



February is the work month for Upsilon Chapter—our Annual Used Book Sale is a GO—we will again be located at Eastridge Elementary School on the west end of Carey. Kudos to Mary Hartman and Patrice Denisson on

their hard work in searching for a suitable location! We will have sorting on Sundays, Tuesdays and Thursdays, starting on Feb. 5 and running through March 3. See chart below.

We still need members to sign up to work during the Book Sale on March 4 and 5. I know that some of you plan on working—but if you can give us the time on the day(s) that you can work the book sale, it would really help those who are organizing the event.

Just a reminder that the *Love a New Member* dinner is scheduled for the 2nd Monday in February, on the 13th, so that you can spend the 3-day weekend for Presidents' Day with your family and friends.

Dr. Irene Story
Upsilon President 2016-2018

Book Sorting Schedule Feb. 5—March 3

Sundays	Feb. 5, 12, 19, 26	1:00—4:00 pm
Tuesdays	Feb. 7, 14, 21, 28	9 am—12 noon
Thursdays	Feb. 9, 16, 23 Mar. 2	1:00—4:00 pm
Friday	Mar. 3	TBA

Call **Irene Story** if you have any questions about this schedule: 634-8346

2017 State Convention in Cheyenne

--Becky Tish, Alpha Xi State President



Please mark **April 28, 29, and 30** on your calendars. These are the dates

for the state convention in Cheyenne. There are lots of exciting things planned for this convention—we are **celebrating 75 years of DKG in Wyoming!!** This is a party you don't want to miss. More details to come in next month's letter from me. For right now—just save the dates!!

Kudos to:



Rae Ann Purdy, who received her Masters' Degree on January 7, 2017, from Walden University in Orlando, FL. Her degree is in Content Literacy: Reading and Writing in the Math Curriculum!



Keeping Healthy while Working the Book Sale

--Kathy Orr, 1st Vice President

Our January program was presented by Phyllis O'Connor, retired nurse and lecturer. She enlightened us with a variety of ways to stay healthy, live longer, as well as reviewing with us how to lift heavy boxes of books correctly. (I also learned that taking naps is really beneficial, YEAH!!!!)



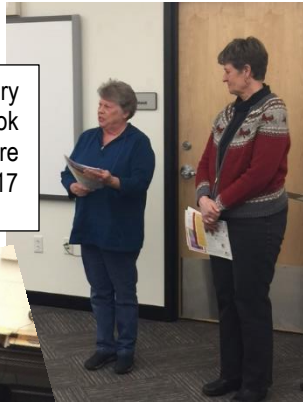
Phyllis spoke to us from information she received from Dan Buettner's articles and web page. Buettner is a National Geographic Fellow and multiple New York Times bestselling author. Along with a True Vitality Test, healthy recipes, and *Secrets to Eating Well* by Jamie Oliver, you can learn more from Buettner, whose "Eating and Living Like the World's



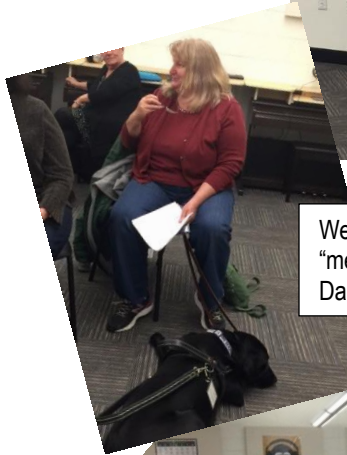
Healthiest People" is available on the website www.bluezones.com, along with the above mentioned titles.



Celebrating their January birthdays are Patrice Denisson, Dorothy Middleton Owens, and Debbie Patton.



Patrice Denisson and Mary Hartman, our Used Book Sale Co-chairs, share information about our 2017 Book Sale.



Welcome to our newest "member" of Upsilon, DUKE—Darlene Stout's service dog.



Members at our January Meeting.

34th Annual
Upsilon Used BOOK SALE!

March 4 & 5, 2017

Eastridge Elementary School

Corner of Pershing and Concord,

Across from Gold's Gym

ALPHA XI State Convention

Plains Hotel, Cheyenne

April 28-30, 2017

Mark your calendars now!



UPSILON Calendar*

Feb. 1	DKG International Scholarship Apps due for post graduate degrees.
March 1	Deadline for Alpha Xi Personal Growth Grant
March 31	Deadline for Upsilon Chapter Member Graduate/Post Graduate Scholarship
Mar. 4-5	Annual Upsilon Used Book Sale
Mar. 8 <i>Wed</i>	4:30: Book Sale Grant App Review 5:30: Dinner, All members welcome. <i>Radisson on Fox Farm Road</i>
April 17	Prospect Cards for membership are due to Alice Hunter, Membership Chair
April 28-30 <i>Fri-Sun</i>	Alpha Xi SPRING Conference and 75 th Year Celebration, Plains Hotel , Cheyenne
May 2 <i>Tues</i>	New Member Orientation Location: home of Alice Hunter, 939 Brittany Drive. alhuntr@msn.com
May 2	Upsilon Executive Board Meeting , after orientation at Alice Hunter's home.
Jun 28-Jul 1	NW Regional Convention, Spearfish SD

* These items may not be included in the Upsilon 2016-2017 Yearbook.