



MBits

news, tips and benefits

BECOME A STRESSBUSTER

During this trying time when you are carrying lots of extra stress, you can support Mortar Board and de-stress at the same time! National President Gail Harrison Corvette has recorded four yoga practices for the app YogaVibes with Mortar Board members (both collegiate and alumni!) in mind. Unsure or new to yoga? Try out this video! Gail is positive, encouraging and just what we need when daily pressure mounts.



And there's more! YogaVibes will offer all Mortar Boards and friends of Mortar Board a \$50 discount off their annual subscription and also give Mortar Board \$50 for each subscription. After you see the video and how great it is, go to yogavibes.com to get started. Remember to enter the code mortarboard.

WINTER *FORUM* AVAILABLE ONLINE

All members may now read the *WinterForum* online. When you see what Mortar Board chapters and members are doing, it conjures encouragement—we need a lot of that today. If you would like copy of the *Forum* mailed to your home, consider joining the Mortar Board Alumni Association (It's just \$45) and enjoy

one of many perks of MBAA membership!



HELP A CHAPTER ATTEND CONFERENCE

ADOPT-A-DELEGATE

Now more than ever, chapters need your help to make ends meet since their normal projects and fundraisers have been wiped away by campus shut-downs.

Won't you help?! When you give to our Adopt-A-Delegate program, you will help chapters pay their \$350 conference fee and more. Last year, we helped eight members from seven chapters. Many more will need the help in 2020. Give any amount today.

ADOPT-A-DELEGATE

COVID-19 NOTE AND ITS EFFECT ON MORTAR BOARD

Even though they are away from campus due to COVID-19, our collegiate chapters are still conducting selection virtually and even conducting online initiations. It is inspiring!

Will we actually hold our Mortar Board National Leadership Conference August 7-9? We are still planning on it and have been in regular touch with the conference hotel in Little Rock.

The National Office has been operating remotely since March 23 after the State of Ohio issued a Stay-at-Home order.

It is our aim to provide our collegiate members, advisors and alumni with everything they need to get through this crisis. Reach the National Office via email mortarboard@mortarboard.org or call 614-488-4094. Let Mortar Board connect with you--even if from a distance.

Be safe and be well.

Mortar Board | 614.488.4094 | mortarboard@mortarboard.org | mortarboard.org
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