



BLOOMING ROSES

The Delta Kappa Gamma Society International
Oregon State Organization -- Alpha Epsilon Chapter

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Marie Mueller and Kathy Martell, Newsletter Editors

HAPPY NEW YEAR, ALPHA EPSILON & FRIENDS!

Let's pray that 2023 brings more peace to the world, fewer incidents of disease—including some viruses I could mention—less hunger, fewer homeless, refugees, and displaced persons, and more hope for a good future.

As I write this, the world population (per Google) is 8,045,311,477. In 2000: 4.218 billion. In 1950: 2.5 billion. We must have many excellent minds in that enormous number of folks, so I'm betting that positive ideas will be forthcoming. The world faces not only war in Ukraine, but also nuclear threats from North Korea, possible territorial moves by China, famine in north and sub-Saharan Africa, and unrest in Latin America which is impacting our own US borders.

Much needs to be done, so members of Alpha Epsilon can begin by learning, supporting each other, and working together this year.

Kathy and Marie

MARK YOUR CALENDARS

January 17, 6:30 p.m., *Bouncing Back from Burnout* with Erin Clubb from Salem Hospital's Community Health Education Center. (See page 2 for details.) It's on Zoom.

February 7, 5 p.m.: Come to the in-person meeting at **North Salem High School, Rm. 241, Tuesday, at 5 p.m.,** with a chance to tour Emily Hickman Tarbell's classroom and office areas. Join us at North—765 14th Street, N.E. Afterwards, we'll have dinner at Chronic Tacos, 268 Liberty St. NE. Check out their menu on the Web <https://www.chronictacos.com/restaurant/salem/268-liberty-st-ne>

Thanks, Emily for getting approval from your principal. She has said "yes" to giving us a tour of her classroom, including the team meeting area, and sharing about what she teaches. If any of you follow her on Facebook™, you know she did a hands-on unit with forensics (photo, p. 3) just before Christmas. It will be exciting to hear how that went. Invite a teacher friend to join us.

Watch for the February Trail, coming the last week of the month. It will be a "convention only" Trail with all things you want to know about our upcoming 2023 Convention: keynoters,

workshops, candidates for state offices and state committees, hotel room reservations, convention reservations, bountiful baskets to bid for, Unique Boutique goodies to purchase, yummy meals to share . . .

March TBA legislative update?

April 28-30 Oregon's Spring Convention

and it's in Independence! From my home, that's only 8.5 miles; from Kathy's, it's 11.4 miles, from downtown, it's 13 miles. Talk about convenient! Those of us who are in Alpha Epsilon should take advantage of the fun, great workshops, good food (those who have eaten at the Independence Hotel say their chef is great), and so few miles to drive.

Watch for the February Trail so you can quickly make your reservations to attend and to stay at the hotel for more fun.

May and June: TBA
Send your wishes to Kathy or Marie

CHEC ZOOM INVITATION

Salem Health Community Health Education Center is inviting you to a scheduled Zoom meeting.

Topic: Bouncing Back from Burnout

Time: Jan 17, 2023 06:30 PM Pacific Time (US & Canada)

Join Zoom Meeting

<https://zoom.us/j/91765990466?pwd=aGVCMnR5TV-BOSFRBZDI6NXNvMjh3QT09>

Meeting ID: 917 6599 0466

Passcode: 852453

One tap mobile

+16699006833,,91765990466#,,,,*852453# US (San Jose)

+17193594580,,91765990466#,,,,*852453# US

Dial by your location

+1 669 900 6833 US (San Jose)

+1 719 359 4580 US

+1 253 205 0468 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 444 9171 US

+1 360 209 5623 US

+1 386 347 5053 US

+1 507 473 4847 US

+1 564 217 2000 US

+1 646 931 3860 US

+1 689 278 1000 US

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington DC)

+1 305 224 1968 US

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

Find your local number: <https://zoom.us/u/abVHfEE9lF>



DECEMBER COMMUNITY SERVICE

Labeling Books for the Early Learning Hub

The Marion and Polk Early Learning Hub is very thankful for the group of us who showed up in December to label books needed for the Salvation Army's December Toys for Tots giveaway. Because employees for the Hub had already started the labeling and had even taken some home to do, we finished the job before the event started. Thank you to DKG members Lark, Marie, and Kathy for helping. Lark and Kathy each brought a friend to help, so there were five of us in the morning. It was a very busy time of year to be asking, but we got it done. Kathy signed up to help do the giveaway Thursday afternoon from 3:00-6:00 p.m. but because of the weather (ice!), she didn't go, so no report on how successful the giveaway was.

HUB PARTNERSHIP

Dolly Parton Imagination Library--Update

We continue to register more children for the DPIL program. As of January 2, 2023, we have **867** children registered in the four zip codes. Our estimated goal for our first year which ends July 29, 2023, is 900 children, so we're going to meet and beat our goal! We are expecting another grant to come through any day now and hope to start another four zip codes this month. One will be in Salem, and the other three are in smaller cities in Polk and Marion Counties.

More good news! As of January 3, we have expanded into another Salem zip code--97317--so children around the Four Corners area can now register.



BIRTHDAYS

Wishing you all a year younger!

January 31: Jill Snyder

February 6: Kathy Martell

February 19: Sue Nelson

JANUARY COMMUNITY SERVICE Welcome Tub for Salem for Refugees



Thank you, everyone, for signing up to contribute to the Welcome Tub! Kathy collected our tub from SFR, and we are ready to start filling it with goodies. As stated (email), you can bring your item(s) to lunch at Better Than Mama's, 1300 Broadway St. NE, on **Saturday, January 14 at noon**. If that time doesn't work, let Kathy know and she'll arrange for something different for you.



Emily Tarbell's "Crime Scene" for *A Murder on Monday*, designed for her unit on forensic science at North Salem High School.

Attend the February 7th meeting to find out "Who Dun It?!"

EARLY-CAREER LITERACY AWARD

IVEY UPPINGHOUSE, YOSHIKAI ELEMENTARY

2023: RECOGNIZE AND SUPPORT LITERACY!

In February, we plan to recognize **Ivey Uppinghouse** from Yoshikai Elementary with an **Early-Career Literacy Award** in honor of Mary Lynn Morgan, a former Alpha Epsilon DKG member. Ivey's principal, Zan Payne, was thrilled to hear that such a committed young teacher would be recognized. We are hoping that John Morgan, Mary Lynn's husband will be on hand to help present the award and recognize Ivey.

Mary Lynn passed away of dementia-related complications just short of her 70th birthday. We are in the process of gathering 70 books that relate to themes near and dear to Mary Lynn's heart: literacy, special needs, or diversity. As of January 4, we have 62 books. If you would like to donate to this award, just let us know and we will pick up your book donation or dollars.

Watch for upcoming information on the February day and time of the celebration of Ivey! Questions or donations? Please call Shirley Lomax at 503-602-2294.

Kathy found this on DKG's Facebook page. See the calendar below.

Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together

JOIN THE GALA ART EVENT: THE ARTSY TRIFECTA

A fun project, resulting in a gala art event is being planned for our OSO/ DKG Spring Convention.

Introducing the “**Artsy Trifecta**”: This first communication is an invitation for our DKG artists and friends . . . We are looking for volunteer artists to add their creative touches via paintings or mixed media collages. It doesn’t matter if you are a shy hobbyist or a professional artist, everyone can participate.

This collaborative art project will involve three different artists working on separate thirds of one canvas that will be passed around the state. They will not see what the other collaborators have done and will not know who they were teamed with until the unveiling event on Friday, April 28, at convention.

1. The **first** artist will start at the top with a “head.” When finished, that section will be covered with only two inches showing for the second artist to see. With our committee’s help, each canvas will be passed on to the next artist.
2. The **second** artist will add the “torso” to our imaginary character. Likewise, when the second section is painted, it will all be covered again, except for the lower two inches for the third artist to see.
3. The **third** artist will finish the canvas with a representation of the “feet.”

The “head, torso and feet” are vague suggestions. Your artwork can represent a human, animal, botanical, robot, or an imaginary figure! We are encouraging experimentation. As artists, you will be creating and probing the nature of collaboration, partnership, and unfettered artistic genius! It is meant to be fun!



Artists: Jayden Emery, Adina Barugalo, Cori Emery

Credits to Exquisite Corpse Project/ Parksville, B.C. Canada

You may have done this activity with your students or may remember doing this as a child on folded paper. There is a history about this process: In 1925, Surrealist artists in Paris played the game [Exquisite Corpse](#) to stimulate creativity through collaboration. Players would contribute to a drawing of a figure without seeing what the others had done. Like a game of Telephone where words got jumbled, the images became stranger and more imaginative with each player’s addition.

We are calling our project the “**The Artsy Trifecta**.” We have canvasses ready for the first volunteers to begin! Please contact **Dana Murphy** (mudspud1@gmail.com or 503-308-3477) for more information and to join in this collaborative project.

Should Alpha Epsilon have an “artsy” team? We might make a masterpiece. What say you all? This would be fun!!

Sign up to do a workshop where you can share your expertise, your research, and your interests. Many things “empower independence,” from a good job to decent cooking to knowing the laws. Share!

Oregon State Organization of Delta Kappa Gamma Society Presents



Independence Hotel,
Independence, Oregon

**Convention Workshop
Proposal Form**

April 28-30, 2023

This year’s convention will focus on promoting the personal well-being, enrichment, and intellectual growth of women educators. Whether in the classroom with our students or in our personal and professional lives, we strive to continue exploring, discovering and experiencing the learning process. All workshops are 45 minutes long and will be held on Saturday, April 29, 2023.

If you are interested in giving a workshop for this event and if your idea fits within the theme of our conference, *Empowering Independence*, please complete the Workshop Proposal and email it along with an electronic picture of yourself to Dana Murphy (mudspud1@gmail.com) by **January 27, 2023**. If you have questions, email or call Dana (503-308-3477). A hard copy may be sent to: Dana Murphy, 9875 SW Murdock Street, Tigard, OR 97224.

Name: _____ **Chapter (if applicable)** _____

Job Title: _____ **Address:** _____

Phone: _____ **E-mail:** _____

Workshop Title: _____

Workshop Summary (continue on the next page is needed):

Topic Areas (circle one or more)

- *Educational Setting
- *Early Childhood
- *Elementary
- *Secondary
- *Higher Ed
- *DKG
- *Personal Growth

We welcome your proposal and will contact you in February after the Education Excellence and Leadership Chairs determine which proposals are selected. All DKG members who will be presenting are responsible for registration and meals. Lunch is provided for non-members who are presenting. Please provide your own handouts and mention any technology you will bring that will need support.