

Mainspring News 2023  
Alpha Chapter

Alpha Sister, Alison Chapman retired in June 2022 after teaching Elementary Art for 38 years. She had previously taught in Maine, New Hampshire, and Florida before returning to her final teaching assignment (for 26 years) in Milo, Maine.

We were overjoyed to come together on Sept 12, 2022, and celebrate our first dinner meeting since the pandemic started. Illustrator, Carol Ouellette, and children's book author, Fredonna (Freddi) Ladd, were our guest speakers. They shared the story of how they met, and the special friendship they have made by working together. They had books available to purchase.

Sister, Janice Smith has a cute, new book out titled, " Experiencing Music Composition in Grades K-2", featuring a giraffe and his best friend, a bluebird. She and her co-author, Michele Kaschub, also had another book come out over the summer called," Experiencing Music Composition in Middle School General Music". The two women have written together for over fifteen years. In November, Janice also traveled to Reykjavik Iceland for five days and had a fabulous time. She attended a concert at the Hallrumskirkja Lutheran Church where four women musicians sang Icelandic Folk songs and played various instruments including; the Celtic harp, flute, and organ. Janice also did the Golden Circle Tour and saw the Northern Lights one night. Other highlights included a food tour and a lot of shopping.

Sister, Sandy Bailey-Bowen has been volunteering at the, "Caring Food Cupboard", in Old Town. Sandy also served as a ballot clerk in the town of Bradley for the June and November elections.

Sister, Sheila Cochrane is using a sound wall, as a literacy intervention technique, with a group of students that need extra support with letter sounds in literacy. The sound wall has pictures of how the mouth looks when making the letter sound and the different letter combinations of letters for the sound. For example, the a/b sound can be written as a b or bb. The students have been working very hard on using the letter sounds to write and read!

Sister, Rebecca Dauphinee, presented a program in October on vanilla, showcasing homemade vanilla extracts, salts, pastes, and sugars. The vanilla beans come from around the world, each exhibiting the difference between nature and nurture on the individual bean. Although there are only three types of vanilla orchids the terroir provides major differences. This was a wonderful learning experience for us all.

Many of Alpha Sisters attend the Fall Workshop and enjoyed the sessions as well. Keynote Speaker Bonnie Moore, spoke about, "Diversity in Communication", meeting, engaging, induction, and retaining, "Key Women Educators".

Alpha's November Auction once again, was very successful and raised \$721.00. \$400.00 went into the Hester Huff Grant-in-Aid account, and the remaining balance went into the general fund account.

The Alpha Chapter was delighted to induct Barbara Wing, (Thelma Merritt's Daughter), on December 5, 2022. The candlelight ceremony was held in the church sanctuary. After this beautiful ceremony and reception, the Sisters enjoyed Christmas card and tag making, music/singing, and how to make a centerpiece using a glass container with; boughs, cranberries, and a little water.

We all enjoyed our Christmas meal and are so thankful for the kitchen staff. Our Sisters have been very generous in other ways as well. Since September they have donated \$235.00 to the local food cupboards.

We are all looking forward to February when we can be together once again!