In this Issue:

- Student Send-off Mass and Picnic
- Survey!
- Support our SSLP Student and Urban Ministries
- New Facebook page!
- Social Networking
- Young Alumni Event
- ND/WF Ticket Info
- ND Women’s Soccer in town in August
- Help an Alum keep Falls Lake Clean
- Football Weekend Housing option
- Upcoming Events

The best way to find yourself is to lose yourself in the service of others.

~Mahatma Gandhi

Student Send-Off Family Mass and Picnic – August 7th!

Wish our returning students and incoming freshmen luck as they head to Notre Dame!

**When:**  Sunday, August 7th, 3pm  (Rain or shine!)
Mass begins at 4pm, celebrated with Fr. Robert Staley.  Dinner to follow.

**Where:**  Ritter Park in Cary (301 Lochmere Drive West)  The big shelter is the same location we’ve had for the past several years and there’s plenty of room for everyone!

**Who:**  All club members and families are welcome!!

**Cost:**  FREE!
The club will provide chicken, lemonade, and ice water.  We ask those with last names beginning with A-M to bring a dessert, and last names beginning with N-Z to bring salads, fruit, other side dishes.

RSVP to Kevin Nickodem at kevin.nickodem@firstcitizens.com or reply to the evite which will be sent out later this month.

Other activities at the picnic:

- **Support the InterFaith Food Shuttle** by bringing items for the Backpack Buddies program.  More information about the program and what to donate – and what NOT to donate – can be found at [http://www.foodshuttle.org/backpack-buddies](http://www.foodshuttle.org/backpack-buddies)

- **Win a pair of tickets to ND/USC home game!**  All 2011 dues-payers automatically receive one chance, and additional chances can be purchased.  Drawing will be held today at the picnic and you do not need to be present to win.

- **Win the chance to purchase tickets to ND/WF!**  We will raffle off 4 pairs of tickets to the WF game (there are not many available!).  Raffle Tickets are 1 for $5 or 6 for $25.  Winners can then purchase the pair of tickets for $200, and must be present at the picnic to win!  *(see article on page 4 for more info!)*

- **Notre Dame trivia contest**

Take our Survey and you could win tickets to ND/WF!

Our club wants to hear from YOU!!  Our board would like to know if the club and our activities are meeting your expectations of an alumni club, and what you think we could do to make it even better!

As a “thank you!” for providing your input, you will have the opportunity to win a pair of tickets to the Notre Dame/Wake Forest game on November 5th, at Wake Forest.  If you wish for your name to be entered into the drawing, you’ll be asked for your contact information at the end of the survey, and you’ll get one chance in the drawing to be held at our next board meeting on August 26th.

**The Survey ends on July 31st!**  Don’t miss this opportunity to provide your thoughts about our club, and get a chance to win tickets to a game in our area!!

Click on the link to start the survey:
Support Urban Ministries and our SSLP Student, Graham Sullivan, ND ‘12

During my four short weeks at Urban Ministries, I have been fortunate to experience all sides of this organization that have touched the lives of more than 23,000 Wake County residents in the past year. From sorting donations in the food pantry, to shadowing Dr. Greenberg in the Open Door Clinic, I have witnessed the wide array of services that Urban Ministries provides for those who have fallen on hard times. Urban Ministries Open Door Clinic is a thriving, non-profit medical practice that provides comprehensive primary care medical services, prevention, disease management, diagnostic and therapeutic services, and management of these services to low-income, uninsured Wake County residents, at little to no charge. The Crisis Support Program provides social work counsel and referrals to those who come in with no one else to turn to for help. Last year, the food pantry distributed 240 tons of food, which amounts to 404,000 meals! Lastly, the Helen Wright Center for Women provided shelter and assistance to 300 homeless women, helping nearly 40% of them transition to a more stable life. None of this could be accomplished without the extremely dedicated staff (there are 20 full-time staff and 44 part-time staff members!) and the thousands of volunteers who offer their time and skills to all of these programs.

I have been working closely with Sommer Wisher, the Volunteer Coordinator here at Urban Ministries. She is developing a Volunteer Recruitment and Retention Plan to maintain a sufficient number of volunteers. I have had plenty of time to shadow the physicians, sort medications in the pharmacy, help out in the food pantry, and observe the eligibility interviews that are required of all new clients. However, the main project that I would like to accomplish in my short time here is to start a Community Garden. To be honest, I did not know much about gardening before I got down here aside from the endless weeding and mulching I have done in my mother’s garden at home in Rochester, NY. After much research and visits to several community gardens around Raleigh, I have learned a great deal about the building and maintaining of a raised bed garden. Currently, the food pantry has to rely on donations for fresh produce. Having a raised bed garden would provide a constant source of fresh fruits and vegetables for clients, as well as fuse the food pantry, Crisis Program, and Open Door Clinic through a nutritional education program that is in the works. Many of the health problems treated in the clinic are a direct result of, or at least exacerbated by, the strain of living meal to meal. A cheap fast food meal is easier to come by than a healthy, well-balanced meal, but the long-term effects add up over time. By educating our clients about the importance of nutrition, being able to provide them with fresh produce and providing instruction on backyard gardening, Urban Ministries can fulfill its promise of offering full healthcare for the individual.

The preliminary plan is to start out with five 12’x4’ planting beds, each of them a foot deep. To accomplish this we need:

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<thead>
<tr>
<th>Item</th>
<th>Length</th>
<th>Number</th>
<th>Price/Unit</th>
<th>Total Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>12”x2” Cypress Board</td>
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<td>14</td>
<td>$48.00</td>
<td>$672.00</td>
</tr>
<tr>
<td>4”x4” Cypress Post</td>
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<td>6</td>
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<td>$168.00</td>
</tr>
<tr>
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<td>9 Cubic Yds.</td>
<td>$27.00</td>
<td>$243.00</td>
<td></td>
</tr>
<tr>
<td>16d 3.5” Galvanized Nails</td>
<td>5 Lb Box</td>
<td>$11.00</td>
<td>$11.00</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL COST: $1094.00

Urban Ministries of Wake County needs your help in getting this program off the ground - or into the ground, as it were! Would the Notre Dame Alumni Club be willing to donate all start up funds for this small project that will go a long way to help those of the Wake County community that are in need? As noted above, the funds needed total nearly $1,100.00. The turnover, however, will be priceless, in that it will alleviate hunger, improve health and create a more vibrant nutritional education component for the Open Door Clinic. We are also hoping that the following materials could be donated: seeds, shovels, saws, hammers, wheelbarrow, watering cans, and a storage shed or box. Being that this is the first year that Urban Ministries is a designated SSLP site, it would be phenomenal to have it stamped with Notre Dame pride by creating this Community Garden. We will be having a work day to build the beds and prepare the garden for planting once we get all of the needed supplies and are aiming for the work day to take place the last week in July 2011. Anyone is welcome to come help out!

If the Alumni Club wishes to participate in giving and in volunteering to build the beds, please contact Sommer Wisher, Volunteer Coordinator at 919-256-2169 at your earliest convenience.

Many thanks for choosing this site for an SSLP student. My experience has been great and I am thrilled to complete this project with the help of amazing support within the Alumni Club. We look forward to hearing from you!

Graham Sullivan, ND Class of 2012
New Facebook Page!

We are excited to announce an all-new Facebook page for our club!


Be sure to “Like” this page to be notified about club events and announcements. You can write on our wall and post photos.

If you log on to Facebook and search for “Notre Dame Club of Eastern North Carolina," look for our new page, not our old "group." If you were previously part of our old Facebook group, please “like” our new page to get the updates – we will not continue to use the old group page.

Please send any feedback to Brian Tracy (btracy5@gmail.com) or Jenni Heissel (Heissel@gmail.com).

Stuff Domers Like - Social Networking!

Social networking is Stuff Domers Like - and our Alma Mater thinks so too. USA Today said Notre Dame makes the best use of Social Media of any University in the United States. (Here’s the link http://www.usatodayeducate.com/staging/index.php/the-20-colleges-making-the-best-use-of-social-media) Likewise, the alumni association and region clubs are going to be utilizing social media to get club information to you.

The two key things happening in the next few months will be our new club facebook page and the increased use of myNotreDame. We have just created our facebook page (see announcement above) and anticipate that it will become a great venue for the young (and not so young) alums to find out about what we have done, what we are doing and what we are planning to do. Facebook is also a great vehicle for connecting for impromptu events and keeping in touch with other alums in the area.

myNotreDame is going to be a very big part of our alumni club life this year and into the future. If you have not visited the myNotreDame web site, (here’s the link http://mynotredame.nd.edu) please do so. This is a great resource for all Domers. If you know some fellow alums that have not registered on myNotreDame, please forward this email on to them. If you want to be plugged in to our club events, myNotreDame will be the way to do it. We are headed to changing our website so you will be able to pay dues, buy tickets and respond to invitations to our club events. Our plans are to connect with you, the Notre Dame Alumni of Eastern North Carolina and bring the resources of our club to you and your activities.

Young Alumni Event – Monday, July 18th!

Join us for Trivia Night at Tyler’s Tap Room, Monday, July 18th, at 8pm!

We look forward to a fun night, so please put it on your calendar and join us!  For more information about the location or the event, please contact Brian Tracy at btracy5@gmail.com or Jenni Heissel at Heissel@gmail.com.

Look for another e-mail and facebook message soon. Be sure to find our new page on facebook and “like” us to receive messages. See you there!
ND/ Wake Forest Tickets

As you know, our Club received 13 pairs of tickets to the ND/WF game on November 5, 2011. No more are available to our Club at this time.

We raffled off the first 4 pairs of tickets at the UND Night in April, and we plan to raffle off 4 additional pairs of tickets at the Student Send-off Picnic on August 7th.

Rules for Student Sendoff Raffle
In order to purchase raffle tickets, one must be a current dues paying member and be in attendance at the Student Sendoff event. The raffle drawing will be held that same day. If you are lucky enough to be one of the four (4) raffle winners, the pair of tickets will be made available for purchase at $200 per pair (because you will be purchasing the football tickets at a premium, your contributions above the face value of the ticket may be deductible in accordance with applicable tax laws. Please consult your personal tax advisor for details). Also, please remember the Club will receive these tickets three (3) weeks prior to the game at Wake Forest.

Raffle tickets will be 1 for $5 or 6 for $25. There is no limit on the amount of raffle tickets you may purchase; however, we are limiting the tickets to one (1) pair per family. No exceptions. Current winners are not eligible for winning additional tickets.

Again, in order to purchase raffle tickets and win, one must be in attendance for the Student Sendoff.

Please NOTE: Football tickets are a tremendous source of additional revenue for our Club. Due to our current club “A” size level, we were expected to add several activities to maintain our mark as a Club of Excellence. Some of those new activities this year are the Summer Service Learning Program and Excellence in Teaching. The generous ticket profits help us offset these new costs within our Club’s operating budget. This additional revenue, in turn, helps us maintain low dues to our members each and every year. And without continued annual due payers, we would not have the necessary funds to maintain the livelihood of our Club and local activities.

Ticket Resale Policy
If you wish to purchase any of these tickets, the University of Notre Dame ticket resale policy is very specific. Our Club will also include a copy of this Ticket Policy with your mailed tickets. If you have questions about the current ticket policy, a copy of the policy is located at the following website: http://www.und.com/tickets/tickets-resale.html. Our Club bans violators of this policy for a minimum two (2) years from Club football ticket purchases as you may jeopardize our Club’s future ability to obtain and access football tickets. If you find yourself needing to resell your tickets, our Club will repurchase the tickets at the face value.

If you have any questions, please contact Rookie at rookieatnd@yahoo.com. Again, we thank you for your continued generosity and patronage! And we will see you in August!!

GO IRISH!
Join a Local Alum in Keeping Falls Lake Clean!

Melvin Pena (ND ’99, ’01), a local alum living in North Raleigh, is a frequent kayaker at Falls Lake. Specifically, he kayaks at the part of Falls Lake on the northern end of Six Forks Road, between Hwy 98 and Pleasant Union Church Rd, near the boat launch site on Six Forks. He started a group on meetup.com to try and find some people (who do or don’t have kayaks themselves) who might want to help him clean up a small area of the lake. All the details, times, and location are on the actual meetup site:

http://www.meetup.com/falcor/

He personally will be doing the cleanup for the foreseeable future, and he has meetups.

Football Weekend Housing – and help our club earn money!

RentLikeAChampion.com was started by three 2001 ND Alums who were frustrated with staying in dingy, overpriced hotel rooms for Notre Dame football games – often booked up over a year in advance. We thought there was a better way to enjoy a ND football weekend with our family and friends. So we set up a website for ND alumni to rent nice homes near campus for reasonable rates. These homes are just blocks away from the stadium and are owned by ND professors, staff and even include the former home of Knute Rockne.

Over the past 6 years, the number of homes available through Rent Like A Champion for Notre Dame football games has grown to over 50 houses per game. We have properties that can accommodate anywhere from 4 to 16 people. Often, ND Alumni clubs get a house to serve as “base camp” for their larger group and host BBQs on Friday nights and brunches on Sundays. Skip the hassle of being stuck in traffic both before and after the game and have just a 5 minute drive or even walk to the game. Be able to relax together and enjoy watching the other football games with your friends at night.

As fellow Notre Dame alumni, we are pleased to present a special discount offer for the 2011 Football Season. Our Alumni Club Matching Program will save you even more money on football weekend lodging and earn money for your local Alumni club’s scholarship fund. When booking, please enter the discount code, “Alumni 2011” in the box labeled “coupon/discount code” and you will receive a $25 discount on your purchase. We will then send a check to your local Alumni club for the matching amount.

We still have a multitude of homes available for every game including USC and Michigan State! Homes are even available for 2012 ND Commencement (May 18-20, 2012). With a pre-season top 25 ranking, the buzz surrounding this year’s team is reaching extraordinary levels. Let us help transform your Notre Dame football weekend into a memorable Irish experience!

If you have any questions regarding the Alumni Club Matching Program or Rent Like A Champion in general, please feel free to contact us at info@rentlikeachampion.com. You can also reach us over the phone at 1 - 877 - 4HORSEMEN. Go Irish!
**Upcoming Events**

**Young Alumni Event – Monday, July 18th!**
Trivia Night at Tyler’s Tap Room in Durham, 8pm.

**First Friday Luncheon – Friday, August 5th!**
12:15pm at the Radisson Governor’s Inn in RTP
Guests welcome! Contact Phil Carter for info: philip_carter@ncsu.edu

**InterFaith Food Shuttle – Saturday, August 6th!**
8:30 – 10:30am New volunteers welcome!
For more information about the food shuttle and directions to the facility, check out their web site at http://www.foodshuttle.org/ or contact Bill Cunningham at bill_cunningham@usa.com or Tom Rhoads at tom@suitepaws.com

**Student Sendoff Family Mass and Picnic – Sunday, August 7th!**
Ritter Park, Cary, NC
3pm, with Mass to begin at 4pm.
Click Here for directions.

**Women’s Soccer to play at UNC and Duke – August 26th and 28th!**
5pm, Friday August 26th at UNC
1pm, Sunday August 28th at Duke, Fetzer Field.

**First 2011 Gamewatch – Saturday, Sept 3rd!**
3:30pm Trali’s Irish Pub, Brier Creek.

**ND Women’s Soccer at UNC and Duke!**
ND Women’s soccer (2010 National Champions!) will be here Friday August 26th playing UNC @ UNC, at 5pm.
They also play Sunday, August 28th vs. Duke @ Fetzer Field at 1PM.
Come on out and cheer on the Irish!

**Coming Soon... 2011 Notre Dame Football!**
Year two of the Kelly Era kicks off Saturday, September 3rd at 3:30PM against South Florida. Please save the date and join us at Trali Irish Pub in Brier Creek!! See you in less than 60 days!!

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