



Chapter News

Delta Chapter



It has been wonderful to return to a somewhat normal schedule of Delta meetings this year. In October, thanks to member Dottie Martin, we toured the new Emergency Medical Services and Training Center at Northern Maine Vocational Center. The new lab was set up so students could respond to a simulated emergency situation in which the instructors could give them real-time feedback. In November Ali Stone, Rena Kearney, Betsy York, Debbie Wright, Sherri Calhoun, and Elaine Hendrickson helped the Aroostook County Teachers of the Year provide the first FACES-Future of Aroostook County Teachers Symposium at CaribouCommunity School. (see photo) Three mini-keynotes presented obstacles

that prevent students from becoming educators, but also gave tips as to how new teachers can be recruited.

For the fifth year in a row, Delta donated a decorated tree for the Festival of Trees to raise money for the St. Apollonia Dental Clinic for children in our area. Our theme this year was Teddy Bears! This is such a worthy cause and we enjoy decorating the tree as a group and going out to dinner afterwards. Our Christmas party/auction was held at member, Robin Norsworthy's beautiful home. The auction raises money for our \$500 Early Career Educator Grant. We are pleased to announce that former member, Casey Johnson, has moved back to Maine and has rejoined our chapter. Sherri has been up to her ears in implementing a pair of grants from the Gulf of Maine Research and Stanford University designed to make students more aware of climate change and become better stewards of our environment.

Elaine has been working with Sherri as a consultant/cheerleader in her volunteer position as an outdoor educator at the Francis Malcolm Science Center. Julie Gardner is enjoying her second year of teaching math at Presque Isle High School. She has become advisor of the National Honor Society and has recently been nominated for the 2023 Aroostook County Teacher of the Year! Congratulations, Julie! Rena continues to sub to help fund an educational trip to Cost Rica. She is accompanying the Spanish teacher and six students from Central Aroostook High School over April break. Part of her itinerary is to go ziplining! She'll have stories to tell at Spring Convention!



Chris O'Roak and Diane Chandler

Epsilon Chapter

Epsilon Chapter once again celebrated a successful year for our *Cups of Care* program, lovingly led by Chris O'Roak. Here she is pictured with her number one helper, Diane Chandler, and the 17 *Cups of Care* that were put together and distributed to area schools in October. These *Cups of Care* are a coffee mug, filled with small goodies to help the new teacher have a self care moment (pens, pencils, post it notes, hand sanitizer, tissues, chocolates, granola bars, bag of tea, etc.). We provide

these as a way of saying, "Thank you for joining the teaching profession, we care about you". Over the past 16 years, 190 cups have been distributed to four districts, made up of fourteen individual schools, and spreading our care for new educators throughout Waldo County!



Cups of Care

Gamma News

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it. — Maya Angelou.

I can't think of a better way to summarize Gamma Chapter! The past few years have truly been challenging. Like other chapters, we've struggled through COVID limitations, faced a decline in membership and experienced disappointments trying to recruit new members. Yet, this dedicated group of members continues to demonstrate the true definition of perseverance.



When recent activities did not go as planned, the group could have simply thrown in the towel and given up. Instead, chapter members met in January to brainstorm ways to move forward. Committed members continue to meet regularly to plan and adjust as needed. Our group may still be evaluating next steps and determining how to overcome adversity, but I am confident that we will. In the meantime, and as an example of our unsinkable spirit, if you know of educators who are actively involved in teaching or learning outdoors, please share their contact information with any of our Gamma members. Stay tuned!



Kappa News

Our year began with our annual September auction for our general fund and no one attending left disappointed. There were many yummy baked goods and craft creations to bid on. At our October meeting Martha Norris gave a presentation on her mission trip to Tanzania.

The young students she worked with were beautiful and most appreciative of the basic school supplies brought to the school. It sounded like an experience of a lifetime that has left her with wonderful memories. Kappa welcomed its newest member, Stephanie Ward, a colleague of Lisa Dalrymple. She was inducted at our November meeting.

Stephanie is a very creative crafter and awed us with two chocolate holiday buildings at our December scholarship and grants' auction. In addition to the induction ceremony, Kappa had a "work session" to update membership files. We are looking forward to our social lunch in February at Kens when school is on break and a Book Group Chat in May when each member will share a favorite book they've read this year.



MU News

We had a successful Teddy Bear Fair raising more than \$3800.00 for our chapter and for our recruitment fund. Our tables included stuffed animals, crafts, Christmas crafts, white elephant, books, raffles, snack bar, and harvest. We had some community members who donated to our Teddy Bear Fair. Among them was Cindy Larock who donated 20-25 plants to our harvest table. She ran into a former teacher, Kim Ryder. Cindy was in Kim's second grade class during Kim's first year of teaching.

Four members of MU, Deb Hillman, Mora LePage, Adriann Tucker and Sue Tymozcko, are considered "Walkabouts" and have been walking inside and outside of various places in the area for years.

Renee Davis was director of the Edward Little High School musical "Mamma Mia" this past November. Renee was student director under Penny Jaskelen.

Our own Madelyn Given, a world traveler, is going to Brazil and hike the Amazon in January. She will hike, with a guide, in the rainforest studying plant life, observing amazing animals such as manatees, otters, dolphins and various bird species and with stops along the way to listen to folk music and a dancing festival in Parintins, Brazil. Before returning home, she will visit French Guiana, Barbados, St Lucia, Antigua and Puerto Rico. We are so proud of her accomplishments.

We had our annual Christmas banquet in December whereby we purchased gift cards and collected presents for needy families in the area. We were entertained by the Auburn Bell Ringers who played various Christmas songs for over 40 members. It was a special time for all members.

Nu Chapter

Nu Chapter has a lot of news to share.

Members contributed a total of \$170 for Change to Change.

Jean Lawrence is serving on the 250th Anniversary Committee for the Town of Waldoboro, planning the celebration for June 17-18, 2023. She was recently a participant in a Television Channel 6 video, taped at the Waldoborough Historical Society, about the history of the One Pie Factory, which was active for many years before closing in 1975.

The program will feature also the making of a pumpkin pie. It will be aired before Thanksgiving.

Beth Chamberlin and her husband enjoyed a ten-day Tauck Tour excursion through the Canadian Rockies. Beginning in Vancouver, B.C., they spent two days on the Rocky Mountaineer train to Alberta, Jasper National Park, the Columbia Icefields, and the Athabasca Glacier, then to Banff National Park and Lake Louise. The trip ended with a raft trip down the Bow River and a day sightseeing in Calgary.



Beth and Paul Chamberlin

Susan Davenport, who has performed professionally for a long time, is now a vocalist in a new ten-member dance band, the Watts Hall Band.

Susan Jones wrote a piece entitled "To Those Who Go Down to the Sea in Ships" for the dedication in Rockland of a sculpture honoring the crew of the cargo ship El Faro which sank in Hurricane Joaquin in October 2015. Some of her text came from Psalms 107:23-30. Susan also coordinated and directed a community chorus which sang at the ceremony.



Nu Chapter with toys

Nu Chapter's monthly meeting was a holiday celebration with a Yankee Swap which was lively and fun. We enjoyed a buffet dinner and sang Christmas Carols. Each of us brought new toys for our annual toy drive. A few days later, some members delivered the several bags of toys to our local Salvation Army, which has a Christmas Assistance program and a children's Angel Tree program.

Omicron News

As host chapter of the 2023 DKG State Convention, Omicron has the honor of choosing a charity that we as a state organization can come together in support of. We have chosen the JD Foundation, which is doing the important work of suicide prevention and awareness, grief support, and providing resources, all over the state from their office in Abbot. Cofounder Cheryl Morin provided the program for our February chapter meeting. You can read about her story and the beginnings of the foundation at <https://www.thejdfoundation.org/> but I want to tell you about what they are doing now, and what they need. P.S. We Care is a program that sends prayer shawls and resources to survivors of suicide. It is important to the foundation for people to know that they are not alone in this very specific grief, and for them to find the help they need. Another important aspect of the work is counseling people who may have suicidal ideation or need support in Life Stress Reduction. They also have a Back to Nature Program and Nature/Nurture Retreats for Women. These events, in part, help people experience the natural healing effect that nature has on mind, body, and soul. They also help build community relationships and strengthen support systems. There are several other programs, but the one I believe to be the most important, and how I first heard of the foundation, is Project Prevent. This project brings suicide prevention awareness directly to schools and our vulnerable students, and I believe this education has the power to save lives. Sadly, the foundation has been unable to run this program since before the Covid shutdowns. So what can we, as a strong and resourceful organization, do to help? Obviously your monetary donations will be a great help to the JD Foundation, and that is all we are asking for at this year's convention. But what about beyond the convention? How can we support this vital work in our communities? The JD Foundation is suffering from an extreme lack of volunteers. Anyone can be trained in the work, and I think that those of us with an education background, and especially the ones still in the field, have an incredible opportunity to get this vital awareness back into our schools. On a personal note, I lost a student to suicide two years ago. Years before that, I had the chance to attend a couple of workshops put on by the JD Foundation. Some of the things I learned in those workshops were crucial in helping me process that event mentally and emotionally. I want as many people as possible to have access to that information. Please join me, and Omicron chapter, in honoring the work of the JD Foundation, and in furthering it.



Please Join Us in Supporting the JD Foundation

Thank you, Monica Demers, Vice President, Omicron



Sigma News

September 12 we installed our new officers, discussed our plans for attending Fall Workshop and also brainstormed our responsibilities for Fall Workshop 2023.

On September 24 Zeta and Sigma held a joint breakfast meeting with President Mary Hyland joining us. Mary shared Clara Soule information with us so that we could share it with all of our members. She also shared member benefits and how to obtain them. We had a great time socializing with each other.

A group of Sigma members met at Applebee's on Nov. 4 for dinner and then traveled on to Portland for our annual trip to the Museum of Art.

We had our Christmas get together on December 12. We sent Christmas cards to retired teachers and continued our plans for our 40th anniversary. We also enjoyed a delicious potluck dinner at Kathy Bartley's home.

At our executive meeting in January we continued our 40th anniversary plans and also responsibilities for Fall workshop.

Theta News

Theta has been implementing the year's plan that it created last summer. In September, we collaborated with 3 other women's groups for a sumptuous potluck dinner and a stimulating presentation by AAUW member Pamela Kallner on "Girl Power and Gender Equity." She reminded us that progress has been made in the last 50 plus years but provided statistics to show us how much work there still is to do. Joining us were members of American Association of University Women, Business and Professional Women, and Hancock County Retired Teachers.



We met in October to assemble 30 mugs stuffed with small symbolic objects to welcome, inspire, and encourage early career educators in area schools. In addition, we started planning a Resource Fair for new teachers that we will hold in March.

Clara Soule was the theme of our November meeting. Members filled out Christmas, Birthday, and Valentine's cards for former educators in nursing homes for distribution at the appropriate times. Rose scented soaps left over from the Fall 2021 Workshop were given out at Christmas along with the cards. Candy bags were delivered along with the Valentines in February. We continued working on details for our Resource Fair. After brainstorming a list of local organizations that provide educational experiences or materials, members signed up to contact some of them and gather information to include in a resource booklet that we will compile and distribute.

Some of us, including one guest (a potential new member brought by Julie) enjoyed a festive holiday gathering at Judy Bragg's house in December. Judy prepared a scrumptious casserole, and the rest of us brought sides and desserts. We played a few rounds of Christmas trivia and enjoyed a fun Yankee Swap. Judy and her husband Bob are fantastic hosts. It was a very pleasant evening.

In February, Theta finalized plans for its Resource Fair for Early Career Educators and any other interested teachers to be held on March 8. Speakers from Acadia National Park, Woodlawn Museum, and Healthy Acadia will share what their organizations can offer students and teachers in terms of both in person and virtual experiences, residential programs, and educational materials. We will distribute a resource booklet that includes area organizations that offer field trips, virtual visits, speakers, internet resources, publications, etc. at no cost or for a nominal fee. Free professional books will be offered. Refreshments will be served, and door prizes will be drawn. We will also let participants know about what Theta and DKG have to offer them and will give out brochures and bookmarks. We hope that this professional development opportunity will also turn out to be a recruitment event.

Zeta News

At our Fall meeting, Adele Charity introduces Justin Stygles, teacher at Lyseth Elementary School in Portland. Justin talked about the journey he took to write this book.

You will get to meet Justin at the S-T-R-E-T-C_H conference this March. He will be our Keynote speaker. His book, *I Hate to Read* discusses strategies he has learned to help the struggling reader.



Adele Charity introduces Justin Stygles

At our annual May meeting at the South Paris Fire Station we will be celebrating our 76th Zeta Birthday. Installation of Officers will be held followed by a puzzle and book exchange.

We are continuing our Welcome to School books program where every entering kindergartener in the Oxford Hills and Bethel region receives a new book from Zeta Chapter. This project puts books in the hands of over 350 students.

We welcomed our newest Zeta Chapter member, Laura Branch. Laura retired from teaching special education after 27.5 years. Laura taught in different districts before settling in with Bonnie Eagle High School, MSAD 6. She has been involved in club and high school swimming as a coach and as an official for 30 years. She continues to support student swimmers to this day. Please read below to find out about the Christopher Branch Memorial Swim Scholarship created in her husband's memory.



Laura Branch our newest inductee in Zeta Chapter

The Christopher Branch Memorial Swim Scholarship was created in his memory by his family and is open to all graduating seniors that participate in the Maine High School State Swim Meet.

Zeta chapter was asked if we would be willing to review and access the applications for the Christopher Branch Memorial Swim Scholarship. Brenda Sturdivant, Donna Kennison, Mary Lou Peterson and Julie Gomez volunteered to be on the Scholarship Committee and spent the afternoon of February 13, reading student/swimmer applications from around the state of Maine.

Reviewing the applications was an honor and supports the Mission Statement of DKG. Zeta Chapter looks forward to continuing to support Maine students through service and volunteer work.

At our November meeting cards were made for the residents of the Maine Veterans' Home in South Paris.



During our December meeting Jeni Jordan receives Personal Pantry donations to OHCHS from Julie Gomez, current president of Zeta Chapter of Delta Kappa Gamma Maine Organization which promotes professional and personal growth of women educators and excellence in education. Many of the members of Zeta Chapter are current and retired Educators of Oxford Hills School District.