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Central Region Members,

I hope this letter is finding everyone is doing well and staying healthy! What an unusual year this is! I have wanted to get away from everything and make travel plans, but as we all know, making travel plans, especially out of state, is very risky. Many states have quarantine rules... I have found myself outside in the outdoors more and this weekend Oklahoma will be experiencing triple digits, I've heard 107 for Saturday and that's not the heat index but the actual temperature! The heat and fresh air are good for this pandemic and I am one of those persons who would rather be hot than cold! In the area where I live we are seeing an uptick in COVID cases.

The ADDC Nominating Committee is pleased to announce the following candidates for 2021 ADDC Officers:

President-Elect	Wendy Sparks, Oklahoma City Club, Central Region
Secretary	Philana Thompson, Farmington Club, West Region
Treasurer	Connie Bass, Graham Club, Central Region
	Maggi Franks, Westbank Club, Southeast Region
	Barbara Pappas, Wichita Falls Club, Central Region

No new updates really. Everyone is aware that the 2020 ADDC Convention was postponed until 2022 for Pittsburgh. Kay McKinley will be the Central Region Director for 2021.

Stay healthy and wash those hands!

Shelly McCool

"Be the change you wish to see, thriving together 2 Empower, Educate, and Energize!"

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 VISION

"Greater Knowledge – Greater Service"