

*TARHEEL TATTLER*

*February, 2017*

*Wanda M Dickson, CDM, CFPP, Editor*

**IT'S TIME TO----- SPRING INTO ACTION!  
SPRING INTO THE MARCH MADNESS OF THE NC ANFP SPRING  
CONFERENCE! CONTINUE the NETWORKING  
AND LEARNING.**



dreamstime.com

**ANFP** | NORTH CAROLINA   
Association of Nutrition & Foodservice Professionals



**Team 520 March Madness Learning  
& Networking Series**  
Early Bird Registration Opens 1/23/17

**March 15-17 2017 Great Wolf Lodge Concord NC**

**Register by February 23, 2017, for \$99.00  
NC ANFP Spring Conference.**

**WHO CAN AFFORD TO MISS THE MADNESS OF  
MARCH???? THERE IS **NOTHING LIKE** SOME  
MADNESS IN MARCH!!!!!! ATTEND THE SPRING  
CONFERENCE AND JOIN IN THE " 520 STRONG NC  
ANFP TEAM" MADNESS!!!!!!**

**ATTENTION!**

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**NC ANFP IS NOW 520 MEMBERS STRONG!**

**STATE DIRECTORY**

**OFFICERS**

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**Immediate Past President**

Linda Hardenberger, CDM, CFPP  
(see secretary for information)

**YOU NEED INFORMATION, HAVE QUESTIONS or have a CONCERN CONTACT AN OFFICER OR COMMITTEE CHAIR. If we don't have the answer, we will get it for you.**

**COMMITTEE CHAIRS**

**Spokesperson**

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Work: 919-934-3171—Ext 232

**Nominating & Tellers**

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**Hospitality**

Peggy Inman, CDM, CFPP  
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**Historian**

Betsy Phillips, CDM, CFPP  
Email: [Phillipsbetsy6@gmail.com](mailto:Phillipsbetsy6@gmail.com)

**Newsletter**

Wanda M. Dickson, CDM, CFPP  
(See nominating/tellers for information)

**Mentoring**

Susan Gerrie, CDM, CFPP  
(See president elect for information)

## STATE INFORMATION

**ELECTION INFORMATION:** NC ANFP will hold election for state treasurer at the Spring Conference. Ballots will be mailed out to those who are not attending.

### TREASURER CANDIDATES' BIOS

**Garland McBride, CDM, CFPP:** Member of ANFP (formerly DMA), 12 years

**State Service:** NC ANFP Spokesperson for three terms; he wants to serve in another capacity.

**Work History:** Worked for Shoney's for 13 years

Catering Director for Novant Health of Winston-Salem, 6 years during which time he had the opportunity to work on the patient trayline. He became interested in all the reasons for different diets, textures and learning the reasons for them.

He enrolled in the Auburn Dietary Manager's Course at the encouragement of his supervisor. He has been a CDM, CFPP for 11 years and a Director of Food Service for over 11 years.

Organization, budgeting and being trustworthy are skills Garland will bring to this office if elected. He likes to be involved and wants to help advance NC ANFP.

**Luther Fritts, CDM, CFPP:** Member for numerous years, (HIEFSS, DMA & ANFP)

**National Service:** Grass Roots Coordinator representing states of Georgia, Florida, South Carolina, North Carolina, Alabama and Tennessee, 1997-1999  
Political Action Committee Member, 1996-1998

**State Services:** NC President Elect, President and Treasurer

I have attended quite a number of national meetings, participated in working on legislative agendas for the organization and furthering our legislative endeavors.

As a Grass Roots Coordinator and Political Action Committee Member, I attended and participated in National Legislative Symposiums and lobbied on Capital Hill in Washington, DC.

The States I represented were kept abreast of what we were doing and what they needed to do.

**Work History:** Food Services Director and Administrator in LTC Facilities and have made it my goal to make the lives of residents better.

**Present:** I am serving as an Interim Administrator wherever I am needed for the company. In this capacity, I take ownership of the facility in efforts to improve both the facility and residents' lives. I am also a preceptor for the LTC Administrator's Program

If elected to the Treasurer's Office, all my expertise, caring and energy will be brought to it that I bring to all my LTC Facilities.

During my years in this service, I have served on various Boards of Directors of organizations and have been recognized with a number of service Awards

**CANDIDATES FOR TREASURER**



**Garland McBride**

**WE REGRET THAT NO PICTURE WAS AVAILABLE FOR LUTHER FRITTS. HE WAS AWAY IN MINNESOTA WORKING WITH ONE OF HIS COMPANY'S NURSING HOMES.**

**PLEASE SEE HIS BIO.**

**Luther Fritts, absentee picture**

**A THUMBS UP TO ALL MEMBERS WHO HAVE VOLUNTEERED IN ANY CAPACITY FOR YOUR CHAPTER, NC ANFP.**



**TO OUR CORPORATE PARTNERS FOR ALL YOU HAVE CONTRIBUTED TO OUR SUCCESSES, WE SAY, "THANK YOU, THANK YOU!"**

**MAKE YOUR VOICE HEARD**

**Take advantage of your opportunity to impact NC ANFP's direction. VOTE for your choice for the Treasurer who may serve for two terms.**

**VOLUNTEER for a committee --become an active MEMBER!**

**SUGGESTIONS ARE WELCOME.**

**LEGISLATIVE UPDATE**

**Our state president, Omar Humes, attended the ANEC Legislative Reception which provides associations the opportunity to network with members of the General Assembly, Elected Officials and the Judicial Branch. This is a traditional event held after the first day of the Legislative Session. He is working toward having one of our elected officials form the General Assembly at the Spring Conference.**

**Check out the new Long Term Care Regulations for Director of Food/Nutrition Services and other changes if you have not. These were finalized by CMS and were effective as of November**

**UPCOMING MEETINGS**

**ACFSA ANNUAL MEETING** (See Busch Gardens, open weekends)  
Double Tree Hotel, Williamsburg, VA (while there.)  
May 1-3, 2017  
9 General Hours, 2 Sanitation, 2 Food Show for ANFP Members  
Earlybird Registration through March 31, 2017, \$75.00—General Registration, \$100.00  
Information: Ricky Clark: [clarlonly@gmail.com](mailto:clarlonly@gmail.com); Phone: 434-767-0699  
Robert Pennix: [roberp@brrjasta.va.us](mailto:roberp@brrjasta.va.us); Phone: 434-847-1300, Ext 117

**ANFP Regional Meeting**  
Minneapolis, MN  
March 9-10, 2017  
13 CEs available  
Information: [info@anfponline.org](mailto:info@anfponline.org) or call 800-323



Registration is now open. Spend four days of engaging and motivational days participating in educational sessions, networking events and *the can't miss EXPO* featuring more than 60 exhibitors!



NC ANFP will have the privilege of hosting a booth at the Healthcare Association's Conference. This offers us another opportunity to connect with administrators in the Long Term Care Industry.

Cindy Deporter, Manager of Nursing Home Licensure and Certification will be a presenter on the NC ANFP Spring Program to update and educate on the new regulations.



**FROM THE PRESIDENT'S DESK**

Omar Humes, CDM, CFPP

Our theme for 2016 was “The Winds of Change”. 2016 was a year of not just “Winds” but of “Change” for our chapter. We saw changes in meeting attendance, more value for attending members, increases in our corporate partnerships . Fall Conference co-sponsoring with SC ANFP, advances in technology sites for member and partner use, more chapter mentoring, revival of the Awards Program with added awards and involvement in the communities in which we live and work daily. Members who attended the Fall Conference at Cherokee can attest to the fun and benefits of having our own APP. We will again have this for our Spring Conference.

We embarked upon a Relief Effort following Hurricane Matthew to help communities that suffered losses. NC ANFP distributed food, cleaning supplies and coats to the residents of Princeville, NC, January 28, 2017. Members raised funds through donations and partners, Gordon Foods, Pruitt Healthcare of Raleigh, San Jamar, Belk of Rocky Mount and Gilbert Food Service. 100% of the proceeds from our Flood Relief Fund was returned to the community to help those in need. Food Bank of Eastern and Central North Carolina was present also making a difference. We look forward to working with all of these individuals and groups again.

Plan to attend the Spring Conference at Great Wolf Lodge in Concord, NC, for a continuation of the “Net-working and Learning Series”. You will enjoy the “520 Unity and Madness” of this upbeat conference. Bring your family or other members with you. The room rates of \$99.00 are exceptional for six people to a suite! In addition, six Water Park Passes are available each day .

Everyone who registers will again enjoy a welcome reception on Wednesday evening, breakfast each morning, “goody bags”, a great banquet of food, entertainment and social networking on Thursday evening. There will be an EXPO on Thursday with our Corporate Partners and others. Show your appreciation for the additional benefits from this. Thank our “Partners” by taking time to visit booths and showing interest in products they represent. It is through their participation that *you*, the members are benefitting. I look forward to seeing and meeting many of you there.



**TO NEW MEMBER, HEATHER GREENE and any new students. We welcome all students as members. If you have dropped your membership, we encourage you to re-instate. INVEST in yourself!**

**Join in the “Winds of Change” happening with NC ANFP!**



NC ANFP has lost a long-time member, Judy Abernathy. Judy will be greatly missed by family and friends. She was a dedicated NC ANFP MEMBER and an instructor of the CDM, CFPP Course for a number of years in one of Charlotte's

Colleges.

**SHARING WITH OUR COMMUNITY**

**“PUMPS and PEARLS for the GIRLS”**

**Cynthia Capel, CDM, CFPP, Food Service Director & ServSafe Instructor/Proctor**

Spring Arbor Assisted Living in Albermarle, NC, opens their house once yearly to the women of the community for a “ladies night out”. It is called, “Pumps and Pearls for the Girls” and gives them a night out at no cost to them.

They are treated to a wine and cheese social upon arrival followed with a nice lite dinner which is followed with entertainment. This year’s dinner menu consisted of our gourmet salad, a soup choice of our version of Chicken Gnocchi or Beef and Barley with garlic breadsticks. Dessert was a delectable Red Velvet Cheesecake. The entertainment was a comedy routine by one of our own staff that had everyone laughing.

This event is used to showcase our homemade style of cooking and as a promotional and marketing opportunity for our facility.



**Local ladies enjoying the event**



**SHARE HOW** you celebrated the pride in your dedicated food/nutrition department staff in your facility. **LET** us know, so we can learn from you and celebrate your dedication and success.



**Hurricane Matthew Flood Relief Fund distribution in Princeville, NC.**

NC ANFP was Live “ on WTVD which covered the distribution of the food, cleaning supplies and coats. A video of this is posted on the NC ANFP Facebook page.  
**THANK YOU** to all our partners for their support and stores that worked with us to purchase as many supplies and coats as possible for such a worthy cause!





**ANFP** | NORTH CAROLINA

Association of Nutrition & Foodservice Professionals

**Registration Form: SPRING CONFERENCE, MARCH 15-17, 2017**

Make checks payable to: NC ANFP  
Mail this form and your payment to:

Sheila D. Lucas, CDM, CFPP  
 NC ANFP Treasurer  
 8719 Buckhorn Way  
 Kenly, NC 27542

Place: Great Wolf Lodge, Concord, North Carolina  
 10175 Weddington Rd, Concord, North Carolina 2802  
 Date: March 15-17, 2017

**Room Rates:**

1 King w/pull-out sofa: \$99.00 per night plus tax  
 1 Family Suite-sleeps 6: \$99.00 per night plus tax

Phone # for reservations: 1-888-925-9653

Code: 1703NCANFP

Cut off date of \$99.00 room rate is February 24, 2017

Note: Use code when reserving room or tell reservationist you are with NC ANFP

**Member of: (Circle One)**

**NC ANFP    ADA**

**Administrator    Student    Retiree**

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code: \_\_\_\_\_

ANFP Member #: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

Check #: \_\_\_\_\_ Check Amount: \_\_\_\_\_ Date: \_\_\_\_\_

**Registration Fees:**

Early Bird Registration by February 23, 2017	\$ 99.00
After February 23 or at the door	\$155.00
Student or Retired	\$ 80.00
Banquet Guest	\$ 40.00
To Total:	_____

**NO REFUND IF CANCELLED WITHIN 14 DAYS OF THE CONFERENCE**

**\$30.00 CHARGE ON RETURNED CHECKS**



**QUOTES GOOD FOR TODAY**

**“Believe that you can and you are halfway there.” –Theodore Roosevelt**

**“A faithful friend is better than gold.” – Robert Burton**

**“ Be silly. Be honest. Be kind.” –Ralph Waldo Emerson**

**“Do good and never mind to whom.” – American Proverb**

**“Love conquers all things; let us too surrender to love. – Virgil**

**Submitted by: Wanda M Dickson, CDM, CFPP, Editor**



**HAPPY VALENTINE'S DAY!**