

Alpha Chapter Newsletter

Highlights From Past February Years.



Happenings in The Lives of Some of Our DKG Sisters. (will cont. in March)

*Sandra B.B. is being active cross country skiing, walking and weight lifting, and enjoying her new Grand Baby.

*Diane B. is constantly busy, she is still working in RSU20 and works at the Family store.

*Debbie C. is busy with her granddaughters. She is also waiting patiently for her vaccine.

Linda H. is still exercising after her successful knee procedure. She did suffer a severe case of vertigo and was lucky to connect with a virtual doctor that gave her some relief. She is active keeping up with friends and family and hopefully will be traveling soon.

Brenna T. is doing much better. Carol and Lisa have both been in contact with her. She sounds more like herself and was even laughing over some of the conversations. She also has a roommate named Gloria. Brenna sounds so much stronger and is eating well. We discussed Rachel's 100th Birthday and Brenna knows her well. Rena Karney has also been in contact with Brenna. Hopefully this week she will have a person coming to take her for walks. This will make her very happy. Sending love and well wishes your way Brenna.

February



4th



Meeting



2013

1

NEXT MEETING

Our plan is to meet in March. We will let you know as we need to keep everyone safe.

2

UP COMING EVENTS

- *Stretch is Virtual
- *Spring Convention is Virtual
- *International Conference

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ON LINE QUICK TIPS:

Please visit the DKG State site, go to more , Chapters, and then Alpha Chapter

*Calling Tree Responses For Favorite Song:

Thank you Janice for the links:

- `Peggy S.: "You Raise Me Up", by Josh Groban https://www.youtube.com/watch?v=6lHV_aSVGa0
- `Judy T.: "Seven Daffodils", by The Brothers Four and she told me a lovely story about how her husband proposed to her with Seven Daffodils <https://www.youtube.com/watch?v=f8Y4l4JKPsE>
- `T W.: Josh Groban, "Dust To Ashes", from the Broadway show - Natasha, Pierre and The Great Comet of 1812 <https://www.youtube.com/watch?v=3THKCh0hemk>
- `Carol B.: any song by Adele
- `??? : "I need you," by John Batiste
- Gail B.: any song by Michael Buble'
- `Bobbie F.: "Moon River"
- `Sheila C.: anything American to folk, Avette Brothers to Neil Young
- `Beth K.: "Danny Boy"
- `Barbara C.: any song by Willy Nelson
- `Shirley E. & Carolee M.: "Hallelujah", by Leonard Cohen
- `Fawn C.: "Still The One," by the Orleans (They celebrated 50 years of marriage to 12/11/2020)
- `Hilda W.: "Climb Every Mountain"
- `Cyndi F. & Elaine G.: "Sweet Caroline", by Neil Diamond
- `Sue G.: "Oh What a Beautiful Morning"
- `Julia M.: "I'll Never Find Another You"
- `Linda M.: "You Light Up My Life", (Her wedding Song)
- `Anna B.: "Let It Be", by the Beatles
- `Sandra B. B.: a Christmas Song, "O Holy Night"
- `Patty S.: "Close To You ", by The Carpenter
- `Linda H.: Artist Chris Issac, Shining "Wicked Game"
- `Jane S. & Brenna T.: "The Sound of Music," by Julie Andrews
- `Debbie Z.: "New Kid in Town:, by The Eagles
- `Beth S.: "You Got a Friend ", by James Taylor
- `Richie S.: Artist Julie Andrews, Spoon full of Sugar, "Mary Poppins"
- `Debbie C.: "These are the Days," by Van Morrison
- `Lisa S.: "American Pie," by Don McLean

Our State President Donna Kennison has been very busy working out the details for our workshops and convention.
Thank you! Donna

Quatrains for the New Year:

February

Hail February, shorts one,
Replete with birthdays, beaus and
fun,
Valentines so red and jolly,

Poetry Book:

Silver Ships

By: Theresa Druley Black
EMAROY

A stalwart, ready heart so true
Is shown in all the deeds you do
Your gentle touch is time of need...
And deftness in both vine and seed.
With Artist eye you can portray
A scene that's somber, dull, or gay,
A sense of humor at a fall,
Of stories gay you will recall.
The folks like you, are fine to know,
May God's rich blessings on you flow.

*S-T-R-E-T-C-H your
teaching Workshop
March 20, 2021
Is Virtual

*Spring to Fall Convention 2021
April 30-May 1, 2021
Virtual as well

2021 International Conferences:
July 7-10, 2021-Portland Oregon
July 21-24, 2021- San Antonio, TX
July 28-31, 2021-Tampere Finland

Good Shepherd Food Bank From Melissa Huston, Speaker for February

GSFB is the largest, most comprehensive, hunger-relief organization in ME. With national guidance from Feeding America and deep partnerships with more than 550 agencies and nonprofits across the state-including food pantries, meals sites, youth programs, and healthcare centers, GSFB distributes nutritious food across the state to serve nearly 180,000 individuals each year, or more than 24,000 Mainers every week.

At the Height of the pandemic, 91% of its partners reported an increase in need in their community. In the months since, partners have continued to see a high level of need; on average, food pantries are experiencing a 25% sustained increase in need compared to pre-pandemic levels.

COVID-19 created the perfect storm of challenges in food supply, operations, and workforce, and continues to put strain on the charitable food system in Maine. In addition to these challenges, the number of people facing food insecurity throughout the state has grown due to job losses and business closures.

GSFB is committed to provide Mainers more nutritious food - including fresh produce from local farms - in a way that create social connections and builds personal agency in order to help more families and individuals out of poverty. GSFB is also committed to participating in and advocating for policy and systems change that all reduce Maine's dependency on the charitable food network.

The pandemic will someday fade away, but its impact on hunger won't unless we take action now. To learn more about GSFB's Campaign to End Hunger or to donate please visit www.feedingmaine.org .

Stay at Home Recommendations:

*History: (Previously know as The History Channel), is an international satellite and cable TV channel that broadcasts programs regarding historical events and persons.

*If you don't have cable or satellite like me you can watch "WORLD" on PBS, mine come in on 12-3.

NEWSLETTER INFORMATION: PLEASE SEND A NOTE ,PICTURE , OR EMAIL TO US BY THE END OF THE MONTH FOR OUR NEXT NEWSLETTER.

Hopefully we will be meeting in March, we are looking for information from our members for a section we are calling (**Happenings in The Lives of Our DKG Sisters.**) Examples could be:

Staycations Recommendations: Reading lists, recipes, movies, computer sites, crafting, Pinterest, Books and Puzzle swaps, TV sites, History, Travel, Hiking, Biking etc.

Health: Birth, Death, Health concerns **Pictures:**

Question of the Month: **What is your personal Goal for 2021?** Please let your calling tree Sister Know.