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PRESIDENT'S LETTER

Hello Chapter members.

It has been a very busy holiday season and start to the new year. I hope some of you had a chance to get to the SC fall meeting and picked up some much-needed CEU's. We just celebrated Pride in Foodservice week here and it was a huge success. Our employees enjoyed the recognition for such a wonderful job they do throughout the year.

For chapter news I am excited to announce our new Board that will start this spring and help to provide for the needs of the members. We have included information about each member at the end of this newsletter. Our Board Members are:

President: Joseph Burdette, CDM, CFPP

President Elect: Tina Wicks, CDM, CFPP

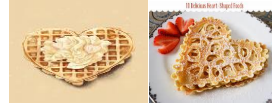
Treasurer: Dr. Milton McGowain, DBA, CDM, CFPP, FMP, MCP

Secretary: Jessica Hull, CDM, CFPP

I would like to dedicate this issue of the Tattler to Wanda Dickson, CDM, CFPP who has stepped back as *our Newsletter Editor and Chair of Nominating/Tellers Committee and Awards Committee* while she deals with a personal matter. She has been a staunch supporter of our chapter and the ANFP for many years. We are lucky to have benefitted from her wisdom and skill over the years. ***Thank You, Wanda. We appreciate you.***

TARHEEL TATTLER

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I would also like to thank Joy Jones for creating this month's newsletter. She has been instrumental in keeping me focused on task when I get pulled in many directions. Thank you, Joy!

We will be reaching out to you in the coming weeks to survey what you would like to see from our Chapter. Examples might be live meetings, virtual CEU's, and what you would like to see as far as service projects for the year. I would like to grow our charitable footprint in the state and will lean on you for ideas. Thanks All--have a super springtime!

All the best.

Joseph

WANDA: You are the apple  of our eyes and the love  of our hearts.

Text Tribute Contributed by JoyceAnn "Joy" Jones, BA, DM, FPP, ME (Retired Member ANFP, credentialed CDM and CFPP from 1996-2023.) Joy worked for the University of NC Asheville in the Information Technology Services Department for 12 years before her retirement in 2019. She lives in the Asheville NC area where she enjoys being a writer, poet, and artist.

In January 2020, I sent a nomination to ANFP for Wanda to receive a ***Distinguished Service Award*** AND SHE WAS AWARDED that well-deserved national award! Following are excerpts from my Recommendation Letter. ***With this newsletter we once again celebrate her long, loyal career and hard work as a Certified Dietary Manager.***

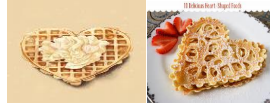
Since 1974, ***Wanda M. Dickson, CDM, CFPP*** has remained an active member of our national association and been a member of several state chapters, including our ***NCANFP***. Her over 30 years of foodservice management employment included work in long term care facilities, acute care hospitals, a psychiatric hospital, and Consultant work. She served as the Healthcare Director for Farnsworth & Associates and Hopco Foodservice Marketing for 3 years. For the last few years she has Freelanced.

Who knew she could write poetry too?!? Be sure to read her poem below these biography notes (reproduced with her permission).

Wanda served as a National DMA/ANFP Board member and on numerous national committees and task forces. She has conducted workshops for affiliated food service organizations, numerous national DMA/ANFP and numerous AR DMA/ANFP Central district programs, and Arkansas/ Georgia/ North Carolina State Chapter workshops-- for which she developed the content, Power Point presentations and questions. She also set up and manned DMA/ANFP booths in various business/vendor shows.

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As an Arkansas resident she was very active as a member of the Governor's Child Obesity Task Force; was DMA/ANFP Advisor/ Liaison to the Ouachita Vo-Tech Schools and Arkansas Vo-Tech Schools; and Presented Cooks' Hands-on, Senior Centers', First Step, Arkansas Food Service Directors', and Arkansas Healthcare Association Workshops.

She was a member of the Arkansas Diet Manual Revision Committee, developed and conducted ANFP Credentialing Test Review Workshops at the District and State levels; and was instrumental in getting the bill passed requiring CDM, CFPPs as Food Service Managers in Arkansas Long Term Care Facilities. She was EXPO Chair for 8 years, served in various officer positions at the Arkansas District and Chapter levels, as well as serving on various State and District committees, and being newsletter editor for 12 years.

While living in Georgia, she served as the Georgia ANFP State Level Legislative Chair/Spokesperson for 4 years. Since moving to North Carolina, Wanda has given many **presentations at the NC ANFP and NC AFFP/SC ANFP conferences** and served as the **NCANFP Tarheel Tattler newsletter editor and Chair of the Nominating/Tellers Committee and Awards Committee.**

She justifiably has also been honored with numerous awards during her many long years of very active service. Among them were:

National Awards: Grass Roots Coordinator Service Award; National ANFP Public Policy & Advocacy award; Government Affairs & Advocacy Award; Platinum Award for State President's Achievements multiple times; Distinguished Member Award

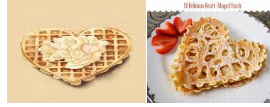
District and State Awards: *Arkansas DMA/ANFP:* 100% Achievement Awards as President, 3 times; Two AR ANFP EXTRA MILE AWARDS; State Outstanding Member Award 3 times; AR ANFP Legacy Award; State Member of Year 3 times; Newsletter Editor 1st Place in Content twice, 2nd place three times for content

NC ANFP Awards: Trail Blazer Award

Other Awards: Award of Excellence from Arkansas Childrens' Hospital; Arkansas Outstanding Citizen Award from Governor Huckabee

You get the idea!!! Wanda Dickson has been a SUPER example of what being a really dedicated, active, hard-working CDM, CFPP means. Due to her long history of DMA/ANFP experiences, and her enthusiasm for the field of nutrition and foodservice, Wanda Dickson has been an excellent role model for younger members as she has shared her expertise with us. I am proud to call her my friend and am thankful for having her as a mentor.





VEGETABLES and FRUITS FUN

by Wanda M. Dickson

Did you know that carrots and bananas could dance?
No, then you should give them much more than a glance.
Broccoli, cabbage and spinach can dance and laugh.
Yes, they can and this is not even the half!

There are many fun shapes, sizes and colors too,
How to wrap one's mind around it, I haven't a clue.
You say, "for me, it is meat and potatoes".
You can do without any carrots or tomatoes.

None of that cabbage, broccoli, spinach or beans
You don't care if they do dance, definitely no greens!
What about apples, bananas, peaches or berries
And those grapes, plums, pineapple or cherries?

Vegetables and fruits are so colorful and bright.
Their flavors are varied, surely some will be right.
They can make you laugh and break out in dance,
You can see if you give them more than a glance.

Be adventurous and brave if you have not tried
Fresh okra or summer squash breaded and fried.
They are mouth-watering and oh so yummy!
Eating them will comfort your soul and warm your tummy!



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Winter is a great time for **soup of the day**.

Get those frozen leftovers out and use them before they expire AND let your imagination run wild as you spice up your menu with the warmth of daily SOUP choices--NO MSG (monosodium glutamate): since it is known to cause food sensitivity in some persons.



**DON'T FORGET TO SERVE
SOME YUMMY SWEETS AS VALENTINE TREATS!**



NCANFP News

Call for Volunteers to serve NCANFP: (Contact President, Joseph Burdette if interested in serving.)

A volunteer is needed as the *temporary Editor of the **North Carolina ANFP Tarheel Tattler Newsletter**

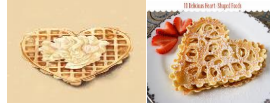
A volunteer is needed as the *temporary committee chair of the **Nominating/Tellers Committee and Awards Committee**

*(*The length of required service is unknown. We will welcome Wanda Dickson to come back into these roles, should her circumstances allow her to do so in the future.)*



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National ANFP News

anfponline.org

ANFP Regional Meeting: Cleveland, Ohio; April 18-19, 2024

Please Note that if you did not opt in to continue to receive EDGE magazine in hard copy back in December you now can opt in anytime--according to the latest edition. It is a valuable source of Continuing Education credits.

The ANFP website is a valuable source also for credits and many other types of relevant information to help us be more successful.

Past copies of the Tarheel Tattler can be accessed there under our state chapter ANCANFP link.

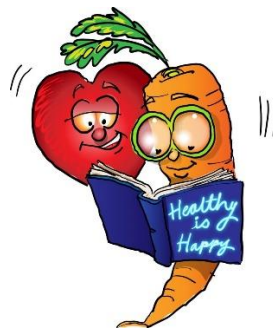


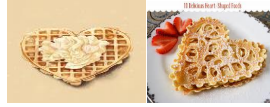
<https://ods.od.nih.gov/factsheets/list-all/#ImmuneFunction>

“...our new fact sheet reviews the effectiveness and safety of 16 vitamins, minerals, botanicals, and other ingredients for immune function and infectious diseases.”

They also have a new newsletter you can subscribe to. Visit their website at:

<https://ods.od.nih.gov>





2024 NCANFP Board Members

PRESIDENT and Webmaster:

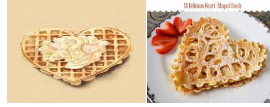
Joseph Burdette, CDM,CFPP
DIRECTOR OF DINING SERVICES
RIVER LANDING AT SANDY RIDGE
1575 JOHN KNOX DRIVE
COLFAX NC 27235
336-389-4119
jburdette@riverlandingsr.org
jburdette68@gmail.com

Joseph served 8 years in the US Army, 82nd Airborne Division and as a Drill Instructor. Afterwards he graduated Culinary School at Johnson and Wales. He worked in private clubs and restaurants for a time, as well as 25 years in senior dining/healthcare. He has 35 total years in foodservice and has been a CDM since 2012. He is the Director of Dining Services at River Landing at Sandy Ridge where he has worked for 10 years. Joseph has been the NCANFP President for the last 3 years.

PRESIDENT-ELECT:

Tina Wicks, CDM,CFPP
Assistant General Manager of Culinary Services
Salemtowne Retirement Community
190 Moravian Way Drive / Winston-Salem, NC 27106
336-244-0618
Tina.wicks75@gmail.com

Tina has an Associates' Degree in culinary arts from Johnson and Wales and a Bachelor's Degree in Nutrition Science from Kaplan University. She has been in her current position at Salemtowne for about 2 yrs. She became a CDM, CFPP and NCANFP member in 2011. She looks forward to working with other Board members in service to the NCANFP chapter. Her favorite quote is from Misty Copeland: "Be strong, be fearless, be beautiful and believe that anything is possible when you have the right people there to support you."



TREASURER:

Dr. Milton L. McGowan, DBA, CDM, CFPP, FMP, MCP
Vice President of Resident Services
The Sharon at South Park
Charlotte, NC. 28210
Facility Main #: 704-553-1670
mmcgowain@sharontowers.org

Dr. Milton L. McGowan received his Bachelor of Business degree in 2017, his Masters of Business Administration in 2018 and his Doctorate in Business Administration Non-profit Leadership and Management in 2022 from Liberty University. He taught Culinary Arts at his Alma Mater Palatka High School and has worked in various foodservice environments.

Milton has been and is on numerous committees, along with having been and is a Board member for various organizations. Milton enjoys spending time with his wife, cooking, flying his drone, riding his electric bike and visiting the mountains.

Dr. McGowan is a certified Microsoft Professional (MCP) in addition to being a CDM, CFPP. He has worked in the culinary industry for over 30 years and has been in the senior living industry for over 20 years.

SECRETARY:

Jessica Hull, CDM,CFPP
Nutrition Care Manager
Salem Towne Retirement Community
190 Moravian Way Drive / Winston-Salem, NC 27106
336-816-4961
Jessicamccall61@yahoo.com

Jessica graduated from Guilford Technical Community College where she studied Culinary Arts and Nutrition. She received her CDM, CFPP certification in 2021 and



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has worked at Salemtowne for 2 years. She is looking forward to networking with Board Members to help the North Carolina chapter grow.

*******We would like to revive our Facebook page and use it as a means of communication in our chapter. Look it up on Facebook at NCANFP*******