ayurvedic** types and both foods and exercise that support those types. Lee Duer will demonstrate gentle yoga poses. If you would like to participate, wear comfortable clothing and bring your mat. If you don't have a mat, there will be some extras. Michele Musella brings enthusiasm and information to help us celebrate who we are to make us better than ever!

**Art (Rosalyn Kutchins):** Hosting a wood block carving project on Sept. 20<sup>th</sup> at 1 pm at the clubhouse. We will use our creative blocks to make decorative wrapping paper to sell at the Fine Arts Fair on Nov. 3. Sign up and supply information will be available at the September general meeting.

**Building Maintenance (Sharon Morgan):** Thanks to Carol McAdoo for serving as Monday Girl in June, Fay Bond in July and Jean Chastang for serving in August. Fay Bond will serve again in September.

**Education (Kathy Kolan): Please Bring School Supplies to the September 5th meeting!!** We have been collecting school supplies since January. Our last big push for supplies will be for the September meeting. Please pick up any of the following supplies: **packages of wide-ruled looseleaf paper, Crayola crayons (24 or less), Crayola colored pencils, Crayola markers, boxes of #2 pencils, boxes of tissues, highlighters, sticky notes, hand sanitizer, and anti-bacterial wipes and bring them with you to the September meeting.** Thank you in advance for your help. They will be distributed to the primary, elementary and middle school.

Our committee will be putting together the Holiday Luncheon in December. Extra help for this event would be greatly appreciated. You may either attend our committee meetings on the 3rd Monday of every month at 10:00 a.m. at the club or call Kathy Kolan at 301-655-7795.

**Fundraising (Golf Tournament, Sally Belangia):** Beautiful weather (except for one shower), 45 golfers, 31 sponsors and lots of fun and enthusiasm led to a very successful tournament. Our profit on this event was \$4,497 after expenses. Thank you to all OWC members who contributed items, time and dollars to help make this tournament a reality.

**Garden Club (Betsy Hughes):** On **September 18** Bob Miller will present a program on “Why Birds Matter”. Public is invited. Come at 9 AM for refreshments and program at 9:30 AM.





### LET'S READ (Carol McAdoo):

Reading Suggestion from Suzanne Jantzen. *Daughters of the Night Sky* by Aimie K. Runyan. This fascinating historical fiction traces the trials and tribulations of a squadron of female Russian fighter pilots during WWII. The situation is true and the characters are loosely based on real women. Called the "Night Witches" these women defied expectations of women way before women's rights and served with great valor. A somber story with much humor nevertheless such as when the women were issued their uniforms - male uniforms including male underwear! They decided the male underwear was a good place to hide their lipstick. A Good Read!

**Yoga (Lee Duer):** Starts again on Monday, Sept. 10 at 8:30 AM. Please join us on Mondays and Wednesdays at the clubhouse.



**"Sailboats: a Cultural Icon"** on **Sunday, Sept. 9, 2-4 PM** at **Oriental History Museum**. Pat Dallas, former owner of Croakertown Shops, will answer questions about his collection of sailboat memorabilia.

Myra Blue would like to invite OWC members to take advantage of her **Zumba Gold Fitness Classes**. When any OWC member comes, she will donate 20% to OWC. Classes are as follows:

Monday's at Senior Center

Wednesday's at Pamlico Heritage Center in Grantsboro across from Bojangles.

**Classes cost \$5 and are 5:30 to 6:15 pm** and are specialized dancing routines for women. (You can purchase a punch pass - 10 classes for \$4). Call Myra, 249-1665 for further info.

**2018 Harborfest for HeartWorks will be taking place on the weekend of September 21 – 23** at River Dunes Grace Harbor. It's the major fundraiser of the year for HeartWorks, the non-profit serving over 400 at-risk children in Pamlico County. Treat yourself to food, drink, dance bands, plus silent and live auctions. Come one or both nights. Salt Water Gold will play on Friday night and The Entertainers on Saturday. Come by land or sea to River Dunes Marina. Boaters can dock up to three nights and enjoy all sorts of amenities. To reserve a boat slip call 252-745-9703.

**The 5th Annual Ol' Front Porch Music Festival is coming up on Friday-Saturday October 5-6.** The original idea is still in play – just walk around town and hear dozens of musicians playing on porches in Oriental. This year, the OFPMF expands, starting earlier on Friday afternoon. Porch performances are still free as is the **finale Saturday afternoon by Chatham County Line** on the Riverfront Stage. This year the Friday night concert will be Tellico, at the Red Rooster stage. This is the one ticketed show at the OFPMF. Details on tickets TBA.

**The 4th annual Oriental Classic Car Show is Saturday October 13, 2018.** Day-of registration starts at 8:30am Saturday with trophies awarded at 3pm. Registration info at [orientalclassiccarshow.com](http://orientalclassiccarshow.com). or call 252-249-0228.

**The Old Theater's 2018 Chili Cookoff** on Saturday, October 27. Details TBA. **Friday's Flicks** brings a wonderful movie about setting and meeting goals, **The World's Fastest Indian**. For those who might not know, an Indian is a motorcycle!

Take care of your driver's license renewals at the **DMV portable office solution that visits Pamlico County on the last Thursday of every month**. Look for them in the kitchen of the courtroom annex. Hours are 9am-4pm.