



Gamma Alpha Bulletin

"Let's G.A.B."

Methodist Children's Home Society "Children's Village"

Historical Overview

Methodist Children's Home Society is a private, non-profit, non-sectarian child-care agency, which has a long history of caring for children. The agency's primary focus is to care for children who have been subjected to physical, psychological and sexual abuse or severe neglect.

Established in 1917, the home was founded in Highland Park by a group of Methodist women to care for neglected and orphaned children. The home expanded and later moved to a farm in what is now downtown Farmington. In 1929, the home moved to its present location in Redford Township. Our current campus became known as "Children's Village."

Methodist Children's Home Society provides an environment of love and understanding that assists children in becoming healthy and productive. With case histories including rejection, neglect or abuse, many of our children require intensive treatment to cope with their deep fears, low self-esteem, anger and depression. Methodist Children's Home Society responds to the needs of these special young people by providing residential, foster care, adoption, and educational enrichment services to children from throughout the State of Michigan.

The Village offers residential care for 70 children, ages 10-17 who are in need of highly structured intensive environment. The treatment approach involves a team of professionals that evaluates each child's needs.

Funding for the agency's budget is secured, in part, through State of Michigan fees for services, allocations from United Way Community Services, support from United Methodist Church organizations, private foundations and endowment earnings.

For the balance, Methodist Children's Home Society relies on the generous voluntary contributions of many friends through annual and deferred giving, memorials, special gifts, bequests and gifts in kind.

You don't have to talk too hard
when you talk to a teacher.

J.D. Salinger
The Catcher in the Rye

Mission Statement

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

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October 17 Meeting

Please invite your candidate for membership to this month's meeting for a brief orientation of the Society. After orientation we will hear Steve Dingman speak about the Methodist Children's Home Society. A brief overview has been included. The Children's Village will be a Service Project for this year.

Meet for dinner at G. Subu's Leather Bottle at 4:30. Dinner begins at 5:00 and the meeting will begin at 6:00.

The Leather Bottle is located at 20300 Farmington Road just south of 8 Mile in Livonia .

*RSVP to Judi Fisher by October 15.
judifisher@yahoo.com*

Next Month: November 28

**Holiday Auction
Info at Meeting**



Minutes in a Minute

September 26, 2007



Meeting at G. Subu's was called to order at 6:05 by Judi Fisher. 21 members attended. Minutes from meetings on April 25 and June 2 were approved. Treasurer's report presented by Cindy Dietz was approved. Dues for all members will now be \$65.00. This is a change from the practice of having different rates for retirees and teaching members.

The October 17 meeting will introduce members to our new service project recipients, The Methodist Children's Village. It will also be the date of orientation for candidates for membership.

Barb Broadley reminded us that our November 28 meeting is the annual holiday auction. She recruited volunteers to assist with the auction and reminded everyone to donate items and bring guests. Proceeds from this activity go to the Grant-In-Aid scholarships. New yearbooks were distributed. Thanks to Colleen for a wonderful job on the yearbooks!

Our January 30 meeting will begin at G. Subu's and end with a field trip for a tour of Seedlings.

A project for Methodist Children's Village will be planned for the February 27 meeting. April 2 will be the date for a theater outing and dinner.

Gamma Alpha is hosting the annual Metro Council Luncheon on April 19. It will be held at G. Subu's. Cindy Dietz is the Metro Council treasurer for the event. Your help will be needed to host the event. Members from five other chapters will be in attendance.

New Business:

Deborah Ervin was in attendance and was unanimously approved for reinstatement by a vote of the members. Welcome back, Debbie!

The auction of vacation souvenirs was held with \$132.00 to be shared equally between World Fellowship and the State President's "Members Supporting Members" project.

Seven names were presented as candidates for new membership. Members in attendance agreed by vote to accept the names as a group, rather than individually. All seven names were enthusiastically accepted.

They include:

Linda Neuroth
Diane Janes
Karen Burrill
Lisa Austin
Susan Manohar
Kathy Coccia
Erin Heald

Thanks to Judi, Cindy, Amy, and Mary Jo for presenting these candidates to us. Amy distributed some wonderful information packets for prospective new members. Candidates are invited to attend the October meeting for orientation.

Amy nominated Danielle Jopek for Nomination Chairperson. Seconded and approved.

The State Convention will be May 2-4 in Kalamazoo. Since our Jackie Smart is the State First Vice President, Gamma Alpha should feel honored to support her with attendance and participation at the convention.

Gamma Alpha will nominate Debbie Bonde of Seedlings for a State Distinguished Service Award.

Meeting was adjourned at 6:40.

Respectfully submitted,
Carol A. Anderson
Recording Secretary

Lift Your Spirits With 7 Secret Super Foods!

Asparagus: Avoid mood swings with asparagus. It's packed with folic acid, which steadies your serotonin level and keeps you in positive spirits all day long.

Beef: Every bite is loaded with mood-boosting zinc, iron and B vitamins.

Cottage Cheese: Stop your mid-afternoon energy slump. The protein keeps you satisfied, and helps you avoid the sudden changes in blood sugar you experience in sugary snacks.

Oranges: Combat cancer with oranges. They are chock full of vitamin C, which fights the cancer-causing free radicals that your body produces when you are stressed.

Almonds: Help heart disease with a handful of almonds. They are bursting with vitamin E, which can help your body bust the free radicals that Cause heart disease.

Tuna: Tump tension with tuna. Vitamins B6 and B12 help lower your stress and are a great source of low-fat protein.

Blueberries: Blast stress with blueberries. They are a high-fiber, low-calories fruit rich in stress busting Vitamin C.



Book Club

From the first sentence of Jeffrey Eugenides' **Middlesex**, I was hooked by this complicated tale of a young girl who grows into a man. The story of Cal Stephanides begins generations before his birth, in a small Greek village, when his grandparents, Lefty and Desdemona, succumb to their incestuous desires. Immigration to the United States keeps Desdemona and Lefty's secret intact - until their granddaughter, Calliope, reaches puberty. Told with both humor and earnestness, the story grows more engaging with every page.

The book is not just a story of a hermaphrodite. It includes historical, scientific, psychological, political, and geographical information of Calliope's birth and Cal's subsequent rebirth.

Middlesex is much more than a story about gender confusion. Cal's mixed gender can be taken as a metaphor for the experience of first and second generations born of immigrants.

While the context of this story provides the substance, the characters provide the vibrancy. Cal emerges as a reliable and likeable narrator. He is sensible, good-humored, and intelligent. The spectrum of his experiences provides a smooth transition between childhood and adult, enabling the reader to embrace the character as both male and female.

Cal's family is also affectionately portrayed, even with their failings. Cal's brother, who is referred to as Chapter Eleven, annoyed me at first with his name, a running gag, but even he ended up a full-blooded character by the end.

Oprah recommended this for her Book Club and I do, too.



Sunshine Committee Birthday Greetings For October

Happy Birthday to you!



- 21 Alice Duke
- 21 Laura Oliver
- 26 Mary Lou Flynn

Kitchen Talk

How to Heat Your Olive Oil

No doubt about it. Olive oil is one of the healthiest fats around. Here is some information I found out about Italy's wonderful olive oil. You'll kill the health benefits if you overheat it. It can become rancid and generate toxic chemicals. One solution: Instead of heating the oil in the pan, just spritz some on your veggies, meats, or taters before cooking them.

It's fairly easy to overheat both olive and cold-pressed canola oil, because they have relatively low smoking points (the point at which they begin to burn). You'll know if you've overheated the oil, because it leads to that burned, charcoal flavor. Yuck!

Semi-refined sesame oil, peanut oil, grape-seed oil, and virgin olive oil may be your best choices for cooking, because they contain mainly unsaturated fat and have relatively high smoking points; all of the oils can be heated in excess of 400 degrees Fahrenheit. Extra-virgin olive oil starts to burn at about 320 degrees. Unrefined canola and sunflower oils are even more delicate, burning at about 225 degrees.

Once an oil has been overheated, you end up canceling out the major benefits. But treat the oils right and they'll treat your body right, too.



International & State News

Educators Wanted to Pilot New TeachUNICEF Curriculum

In an attempt to bring a greater global perspective to US classrooms, the U.S. Fund for UNICEF is looking to partner with U.S. teachers this fall, to pilot its new "TeachUNICEF" educational materials for grades 6-8 and 9-12. These unique lesson plans are based on UNICEF's 2006 "State of the World's Children Report." They examine how issues of poverty, armed conflict, child labor and disability impact the lives of children in developing countries, and what UNICEF is doing to overcome these challenges to children's survival and development. Teachers will be asked to choose two lesson plans to present to their class, which are downloadable off of the TeachUNICEF website:

http://www.unicefusa.org/site/c.duLR18O0H/b.25991/k.DD9/TeachUNICEF__Youth_Action__US_Fund_for_UNICEF.htm

Following the pilot program, teachers will be requested to complete a short online survey form in order to provide feedback on the materials. The U.S. Fund for UNICEF is pilot testing this TeachUNICEF series. If you are a middle school or high school teacher interested in providing feedback for the pilot, please contact us at TeachUNICEF@unicefusa.org.

Michigan Association of Middle School Educators
3300 Washtenaw Avenue, Suite 220, Ann Arbor, Michigan 48104
Phone: (734) 677-5678 - Web site: www.mamse.org

Legislative News

New rules will not affect school employee salaries in 2007-08

New deferred-compensation rules will not affect the way teachers and other school employees' pay is taxed during the 2007-08 school year, according to the Internal Revenue Service.

School employees who work 10 months and are paid over a 12-month period will be affected by the new regulations beginning in the 2008-09 school year. Employees who use this payment option, a form of deferred compensation known as an "annualized salary," will have to notify their employer in writing that they want their pay over 12 months. If the employee fails to make this election before beginning work for the school year in question, then he or she cannot be paid on an annualized basis.

Grants Available to Promote The Great Michigan Read

The Michigan Humanities Council will award grants of up to \$7,500 to support programs relating to Ernest Hemingway's "The Nick Adams Stories." This collection of stories was selected as part of The Great Michigan Read program, a community reading program for the entire state.

Nearly \$200,000 in grants is available. The postmark deadline to submit grant applications is Sept. 17. Examples of programs that may be supported with The Great Michigan Read grants include related arts projects, read-a-thons, speakers, and school/college projects.

For more information, go to www.michiganhumanities.org, or call Cynthia Dimitrijevic, grants director, at 517-372-7770.



Calendar 2007-2008

Please arrive at 4:30 for the Wednesday meetings at G. Subu's. We will order dinner off the menu at 5:00 and our meeting will begin at approximately 6:00.

October 17, 2007

*Dinner at G. Subu's
Orientation of candidates for membership. Sponsors should bring candidates to this meeting. Presentation by Steve Dingman re: Methodist Children's Village (our new Service Project)*

November 28, 2007

*Family Style dinner at G. Subu's
(We need to prepay for this event.)
Holiday Auction for Grant-in-Aid
Bring guests!*

December 12, 2007

*Dinner at G. Subu's
Initiation of New Members
Executive Board Meeting/ Yearly Reports*

January 30, 2008

*G. Subu's for dinner
Field Trip/tour to Seedlings following dinner.*

**More information will be in following newsletters about*

*Bitter are the tears of a child:
Sweeten them.
Deep are the thoughts of a child:
Quiet them.
Sharp is the grief of a child:
Take it from him.
Soft is the heart of a child:
Do not harden it.*

Lady Pamela Wyndham Glenconner

February 27, 2008

*Dinner at G. Subu's
Service Project for Methodist Children's Village
More information regarding the project will be available after the October meeting with the M.C.V. director.
Keeping watching your newsletters.*

April 2, 2008

*Theater outing
Location & Cost TBA*

April 19, 2008 (Saturday)

*Family style luncheon at G. Subu's
(We need to prepay for this event.)
Metro Council Birthday Luncheon
More information to come.*

May 2-4, 2008

*Kalamazoo
State Convention
More information available
in the winter *Wolverine*.*

June 16, 2008

*Executive Board & Members
Planning for 2008-2009
Location TBA*

On the Lighter Side...

Mid-life is when the growth of hair on our legs slows down. This gives us plenty of time to care for our newly acquired mustache.

In mid-life your memory starts to go. In fact the only thing we can retain is water.

Mid-life is when you look at your know-it-all, beeper-wearing teenager and think: "For this I have stretch marks?"

Thanks to Judi for these gems.



Gamma Alpha Reminiscences from Sherry Green

Dear Gamma Alphas,

I cannot tell you how overwhelmed with emotion I was at seeing Debbie Ervin sitting at the table for our first meeting of the 2007 school year. (Welcome back, Debbie!) My DKG life flashed before me (No, it wasn't a near death experience . . .) and I wondered how 28 years could have flown by so fast! It suddenly became clear to me what dear friends I've made, what dear friends I've lost, and how many dear friends are close in my heart but are miles away, since joining in 1979. So many talented, gifted women have been a part of our group, and have been such a large part of my life. The support of my Gamma Alpha friends have helped me through birth, death, divorce, teenage boys, unemployment, a retired husband, and unending hot flashes! I wanted you to know how much you all mean to me, and how much I appreciate the old (I'm not calling you old, Mary Jo) and the new friendships.

Being a History teacher, I'm inclined to treasure and preserve the past. I was hoping to share part of our first Gamma Alpha newsletter, "Gamma Gossip", from November of 1980, but it wouldn't scan well, as it had been reproduced on the old mimeograph machines! Sandy Becher and Esther Loskowske typed the newsletter on a typewriter, and every "t" dropped below the line, making it fun to read! (Wow, Jackie, have we come a long way!) We all shared our summer fun in a section called, "Summer Serenades": Joanie Lyon and family spent the summer camping with five families in Gettysburg and the Shenandoah Valley; Alice Marks drove with friends for 30 days around California and Colorado. The newsletter reminded us that, for only \$2.50, we could send eleven pounds of books to students in China who desperately needed them, and, oh yes, "Don't forget that on Thursday, December 9th, we will be meeting at Greenfield Village for a Yuletide Evening!" I did manage to find a photograph of me, Debbie Ervin, Marcia Wiss-Scar (Our first Gamma Alpha President), and Grace Morgan, riding a trolley downtown Detroit when we attended the 1980 International Convention. It was quite a ride, and I wouldn't have missed any of it - the bumps, the twists and turns and ups and downs, the smooth spots and the rough patches. And as I listened to Joan Murray, my friend since high school, talk about her retirement plans involving a fifth wheel, I realized that I can't wait to see what adventure awaits us all as we round the next curve.

Sincerely,
Sherry





Martha or Maxine Which one are you?

*Martha's Way

*Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.

**Just suck the ice cream out of the bottom of the cone, for Pete's sake! You are probably lying on the couch with your feet up eating it, anyway!

*To keep potatoes from budding, place an apple in the bag with the potatoes.

**Buy Hungry Jack mashed potato mix, keep it in the pantry for up to a year.

*When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead and there won't be any white mess on the outside of the cake.

**Go to the bakery! They'll even decorate it for you.

*If you accidentally over salt a dish while it's still cooking, drop in a peeled potato and it will absorb the excess salt for an instant "fix-me-up."

** If you over salt a dish while you are cooking, that's too bad. Please recite with me the real woman's motto: "I made it and you will eat it and I don't care how bad it tastes!"

*Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.

**Celery? Never heard of it!

*Brush some beaten egg white over pie crust before baking to yield a beautiful glossy finish.

**The Mrs. Smith frozen pie directions do not include brushing egg whites over the crust so I don't.

*Cure for headaches: take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

**Take a lime, mix it with tequila, chill and drink!

* Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.

** Leftover wine??????????? HELLO !!!!!!!

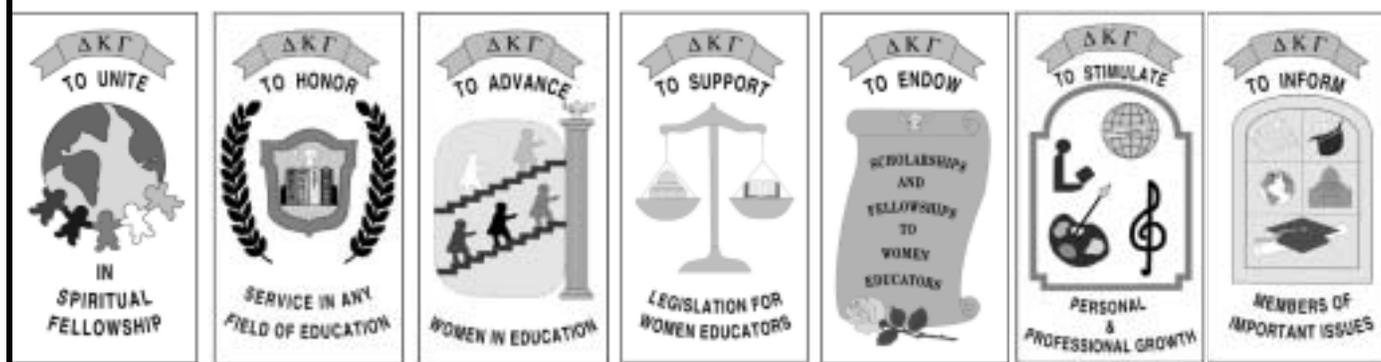


Thanks to Judi Fisher for enlightening all of us!



Greetings from Italia. I was enjoying spaghetti alla mare and vino in an Italian ristorante during September's meeting.

Seven Purposes of The Delta Kappa Gamma Society International



President's Message

I want to thank those who came to Fall Workshop last month. Attendance was not as large as I would have liked, but there were many excellent sessions for everyone who attended. Next year's workshop will not be during home football games for Michigan

or MSU. I am already working on the convention program for May in Kalamazoo. If you have never been to a convention, this is the time to join in. There will be many wonderful sessions. I have learned that Kalamazoo has many cultural events and activities. You may want to come a day early to take all that this wonderful city has to offer.

Gamma Alpha Executive Board & Committee Chairmen

Executive Board

Jacquelyn Smart:	President/ Newsletter
Judi Fisher:	First Vice President
Amy Wainwright:	Second Vice President
Carol Anderson:	Recording Secretary
Cindy Dietz:	Treasurer
Barbara Broadley:	Parliamentarian
Judi Fisher:	Past President

Committee Chairmen

Barbara Broadley:	Personal Growth
Esther Loskowske:	Service Projects
Marge Braun, Amy Wainwright:	Professional Affairs
Lynne Elsesser:	Research
Cindy Dietz:	US Forum/Legislation
Chris Smith:	Music
Mary Jo Dreffs:	Grant-in-Aid
Helen Mate:	Birthday
Carol Holland:	World Fellowships
Colleen Retherford:	Yearbook
Sherry Green:	History
Carol Anderson, Donna Colaianne & Nancy Chiasson	Sunshine
Grace Morgan	Finance
Bonnie Franka, Joan Murray & Carol Palk:	Ice Breakers
Danielle Jopek	Nominations

The Women in the Arts Retreat is the last weekend in October. Grace is planning to present an activity.

Within the next few months, the Nominations Committee will be preparing a slate of officers for the 2008-2010 biennium. When asked by one of the committee members if you are willing to hold an office, remember the $\Delta K \Gamma$ motto, "A $\Delta K \Gamma$ member never says no to service!"

Just a reminder to plan on bringing items for the Holiday Auction and many guests to our fund raising annual event.
Jackie

October Agenda

Welcome – Jackie
Attendance Sheet – Amy
Opener – Bonnie, Joan, Carol P.
Dues Reminder – Cindy
Orientation of Candidates for Membership
Dinner (from the menu)
Methodist Children's Village Presentation
Announcements
Adjournment