**Area Liaisons’ &**

**Chapter Presidents’ Page**

… from your State President

“Embracing Possibilities: Leading with Wisdom and Passion”

Newsletter 9

Dear Chapter Presidents and Area Liaisons,

During these unprecedented times with the Coronavirus Pandemic, our lives have been vastly changed for good reason; to stay healthy, out of harms’ way. We are all experiencing a new norm. What is normal to you now? How are you coping?

We are finding new ways to balance our lives while trying to social distance by staying home. How have you balanced your life with newly found extra time at home?

Here are some helpful hints using Glasser’s Basic Needs Model:

* Love and Belonging is the strongest of needs. Remember to connect with your family and DKG sisters by calling, writing a note or e-mailing. Isolation can create solitude which can be healthy as we reflect on what is important to us but can also lead to anxiety and loneliness. If you feel lonely, reach out to friends, give them a call. Talk about how you feel. Checking up on each other has a new meaning now that we cannot gather at chapter meetings or for coffee or in book groups. “Meet” on Facetime or link with e-mails. Being compassionate and connecting is important.
* Freedom is what you experience when you choose how to spend your time. What choices are you making? I have begun working on a 1,500 piece puzzle which I have had in storage for years. It’s a great way to pass time now and then. I also have yarn and a canvas upon which I intend to create my own design and hook into a small rug. Binge watching my favorite DVD’s such as Andrea Bocelli, Italian opera singer, in Tuscany, Italy or watching the “Outlander” again passes my time. What book(s) have you chosen to read lately? We do have the freedom to go for a walk without being in a confined space. Do you have the freedom to help others like Joy Gault, Mu Chapter President, who runs a men’s shelter in Vancouver while still remaining safe? Choices: we make them everyday!
* Power refers to recognizing your skills and what you do with them. What do you do well that you could do while at home? Quilting? Baking? Running? Writing poetry? Gardening? Flower arranging? Put your energy into using your skills. When we have completed something well, we gain great satisfaction!
* Fun is something we all need to have whether it is daily or weekly. What delights you? How do you have fun? I find joy when I . . . My fun? Sometimes, I treat myself to a chocolate truffle, drink coffee out of my Mom’s porcelain cup, watch my hummingbirds and listen to the birds on my walk, choose to have dinner on my Mother-in-laws dinnerware, Facetime with grandkids, or cuddle up with a blanket, a gift from my son and his family, while I read a favorite book. Sometimes I choose to have fun with Dean or in my own space. What gives you joy?

Gratefully, Susan Fritts, Washington State President

Would love to know what you are doing and books you’ve read. ([sdfritts@comcast.net](mailto:sdfritts@comcast.net))

**Upcoming Dates:**

April (not decided yet) The Executive Board will participate with an electronic meeting (GoToMeeting), making decisions and voting on the budget and nominations that would have been made at the state convention. I will let you know when and what time to meet online.

June 23-25, 2020 Rainbow Lodge Retreat, registration must be postmarked by June 6th It has NOT been cancelled!

July 7-11, 2020 Philadelphia International Convention: view International President Cathy Daugherty’s youtube.com video about the convention and how DKG Society International has been affected.([www.dkg.org](http://www.dkg.org)) It has NOT been canceled.