



## Beyond Our \$1M Milestone FONTBONNE COMMUNITY CONNECTION

*Celebrating Our 15th Year of Supporting Academic Hopes and Dreams*

### Fueling for Success — FCC 2022 Award

Did you know that athletes comprise well over 50% of the student population of Fontbonne University? Student athletes are required to address both their athletic and their academic abilities. Understanding how best to fuel oneself for the activities of daily living and one's physical performance is crucial for overall health, decreasing injuries and enhancing sports and academic performance. Proper nutrition is key, and each sport has its own unique requirements. Many student athletes go to their coaches, athletic trainers, teammates, family and friends for nutrition information, even though those sources often do not have an extensive sports nutrition background.



Dr. Jamie Daugherty (Assistant Professor/Chair, Department of Family and Consumer Sciences (FCS)) is tackling this situation with support from FCC. She proposed the creation of a nutrition support and education program to better meet student athletes' nutritional needs for both sports and academics. With oversight and mentorship provided by FCS faculty and students, a collaboration with coaches and athletic trainers will be crucial for the ongoing success of this nutrition program.

A pilot program involving three teams is already underway, combining data collection and implementation activities. Objectives include development of lesson plans to address such topics as pregame/postgame fueling and hydration, eating on the road, snacking, healthy fast-food options, trends/fad diets and supplements. In addition, hands-on cooking experiences will provide participants with nutritional supplies and other class materials for use at home.



The collaboration between the FCS and the Athletics departments exemplifies the importance of interprofessional education and the mission to continue to build opportunities for transformative education, both in and out of the classroom. FCC is excited to provide the impetus for the development of an enhanced curriculum on sports nutrition at Fontbonne and as a model for other Division III schools.



## **Our Most Exciting Time Is Here: FCC Roundtables, Voting & Awards!**

We have 30 preliminary requests for FCC 2023 funding, totaling \$176,686, with individual projects ranging from \$500 to \$15,600 and averaging about \$6,000 each. Your ranked voting for those proposals could not be more critical and important.

Roundtables offer the greatest opportunity to learn more about each proposal and evaluate the benefits to Fontbonne. Roundtables this year will be both in person at Fontbonne and virtual (via either Zoom or call-in). You are encouraged to participate in as many sessions as possible. Final applications, summary statements and information on voting will be available to FCC members by March 1st. The voting deadline is 5 PM on March 23rd. Remember that each member's vote advances FCC's mission and purpose, as Fontbonne grows even stronger and more vibrant.

### **Roundtable Dates:**

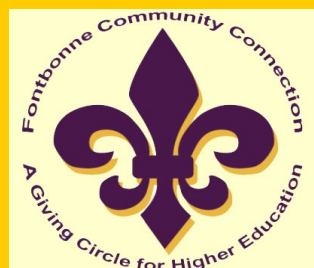
***Weekend* - Saturday, March 4, 2023 Time: 10:00 AM - 11:30 AM CT**

***Morning* - Thursday, March 9, 2023 Time: 10:00 AM - 11:30 AM CT**

***Evening* - Wednesday, March 15, 2023 Time: 5:30 PM - 7:00 PM CT**

***Afternoon* - Tuesday, March 21, 2023 1:00 PM - 2:30 PM CT**

**[Click Here to Register for Roundtable\(s\)](#)**



## **Annual Meeting, Awards Announcement & Festive Celebration**

**Saturday, April 22, 2023 - 10 am CT**

*Members are encouraged to bring guests!*

## FCC & Lyon Society Members Celebrate

As part of Fontbonne's Centennial commemoration, Lyon Society members were welcomed to campus for a "Christmas Through the Years" celebration on Sunday, December 11th. Many guests were FCC members, as FCC members are included in the Lyon Giving Society. Following Mass officiated by Friar Robert Barko, OFM, attendees gathered in the beautifully decorated Ryan Hall Dining Room for a holiday brunch. The creativity of Sister Linda Markway and the Advancement team had turned the area into a festive setting —



with Christmas flowers, colorful poinsettia placemats and centerpieces made of greenery from campus. Brunch included mimosas, juices and a selection of delicious food and pastries. Members of the Fontbonne staff circulated among the guests, sharing the joy of the season as they served coffee/tea. Fontbonne President Nancy Blattner welcomed all, noting achievements and upcoming key events of the Centennial year. Our freshman enrollment, one of the best in recent years, resulted in part from the recently inaugurated Sprint Football League and the BS degree offered in Nursing. Dr. Blattner announced that, due to increased enrollment of resident students, the third floor of the East Building will be converted to accommodate 45 new dorm rooms, in a unique Living/Learning space that will intermingle nursing, speech pathology and dietetics students — with the goal of enhancing skills for working with their future clients. Financing for this project is being provided in part by a \$1 million matching grant from *MoExcels*, a state funding program for private institutions.

As they departed the brunch, attendees received a very practical tote bag (big enough for lots of groceries!) and a special Fontbonne University 2023 Centennial Calendar. Each page of this keepsake calendar features a different illumination from the Saint John's Bible, along with a brief description of the illumination. All were invited to view the Saint John's Bible, on display in the Fine Arts Building, following the brunch.





## **New Member Terry Matthews Embodies FCC**

Terry Galvin Matthews majored in dietetics and graduated from Fontbonne in 1971, completed her dietetic internship at Hines Veterans Administration (VA) Medical Center in Chicago and earned a Master in Health Services Administration. She began her career as a dietitian at the VA Hospital in Danville, IL — ultimately taking a position teaching nutrition at the OSF Saint Francis Medical Center nursing school in Peoria, IL. Terry's goals were for nursing students to appreciate the importance of their nutrition coursework in their own lives and to call upon the experts (i.e., dietitians) to assist their patients.



In media interviews and presentations to professional and civic groups, Terry has been a first choice for accurate, timely information on issues involving nutrition. For fifteen years she served as the Illinois Media Representative for the American Dietetic Association (currently the Academy of Nutrition and Dietetics). During this time, Terry was invited by the University of Illinois College of Medicine at Peoria to participate in a conference on colon cancer. In addition to speaking at the conference, she developed a relationship with the chairman of the committee, Larry Matthews, and later married him — that was forty years ago. The fact that Larry was already the father of eight children didn't faze Terry, as she is one of eight. She quickly became an integral part of Larry's family.

A life-long advocate for social justice, Terry has held leadership positions in the American Civil Liberties Union, the League of Women Voters and the Unitarian Universalist church. Notably on the frontlines of the 2017 Women's March on Washington, she continues participation in numerous social justice demonstrations. Since losing a nephew to leukemia, Terry has donated nearly 50 gallons of platelets. She has helped many friends clear their parents' homes (or their own), downsize and move into retirement centers. Terry is never without a dog — Blarney gets two long, daily walks to the park near their home in Washington, IL. And, although a novice, Terry took second place in a recent Women's Doubles Pickleball Tournament — impressive!

With her education, lifelong career and social justice experiences, Terry is a natural to join FCC in helping Fontbonne faculty, staff and students realize dreams and goals that might otherwise go unmet. Welcome, Terry! We're delighted to have you and your dedicated service as part of FCC. Special thanks to Sr. Mary Carol for recruiting this new member!

## Longtime Fontbonne Advocate Juli Niemann Joins FCC

Juli Niemann, a member of Fontbonne's Board of Trustees and head of their Investments Committee, has joined the Fontbonne Community Connection! Juli graduated from Fontbonne in 1968 with degrees in History and Economics, and received her MBA in Finance from the University of Missouri - St. Louis, in 1974. Juli says she's always held the same job, just in different places. She's a Chartered Financial Analyst and portfolio manager and is currently Executive Vice President at Smith Moore in Clayton, MO.



Born in Kansas City, Juli and her husband, Rich, live in University City, MO. They have one daughter and two grandchildren, who live in Colorado. Juli is quite the accomplished cook. She belongs to both the Culinary Society of St. Louis and Les Dames d'Escoffier, a global culinary group. She has an astounding number of cookbooks, tupperware and baking equipment in her house! And she's well known as a terrific hostess, the life of the party, a collector of unusual items and, occasionally, a peaceful protester against injustices. Being on Fontbonne's Board, she heard about some of the projects FCC has funded and, after being nudged by FCC member Mary Lee Walter, she decided to join the group and contribute to our efforts. We warmly welcome Juli aboard!



### **REMINDER: Fontbonne University's Centennial Gala Saturday, May 13 @ The Ritz Carlton**

Honor Fontbonne University's extraordinary legacy, celebrate its phenomenal future, and dance the night away! Visit with CSJ sisters, current/former faculty, and support Fontbonne's future! FCC members will be specially recognized.

[Click Here for More Details](#)



## **FCC Welcomes Fontbonne Enthusiast Delah Jones**

Our newest FCC member, Delah Jones, holds both a Bachelor degree in Sports & Entertainment Management (2010) and a Master in Management (2014) from Fontbonne, and she now serves on the board of Fontbonne's Alumni Association. She speaks glowingly to everyone she can about all Fontbonne has to offer. For over 17 years, she's worked at Boys & Girls Clubs of Greater St. Louis, and currently serves as a recruiter for new members. The Clubs have 9 locations in the MO/IL greater metropolitan area and provide after school programs of fun, academics and life skills.



Delah also serves as Ambassador for MASN (Missouri After School Network) in a leadership role as advocate and mentor for children in these programs. As a MASN Ambassador, she builds relationships with federal, state and local elected officials through multiple areas of contact. This month, she will go to the MO State Capitol to educate policymakers about the benefits of after school programs and the resources that youth need to succeed. Such funding often goes to rural areas, yet Delah believes today's children in urban areas have as much or greater need for such programs.

On a more personal note, Delah reports that she recently moved to Florissant, MO, where she lives with Lawson, a 9 week-old pointer mix puppy — both adorable and challenging! A music lover (and sax player) who comes from a family of musicians, Delah has her own DJ business, playing for private events and local clubs. Maybe that's why she phrased it that she takes every opportunity she can to "blow the trumpet" for Fontbonne! She praises the broad acceptance, inclusion and wide variety of international students, calling her experience at Fontbonne "stellar and unmatched in any other setting." And Delah says she's really looking forward to exploring the variety of FCC proposals to be presented for VOTING this March!!! Delah, FCC is delighted to welcome you to our circle.

## Message from the Chair



Voting and award time is here! Several roundtable discussions are planned before the voting deadline of March 23 to discuss the award applications (see dates on page 2 feature). Together, we'll become better informed and prepared to cast our votes. Also, mark your calendars for the Annual

Meeting and Awards Celebration with the announcement of the 2023 awards. Attend virtually or in person, and feel free to invite a guest - April 22 at 10 am CT.

Many great ideas came from the strategic planning meeting on November 11. More input from all members is welcomed. The goal is simple: to increase our awards, and continue them far into the future. Help us envision the FCC's future!

In this newsletter, we welcome and profile three Fontbonne alums as new members: Delah Jones, Juli Niemann and Terry Matthews. Also featured is a report on the FCC-funded project in the areas of Dietetics and Athletics, as well as the festive December 11th Christmas Celebration of the Lyon Society. FCC membership automatically makes you members of the Lyon Giving Society — yet another way your generosity to Fontbonne is appreciated and acknowledged.

Another opportunity to support Fontbonne and celebrate its 100 years of educational excellence and service is the May 13 Centennial Gala at the Ritz. Attending members will have a special FCC corsage, which can be a nice conversation starter for us as we share the rewards of being an FCC member!

Consider forwarding this newsletter to at least one other person - a great way to share news of Fontbonne. Now, let's get ready for the FCC voting season! I hope to see you at the roundtables and the Annual Meeting.

*JoAnn*

JoAnn Donovan, FCC Chair

## Coming Events (Central Time)

### February, 2023

2/8 - FCC EAC Meeting 8:45 - 10:00 am CT (Zoom)

### March, 2023

3/1 - Proposal information emailed to FCC members & voting begins

3/8 - FCC EAC Meeting 8:45 - 10:00 am CT (Zoom)

3/23 - Voting deadline on Proposals

### April, 2023

4/12 - FCC EAC Meeting 8:45 - 10:00 am CT (Zoom)

## FCC Officers & Chairs 2022-23

### OFFICERS

Chair: *JoAnn Donovan*

Immediate Past Chair: *Joan Kelly*

Vice-Chair: *Connie Diekman*

Corresponding Secretary: *Ruth Ann Kerr*

Recording Secretary: *Barb Stroer*

Treasurer: *Kathy Tanner*

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Archives & History: *Nancy English*

Awards: *Susan Lenihan & Mary Lee Walter*

Bylaws: *Barb Atteln*

Communications: *Joan Falk*

Events: *Joan Kelly*

Membership: *Connie Diekman & Lucy Hahn*

## Winter 2023 Newsletter Staff

Joan Falk, *Editor*

Mary Carol Anth, *CSJ*

Barb Atteln

Karen Gedera

Mary Lee Walter

Wendi Valenti, *Advancement Liaison*

Maria Dietrich, *Advancement Intern*

