



Colorado State Chapter Encourage ~ Inspire ~ Reward

**"You may not control all the events that happen to you,
but you can decide not to be reduced by them" ~Maya Angelou**



"Togetherness is a hugely important aspect of life. It unites us, gives us security, much-needed support and a sense of belonging, and encourages us to love one another." *Unknown* - I have included a few methods I have been using to keep up productivity and functionality, and hopefully to maintain peace of mind. May they strike a cord with you too!

- My routine is important. I start my day by making the bed. I have to admit this is not my idea but Joel's, my husband - (my mother can attest to this - rebelling against such for well, about 54 years now 😊) I do like the way the room is pulled together by bed made, curtains open - which leads the mind to all kinds of possibilities!
- I get dressed for work, even if I plan to be in front of the computer all day. I feel better and more focused when I'm dressed for work (which means jeans for me!) I also put on my face 😊 Best perks are a great eye liner, some mascara and a spot on lipstick!
- My work space is clean and inviting, OK it is cluttered but I do have a great picture of the Colorado River above my desk and the sense of serenity it offers lets me get to my planned projects easier.
- Take breaks - this is so important! We can't be productive if we're all work and no play, and "staying normal" is by having regular breaks; taking time to make dinner and catching up with Joel each evening helps to keep me focused and productive throughout my day.
- Play some music in your home office. I love Spotify, it is free and you can choose all kinds of music genre.
- Our neighbors have set up a telephone tree for our cul de sac; we also have received flowers and notes, these simple acts have made my days better!
- Take a walk! One of the best ways to clear your mind is to go for a walk.
- Take some time to spring clean - the freezers, fridges and laundry room have never looked more organized!
- Catch up on reading or do a bit of binge TV watching - just finished watching "Banished", a series set in 1788 when England sent their first wave of convicts to Australia - Season 2 better get here quick!
- Enjoy some family/friend time via a Zoom meeting or a conference call - I speak to my son Zachary about every day, he will be 33 at the end of the month and well due to jobs, other commitments - I guess basically life we have not had that kind of connection in quite some time - I am enjoying it immensely! His answer might be a bit different 😊

In all seriousness, my continued best to each of you, your families, and chapters for safety and health as we do get through this **together**. Janelle ☐

Focus on gratitude

Whatever we put our attention on expands in our experience. If our



mind is focused on what's not going well in our lives, our fears about the future, and our grievances, we will experience a reality that feels painful and negative.

On the other hand, if we focus our attention on what we are grateful for, we will experience a reality filled with love, joy, appreciation and peace—even in the midst of a difficult event or situation. Instead of dwelling on what is lacking, we appreciate what we have, and notice the many ways in which the universe is supporting us in every

moment.

Gratitude is also a powerful tool for emotional well-being and physical health. As scientific research shows, people who focus on gratitude experience less stress, better sleep, more energy and greater levels of joy and happiness than their less-appreciative counterparts. However, you'll only receive the benefits of gratitude if you focus on it, so here is a simple way to experience gratitude right now:

Cultivating Gratitude

- For a few moments, consider the things you have in your life that you could be grateful for: all the nurturing relationships, the material comforts, your body and the mind that allows you to understand yourself and everything around you. Breathe and be grateful for the air that is filling your lungs and making your life possible.
- Feel your body and your aliveness and acknowledge what a miracle it is just to be alive right now. Allow your awareness to appreciate what you are seeing, hearing, smelling and touching.
- Feel the love, compassion and understanding that gratitude brings into your heart. Notice how gratitude brings your attention into the present time, which is the only moment in which you can experience peace and joy.

Deepak Chopra, MD, is the author of Unlimited Learnings, founder of The Chopra Foundation and co-founder of The Chopra Center.



Missing P.E.O.

I love to go to P.E.O.
And see each "sister's" smile.
But now we're all to stay at home.
No meetings for awhile.

I used to dress, put make-up on,
And fix my hair just so.
I'd get the things that I would need
And go to P.E.O.

But now I don't dress up at all.
I wear old jeans all day.
My spouse and I just stay at home.
They say it's best that way.

I've tried to clean a drawer or two,
And toss things I don't need.
But after just a little while,
I'd get a book and read.

I hope things soon will settle down,
And we'll be virus free.
'Twill be a time to celebrate.
On that we ALL agree !

Our lives are changing day by day.
There's so much I don't know.
But one thing that I know for sure.
I miss my P.E.O.

*Darlene Lowe (permission granted to share)
Chapter L, Loveland
March, 2020*

What inspired changes can be implemented/encouraged to make all in your chapter be rewarded?

I had the opportunity to discuss a few items the other day with a fellow sister regarding her chapter and possible changes - now is the time to think beyond "we have always done it that way", take a hard look at your chapter and see if any of these thoughts might work - I would love to share positive ideas from your chapters on our website - please send them to me at



- 1) **Have a basic goal per year of initiating (2) two women** - celebrate if you only get one!
- 2) If half of your members are regularly attending meetings, we (state officers) consider that a healthy chapter - but I also realize that with a **smaller chapter** (those that have a meeting attendance of 15 or less), **the officer and committee positions are borne by fewer stepping up to the plate - thus :**
- 3) **Combine Committees** - the only one that our Constitution requires a local chapter to have is an Auditing Committee - any others are established by the chapter and can be redone/rethought as a chapter ebbs and flows - so if you have a courtesy, a social and a membership committee - narrow it to one committee with only two members (no rule how many need to be on a committee, unless your bylaws or standing rules have such in them - adjust as necessary by chapter vote)
- 4) **Yearbook/Programs Committee** - usually tend to overlook and under contact the "non participating" members in our chapters - these ladies are invaluable for their monetary support of our projects but also might just take up a request to hostess a meeting or be a co hostess or even give a program - yet we too often do not ask, instead we call upon the ones who never say "no" - break the trend!
- 5) **Streamline the meeting;** keep the business as short and simple as you can - focus on a project, or recipient - give a report from the RECORD - do a bio on each member (ask for little known facts of interest about her childhood, job, background, history of her family) we are all interested in a great story, each of us have one, use it! Make the program a highlight of the meeting rather than something to be sat through or just listened too - if you have it after the meeting, put it first with dessert or lunch being served - We love to eat while listening!

2020/2021 YEARBOOK INFO

THREE (3) copies of all chapters' 2020-2021 yearbooks are to be sent to:

**Shari Fox, CSC Vice President
PO Box 68
Fowler, CO 81039**



The word "SPRING" is written in a playful, colorful font where each letter is composed of small, vibrant flowers in shades of pink, purple, yellow, and white. The background is a solid white square.

***2019-2020 State Chapter Executive Board
Janelle ~Shari~Kendy~ Paisley~Cori***
