



### March Meeting The Club in Canton

Members of Gamma Epsilon enjoyed fine dining and an opportunity to strengthen their “inner being” at our recent meeting at The Club in Canton. Pam March, who teaches Tai Chi both independently and with the SOAR program was our guest. She shared a great deal of the history of Tai Chi and then brought us through a series of exercises to find our inner strength. It was an enjoyable and relaxing event.



Pam March demonstrates how to focus our inner energy.

Business items discussed at our meeting included:

- **Pi State Raffle Tickets** – a sheet will be attached with this newsletter, money will be collected by our next meeting, April 28. If you do not attend the meeting, please contact someone to bring your tickets and \$\$ or mail to Cindy Wells, 5957 State Hwy. 37, Ogdensburg, NY 13669
- **The 2012 Convention Mother’s Day Basket Raffle** – see details in this issue
- **April meeting change** – see the invitation in this issue

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**DATES TO REMEMBER:**

THURSDAY, APRIL 28, 2011

4:30 PM— 1844 HOUSE  
POTSDAM, NEW YORK  
SILVER SNEAKERS  
PRESENTATION

MONDAY, MAY 23, 2011

5:30 PM—METHODIST CHURCH,  
GOUVERNEUR, NY  
“COOKING WITH JOYCE”

"Knowing others is intelligence, knowing yourself is true wisdom.  
Mastering others is strength, mastering yourself is true power"  
*by Lao-Tzu*

## Thank you!

Hostesses Pat Washburn and Ann Groome display the table runner made by Diane Dailey. Thank you Pat and Ann for the wonderful job as hostesses! Thank you Diane for this beautiful table runner that was raffled at our meeting. Pat Washburn was the lucky winner!



## Mother's Day Raffle Basket



Pictured left is the beautiful Mother's Day Raffle Basket created with your generous donations and assembled by Diane Dailey and Ann Groome. Tickets are \$2.00 each or 3 for \$5.00. Please promote the basket in your work place or other places that you feel will help out. A separate flyer will be attached that pictures the basket, lists the items it contains and tickets for the raffle.

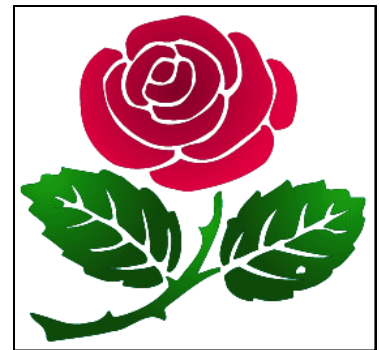
### *Gamma Epsilon Member Announcements:*

*Tote Bag project underway - Pat Washburn is completing a grant application for this project*

*Liz Gleason has a granddaughter: Margot*

*Sharen Gendebein's daughter-in-law, Carmen, is opening a Day Spa in Canton - called Glow*

*Jeanne Garner's son Peter is being deployed to Afghanistan*



"Time isn't precious at all, because it is an illusion.

What you perceive as precious is not time, but the one point that is out of time: the Now.

That is precious indeed. The more you are focused on time - past and future - the more you miss the Now, the most precious thing there is!" *by Eckhart Tolle*



Our April meeting guests will discuss the Northern Physical Therapy fitness program Silver Sneakers. Silver Sneakers group exercise classes offer you an opportunity to stay on track toward your health and fitness goals.

## TOTE BAG PROJECT WELL UNDERWAY!

Various Gamma Epsilon members have been meeting to work on the Nursing Home Tote Bag Project under the leadership of Lisa Smithers. It has been a fun trip back to the past in finding pictures and memorabilia of the 50's. Work is underway in assembling a notebook of pictures from this era with questions to help serve as conversation starters when visiting a loved one at a nursing home. Presently we are working with St. Joseph's Home and United Helpers in Ogdensburg and Kinney Nursing Home in Gouverneur.

Pat Washburn is completing an application for a grant that would help provide funds for this project.



**Our membership is proud to be involved in a new endeavor as part of our community outreach.**






**KUDOS to Mary Jo Whalen for her 50 year recognition as a Delta Kappa Gamma Member!**

## DKG-Tote Bag Project Update

The pictures are almost complete! Next Tuesday will hopefully be the last analysis prior to presenting the picture book at the April 28<sup>th</sup> meeting for members to review and offer suggestions. Pat Washburn is working on a Pi State grant to help with funding. Diane Dailey made a beautiful table runner that was raffled off at the March meeting. Thank you Diane! The April meetings will mostly focus on adding memory questions, tangible items, activities and content organization. Nursing Home Activity Directors will be contacted for their feedback and possible material contributions. Looking forward to the snowbirds returning! There is still a lot to do.

**APRIL**

						1	2
3	4	5 Work Session 	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21 Work Session 	22	23	
24	25	26 Work Session 	27	28 DKG Meeting	29	30	
31							

# Gamma Epsilon introduces...

the “Silver Sneakers” Exercise Program

Thursday, April 28, 2011 **at the 1844 House**  
State Rt. 11, Potsdam, New York

**4:30** – Registration      **5:00** – Dining



Join us for “Early Bird” dining & a presentation on  
Northern Physical Therapy’s low impact exercise program  
“Silver Sneakers.”

**HOSTESSES – DIANE DAILEY & ALLISON WHEELER**

**Dinners \$20.00 (Includes tax and gratuity)**

(includes Petite Green Salad with Maple Balsamic Vinaigrette, Beverage, and Chocolate Mousse dessert)

Asiago & Pesto Stuffed Chicken over Wilted Spinach and Forest Mushroom Ravioli

Dijon & Herb Encrusted Salmon Cooked in Wine with Chef’s Choice of Starch and Vegetable

Marinated Leg of Lamb Steak with Cabernet Demi Glaze with Chef’s Choice of Starch & Vegetable

Mediterranean Pasta with Feta Cheese, Olives and Tomatoes in White Wine Sauce

Windy Point Black Angus Sirloin Steak in Brandy Peppercorn Sauce with Chef’s Choice of Starch & Vegetable

R.S.V.P. by April 20, 2011 – Allison Wheeler, [awheel@twcny.rr.com](mailto:awheel@twcny.rr.com) or 386-4601

Make checks payable to: Gamma Epsilon

**REMINDERS**

TOILETRIES FOR RENEWAL HOUSE

A BOOK DONATION (IF YOU DIDN’T BRING ONE IN NOVEMBER OR MARCH)

**HOPE TO SEE YOU THERE!**

## Mother's Day Raffle Basket

Tickets: \$2.00 for 1

\$5.00 for 3

Proceeds to benefit Delta Kappa Gamma



Contents: 4 bottles of Wine, Wine Glasses, Napkins, Gift Certificates (\$50 Gran View Restaurant, \$20 Mullen's Restaurant, \$10 Pickens Store), Wine Charms, Wine Stopper, Wine Chiller, Chocolates, ISO Hair Products, Vera Bradley Sticky Notes Pack, Floral Scarf, Floral Printed Galleria Umbrella, Cocktail Labels, Specialty Crackers, Ironwood Gourmet Cutting Board

	 <p>INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS <b>DELTA KAPPA GAMMA</b></p> <p><b>Gamma Epsilon Chapter Mother's Day Gift Basket Raffle</b></p>
Name _____	
Address _____	
Phone _____ E-mail _____	

1 ticket - \$2.00 /3 tickets - \$5.00      Drawing at April Dinner Event

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2011 Pi State Awards Benefit Ticket for state awards,  
scholarships, grants-in-aid

Name \_\_\_\_\_

Chapter \_\_\_\_\_

Phone \_\_\_\_\_

Drawing at Pi State Convention, Apr.29- May 1

Donation: 1 for \$1; 6 for \$5; 12 for \$10

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## **Gamma Epsilon Chapter**

GAMMA EPSILON CHAPTER  
OF DELTA KAPPA GAMMA

*Cindy Wells, Chapter President*  
5957 State Highway 37  
Ogdensburg, New York  
13669

Phone: 315.393.5916

E-mail: [dwells5@tvcny.rr.com](mailto:dwells5@tvcny.rr.com)

**Visit our website:**  
**<http://www.deltakappagamma.org/NY-gammaepsilon/>**

Please print out the tickets for the Mother's Day Basket Raffle to sell in your area (on page 7).

The Pi State Benefit Tickets are also enclosed, any donation you can give toward this effort are appreciated. These tickets are used for Pi State Scholarships and Grants-In-Aid. Please bring money to April meeting or send before the meeting. Hope to see you at the 1844 House on April 28th!!