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## ETA Chapter News Link

MARCH 2019

SISTERHOOD FOR PEACE

#### Greetings Sisters!

Hoping everyone has begun and continues to have a happy and healthy new year. It has been a long, cold winter (it always is in Vermont!) and I'm sure all are ready to "spring forward" through mud season, garden growing and Encouraging Thoughtful Action.

Have you been practicing "Wellness, Mindfulness and Well-Being" since our December meeting? Every small act of kindness promotes positivity (something greatly needed in our world today). This includes kindness toward others and toward yourself. Be well – pull out that yoga mat, use bath salts, try a new nutritious recipe and get a good night's sleep. Be mindful - read a good book, exercise your brain with puzzles and games, learn a new skill, take a nature walk, breathe, listen, take a mini break. Consider well-being – keep in touch with family and friends, donate to community organizations, volunteer time to local organizations, stay aware of community activities and news.



Sincerely from Cheryl King, News Link Editor And Your ETA Team

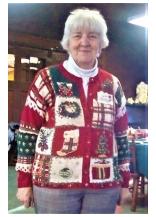
#### ETA MEETING – MARCH 26, 2019

Social 3:45 Meeting 4:00

- Dinner 5:00 Prepared and Served by Students
- Mount Anthony Union High School Career Development Center
  - Guest Speaker Callie Ginter, Southern and Central Vermont Girls on the Run Coordinator
    - Induction Ceremony for New DKG members

Send \$15.00 by March 19 to Nicky Forest, 207 Union Street, Apt 4, Bennington, VT 05201 to reserve your seat. Checks payable to ETA Chapter.

## December 9, 2018 - Holiday Tea



Linda Moxley - Full of Spirit!



Norma McShane – Master Basket Creator



Holiday Raffle Baskets – Annual Fundraiser









Raffle Basket Winners: Lisa Flynn, Pat Lafontaine and Eleanor Pulver



State President Marcia Barron sharing recent DKG news.



Sue Green accompanied members as they sang holiday songs.



Mittens, hats and scarves collected for local school children and the Bennington Coalition for the Homeless.

# GUESS WHO'S IN THE SPOTLIGHT!



# 1 – I am the President of the New England Music Festival Association which keeps me involved with young musicians and advanced conductors. I have been able to visit family in Michigan and Canada during times that I was unable to while teaching. I am writing music for orchestra as songs for choirs. I went to Israel in October to tour the Holy Land. I also play with the Sage City Symphony and Ring with the Second Congo Bell Choir. Who am I?

#2 – I participated in the Libraries Rock! Summer reading program for Bennington Free Library. Over 400 children and grownups signed a pledge to read and received reading records., bookmarks, certificates and free book (as reading incentives). We did 36 programs in seven weeks. Children from Bennington, North Bennington, Shaftsbury, Pownal, Woodford and towns across our Vermont border were involved. A highlight was a reception and book signing with Ann Hunter for her new book, Possum and the Summer Storm. She is a local suthor / illusatarator. I was great fun! Who am I?

### <u> Alpha Lambda Executive Board Meeting</u>









Donna Stone, Sue Green, Annie White and Cheryl King attended the February 9, 2019 Executive Board meeting in Rutland. Each Vermont chapter shared their activities, the new slate of officers was announced, and we discussed changes to the Standing Rules/By-laws and the upcoming State Spring Convention. Updates will be shared at our March 26 meeting.

## Planning Ahead

#### You are invited to attend

Alpha Lambda State Spring Convention:
Hosted by Delta Chapter
Theme – "Change and Growth"
Symbolized by the Butterfly
Saturday, April 27, 2019
First Congregational Church
1808 Scott Hill Road
Berlin, Vermont 05602



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Registration forms and information at our meeting.

# Our Next DKG / ETA CHAPTER MEETING



MAY 23, 2019 3:45PM Social Meeting: 4:00PM SECOND CONGREGATIONAL CHURCH BENNINGTON, VT

**BRIGHT SPOTS IN EDUCATION** 

#### Honoring the Southern and Central Vermont Girls on the Run Coaches with a certificate and a red rose.

### **Northeast Regional Conference:**

July 30 – August 1, 2019 Foxwoods Resort and Casino, Mashantucket, CT



## Red Roses to Dianne Lamb and Melissa Chancey

### STEP UP AND JUMP IN



- Please think about how you might help as we add to the team and committee chairs.
- Volunteer to be Secretary for one meeting of the year.
- Bring a guest to our meetings. Encourage them to join our organization.
- Keep in touch with our local schools and their staff members.
   Send holiday and vacations wishes.
- Check out the updated state website.

https://alphalambdavt.weebly.com/

- Call another member offer a ride to our meetings.
- Attend the State Spring Convention in Barre.
- Attend the Northeast Regional Conference next July August.
- Sing in the chorus with our state music leader, Rita Corey.

Answers to Guess Who - #1 Margorie Rooen #2 Linda Donigan