



Gamma Alpha Bulletin

The G.A.B. “Let’s Talk “



President’s Message



I leave for National Synchronized Swimming competition in Florida today; I’ll let you know how it turns out at our next meeting.

Our last meeting was fun and informative. The patience, persistence and optimism of our speaker gave us hope for gains in educating the autistic. One woman, Nan Wikol, really made a difference. Thanks, Marie, for introducing us to this amazing woman. The auction and book sale also went well.

Our Fall State Conference was another success. Lynne, Judi, Jackie and I put the pizza box Michigan products door prizes together at Lynne’s home. They turned out great! Our chapter had excellent help at the registration table. Grace, Barb, Marie Ev, Carol Anderson, Pam Emerson, Lisa, Donna, Mary Jo, Carol Palk, Colleen, Lynne Esther, Helen, and Chris Smith all helped. I hope I didn’t forget anyone! Carol Anderson was kind enough to fill in for me at Executive Board until I returned from swim practice.

The sessions were given great reviews by our members and the meetings ran like clockwork, thanks to Jackie’s leadership. Judi smoothed any registration feathers, Cindy took care of the checks and our quota of attendees was exceeded. Esther and the gang set up the centerpieces in record time. Everything looked great! I love teamwork!

Our keynote speaker, Tom Grace, was a delight! I was able to attend a couple of sessions, won a loser’s prize at Bunko, learned to better balance my weight at Tai Chi, and, best of all, won the 50/50 raffle! Thank you Gamma Alpha! Another job well done.

I look forward to our November 5th meeting where we will shop for jewelry and learn about nonverbal clues in our facial expressions from Lynn Klassen, our speaker. Remember to bring your used books for our sale. Are you reading one of our “club” selections for our January meeting? Think about volunteering as a book discussion leader for that event. Also include a December auction item as you start your holiday shopping. Every bit helps!

Fran

It is not fair to ask of others what you are unwilling to do yourself.

Eleanor Roosevelt

Mission Statement

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



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Meeting Info



See calendar for details.

November 5

- Bring your hand mirror to use during the presentation “Your Face is the Mirror of Everything.”
- Lia Sophia jewelry will be available for purchase.
- Used Book Sale.
- Pay \$75 dues by the end of October - if you have not done so.
- **December 3** is the Annual Holiday Auction. Bring friends and \$\$\$\$\$.
- See you November 5!

Flat Stanley Travels to Fall Conference

The session "Flat Stanley in Michigan" was provided by Esther Loskowske and Helen Mate. The presentation included an introduction of the original story from the 1960's authored by Jeff Brown. Esther and Helen showed how the story could be adapted for all grade levels and incorporated into English Language Arts and Social Studies classroom activities.

One of the favorite student activities was to write a letter and then include their Flat Stanley in the envelope. Various DKG teachers from around Michigan volunteered to take Flat Stanley on an adventure and sent souvenirs, mementos, and a letter describing where Flat Stanley went and how he spent his time away. The students had fun learning about areas in Michigan as they located them on the map. Esther would like to have a variation called "Flat Annie" attend the various DKG chapters and record the adventures she has on her chapter visits to help connect the DKG members in Michigan.

Submitted by Donna Colaianne



Esther and Helen during their Flat Stanley presentation at Fall Conference.

Great minds discuss ideas; Average minds discuss events; Small minds discuss people.

Eleanor Roosevelt

Research

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

Sense of Belonging

Sustaining and Retaining New Teachers

Jennifer Allen Year: 2009 Media: 160 pp/paper ISBN: 978-157110-785-5 Grade Range: K-5

Item No.: WEB0785

Price: \$20.00 Flat-rate shipping \$5.00

Too often, new teachers enter the profession excited to make a difference in the lives of children only to find themselves disillusioned and overwhelmed with the expectations of the classroom. In *A Sense of Belonging*, Jennifer Allen shares her stories and journey in creating an infrastructure of support for new teachers within her

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Legislation/US Forum

Pam Emerson, Chairman

- Anyone interested in a copy of MPSERS Medicare Advantage Plan? This is a detailed breakdown of coverage just about everyone would find interesting. Or if you would like a copy of A SUMMARY OF BCBS HEALTH COVERAGE FOR MI SCHOOL RETIREES NOT ELIGIBLE FOR MEDICARE? Let me know. My email is at the end of this report.
- Our US Forum NE Regional representative Elaine Christensen underscored the importance of ALL OF US sending emails to our legislators during these crucial times. Their offices will make a profile of you; then send automatic emails to you regarding your areas of interest that you have sent them earlier. My representative's office has been sending updates to me and it makes me feel informed first hand, so use your valuable time effectively and email your legislators TODAY and in the upcoming weeks!
- The DKG TRIBUNE from Judy Foster, State Legislation/ U.S. Forum chairman of DKG and VP of NEA-R states, "Let your opinion be heard!"
- Lots of choices from DKG to keep informed! Read and compare to find your favorite site or cross-check to find the latest goings-on!! Time is crucial right now for our pockets, Michigan, and U.S.!

Contacts

Congressional Switchboard: 1-866-327-8670
White House Switchboard: 1-202-546-1414

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Sunshine Committee Birthday Greetings

October

- 21 Laura Oliver
- 21 Alice Duke
- 23 Lisa Austin
- 26 Mary Lou Flynn

November

- 2 Debbie Ervin
- 5 Amy Wainwright
- 10 Sherry Green
- 17 Pam Emerson
- 24 Chris Smith

Happy Birthday to you!

Minutes in a Minute

After Fran opened our meeting and welcomed everyone back. Our icebreaker for the evening was called "What Color Are You?" It was a fun personality test and got us all moving. Thanks, Nancy and Judy.

We discussed the upcoming Fall Workshop. Volunteers were needed to help with registration. The sessions sound like fun so hopefully you have already signed up to join us this weekend. Jackie, Lynne, Esther, Fran, Amy, and Judi have really put lots of work into organizing the decorations and door prizes. Helen and Esther are presenting a session about Flat Stanley traveling around Michigan.

Executive Board minutes and Treasurer's Report were approved. Cindy reminds everyone that if you haven't sent her your dues to please do this quickly. It's still only \$75.00 and are due by October 31.

We were saddened to hear of 3 resignations (Bonnie

Franka, Marianne Reinhard, and Joan Murray-Custer) due to personal reasons. All of these members will be missed and would be welcomed back should they decide to rejoin us.

Lisa Austin was elected as Nominations Chairperson so she will be looking for "a few good women" to serve as officers for the next 2 years. We need everyone's support so please take some time to think about what you can do. We are ALL very busy so if lots of people help, the job can be much easier. Ev Shuput was reinstated into the fold.

We discussed upcoming meetings. You will need to bring a hand mirror for the November 5 meeting. (This presentation really sounds like fun.) Also, there will be some lovely jewelry to purchase (lia Sophia) and the proceeds will go to benefit our Member Supporting Member fund. We still have our Holiday Auction on December 3. Start getting your items ready and get those friends to come along with you.

Our January meeting should be very interesting because of the book study we will be having then. Please start thinking about which book you would like to read for our discussion. If you've forgotten, the choices were: Three Cups of Tea, Zoya's Story, and/or 1,000 Splendid Suns. We will be going to see "Southern Comfort" at the Tipping Point Theater in April. Please feel free to invite guests to this.

We had a wonderful and informative presentation about Autism by Nancy Wikol who told us about her experience or raising and educating her daughter who is autistic. She also introduced the director of the school that she and her husband have started for children with autism. Jessica, the director, explained how the school works. Thanks to Marie for asking them to join us for the evening.

Just a reminder... You may earn SB-CEU's for attending 4 out of 5 meeting this year. See Amy for further info. We can use some ideas for Service Projects. Any ideas are welcome!

Please take some time and try to encourage women you know would be interested in joining us. There is a very professionally done flier that you can get from Fran.



Mary Jo Dreffs
Recording Secretary

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Don't forget these dates!



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. **BRING A HAND MIRROR. SB-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 begin approximately at 5:00. The auction will begin promptly after dinner.

Holiday Auction Reminders

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

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- 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

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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. Nedom'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**

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

September Meeting Snaps



Ev and Lisa taking a chance on the vacation auction. Ev was reinstated into our chapter in September. Welcome back!

Colleen selling 50/50 tickets to Jackie and Esther.

Marie with our guest speakers on autism...Jessica and Nan (far right)



Fall Conference Snaps



Completed door prizes being admired by Jackie, Fran, and Lynne. Judi taking the snap.

Bunko with Carol and Mary Jo and two new friends.

Colleen sold her handmade cards and donated a portion of her profit to our chapter fund.

Our registration workers during a lull.

Cindy and Helen with the lovely table centerpieces crated by Esther. Apples from Lynda Neuroth's Ostbaum Orchard in Salem.

Guinness Beef Stew

The weather is getting cooler and crock pot comfort food calls. Try this recipe I brought back from England.

Make sure to buy large chunks of stew meat. Trim meat of excess fat, as necessary, and cut into 1 1/2-inch pieces. Be gentle when stirring in the flour in step 3-the fork-tender beef will fall apart if stirred too aggressively.

Serves 6 to 8

- 4 pounds boneless beef chuck
- Table salt and ground black pepper
- 2 Tablespoons vegetable oil
- 2 onions, chopped
- 4 cups low sodium chicken broth
- 1 1/2 cups Guinness Draught
- 1 Tablespoon light brown sugar
- 1 teaspoon dried thyme
- 1 ounce bittersweet chocolate, chopped
- 2 bay leaves
- 5 carrots, peeled and cut into 1 inch chunks
- 1 pound parsnips, peeled and cut into 1 inch chunks
- 1 pound baby reds potatoes, scrubbed
- 1/2 cup all purpose flour
- 2 Tablespoons minced fresh parsley



1. Pat beef dry with paper towels and sprinkle with salt and pepper. Heat 2 teaspoons oil in large skillet over medium-high heat until just smoking. Cook half of beef until browned on all sides, about 8 minutes. Transfer to slow cooker insert and repeat with additional 2 teaspoons oil and remaining beef.
2. Add remaining 2 teaspoons oil, onions, and 1/4 teaspoon salt to skillet and cook until onions are lightly browned, about 5 minutes. Add broth, 1 1/4 cups stout, sugar, thyme, chocolate, and bay leaves and bring to boil, using wooden spoon to scrape up browned bits. Transfer to slow cooker insert.
3. Add carrots, parsnips, and potatoes to slow cooker insert. Cover and cook on low until meat is tender, 9 to 10 hours (or cook on high for 6 to 7 hours). Set slow cooker to high. Whisk flour and remaining 1/4 cup beer until smooth, then stir mixture into slow cooker. Cook, covered, until sauce thickens, about 15 minutes. Stir in parsley, season with salt and pepper, and discard bay leaf. Serve.

Make Ahead:

You can prepare the recipe through step 2 the night before the ingredients go into the slow cooker.

Refrigerate the browned beef and the onion mixture in separate containers.

In the morning, transfer the beef and the onion mixture to the slow cooker and proceed with step 3.

Know the Difference Between Cold and HINI Flu Symptoms

Symptom	Cold	HINI Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

(Continued from page 2)

Email the Congress: www.house.gov www.senate.gov

Elaine Christensen (US Forum NE Rep) elaine395@comcast.net

US Forum Connection angela.bedenbaugh@usm.edu

Capital Chaos by www.mea.org gives daily news.

Do you receive automatic email from our MEA? If not, let me know. We have power. Let's put it to good use!

Issues in Brief

- Cuts of \$165 per pupil could grow to \$200+ by next year. Districts will lose millions; talk of closing schools or higher class sizes or consolidation has been on TV talk shows, too.
- "Neighborhood Schools" new word for Charter Schools and still no Teacher Certification required for them.
- Movement continues to do away with unions - could happen if union school consolidates with non-union school or bus drivers, parapros/ESPs, etc. Dewitt District dismissed custodians, gave them 6 hours to clear out of the building. A lawsuit was filed.

- Dillon Health Plan (This bill is online)

This bill would impact active and retired teachers and all state employees. MPSERS Board needs to be watched. It is appointed by governor and some think they are a rubber stamp. This bill eliminates collective bargaining because a school district can use this as tool to increase/decrease wages, class size, and could lead to eliminate MESSA (our health group for the entire state of Michigan). Over the years this has long been feared, and in this depressed time it rears its ugly head again.

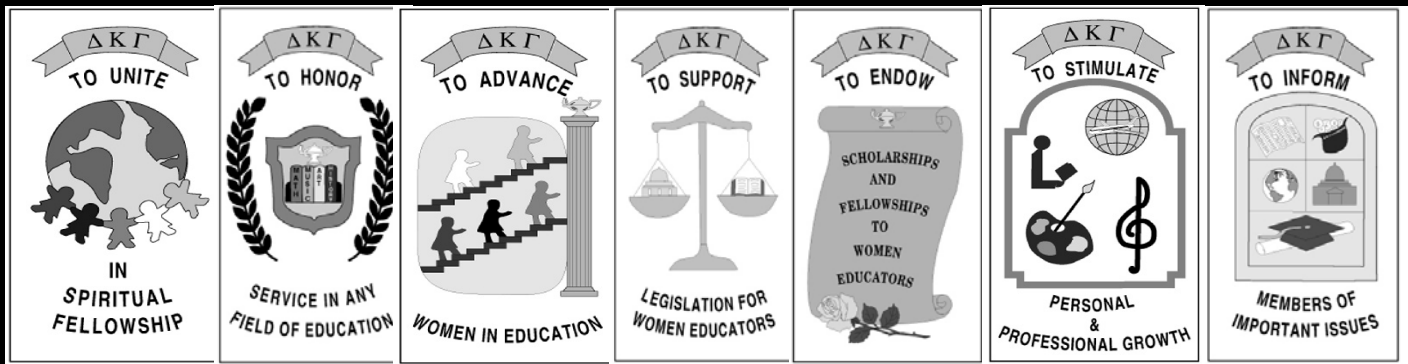
Retirees & Health Insurance Changes

- BCBS plans to hold seminars in different areas of state to inform. Watch for letter/post card to inform you of meeting.
- If you are not on Medicare you will receive a form soon, to complete and qualify you for the Healthy Living fees. This is detailed, so I'll have handout copies at next DKG meeting.

Ladies, start your engines and email your legislators!

Pam Emerson rpemerson@aol.com

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	Lisa Austin
Holiday Auction	Mary Jo Dreffs

school district. *A Sense of Belonging* provides research-based, practical ideas on how to support new teachers while honoring the innovation, idealism, and optimistic enthusiasm that they bring to the classroom. From supporting new teachers early in the year with administering and analyzing literacy assessments, through using student work to guide instruction, to offering ongoing help with curriculum planning, Jennifer shares strategies on:

- fostering relationships with new teachers, starting before school even begins;
- creating learning environments for new teachers to be reflective practitioners;
- coaching new teachers in their classrooms and providing opportunities for them to observe their peers in action;
- supporting new teachers beyond their first year through gradual release of support over their first several years in the classroom; and
- facilitating professional development opportunities where new and veteran teachers learn alongside one another.

Jennifer believes, and her book demonstrates, that when schools embrace, encourage, and celebrate the work of new teachers, they establish a supportive environment that fosters excellence and improves retention.

