

PRESIDENTIAL AWARD WINNER SUSAN KOCH

DKG VT is proud to announce that Susan Koch, a first grade teacher at Union Elementary School, in Montpelier, Vermont and a member of Delta chapter was a Vermont recipient of the 2022 Presidential Award for Excellence in Mathematics and Science Teaching (PAEMST) and Presidential Awards for Excellence in Science, Mathematics and Engineering Mentoring (PAESMEM). Susan received the award for her hard work and dedication preparing young learners in the field of science. On a regular basis Susan plans hands-on activities for her young students to explore the realm of STEM. Her enthusiasm for science and her love of children inspire them to explore their world and look at the possibilities it holds for them.



DKG GOES to NEW ORLEANS!

Carol Barbagallo



Vermont sisters, let's get together this summer at the DKG International Convention in New Orleans! This year's convention will be held at the Sheraton on Canal St. from July 12 through the 17th. We will have the opportunity to hear two dynamic keynote speakers, attend informational and entertaining workshops, have the opportunity to vote on society business, and meet members from all over the world, networking, collaborating and learning! How about sharing a beignet and a cup of coffee or a bowl of gumbo and glass of wine while listening to great blues or jazz in the city which is rich in culture and cuisine and so much more. Please check out the International website's Event Page to view the amazing schedule of events. DKG International President Becky Sadowski invites us to connect and collaborate for DKG's future and reminds us "every member counts and we want you to be there!"



New Orleans





Here's to Brighter Days in 2022

May 2022 be a happy, healthy, hopeful year with the renewing and refreshing of our hearts, minds, and health as brighter days are ahead.

As DKG VT's president, 2021 was a busy year. I found that collaboration with members, chapter presidents, committee chairs, the executive board and the other presidents within DKG International is the key to a successful biennium. I have had the privilege of engaging with members across the state, visiting Epsilon's gracious chapter in the Northeast Kingdom and with meetings via Zoom, texts, emails, and phone calls. However, the upcoming Spring Convention hosted by Zeta chapter at Faith United Methodist Church in South Burlington on April 30 has me hopeful and excited. I am looking forward to spending time in person, connecting with old friends and making new friends.

This spring we will elect new chapter officers for 2022-2024. Please consider a leadership role in DKG VT, Chapters may need executive committee members i.e. presidents, vice presidents, recording and corresponding secretaries and treasurers as well as committee members. Or you might consider starting a new chapter closer to your home. Don't worry you will not be alone in any of these endeavors because DKG VT works as a team. Leadership training will be



Carol Barbagallo
DKG VT President

provided this summer to guide you as you begin your assignments and will continue through your biennium with help of mentors who have held the position and from the state executive chairs via Zoom and other forms of communication. You will have the opportunity in these roles to promote change and move DKG VT forward.

Thank you to all of you for continuing to advance the Delta Kappa Gamma mission statement of promoting professional and personal growth of women educators and excellence in education. You have worked to make the winter months more tolerable for Vermonters by participating in the Education Excellence Committee projects: Winter Warmth, donating warm clothing to those in need; by encouraging teachers during these extraordinary times by sending notes of support. You have participated in Super Sessions learning about women in the legislature, how to decorate cookies, and taking a virtual trip to the Galapagos Islands. Be on the lookout for news about the upcoming Super Sessions.

Also, please read the articles by chapter presidents about what has been happening in their chapters. Feel free to clone some of those ideas for your chapters. One important aspect of team work is to share!

DKG VT's website, masterfully administered by Claire Reczek, reczekc@comcast.net, and the International website are invaluable for ideas, information about leadership, networking, and a myriad of resources. Our Facebook and Instagram pages highlight great programs and significant happenings around the state. I encourage you to forward any pictures, articles and ideas to Claire to be posted on our website and Facebook pages in order to increase awareness of all the positive things going on in Vermont.

Please remember to call, text or email me if there is anything I can do to assist you, your chapter or committee. Looking forward to seeing all of you in April at the Spring Convention.

Here's to brighter, happier and healthier days.

Warmest regards,
Carol Barbagallo
DKG VT State President
cbrut@aol.com
802-236-3924

I found this on the facebook page of a friend who had just lost her 21 year old daughter. She died in her sleep. It was very sad, but I loved what her mother wrote. There are several thoughts that really resonated with me." I always reminded her that we could not let our lives be defined by one situation or circumstance. There was still joy in this world and so much to be grateful for. Staying stuck was a choice." I know that Covid 19 has presented us with many challenges and there will be many more ahead as we move forward in the new world in which we will live. I thought you would enjoy reading her post.

"There was a time when I could not stand up and tell my story without melting down when I got to the part about Mary and her struggles with her sensitive heart. And then one day it changed and I could without deep pain, fear or tears. I always reminded her that we could not let our lives be defined by one situation or circumstance. There was still joy in this world and so much to be grateful for. We had to turn the pain, fear and sadness over to God and keep moving whether we felt like it or not if we wanted to find the good. Even if it was in the smallest of ways. Staying stuck was a choice. I still believe all of this and have hope for more and more peace. I hope this for everyone struggling with something today... "

Stay Safe and well.
Marilyn Grunewald

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SCHOLARSHIP REPORT

Lorna Johnson

On Tuesday Jan.25th, I held an informational meeting via Zoom explaining the history, rationale, and criteria for our two State Scholarships. The Memorial Scholarship currently has two fully funded \$2,000 scholarships each for advance degree work. The Educational Enrichment Grant supports participation in seminars, conferences, research, chapter service projects, educational travel, Elderhostel, Para educator licensure, work designed to contribute to professional

development as educators/para educators, or in a setting advocating and supporting education.

As of this date, I have not received any request for either one. There is no deadline for applying. Applications can be downloaded at www.alphalambdavn.weebly.com or email me at lbj52@hotmail.com and I can send you an application.

Respectfully,
Lorna Johnson



February 2022

Vol. 1 p. 4

Epsilon News

- Epsilon's Sept. '21 meeting was at the home of Judy Sheburne – our planned location was unable to host us this year – we enjoyed a lively Founder's Day bingo game and we had an out of state DKG sister attend as well as a potential new member
- Oct. '21 meeting was in Lyndon and Carol Barbagallo presented a program on "chapter health and wellbeing"
- Handmade cards created by members were sent/given by DKG members to individual educators
- Life saver candies and encouraging posters with member notes and signatures were distributed to approx. 20 area schools

Dec. get-together sadly did not happen this year – perhaps next year

- A few Epsilon sisters braved cold winter conditions to bring Winter Warmth items and/or donations to a Sat. AM drop-off at NVU (Northern VT University) – items will be distributed in early 2022



- Upcoming plans include continuation of Encouraging words/handmade cards/candies distribution to educators as well as continuation of Winter Warmth initiative
- And hopefully in person meetings this spring!
- Sadly we lost 2 DKG sisters in recent months
Mary Mallon passed away on Dec. 4, 2021
Jeanne Moffatt Williams passed away on Jan. 4, 2022
Both are remembered for their dedication and kindness.
Both had profound impact on many children and families in our area.

Respectfully,
Sandy Blodgett

Gamma News

Gamma Chapter strives to stay true to the DKG purposes in our actions and service. I appreciate the efforts and work of all our members .

- **January 1st** We rang in the New Year via Zoom, a fun way to start the 2022 year connecting with friends and colleagues. Throughout the month of January our members collected outdoor winter items to donate to the Rutland community. The donations were in the form of money, handmade items, and purchased items such as winter hats, mittens, gloves, socks, neck

warmers. All items were delivered to Bennington, Rutland Opportunity Council, BROCC.

- **February** Mark your calendar this year's Soup Bowls for Hunger event will be on March 24th at RHS. The committee is planning a "drive-through" event with tickets, raffle items, and donations available on the Soup Bowls website. One of the benefits of having the website is it allows folks who are unable to attend to purchase raffle tickets or make a donation. Over the last few years, the chapter has collaborated with Rutland



High School it has been a very successful event. Though it will be different to pick up your soup and a bowl to bring home, the outcome remains the same to continue our support of the Rutland area food shelves. Thank you for your support!

Respectfully,
Paula Townsend
Gamma President



ETA News

Encouraging Thoughtful Action

Our ETA Chapter theme that we will continue to pursue in 2022 is: "Encouraging Thoughtful Action" with a focus on "Wellness, Mindfulness and Well-Being" which we incorporate into our meetings and activities. ETA sisters are always thinking of ways in which we show "Gratitude, Kindness and Wellness."

What's been happening in ETA? Well, a lot has been happening in ETA! ETA Chapter is determined to stay positive and healthy! That is exactly what we are doing. Our membership remains strong and the ETA TEAM and ETA COMMITTEES continue to plan and help our chapter move forward. We continue to keep our membership involved in ETA and DKG VT projects. ETA is proud to have inducted two new members, Janis Ketterer and Hayley Grossman. Janis is a retired Librarian and Hayley is a Guidance Counselor at Mount Anthony Union High School. Both new members

are very supportive of our ETA Projects. We continue to leave membership information in our local schools and invite prospective members to our meetings.

Another proud moment for ETA is having two ETA Members on the DKG VT Executive Board and one member as a DKG Committee Chairperson. ETA member, Donna Stone is the DKG VT Recording Secretary, and ETA member, Lisa Flynn is the DKG VT Corresponding Secretary. ETA member, Hayley Grossman is the DKG Woman Of Distinction Committee Chairperson. **GO ETA!**

ETA members are actively involved in the DKG Vermont Education Excellence



Committee's current project **WINTER WARMTH**. At our December 2021 Holiday Tea/Meeting, ETA Members donated hats, socks, mittens and scarves for our **ETA and DKG VT EEC WINTER WARMTH PROJECT**. On December 16, 2021, a couple ETA members delivered our WINTER WARMTH GIFT BAGS to nine Bennington area schools. During the week of January 24, 2022, we collected our second round of **Winter Warmth** donations to then give to more schools in our area.

Looking forward, ETA members, Lisa Flynn and Hayley Grossman have volunteered to file an application for ETA to the DKG International Educators Foundation (DKGIEF). The Delta Kappa Gamma International Educators Foundation supports effective educational projects, the educational and charitable activities of The Delta Kappa Gamma Society International, and professional growth of educators worldwide. Our application will address food insecurities in our area.

BETA News

Windham Southeast Supervisory District, in Brattleboro, will be welcoming Afghan refugees into our schools tomorrow. I will be introduced to some of these students in my music classes. We are very excited about this.

Beta Chapter has decided to donate 80 books that we have collected over the past couple of years to the new Afghan students. This will be our annual service project. We could not do our book project last year, due to

Covid. What a great way to welcome the new Afghan students to our school district! Thank you to all Beta Chapter members!

Rita Corey BETA President



The DKG VT Executive Board voted to submit two amendments to the membership regarding the schedule of state conventions and leadership conferences. The Board has learned that many state organizations now hold a state convention every other year and a leadership conference on the alternate year. A significant advantage of this new schedule would be the opportunity to provide incoming chapter officers, new committee chairs, and chapter members with up-to-date information, tools, and networking opportunities as they prepare for a new biennium. All DKG VT members would be invited and encouraged to attend a spring leadership conference (even-numbered years), emphasizing the role of all DKG members as leaders in formal or informal capacities. The state leadership team would be responsible for organizing the leadership conference. Responsibility for planning the spring convention (odd-numbered years) would continue to rotate among the chapters.

Martha Fleming, State Rules Committee Chair, has reviewed the Bylaws and Standing Rules to determine what amendments would be necessary to implement the proposed schedule for conventions and conferences as described above. She drafted two amendments which the Executive Board discussed and voted to send to the membership for action at the Spring Convention. Those amendments are printed in this Newsletter for your review.

Mary Ann Riggie, 2nd. Vice President

Together,
Everyone
Achieves
Much

FOR THE MARCH 2022 DKG-VT. NEWSLETTER
Respectfully submitted by Martha Fleming, Rules Chair.

February 2022,

Proposed additions/changes to DKG-VT 2021

Bylaws are in **RED**

Article VIII

COMMITTEES

Section A - 1

i. Technology

Section C

1. Society Business

i. The Technology Committee shall:

1. Shall coordinate with and assist the Communications and Marketing Committee;
2. Provide Technological assistance to the State and Chapters relative to electronic communications options, hardware and support;
3. Disseminate information to all members of DKG-VT.;
4. Assist Chapters and Members with the technology needed for conventions, conferences, meetings and accessing information.

February 2022

Proposed additions/changes to DKG-VT 2021

Bylaws are in **RED**, deletions are in **blue**

BYLAWS

Article VIII

COMMITTEES

Section C

3. Other

- a. Achievement Award Committee may present the DKG VT Achievement Award annually at the spring convention.
- b. Service to Education Awards Committee:
 - (1) may present **(the) an** Outstanding Service to Education Award **to non-members at Spring Convention** in even numbered years
 - (2) shall recognize annually those **Delta Kappa Gamma** - Vermont members who have reached **5, 10, 15, 20, 25, 30, 35, 40, etc.** milestone years of membership in Delta Kappa Gamma.



February, 2022,

Please refer to The Delta Kappa Gamma Society International, DKG VT State Organization, Bylaws and Standing Rules 2021 for the original language. Suggested changes are below in **RED**.

Changes to:

ARTICLE IX, ACTIVITIES,

Section A

Conventions, Conferences and Meetings

1. SPRING CONVENTIONS:

Business of the state shall be conducted at a Spring Convention held biennially in odd numbered years, (years that state officers are elected), for the purpose of taking action on reports, adopting policy, amending bylaws, establishing the amount of dues, and electing state officers.

Programs at Spring Convention should be exciting, interactive, interesting and purposeful with learning outcomes which result in professional development. Professional development certificates should be available at the conclusion of meetings. Spring Conventions shall be held at a time and place determined by the Executive Board.



2. LEADERSHIP

CONFERENCES: Conferences for incoming chapter officers, committee chairs and members shall be held biennially in the late spring of even-numbered years, (years that chapter officers / chairs are elected / appointed) for the purpose of providing training, meetings and workshops. Both the outgoing and incoming chapter officers and committee chairs would attend. All members would be invited and encouraged to attend to participate in programs that are intended to: provide leadership training, disseminate society information, highlight the role of all members as leaders in formal or informal capacities, and to allow for the sharing among chapters of successful and "not so successful" experiences. Leadership Conferences shall be planned by the Leadership Development Committee and held at a time and place determined by the Executive Board.

DKG VERMONT BYLAWS

ARTICLE VIII, COMMITTEES, Section C, 1, e

The DKG VT Leadership Development Committee shall plan and implement the Leadership Conferences programs for the state and chapter officers and committee chairs. The second vice-president shall serve as chair of the Leadership Development Committee.

ARTICLE XI

AMENDMENTS Section A

Bylaws may be amended at the biennial Spring Convention or biennial Leadership Conference by a two-thirds vote, provided notice of proposed amendments shall have been published to members at least 30 days before convening the convention/conference.

STANDING RULES

2. Conventions, Conferences, Meetings

2.2 A Leadership Conference shall be held in early spring in even-numbered years to provide leadership for all members, including outgoing and incoming chapter officers and chairs. (2022)

2.3 Each spring the Executive Board will determine if an International Society Ambassador will be invited to the following spring convention/conference. Three names will be submitted. (2022)

3. DKG VT Executive Board

3.2 The spring Executive Board meeting shall be held on the Friday evening immediately preceding the Spring Convention and the Leadership Conference. (2022)

END



We are “a supportive, lifelong, learning community/organization for women educators”. One can also add, “for women educators who seek to grow personally and professionally to make an impact locally and globally.”

(Judy Merz presented this quote in a presentation in 2016, slide 34.)

I love this quote and keep it hanging on the wall in my work area, along with artwork from

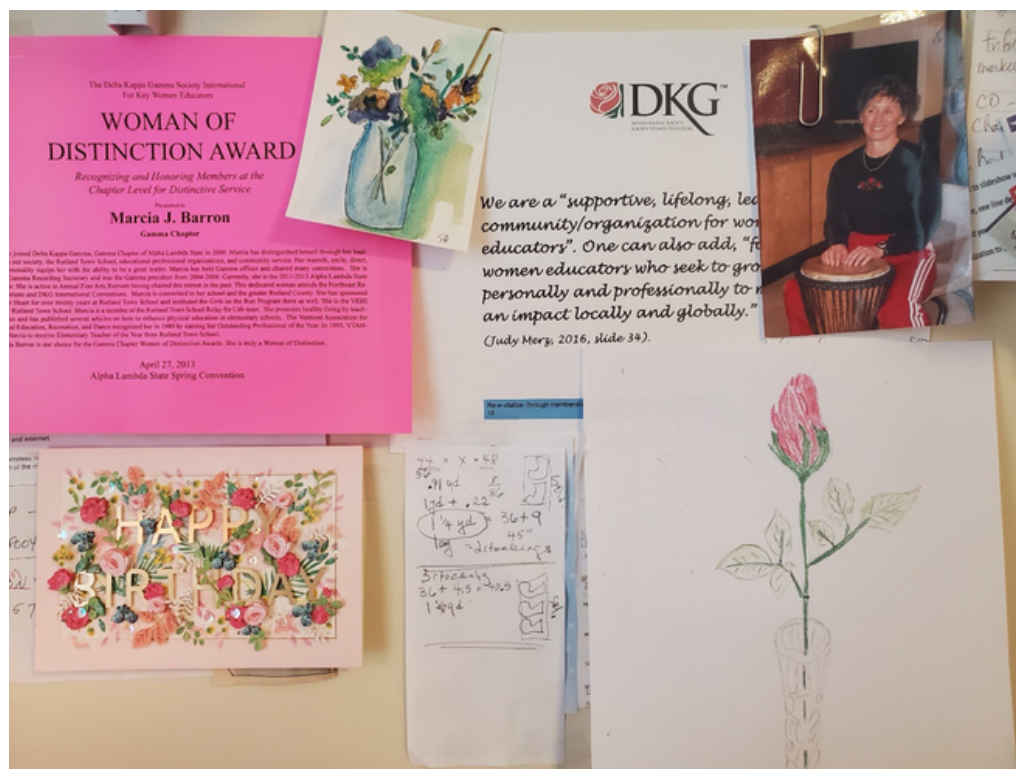
Jan Danziger and Joan Kirchoff, and mementos of my participation in Women in the Arts Retreat from drumming to sewing Christmas stockings.

A day doesn't go by that I am not reminded of my membership in DKG. The community, the sisterhood, the importance of this participation in my life provide me with a sense of purpose and a warm sense of belonging.

I have friends, community based projects, committee work, and the opportunity for travel or more leadership positions as I choose.

Really, being a DKG member can be as much or as little as you decide. If the adage, “You get what you give” is true, what do you want to get out of your membership?

Respectfully,
Marcia Barron



Elevator Speech

DKG is a professional organization of key women educators with more than 62,000 members in 17 countries worldwide. Our mission is to promote the professional and personal growth of women educators and excellence in education. We provide scholarships, leadership training, mentoring, and global networking opportunities for women. www.dkg.org





DKG VT Ad Hoc Technology Committee Report

Winter 2022



February 2022

Vol. 2 p. 9

The DKG VT Ad Hoc Technology Committee met on Thursday January 27th at 6 pm via zoom. There were 4 members present for the meeting.

Each member in attendance shared technology successes, hopes, dreams, and immediate needs if any for their chapter. This will continue to be an ongoing discussion for this committee as technology is ever evolving.

Claire Reczek shared that she has the DKG VT Facebook page up and running and that she has been adding information to that as it is available to her. There was also discussion about the DKG VT Website and possibly hiring a consultant to help guide this process. Claire has researched alternate platforms and contacted International for guidance as well.

Michelle Gilman has started sending out all State and International information to all members of DKG VT.

This ensures that all members are receiving the information at the same time across the state. This information is coming from michellegilmanvt@gmail.com. You will notice that the emails are blind cc'd to you. I am sending the emails that way because there are so many recipients.

Michelle Gilman will also be compiling and sharing with Chapter Tech Representatives the pieces of Technology that she has discovered that have worked well to have both virtual and in person meetings at the same time.

There was also discussion to begin to form and clarify the role and responsibilities of the DKG VT Technology Committee in the future. The DKG VT Ad Hoc Technology Committee will be scheduling another meeting in mid to late February to continue to identify the committee's roles and responsibilities moving forward to best support DKG VT Executive Board."

I encourage each member across the state to please share your technology hopes, dreams and immediate needs with you chapter technology representative or myself. There is no silly question believe me when I say if it is a question, that you have many others may have the same question and haven't asked. Your feedback is important to help guide the work of this committee and ensure that we are successfully able to help support and meet the needs of DKG VT moving forward. As always if you would like to reach out to me directly, please email me at michellegilmanvt@gmail.com or call me at **802-274-4843**. When emailing please start the subject line with DKG. This will help me to sort through my email more efficiently and not miss your message.

Respectfully Submitted,
Michelle Gilman
DKG VT Ad Hoc Technology
Committee Chair
Epsilon Chapter

Health and Wellness

Claire Reczek: Gamma Chapter



3-Ingredient Rose Petal Sugar Scrub

<https://www.happinessishomemade.net/rose-petal-spa-sugar-scrub-recipe-tutorial/>

To make the sugar scrub, start with 1 cup of dried rose petals. Pulse petals in a food processor until they become teeny tiny flakes.

Combine the crushed petals with 2 cups of sugar, 2/3 cup coconut oil and 6-8 drops of your favorite essential oil for fragrance (optional) – lavender, lemon and vanilla all blend nicely with the light rose scent.

Mix well and then spoon into a storage container. This recipe makes about 16-18 ounces of sugar scrub, so it fits nicely into a pint sized mason jar. Just add a cute fabric jar topper and a ribbon, and it would make a wonderful gift idea!



Registration information for both the seminar and hotel accommodations are available in several areas. The attached ad has a QR code that brings you right to the forms. A press of your smartphone camera will do the trick! It is also available on links at our US Forum website right here at <https://www.dkgusforum.com>.

Signing into the <https://www.dkg.org> site you will find an ad on the rotator for the National Legislative Seminar. Clicking on the ad will bring you to the NLS page with the registration and hotel links on the US Forum website.

Carol R LaPolice

DKG U.S. Forum 20-22 Steering Committee NE Representative

NATIONAL LEGISLATIVE SEMINAR MARCH 6-8, 2022 HOLIDAY INN AIRPORT/CRYSTAL CITY, ARLINGTON, VA

Brandon Graham,
*Manager, State Policy
Advocacy and Public Policy,
NAMI*



Alma Couverthie,
*National Organizing Director for the
League of Women Voters.*



Laura Peralta-Schulte,
*Senior Director of Public Policy
and Government NETWORKS*

Information on schedule, additional speakers, registration and Hotel reservations can be found at www.dkgusforum.com

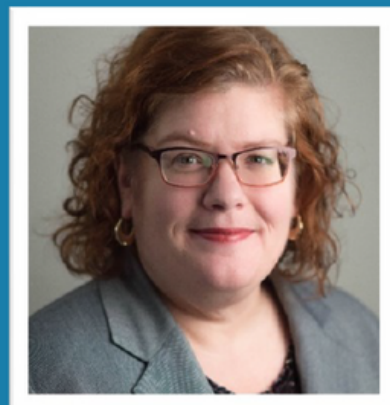


DKG US FORUM NLS March 6-8, 2022

The US Forum Steering Committee invites you to join us in Washington D.C. for the National Legislative Seminar. Information can be found on our website: www.dkgusforum.com



**National Speakers on
Legislative Issues
that affect women,
children and
education
Turning on your
Advocacy Voice,
Mental Health, Social
Justice, Voting
Rights, Education**



**Keynote Speaker
Lisa Maatz, Senior
Adviser/Organizing Director,
Ohio Citizen Action**



During COVID: Reflecting on Educational Travel And Teacher Exchange Program



February 2022

Vol. 2 p. 11

In 1994 (almost 25 years ago!) I participated in a teacher exchange program with Project Harmony. I, along with a colleague, visited Russia in the cold of winter for 2 weeks. Traveling to a country across the ocean was a dream come true for me. I still remember the excitement planning, packing gifts and thinking about experiencing another culture firsthand. We were airborne after our original flight was delayed a day because of a major winter snow storm. We were hosted by kind and generous Russian teacher families who opened their homes to us.

We were in Moscow, St. Petersburg and Petrozavodsk. There are so many memories – bitter cold, rich history and architecture, beautiful churches, museums, palaces, concerts, a Dr. Zhivago worthy train ride and visiting schools. I remember the grandeur of St. Basil's in Red Square and I remember the

church in the countryside ravaged by war yet still a reverent and holy place.

I have 3 boxes plus of souvenirs, mementoes and gifts. A white rabbit fur hat, scarves, nesting dolls and a tea pot to name a few. The many slides and photos are a window into the memories of the people and events they captured in time.

The other half of the exchange was Russian teachers coming to visit here in the states. The teachers hosted by my friend Nancy and I visited our school and taught lessons and answered many questions. I remember thinking hard about what was important to share about our history and culture. I remember one of the things they especially liked was the mountains as both of them lived in the city.

One thing led to another and our family then hosted a Russian student for 4 years while she was a student at St. Johnsbury Academy.

This 4 year long journey added a depth and perspective to the high school experience for our 2 children who were also attending the Academy.

I have said many times since my trip that it was life changing. I felt different - the things I experienced and the people I met widened my perspective – it was a little wider. And I am thankful for that.

Sadly my colleague and friend Nancy unexpectedly passed away a few years after the teacher exchange. I especially cherish the needlework Nancy made for me commemorating the trip.

By
Sandy
Blodgett
Epsilon



ETA Chapter's Valentine's Day Project for Educators. ETA members met to attach our **ETA Valentine's Day Cards to Educators on bags of lollipops.** We delivered the TREATS to 10 schools in the Bennington area. The attached photo of our cards and treats was taken in the Teachers' Room at Molly Stark School in Bennington. The teachers will get ETA's **SWEET Valentine's Day TREATS** along with our words of encouragement on VALENTINE'S DAY..

The ETA Valentine's Day card reads: **A TEACHER TAKES A HAND, OPENS A MIND AND TOUCHES A HEART!** ETA is proud of our projects that we have done for Educators and their Learners these last 3 months and more.



Who is responsible for developing future leaders in DKG? YOU!
Every member of DKG is responsible for cultivating future leaders for the Society.

Consider the following to determine if YOU are doing your part to nurture future leaders for DKG.

- Have you nominated an outstanding educator for membership in the last two years?
- Have you searched out members who have a specific interest or skill in an area and encouraged them to share it with the members?
- Have you involved other members in the work of your chapter/state committee, so they become familiar with the work of that committee and feel comfortable in becoming a future leader of that committee?
- Have you encouraged others to step into leadership roles, assuring that you will mentor them when they had questions or concerns?

Remember, YOU were invited to membership because someone recognized your leadership potential. Now is the time to “pay it forward” and help cultivate future leaders for our Society.



Newsletter Editor Note

Hello! This is Meg Boraski Quinn here. Happy Almost Spring! A few things: we now have a Instagram and Facebook page that you can follow and check out what we are doing statewide here:

https://www.instagram.com/dkg_vermont/

We also have a Facebook page!

<https://www.facebook.com/groups/604761844147494>

<https://www.dkg.org/>: DKG International Website

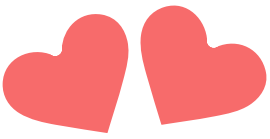
<https://alphalambdvt.weebly.com/>: DKG VT site

If you have any questions or want something in the Newsletter contact me at boraskim431@gmail.com or 413-364-1254.

Mission Statement

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.





February Relationship Questions



February 2022

Vol. 2 p. 13

This February Newsletter's overarching theme is relationships so relationships with friends, colleagues family, partners, pets etc.

How have your relationships changed these last few months?

What is one goal you would like to achieve with one of your friends, colleagues, family, partners, pets etc?

What is one way your friend, colleague, family, partner, etc. has shown kindness recently?

When I got Covid after Christmas, I had sisters reach out to bring food, offer to go grocery shopping, and offered to help in any way I needed. Daily texts or phone conversations were so sweet.

Marcia Baron

Over the last two years, I've received a daily text message from my brother-in-law, a school district superintendent. They were a great way to start my day. I never realized how much I depended on them until he decided to take a break. I miss them, however, he has promised to resume sometime soon.

"You alone
Are enough.
You have nothing to prove
to anyone." Maya Angelou

Paula Townsend
Gamma President

DKG has impacted my life for 45 years with wonderful fellowship across Vermont, United States, and the World with many educators who share knowledge, encouragement, birthdays, and sympathy at chapter, state, international meetings and in communication. DKG helped me to grow and love my teaching and now in retirement love the continued fellowship.

From Joan Kirchoff
Epsilon Chapter

Being retired, staying home A LOT, so small interactions give sweet moments. Managed to have a safe game night with a friend meeting our goal of not shedding a tear over the mutual friend who we lost last year due to cancer. Arriving with a bottle of wine and take out Chinese helped. Dice game of choice - Farkel! New goal to do it again allowing ME to be the 2 to 1 winner next time!

Cassie Major
Delta chapter president

I winter in Florida. While I am gone I keep in close contact with my siblings. This year my goal is to reach out to more of my Vermont friends over the winter through email, texting, calling, or on face book. One of my Vermont friends sent me a great idea of a gift bag to give to friends over the holiday. She sent the directions and pictures of her gift bags. It inspired me to make these gift bags at the holiday time. I thought I would pass on this idea of a homemade gift for friends at Valentine's Day -

Claire Reczek
Gamma Chapter





Because of the pandemic, the 2020 International Convention in Pennsylvania was canceled and due of Covid concerns last year in Texas and Washington state, I was not able to attend the International convention as I have numerous times with many of my DKG friends from Vermont and around the world. My hope this year is to attend the International convention in New Orleans with many of my DKG sisters to celebrate and learn, laugh and connect.

Carol Barbagallo
DKG VT State President

1. My relationships both personal & professional have required a new level of support for the emotional health of colleagues, family, friends & library patrons.
2. It is most important for me to "be there" for my family, colleagues, family, friends & library patrons. "Being Present" is not a platitude...it's reality!

3. My 93 year-old Mom acknowledges my support of her independence while kindly asking for help when she needs it...an ever-changing dynamic that demands kindness at its core!

ETA Member Linda Donigan

This year I have been able to see my family more. I live a little over an hour away from my parents and my Mom works halfway between my home and hers. Once a week we swap recipes and meet each other at her job to exchange them. Some things we've made are a Thai Peanut Quinoa Salad, Minestrone Lentil beef soup and baked buffalo chicken sweet potatoes. I was never into cooking before the pandemic but my Mom has always been. This is something we have been able to share together, which has been fun for both of us.

Meg Boraski Quinn Beta Chapter

My friends remain close and we support each other through phone calls, emails, book chats and more.

Almost on a daily basis I say to my friend, "Stay safe, stay warm"! I regularly am sending emails to my colleagues to offer my support. Zoom meetings are common now!

One goal is to make sure they know I am here for them. Need something? Let me know. :) My Black Lab, Libra, puts smiles on my face many times a day and I do the same for her with our quick walks. One goal is to keep each other happy and healthy.

My friend continues to meet with me at Church every Sunday. It gives us time to be thankful and blessed and to have a chat with her over coffee. My colleagues send me THANK YOU emails filled with kindness. My husband shows patience when I have Zoom Meetings one right after another!

ETA Member Donna Stone

The relationship with my family has grown closer and I have started having a family dinner at my house on Sunday evenings.

One goal I would like to achieve with my friends from afar is to make more time to stay in touch in person or through ZOOM.

My husband gives me space when he knows I have been under tremendous pressure at school.

ETA Member Lisa Thurston-Flynn

Add a little bit My relationships with my "Specials" team (Music, Art. P.E. teachers and librarian) at school have become closer. We meet often to brainstorm ways to encourage our students to do the best they can in these very trying times. We collaborate on topics and projects for our students. It is working very well!

Rita Corey BETA Chapter President

DKG-Vermont

The Delta Kappa Gamma Society International
2022 State Spring Convention hosted by Zeta Chapter

Theme: We Can Be Resilient!

Date: Saturday, April 30, 2022 If we are in person, MASKS ARE REQUIRED.

Place: Faith United Methodist Church at 899 Dorset Street in South Burlington, VT

Registration: 8:30-9:00 am. Morning refreshments will be provided. Cost is \$20 per person, due no later than April 14, 2022.

Hotel: The nearest hotel is Green Mountain Suites Hotel in South Burlington 802-860-1212. Mention Delta Kappa Gamma for special rates: King Bed \$149, Two Double beds \$169 or Suite for four (two bedrooms) \$289. They still have breakfast included. You must reserve by April 5 to get the special rate. No charge canceling at least 7 days prior. Air B&B and Expedia.com are other options.

Guest Speaker: Kelly Perline who provides workshops and retreats, focusing on cultivating resiliency, self-compassion and productive mindsets.

Lunch Menu: A variety of Quiche, salad, beverages and Founder's Day Cake

Convention Registration (Please do not register until after March 31 as we will decide by then whether the convention will be virtual or in-person.) There will be no charge for virtual. If the convention is in-person, there will be a virtual option.

Register AFTER March 31, 2022.

Please include a completed registration form with your check for \$20 made out to Zeta Chapter. Send this form to arrive no later than April 14, 2022 to:

Jill Wilkens

40 Elcy Lane

Charlotte, VT 05445

Name _____ Chapter _____

Email address _____ Telephone number _____

Would you like gluten-free quiche? Yes or no Would you like Vegetarian quiche? Yes or no

Will you attend the Executive Board Meeting on Friday evening, April 29, 2022? Yes _____ No _____

The board meeting will also take place at the Faith United Methodist Church. More information will be sent to those who will be attending.