

# ALPHA ZETA NEWS

SUMMER EDITION - 2021

July 2021 - Happy summer!!!

Dear Alpha Zeta sisters,

“Make new friends, but keep the old. One is silver and the other gold.” That’s the girl scout memory I used to open my 2020 summer message: this year’s summer message is much the same, but it includes a wish for our continued patience, optimism and flexibility.

We have made it through a difficult year, and this year looks to be a better one for all –in and out of the classroom–due to advances in vaccines and knowledge. know that I am feeling much more positive than last year, and I hope that you feel the same.

I am sorry that I will be miss our September and November meetings due to my sister’s needs in Kansas, but I will be with you in spirit and perhaps I can even dial in to listen if we can manage cell phone connections too. Technology is our friend!

A few challenges or changes await us, still due to the pandemic. They are challenges that also mean opportunities, so please **mark your calendars** and save the dates of our planned gatherings.

1. I hope that you can attend **our first face-to-face summer picnic** at Mount Pisgah State Park on Wed., July 21, 2021. We have never had a picnic before, and I hope that you can join us at the Hillside Pavilion, near the park’s nature center, at noon for a hamburger/hotdog picnic. We will be under cover, so the event will happen rain or shine.
2. Our September 16, 2021 annual induction meeting will be held at the **Towanda American Legion, Post 42, 912 S. Main St.** [Due to the pandemic, the volunteer kitchen staff at the Wysox Fire Hall was no longer able to host our meal/initiation/ ceremony this year.]
3. We will also meet Sat., Nov. 6, 2021 at the Troy Baptist Church, for our basket raffle and light mid-morning refreshments.
4. Athens Methodist will host us on Sat., Mar. 5, 2022.

5. Our Sat., April 23 or 30 **meeting in Sullivan Co. will probably be at a local church** in the area since the Eagles Mere Country Club is undergoing renovations, not due to be completed until May 2022.
6. And, we hope that the members from Athens, Sayre and NEB will be looking for 2022 candidates to join this year's new members!

May we all have grace, wisdom and patience to help each other. I know that your support and friendship has meant a great deal to me this year. **Thank you for all you do.**

Sincerely,  
Phyllis Elaine McNeal, Alpha Zeta President

### **Kudos to Our Chapter at 2021 State Convention in June.**

Our Chapter was recognized for our Newsletters, Webpage and had 2 members giving workshops. **Mindfulness in the Classroom: by Sarah Adams-** Social Emotional Learning has become greatly important for our students. Many children come to school unable to learn due to trauma and stress in their home lives. Mindfulness is one way to help students and adults regulate their emotions and improve their mental health. I have incorporated several mindfulness strategies into my classroom including a daily yoga practice, meditation, breathing exercises, growth mindset, and a peace corner. These quick and easy strategies are increasing my students' mental and emotional well-being. Learn how you can add some mindfulness into your classroom, school, and personal life.

**Tips for New and Experienced iPhone Users By Linda Nickerson** - Your iPhone is packed with more features than you can imagine. Learning about the functions you didn't know about can make your life so much easier. In this workshop we'll discover 8+ features together.

Alpha Zeta members that attended the convention were Phyllis McNeal, Ruth Olson, Carol Lane, Stephanie Olver, Sherry Spencer, Linda Nickerson.

## News and Notes

### **From Vicki VanNoy:**

Wanted to let our Alpha Zeta membership know the Little Free Library received two generous donations of books, one from the Steve and Vickie Jennings family of East Canton and the other from our own Carol Lane. (Thanks again Carol) Between these and a few other contributors, we have over 400 books! I will keep a “stash” of books for replenishing the library throughout the coming months. All contributors agreed that books could be donated to our March book sale to benefit projects including baby book literacy. Also our Little Free Library located by the LeRoy Heritage Museum on Mill Street in LeRoy was included in an article for the Daily Review on the little library phenomenon around the United States. Because our library is registered, it appears on the map of all LFL in the country.

### **From Joyce Kerrick:**

My job as a contact tracer for the PA Department of Health was very rewarding and educational. The job ended in June and I am currently seeking new employment that I can also do from home.

### **From Toni Shaw:**

I retired as of June 24, 2021 (my bday) after teaching Family and Consumer Science for 32 years. I taught one year sub jobs in the following areas: Warren County High School (Front Royal, VA); Salisbury High School (Allentown, PA); Fleetwood Area Middle School (Fleetwood, PA); 29 years as a permanent teacher in the Athens Area School District.

My son, Shawn, graduated from Wilkes University with a Bachelors in Business Administration for Sports Management and is currently working for the Washington Football Team (formerly known as the Washington Redskins NFL Football Team) and recently got engaged.

My daughter, Wendy, will be getting married in August 2021.

Plus between my husband and I we were grandparents again for the 22nd time in April 2021.

**Did you see on TV?** - Linda and Bob Ferrario were recently seen on a Ferrario Auto Team commercial with their dog Maggie promoting adopting a pet from the Chemung County Humane Society and SPCA.

## **Member Spotlight**

This was a posting that was on facebook for the work that Vicki VanNoy does for The Bradford County Department of Public Safety.

### **Tribute to Vicki VanNoy**

The Bradford County Department of Public Safety shone the spotlight on Vicki VanNoy as they featured her on their Facebook page as a woman who has done so much for the Emergency Management Agency and her township. They stated that Vicki is the Emergency Management Chairman for Granville Township and has held that position for the past 12 years. She is a retired school teacher and visits with the residents at the Twin Oaks Personal Care Home. When she is working with us in the Emergency Operations Center (EOC), her role is the Assistant Public Information Officer (PIO). This means she is one who will gather all the information about a disaster and make reports to the news media, the Commissioners, and the Command staff, to name a few. She is also in charge of making sure of what gets posted to social media. This job is huge as she has to verify all the information that is coming in, keep up with what is going on and reporting to the Policy Group (Commissioners, Incident Commander) as well as the citizens of the county. She attained her Basic Certification on January 20, 2012 and her Advanced Certification on November 19, 2013. That is a lot of work because there are numerous classes that are taken on line as well as ones taken in the classroom. Vicki is a woman we can count on to help us in any way she can. She is willing to work on the EOC even if it's not in the PIO position. We know that when we call Vicki to help, she will be there as quickly as she can. We are very lucky to have such a wonderful lady willing to help us and Granville is lucky to have such a dedicated person as their EMC. We love when Vicki comes to help out or attend a training as she will always bring us the best cookies to go with our morning coffee. Thank you Vicki for all you do for us, your knowledge and skills are fantastic and appreciated.