



Gamma Alpha Bulletin

The G.A.B. "Let's Talk"



SB-CEU Credit for Gamma Alpha Meetings

In order to help members fulfill their professional development needs, Gamma Alpha will be offering State Board-Continuing Education Units for some of our meetings this year. SB-CEUs are approved in-service, workshop, training, or conference credits that are used for the renewal of selected certificates issued by the Michigan Department of Education. SB-CEUs are calculated by dividing the total number of instructional hours by the number ten.

Many certificates require renewal every five years. The renewal requirement includes the completion of six semester hours of appropriate coursework through an approved institution, 18 SB-CEUs, or a combination of both.

A document from the MDE says, "Quality professional development:

- Is for the purpose of enhancing teaching and learning.
- Is consistent with building and district school improvement plans

President's Message



The summer is flying by with much sun to soak up and outdoor fun to be had. I hope you're getting some down time for yourself. I am golfing, swimming, gardening and reading along with family visits. My husband and I are looking forward to a short jaunt to Ireland in September. I'll be looking for a four-leafed clover for our September auction! The June Executive Board well attended (13) and most productive. Our calendar is ready and the topics for meetings are current and meaningful. Be sure to read the information on SB-CEUs.

You will notice that, by popular vote at Executive Board, most meetings next year are on Thursday. Jackie is still keeping us in line with our due dates and newsletter as she dives into her role as our new state president. It's a big undertaking! We have faith in her talents.

We're happy to announce that Evelyn Shuput, a former member and Livonia retiree, will be rejoining our group this fall. We welcome her back! Remember to fill out forms for prospective new members and bring them to our first meeting on September 24th. Also remember to register for the Fall Conference (October 9 - 10.) You can turn in your form and

Inside this issue:

| | |
|-------------|-----|
| Minutes | 3 |
| Birthdays | 3 |
| Calendar | 4/8 |
| Recipe | 9 |
| Research | 10 |
| Book Review | 2 |

check at our September 24 meeting, (the due date.) Judi Fisher is the Conference Registrar and Cindy Dietz, the Treasurer. Since this event is local, we can use your help. We want to show off what is best in this area. All who attend must register.

We need a Nominations Chair for this year. The committee consists of past presidents and a chair who is not a past president. This committee seeks out willing candidates and prepares a slate of chapter officers for 2010 -2012. The slate is presented to the chapter in January for a vote. Installation of new officers will be in May at the Birthday Dinner. Please let me know if you are willing to accept this position. Enjoy the summer sunshine and I'll see you in September.

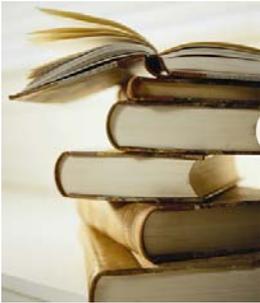
Fran

Mission Statement

The Delta Kappa Gamma Society International
promotes professional and personal growth of women



The Book Thief by Markus Zusak



Markus Zusak's award winning *The Book Thief*, was written for adults, but has also been recommended for young adults. You can find it in both library listings. The setting and narrator may be uninviting - Nazi Germany and Death. But if you persist through the first forty pages, you will discover a poetic portrait of a girl's struggle to survive the a dismal environment of World War II Molching, outside of Munich. The author grew up hearing his parents' stories about living in Nazi Germany and how Jews were marched through the town on their way to Dachau.

Liesel Meminger is a nine year old girl given to foster care after her mother's branding as a Communist. She steals books and falls in love with words as she learns to read and write. Her accordion-playing foster father helps her through her first book, "The Gravediggers Handbook", which she found after witnessing the burial of her young brother. She continues to steal books from a Nazi book-burning and the Mayor's wife's library with the help of neighbor friend, Rudy.

Her foster family then hides Max in their basement for two years. Max is a twenty year old Jewish son of a soldier. Liesel's foster father, Hans Hubermann, fought with Max's father in World War I. Hunger, cold and darkness are endured as Liesel and Max become friends before he is marched to Dachau. During bombing raids, Liesel reads and shares her stolen books with neighbors. In spite of the suffering around her, Liesel grows into a generous person. She embodies hard-won hope. The book is unsettling but imaginatively compelling. The perspective from Nazi Germany from the Germans living through it is different from what you might have expected from the propaganda reels of the era. There were rebellious children and rule breakers among the "Heil Hitlers". *The Book Thief* belongs with other novels set during the Holocaust.

Submitted by Fran Saenz

- and, when available, NCA goals and district strategic plans.
 - Is part of an ongoing comprehensive professional development plan that addresses the long-term professional needs of the individual as well as the long-term change of practice in the building and district.
 - Is characterized by the knowledge of educational needs of students, the study of proven research and inclusive of the best use of new technologies.
 - Includes best principles of adult learning that includes design by the educators and non-teaching staff for whom the professional development is intended.
 - Occurs when educators and non-teaching staff collaborate and share knowledge with each other.
 - Requires ongoing reflection.
 - Is helpful to all school staff as they work to meet the needs of students who learn in different ways and come from diverse backgrounds.
 - Is no less than one hour in length."
- A sliding scale for SB-CEU credit is being offered at six of our meetings. The amount of credit you earn is based on the number of sessions you attend. You must attend at least three of the five programs and sign in and out of each session you attend in order to obtain credit. There will be a \$10 fee that will cover all five sessions. Forms will not be sent to the ISD until after the last meeting in April.
- I hope some of you are able to take advantage of this opportunity.



Sunshine Committee Birthday Greetings

July

6 Lynda Neuroth

16 Suzanne Bacinski

20 Carol Holland

21 Judy Handley

August

20 Grace Morgan

26 Judy Hurley

Happy Birthday to you!

Minutes in a Minute

Fran welcomed us to the planning meeting at her home (very lovely place, Fran!) The minutes of our last meeting were approved and Cindy gave us the update on our finances. Since we've been so careful with our money we still have around \$900. Well done!

Jackie shared with us correspondences she received. Marianne Reinhard sent her resignation because of other commitments. Alpha Iota will be starting a List Serve for members. Jackie will send out the info at a later date.

We heard interesting stories about the State Convention from all who attended. As you know, Jackie was "crowned" (yes, she received and wore a crown for part of the ceremony!) as State President. She says that the crown was to signify that new changes were coming under her "rule" but some of us suspect that she really enjoyed

being "queen for a day." The sessions that Grace ran were very popular and many people attended. Amy suggested a book study based on a session she attended. All in all, everyone said it was a wonderful weekend.

Our new business began with a discussion of the upcoming Fall Workshop. (Remember, we are in charge of this event so we will need LOTS of help.) It takes place the weekend of October 9 -10 at the Radisson Hotel in Livonia. The theme is "Sharing Our Talents". Please **PLAN TO ATTEND** so the conference will be a success. Many people have already put in lots of hours for activities and decorations. We will update and plan further at our first meeting in September. Registration forms are due by September 24 (the date of our first meeting).

We planned the agenda for the year and have some really interesting meetings coming up this year. Some of the things we discussed include sessions on autism, container gardening, teaching in Afghanistan, teen dating abuse, a jewelry fundraiser, another trip to the Tipping Point theater, and the annual Holiday Auction. Please attend the first meeting in September to get the dates and topics of our meetings and to pay your dues. Jackie is looking into getting CEU's for some of our meetings. The cost would be minimal and there are some small requirements but hopefully this could help members who need professional development hours. See calendar.

After much discussion we changed our meeting day from Wednesday to Thursday. The owner of Subu's explained that Wednesdays are very busy and having our meetings on a different day would be better. We decided to try Thursdays. Hopefully, this change will be successful. Enjoy the rest of the summer!

Respectfully Submitted:

Mary Jo Dreffs, Recording Secretary



Gamma Alpha Bulletin



Don't forget these dates!



Thursday, September 24, 2009

Location: G. Subu's

5:00 Dinner and Business Meeting

Hostesses: Executive Board and World Fellowship/Member Supporting Member Committee

September Icebreaker: Jennifer Chambers, Kristin Chiasson, Judy Hurley, and Nancy Chiasson

Agenda

- Multi-tasking is the name of the game during dinner this year. Our schedule is full so try to arrive on time.
- Bring your dues to the meeting \$75. If you are writing a check, make it payable to Gamma Alpha. If mailing your dues, send to: Cindy Dietz 7329 Gilman Westland, MI 48185
- Icebreaker
- Nominations Chairman elected.
- Discussion: Service Project suggestions, Friend of Education candidates
- Vacation Souvenir Raffle. Remember to bring your vacation souvenir for the raffle. Colleen will be selling tickets.
- Can you part with a few books that you've finished reading? If you can, bring them to our meeting in September. We'll have a collection basket and a collection envelope. If you wish to purchase a donated book, you put in \$1 for hardcover books or \$.50 for paperbacks. Books that are not purchased will be donated to a local charity such as the 'Friends of the Library.' Bring books every meeting except the Holiday Auction.
- Have your **Recommendation for Membership** form filled out and be prepared to speak about your candidate for membership.
- 6:30 Guest Speaker

Autism and the Classroom (6:30 - 7:30 p.m.)

When their daughter was diagnosed with autism in 1992, Nan and Murray Wikol were given only the diagnosis. They were not offered any resources or referrals to guide them as they began their journey. So, in 1995, Nan and her husband started the Autistic Children's Treatment (ACT) Network to help children with autism, their families, and educational professionals who have autistic children in their classrooms. Their vision was that families and professionals would have a place to turn to for assistance. Nan will share useful information, resources, current research regarding autism, (IEPs) Individualized Education Plans, and more. She will field questions on issues related to autism. **CEU Available**

Friday & Saturday, October 9 - 10, 2009

Alpha Iota State Fall Conference

Fall Conference will be held at the Radisson Hotel and Conference Center in Livonia (Six Mile Road adjacent to Laurel Park Place Mall.) Gamma Alpha has many responsibilities. We are in charge of registration. Judi Fisher is the registrar and Cindy Dietz is the treasurer for the conference. Esther Loskowske and Helen Mate are presenting a session. Esther has come up with some great ideas for table decorations. We really would like to have a good showing of members registering for the conference, attending sessions, and working. If you have not had the opportunity to attend a DKG conference this is the time to start. There are many great sessions offered. It is local (no need for hotel unless you want to get away for the night) and inexpensive (\$45 registration

Volume 30, Issue 1

fee and that includes lunch.) Fall Registration information is included in the newsletter.

Friday - Sunday, October 23 -25, 2009

Women in the Arts Retreat (Registration Information is in the Summer *Wolverine*.) Higgins Lake

Thursday, November 5, 2009

Location: G. Subu's

5:00 Dinner and Meeting

Hostesses: Membership Committee with Carol Anderson and Finance Committee with Grace Morgan

November Icebreaker: Lynne Elsesser, Lynda Neuroth, Judi Fisher

Agenda:

- Multi-tasking is the name of the game during dinner this year. Our schedule is full so try to arrive on time.
- Icebreaker
- We will introduce candidates for membership and Carol Anderson will lead a brief $\Delta\text{K}\Gamma$ orientation. Initiation won't be held until May 13 and candidates are invited to all of our meetings this year.
- In order to nurture our "shopping gene" a table will set up with "**lia sophia**" Fashion Jewelry purchasing opportunities. Thanks to Pam Emerson and Mary Jo for this opportunity to bedazzle ourselves. Proceeds will benefit our Member Supporting Member fund. This will be explained further at the September meeting.
- Used book sale.
- 6:30 - 7:30 p.m. Guest Speaker

Your Face is the Mirror of Everything! (6:30 - 7:30 p.m.)

Are you able to gauge sincerity during a discussion? How do you know if someone is really smiling, or only flashing a fake smile? Many of the non-verbal cues we receive from others come from facial expressions, especially from the eyes. Things like our rate of blinking, eye contact, dilated pupils and facial muscle contractions combined with other cues often tell much more than we intend them to. An educator's job involves interactions with students where superior communications, both verbal and nonverbal, produces better learning. Lynn Klaasen, our speaker will help us to understand what signs there are in the face and to interpret the signs that we detect.

CEU Available

Thursday, December 3, 2009

Location: G. Subu's (Arrive at 4:30 to register and set up your items for the auction.)

5:00 Family Style Dinner (No meeting)

6:00 Auction

Hostesses: Grant-in-Aid Committee and Auction Committee

No Icebreaker this month!

Holiday Auction and 50/50 raffle

(Prepayment of \$25 is necessary for this event.)

You and your guests should arrive for the auction at 4:30 at G. Subu's Leather Bottle. This will give you plenty of time for auction registration, displaying your auction donation, cocktails, and camaraderie. Family style dinner will

Gamma Alpha Bulletin

begin approximately at 5:00. The auction will begin promptly after dinner.

Holiday Auction Reminders

1. This year, in order to expedite the auction we decided to make some changes.

- For the smaller items, we will sell raffle tickets and have people put tickets into cups and winners will be randomly selected.
- Some of the larger items will be in the “silent auction” format with pad, pen, a starting bid, and a time cut-off for bids.
- And lastly, some items will be put on the auction block.

2. Members still need to bring a 3x5 card for each item they donate. On the card, they should describe the item, list the value, and name of the donor. Members should try to bring more than one donation so we will have a variety of auction items. We encourage you to bring guests so we aren't the only ones spending money!

3. Suggested items or services that could be donated:

A certificate from businesses you frequent

- Baked goods (homemade or purchased)
- Gift Certificates
- Massage
- Theme Baskets, Teacher Baskets
- Holiday items/ decorations
- Theater, movie, or game tickets
- Best seller books, books on tape
- Crafts

Thursday, January 28, 2010

Location: G. Subu's

4:00 Executive Board (Interested members may attend E.B. meeting if desired.)

5:00 Dinner and Meeting

Hostesses: Legislation/U.S. Forum and Research Committees

Icebreaker: Chris Smith, Mary Lou Flynn, Danielle Jopek, Cindy Dietz

Agenda

- Multi-tasking is the name of the game during dinner this year. Our schedule is full so try to arrive on time
- Icebreaker
- Business Meeting
- Book Discussion - Choose one of the books and we will break up into discussion groups during dinner. All of the books have something to do with Afghanistan.
- The books are: *Three Cups of Tea*, *Zoya's Story*, *1,000 Splendid Suns*.
- 6:30 Guest Speaker

Kids 4 Afghan Kids (6:30 - 7:30 p.m.)

Teaching students about diversity and the world around them can be a difficult task for educators. Northville

teacher, Khris Nedam, and her sixth grade students took a unique approach in learning about Afghanistan. Her students discovered that the country had suffered a long drought, economic disruption due to the Soviet Union invasion, the Taliban rule, and the recent war. Students learned that children in many rural parts of Afghanistan had not had a school or access to a doctor in over 20 years. After understanding the hardships of Afghan children, Mrs. Nedam's students decided to be proactive and Kids 4 Afghan Kids was born. Under the guidance of their teacher, the students raised money and witnessed, via videotapes, internet and cell phones, the construction of a six-room school, a medical clinic, an orphanage, a bakery/kitchen, a guest house and community well for the residents of Wonkhai Valley, a mountainous area 3 hours southwest of Kabul. Come and be inspired by this unique and ongoing Social Studies project. Khris presented this session at the State Convention and was very well received by the members. **CEU Available**

Thursday, February 25, 2010

Location: G. Subu's

5:00 Dinner and Meeting

Hostesses: Professional Affairs Committee

Icebreaker: Donna Colaianne & Nancy Chiasson

Agenda

- Multi-tasking is the name of the game during dinner this year. Our schedule is full so try to arrive on time
- Dinner and Business Meeting
- Bring Service Project Donations for Methodist Children's Village- Items TBD
- Initiation of New Members
- Friend of Education discussion
- March meeting arrangements/dinner discussed. Flyers for the meeting need to be distributed to middle and high school administrators, counselors, and social workers. We should also invite Metro Council members.

Thursday, March 25, 2010

Location:

Livonia Public Library

32777 Five Mile Road

Livonia 48154 (Located on Five Mile Road east of Farmington Road)

Time: 7:00 p.m.

Program: Guest Speakers from Mu Chapter

Teen Dating Abuse (7:00 p.m. - 8:00 p.m.)

Teen Dating Abuse is a pattern of abusive behaviors that are used to gain power and control over a dating partner. Unhealthy relationship behaviors can start early and last a lifetime. Dating abuse occurs when harmful behaviors are repeated, creating a pattern of violence. According to recent research from the Centers for Disease Control and Prevention (CDC), one in eleven teens report being a victim of physical dating violence. Even more startling, adolescents who report experiencing dating violence are also more likely to report binge drinking, suicide attempts, physical fighting and current sexual activity. Mu Chapter has developed an effective program for educating students about this serious problem. Invite your daughters, school administrator, counselor, and social worker to this informative session. **CEU Available**

Gamma Alpha Bulletin

Saturday, April 17, 2010 Metro Coordinating Council Luncheon

Location: G. Subu's

11:00 a.m. - 2:00 p.m.

Icebreaker: Lambda Chapter

Agenda

- Multi-tasking is the name of the game during the luncheon. Our schedule is full so try to arrive on time
- Family Style Luncheon at G. Subu's (Pre-payment of \$25 for the luncheon will be necessary.)
Metro Council will honor their Chapter Women of Distinction
- Founders Celebration
- More information about the luncheon will be in future newsletters.
- 1:00 p.m. - 2:00 p.m. Guest Speaker

Women in Aviation (1:00 p.m. - 2:00 p.m.)

Women have been impacting the history of aviation since the first hot air balloon crested the horizon, yet their accomplishments have gained little recognition in the memories of people worldwide. Only a few resources choose to acknowledge the huge influence women have had in aviation. A pioneer aviator, Jessie Lambdin, will take you on a journey through time to explore the history of women in aviation. Your spirit will fly free as you learn about forgotten heroines. Information from the presentation can be easily transferred to Social Studies classes.

CEU Available

State Convention April 30 - May 2, 2010

Grand Traverse Resort and Spa

Convention and hotel registration will be available in the *Winter Wolverine* and in future newsletters. Please plan on attending.

May 13, 2010

Location: G. Subu's

5:00 Birthday Dinner

Hostesses: Birthday Committee, Membership Chairman

Agenda:

- Our schedule is full so try to arrive on time
- Family Style Birthday Dinner at G. Subu's (Pre-payment of \$25 for the family style dinner will be necessary.)
- 6:15 p.m. Program
Honor Friend of Education, Honor Retirees, Award Scholarships/Grant-in-Aids,
Install New Officers, Birthday Ceremony
- 8:00 p.m. "Southern Comfort" Field trip to the Tipping Point Theater (The play is a comedy about a December-December romance. We will need to pre-order the tickets (\$16) early like last year. Fran will collect money and make arrangements.

June Date TBD, 2010 Planning Meeting, Location TBD



Kitchen Talk

Seafood Lasagna

Submitted by Past State President
J-Jay Pechta

Ingredients:

- 8 lasagna noodles
- 1 cup chopped onion
- 2 cloves minced garlic
- 2T margarine
- 8 oz cream cheese softened
- 1 1/2 c cottage cheese
- 1 egg beaten
- 2 T basil
- 2 cans cream of mushroom soup
- 4 oz jar sliced mushrooms, drained
- 1/3 c milk 1/3 c dry white wine (optional)
- 1 pound shelled shrimp
- 4 1/2 oz can of crab, drained
- 1/4 c grated Parmesan cheese
- 4 oz shredded sharp cheddar cheese

Procedure:

- Preheat oven to 350 degrees.
- Cook noodles as directed on package. Drain.
- Place 4 noodles in greased 9x13x2" baking dish.
- In saucepan, cook onion and garlic in butter until tender.
- Blend in cream cheese.

- Stir in cottage cheese, egg, and basil.
- Spread half of mixture over noodles in pan.
- In medium bowl, combine shrimp, crab; and soup.
- Spread half over cream cheese/cottage cheese layer.
- Sprinkle with cheeses.
- Repeat layers.
- Sprinkle with cheeses.
- Bake uncovered about 45 minutes.
- Let stand 10 minutes before serving.

- *Add 2 T cornstarch or flour to soup mixture to thicken.
- You can use regular shrimp or canned baby shrimp but drain well. You may use about 5 sticks sliced imitation crab as well.

**Ed. Note: I made this and it was yummy.

Dreams

I have spread my dreams beneath your feet. Tread softly because you tread on my dreams.

W.B. Yeats

Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly.

Langston Hughes

You cannot dream yourself into a character: you must hammer and forge yourself into one.

Henry D. Thoreau

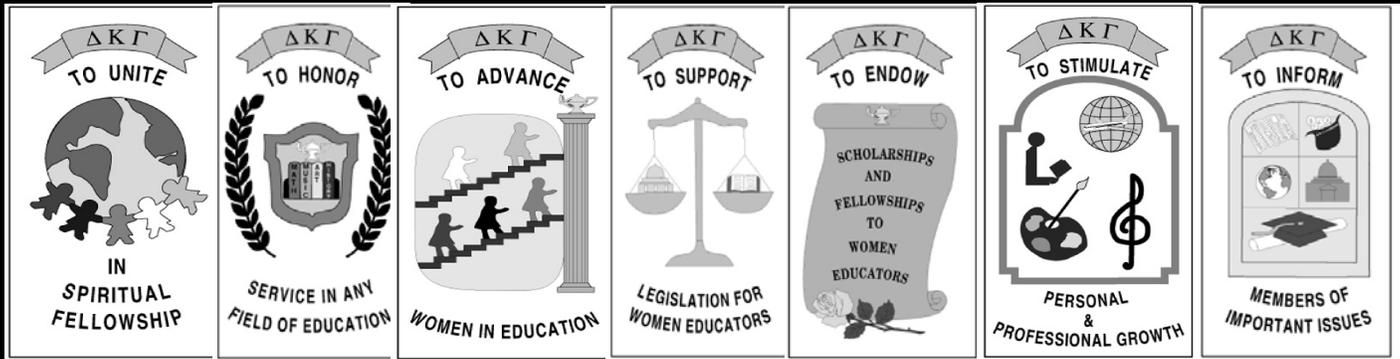
The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

Commitment leads to action. Action brings your dream closer.

Marcia Wieder

Seven Purposes of The Delta Kappa Gamma Society International



Gamma Alpha Executive Board & Committee Chairmen

Executive Board

| | |
|----------------------|------------------|
| President | Fran Saenz |
| First Vice President | Amy Wainwright |
| 2nd Vice President | Carol Anderson |
| Recording Secretary | Mary Jo Dreffs |
| Corresponding Sec. | Jackie Smart |
| Treasurer | Cindy Dietz |
| Parliamentarian | Barbara Broadley |

Committee Chairmen

| | |
|---------------------------|-------------------------------------|
| Personal Growth & Service | Esther Loskowske |
| Professional Affairs | Lynne Elsesser |
| Research/History | Sherry Green |
| US Forum/Legislation | Pam Emerson |
| Music | Chris Smith |
| Grant-in-Aid | Debbie Ervin |
| Birthday | Helen Mate |
| World Fellowships | Colleen Retherford |
| Yearbook/Newsletter | Jackie Smart |
| Sunshine | Donna Colaianne & Nancy Chiasson |
| Finance | Grace Morgan |
| Nominations | |
| Holiday Auction | Mary Jo Dreffs |

Research

One of the Seven Purposes of Delta Kappa Gamma is to **Inform** members of important issues and research. So...

HOT TOPIC:

What is the relationship between adolescent depression and substance use? New research sought that answer, specifically looking for gender differences. Surveying and tracking nearly 1,000 students from 8th through 11th grade, they found that in girls, depression in early adolescence correlates positively with alcohol, marijuana, and cigarette use. For boys, early adolescent depression positively correlates only with marijuana use. The researchers also found higher alcohol use in both genders during times the depressive symptoms were expressed.

Fleming, C. et al (2008). Psychology of Addictive Behaviors. Vol 22(2), 186-197.

