

ADK Delta Chapter

November Meeting Minutes

November 10, 2020

Delta Chapter held its third meeting of the year on Zoom at 6:30 pm on Tuesday, November 10, 2020. Co-President Joanne Swenson called the meeting to order at 6:33 pm with a welcome to all and a thank you for attending our online meeting.

Attending: 18 members and 2 guests

JOY (Justice and Opportunity for Youth), this month's altruistic project, was presented by Jean Murphy. She reviewed its history, mission, and recent activities. She also thanked Delta for its generous support of the program and shared words from one of its current participants.

Chaplain Jodi's words of inspiration for us were introduced by a reference to Patrice Palmer's book *Simple Strategies for Stressed Teachers*. She then read the poem "Be Good to Yourself" by Walterrean Salley and introduced her brother, Michael Melnik.

Program: Michael is an Occupational Therapist and owner of The Energized Approach, a business based in Savage, MN, to help people make better choices. His presentation for us was "Work Safe at Home," a survival guide for prolonged computer use. From learning about the art of sitting, standing, and stretching to position, force, and repetition, and Blink!, Michael packed a powerful message in a 20-minute timeframe. He said Jodi would share his slides with us so we can review and use them during this stay-at-home COVID-19 time.

ADK State President Marie Gibbons gave a shout out to Delta for our membership and attendance at meetings. She asked that we work hard during COVID-19 to keep our sisterhood together and maintain our membership. She also made suggestions on ways to do this and asked that we note her 'Eblasts' that she sends via email every Monday morning. Since Marie lives in Grand Rapids, meeting on Zoom helped her be here with us this evening.

Reports:

Treasurer: Irene thanked the 23 members who have already sent dues for next year. Dues are \$71 and can be mailed to Irene by December 15. See her address below. Please write your check to MN ADK Delta Chapter. During October, \$500 was transferred to checking from scholarship. Five \$100 checks were written to our five scholarship recipients. We collected \$300 for the Library Book Project. A check was written to Chi Chapter for \$149.30 for the books.

Present Balances: Checking	\$3077.69	
Minus Gift of Life	-360.00	
Minus Dues	-1587.00	
Balance	\$979.99	
Dues that stay	368.00	Send dues to:
Total	\$1347.99	Irene Blohm
Savings	\$1,085.00	2911 Fremont Ct. SW
Scholarship	\$479.72	Rochester, MN 55902

Discussion was held about the \$150.70 left in the Book Project fund. A motion was made, seconded, and passed to place this amount in our checking account.

Correspondence: Renee had not received anything; however, Joanne and Irene had thank-you letters to share. Media Specialists from Elton Hills, Riverside and Pinewood, Hoover, and Sunset

Terrace wrote heartwarming notes of thanks for the Guinness World Book of Records books. Julie Ace wrote in gratitude for being awarded a scholarship and for remembrances when in-laws died.

Altruistic: Lisa B reported that **\$295.00** has thus far been received for JOY. Next month's project is Christmas Anonymous which is not accepting toys or doing food packing this year. Write your check to Christmas Anonymous and mail to:

Lisa Bolin
5718 25th Avenue NW
Rochester, MN 55901

Membership: No time for activity tonight.

Historian: No report.

Fraternity Education: Hearing directly from our state president!

Yearbook and Webpage: Pat J provided an update on the website. She and Joanne have been working on the new yearbook which will be sent via email in a PDF file on Wednesday. Look for an email asking if you would like to receive a printed copy sent to you. Be sure to respond. Discussion was held on whether the directory should be password protected on the website. It was decided to have one password for all, just for the directory part of the website.

News to Share: Pat Guenther shared what life is like in the distance learning world these days, things like curbside pickup for library books, making a lot of tutorials and video. It seems there is something new to do and learn each day.

Next Meeting: No meeting in December. Watch for emails from the December Committee (Joanne, Pat J., Jean O.). The January Committee is Lisa P, Lynn, Jeanette, and Norma. (No doubt it'll be another Zoom meeting – watch for notices.)

The meeting was adjourned at 8:00 pm with us missing Helen singing *Lamp of ADK*.

Respectfully submitted,

/s/ Diane Kinneberg