

**The Delta Kappa Gamma Society International**

**PENNSYLVANIA STATE ALPHA BETA CHAPTER**

**Alpha Beta Bits**

Volume XXIX, Number 5 June 2019

**President's Message**

Dear Sisters,

As another school year comes to an end, I reflect on the adventure that I have been on, the students who touched my life and the opportunities I will have in the fall to do it all again.   It does not  happen in too many professions that you get to repeat what you do and make changes to improve for the next year.  We evolve with each new group of students.  I say to you, take your summer to refresh and renew yourself and prepare for you next grand adventure.  I hope to see you at State Convention, if not at our June meeting.  Have a safe and relaxing summer!

Educationally Yours,

Kris



**Thank you! Thank you!**

The " basket" for State Convention overflows. Our chapter's "Summer Family Fun" tub is so full that is necessary to also create a beach bag full of goodies. Thanks to all chapter members for your generous donations to the fundraiser which helps to defray expenses at the annual State Convention.

-----Lois Stoner



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**Chapter Dues   
Active $89; Reserve $32.  
Deadline - June 15, 2019  
Send to  
Joan McGreevey  
P O Box 52  
Fishertown, PA  15539**



**Meditation and Yoga for Clarity, Peace and Balance**

Our senses are assaulted daily with loud noises and music, chemical odors, endless to do lists, and the general hectic pace of activity of our lifestyles in the United States. At our June meeting, we will contemplate our mind and body connection, practice some poses, and get in touch with our Chakras, or centers of energy, located on the midline of the body. We will practice breathing techniques and allowing our minds and bodies to relax and just be in the present moment. I can’t wait to share what I’ve learned so far on my journey. There will be practice at the meeting and handouts to help you practice at home.

Melissa Flynn

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***INVITING OTHERS TO JOIN US…***

The health and viability of our chapter depends on our membership.  Think about someone with whom you work or have worked that would make a great fit for our Chapter as well as benefit from membership in DKG.  Share that name with Becky or Kris so we can begin the invitation process.  Let’s follow up on Immediate Past International President Carolyn Pittman’s “each one reach one” campaign and work to make our Chapter become vibrantly viable!

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*DON’T FORGET to check out the weekly quote (a new one is up usually on Sunday) on our website (alphabeta-dkg.weebly.com). It is located at the bottom of our home page.*

*Thanks to all Sisters who sent cards and notes to our PA World Fellowship recipient, Mehr Asma Javed. She has graduated and is moving on in her life.*

*Keep watching the future editions of the newsletter for next year’s recipient(s).*

***---****Becky Johnen*

*F.Y. I.*

**July Newsletter Deadline: Tuesday, July 9**

Send your email or snail mail articles to Pat Harrison by that date. Thanks.



June 14-16

Pennsylvania State Convention

Nittany Lion Inn, State College, PA

Meetings and Workshops

Birthday Luncheon on Saturday

delta - symbol

Tuesday, June 25

Bedford Elks Club

9:30 A.M. - Breakfast

Chapter Meeting and Yoga/Meditation Program

Planning Session

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Tuesday, July 30 – Thursday, August 1

Northeast Regional Conference, Mashantucket, CT

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Tuesday, August 6

Spring House Estates

6:00 P.M. Dinner

Chapter Meeting and Program

Chapter website address: [www.alphabeta-dkg.weebly.com](http://www.alphabeta-dkg.weebly.com)

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**Alpha Beta Bits**

Composed, edited, and printed

By

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