

## ***Take a DIVE DEEPER into CHAPTER PROGRAMS***

Presented by Caroline Gilmore, FL Alpha-FL President Elect

This is a collection of programming ideas from the two sessions at Gulf Region 2022.  
If you would like further information on the program, contact the chapter/individual listed below.

### **SPEAKERS**

MS	Alpha Epsilon	Elaine Bridges	Our speaker had traveled to Haiti and did workshops for moms to be there. She shared slide presentation with pictures. This addressed World Understanding, Altruism and education. Our chapter made bags with sanitary items for girls at schools.
FL	Gamma Tau		Local Newspaper columnist
GA	Alpha Tau	Nancy Locke	One of our chapter members talked about the importance of knowing what to do and who to contact in case of medical emergency at a meeting or other AΔK event. She had forms prepared for us to completed concerning our medical concerns. The CP keeps this information.
MS	Alpha	Carla Nations	Makeup Consultant is coming to show how to apply makeup and NOT look fake! Also, will share skincare tips.
GA	Alpha Pi	Shirley Brotch	Veterans Celebration: USO workers came and discussed their roles.
FL GA	Gamma Omicron Beta Eta	Joan Tatum Bonnie Devereaux	This year we had the superintendent come to our meeting and chat about the school system.
GA	Delta	Carolyn Fetner	Speaker that was a former school media specialist and a published author.
FL	Delta Omicron		One of our sisters is in DAR, dressed in costume and talked about her life as an 1800's character.
LA	Alpha Nu	Elizabeth Arcement	We are inviting our State President to attend one of our meetings, ZOOM or in person
FL	Gamma Kappa	Debbie Grimes	Environmental Program-Mosquito Lagoon and water concerns presented by Indian River, Launlee Thompson, Dixie Crossroads
FL	Beta Lambda	Amy Blocker	We had a speaker who was running for the School Board.
GA	Beta Psi	Diane Phillips	Invited the Veterinarian for our local animal shelter to speak about their services. We provided supplies they needed for the animals.
AL	Alpha	Georgia McCain	One of our best was having a physical therapist to come and show exercises to help over come the demands on the body when teaching.
GA	Alpha Mu		Guest Speaker spoke about tips for staying healthy: breath, laugh, eat right, and exercise.
FL	Fidelis Nu	Marguerite Byrd	Learning about native flowers from Pensacola area gardeners.
AL	Gamma	Margaret Feld	Antique expert gave one item per member value on a treasured item. Our own "Antique Road Show".
AL	Beta Chi	Jan Thomas	Veteran's Day ZOOM meeting. We had a married couple who served in the military and now assist the Salvation Army speak to us.
GA	Alpha Beta	Marie Woodward	Travel Talk-Members shared their adventure on trips. Some had pictures and artifacts to share.

GA	Alpha Gamma		A speaker from our county that runs EmployAbility. This program helps adults with special needs become employable at a job.
FL	Beta Xi		Speaker about Australia for World Understanding.
GA	Beta Sigma	Melissa Kinard	Speakers-AAA Driving Safety and Medical Examiner
FL	Gamma Omicron	Dabney Pelegrin	A member of the Sarasota Cyber Crime Division gave a presentation on "How many ways one can fall victim to cybercrime".

## FOOD

FL	Gamma Tau	Marilyn Treusch	Potluck meal
FL	Phi	Debra Fischer	We had a tea party at my house. We wore our tea party attire and made 8 pearl cards for Gulf Region, 2022.
MS	Xi	Holly Romines	World Understanding Focus: Each member brings a dish and place a card with the country/info about the food brought. We also used this program as a fundraiser for project CHEAR by donations for the meals. There was a speaker from CHEAR and an International food trivia game from the Int. website.
FL	Alpha Omicron	June Shreve	Holiday dinner meeting with a white elephant auction where proceeds go to our altruistic projects.
GA	Beta Theta	Pat Smith	June salad gathering turned into a program discussion for the new year.
AL	Beta Xi		For Valentine, we had a chef come and present menus and recipes on safe nutritious for the heart and diet. She showed us ways to substitute items in recipes for more healthy ingredients.
GA	Gamma Delta	Eleanor Ivester	Christmas Around the World-everyone chose a country and brought food that is specific to her choice. Each person told something about their food.
LA	Alpha Xi	Genni Settoon	World Understanding-we made baklava with Greek members.
FL	Beta Xi		December holiday celebration with left-right ornament gift exchange and Toys for Tots collection.

## FUNDS to SUPPORT SCHOLARSHIPS

GA	Sigma	Pat Carr	Soup and Scholarship for Sisters. We usually have this in December. We prepare soup, desserts, etc. And invite guests to come. At this meeting, members bring items for auction (silent) to raise money. Members and guests bid on items, and money goes to our scholarship fund.
FL	Beta Sigma	Patty Jones	BINGO for Scholarships, presented by Pampered Chef.
FL	Fidelis Rho	Dot Zielinski	Christmas Auction with luncheon. Each sister brought 3 items for the event. Guest were invited, including the FL Executive Board and Past State Presidents.
GA	Gamma Epsilon	Donna Duke	Program on MS-one of our chapter members in in a wheelchair. As her health declines, she still comes to meetings. She was our speaker, once, and explained the disease and how it is related to her.
FL	Beta Tau	Ginny Upshaw	Speaker-League of Women Voters
FL	Beta Tau	Karen Milek	Speakers-Manatee Community Foundation and Genetic Testing (with a question-and-answer session).

## ALTRUISTIC

GA	Alpha Pi	Shirley Brotch	Adopted homeless teens from the county young adult center. They received snacks each month, gift wrap at Christmas, and gift cards/cash for seniors.
FL	Beta Sigma	Patty Jones	Dinner at a restaurant that donated 10% of proceeds to Middle School Band.
FL	Alpha Theta	Sherry Nottke	Micah's Backpack Project-includes guest speaker, delivery of weekend food to several schools near us. We provide food for the backpacks.
FL	Gamma Omicron		Bring white elephant gifts for \$20 (min.) and auction off. Doesn't have to be a specific holiday!
FL	Delta Sigma	Elaine Stewart	Decorate small (2ft) Christmas trees for hospice patients. Each tree was a different theme.
FL	Delta Kappa	Donna Rhodes	"Walk for Water" raised money for water wells in under privileged countries. We had t-shirts and walked the number of miles that the underprivileged person must walk for daily water.
FL	Alpha	Anita Schmitt	Scholarship Tea-great opportunity to reach out to the community and highlight AΔK. Local book author spoke, refreshments were provided, silent auction items, favors, and AΔK brochures were provided to guest.
AL	Alpha	Georgia McCain	We have made quilt blocks that were put together into quilts for our local Children's Hospital.
GA	Gamma Epsilon	Marcia Doss	Build A Dream- we sponsor this school in Mexico. We had a presentation by them and met some of the Founders.
FL	Delta Kappa	Alice Hall	Christmas ornament "Dirty Santa"
FL	Alpha Kappa	Katie Montgomery	We made cards for the parents at Ronald McDonald House to send to their family/friends as needed. We also gave them stamps.
FL AL	Beta Psi Tau	Teresa Woodlief Amy Cotten	The chapter made clay pottery to benefit the Empty Bowls project sponsored by the local Food Bank.
LA FL	Chi Fidelis Kappa	Brendy Guillory Gladys Steele	We collected personal items and put in purses to be delivered to a women's shelters. A representative from the shelter shared information about their services.
FL	Beta Mu	Angel Alexander	Creating holiday gift baskets for families in need.
FL	Gamma Upsilon	Audrey Reali	First meeting of the year we have a "Vacation Auction". Everyone brings a gift wrapped that they bought on a summer outing. Sisters bid on the gifts...the fun is seeing what you bought!
FL	Gamma Tau	Meg Fisher	Blessing and Kindness Make Cents Calendar to raise money for the Longest Day.
AL	Psi	Arlene Northam	A member demonstrated how to make folded fabric ornaments. The ornaments made were sold for an altruistic project.
FL	Gamma Beta	Liz Lilly	Blind Silent Auction-Each person brings a wrapped item for auction (gag or nice). Items are displayed and bid either as a drawing or against each other on a paper.

## OUTINGS

GA	Delta	Dawn Davis	World Understanding- We toured the Carter Center.
GA	Sigma	Ann Lewis	Tour of a plant nursery in town
FL	Delta Omicron		Bowling party
FL	Alpha Theta	Missy Decker	For our February meeting, we take cards and gifts, and then sing at a local nursing home/assisted living facility. The residents love to join in and sing.
GA	Gamma Gamma	Sandra Bailey	A trip to the "I Care" House. We met with the director and toured the facility. Our Altruistic project was for the house and girls.
AL	Psi	Arlene Northam	Honey Program-We visited a Beekeeper shop where he demonstrated how he extracted honey.

## THOUGHT PROVOKING

GA	Alpha Alpha	Bonnie Phipps	OFF THE WALL-every member brings a picture/item to share that is something that is hanging on a wall in their house.
Ga	Iota		Yoga/chair yoga
GA	Alpha Delta	Sharon Rorex	We send Christmas cards to the military. This is done during our November meeting.
FL	Beta Mu		Virtual Alzheimer's Experience: Member is given "disabilities", then given directions to complete a task.
FL	Alpha	Paula Byrd	Tailgate Party to recruit new members. Theme table decoration for favorite football teams, provide food, icebreaker, brief AΔK information, favors, and fun!
FL	Delta Chi	Kelly Barnes	Teacher/Rookie of the Year Tea-personalized invites as an "honor" to be invited to AΔK.
FL	Gamma Zeta	Linda Ferguson	We had better attendance with ZOOM meetings. We are still offering a hybrid format so "snowbird" sisters can attend.
SC	Alpha	Jean Danner	Conduct a 30-minute (social/eat), 30-minute (program), and 30-minute (business) meeting schedule.
AL	Delta	Beth Danner	Fashion Show with a local boutique hosting.
GA	Sigma	Judy Smith	Library Resources-beyond lending books, including the use of the building, technology, and other resources they provide.
FL	Fidelis Nu	Linda Thweatt	Women's Heart Health activities. 1 <sup>st</sup> Friday in February is Red Dress Day.
GA	Alpha Sigma	Sheila Miller	We have had a couple of painting classes. An elementary school art teacher leads the class.
GA	Alpha Gamma		Book Club-chapter read a book together about their area/from a local author.
GA	Alpha Gamma		Line dancing with an instructor.
GA	Alpha Iota	Suzi Bonifay	Pickleball, cookie decorating, decorate patient doors at a nursing home, and game night

The worse meeting for most, was the first ZOOM meeting, business only meetings, and crowded restaurants!