



Gamma Alpha Bulletin

The G.A.B. “Let’s Talk “



President’s Message



The year is off to a flying start! It was so good to see all of you. I can only hope that it is a prediction of what this year will be like. Thanks to everyone who participated in the vacation auction and the shower of

gifts for new teachers. I was pleased to hear the nominations for new members.

Those of you who are still in the classroom have the respect, admiration and support of those of us who have retired. We know that education is changing and that you are helping make that change a positive one.

I am anxious to see the upcoming documentary movie “Waiting for Superman” and learn how teaching is perceived by some outside the profession and how they think that we can improve it to meet the needs of all students. Much additional pressure will undoubtedly be placed on teachers.

Although Fall means that nature is preparing to take her big rest, it is such a beautiful time of year. I can just sit and watch the colors change on my maple tree, walk through a pumpkin patch, visit a farmer’s market to get the freshest of produce, and ride through the country when the sun is bright and Mother Nature’s play with color in the trees is awesome.

Fall also means that I will meet with many of my DKG sisters for a weekend workshop. There we can share what we know as key women educators who care for the future of education in our state and in our country. Actually, in the whole world. So says the prez.

International President

Dr. Jeni Souders

This is from Dr. Souders’ Acceptance Speech in Spokane in July.

If we are to become known throughout the greater educational world, we need a common focus. Just as other organizations are known for an emphasis on one major project, so can we become known by gathering all our efforts into one unified effort. The Successful Chapter Practices Survey showed us that members get more active when chapter projects make a visible difference. The survey also showed that chapters involved in such visible projects get attention in communities without seeking it. I hope that we will find that common focus through supporting early-career educators. As international committees meet this fall and spring, we will be examining how we can focus, in different ways, on a such a common effort that will make us better known for supporting educational excellence in communities and the education world, that will attract and retain active educators, that will bring in a greater diversity of membership, and that will ultimately revitalize and strengthen chapters. Let’s work together to encourage chapters and your state organization to sharpen our focus! Stay tuned!

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Meeting Info

See calendar for details.



- October 14**
Orientation of
New Members & speaker
- October 15-16**
Fall Conference
Bay City
- November 10**
Initiation of New
Members & speaker
- December 9**
Holiday Auction!

RSVP to Jackie at:
jackie@mymartfamily.com

Mission

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

Vision

Leading women educators impacting education worldwide.

Don't forget these dates!

Gamma Alpha Calendar

Thursday October 14, 2010

4:30 p.m.

Dinner and business meeting at Subu's Leather Bottle

6:30 p.m. Speaker - Livonia Civic Center Library

(5 Mile west of Farmington Road)

Agenda:

- Bring your candidate to dinner. Colleen Retherford will lead a brief DKG orientation. Initiation will be held on November 10.

- 50/50 Raffle

- Book Sale

- **6:30 - 7:30 p.m.** Livonia Civic Center Library

Speaker: Angela Branch - Social Networking Hazards and Internet

Some teachers have started using a teacher moderated social network where students can share ideas, publish their work, and learn how to communicate effectively online. What better place to build on our 21st Century Skills? What could go wrong with social networking? Angela Branch, from Michigan's Attorney General's office, will help social media users to understand that the risk is not limited to your identities and bank accounts, but also to your homes, family, students, and friends. It's far too easy to give away personal information that can enable people to find you or your family members. **SBCEU**

Friday & Saturday, October 15 - 16, 2010

Alpha Iota State Fall Conference

Fall Registration information is included in the Summer *Wolverine* and on the state website:

www.deltakappagamma.org/MI

Wednesday, November 10, 2010

4:30 p.m.

Dinner/meeting at Subu's Leather Bottle

Agenda:

- Initiation of New Members

- Used book sale

- 6:30 - 7:30 p.m. Speaker

Speaker: **"Keeping Your Brain Healthy for Life: A Functional Approach"**

How would it affect educational systems if everyone truly believed that the human brain could change structurally and functionally - at any age - as a result of learning and

experience? Guest speaker, Dr. Elizabeth Borg, knows there has never been a time of greater challenge for education, and never has there been such an opportunity to rethink the whole process. This session will focus on strategies that use the whole brain and keep it healthy for life. At the end of the meeting, participants will be able to:

- Describe 5 functional, biochemical pathways that directly impact on brain health all through life.

- List behaviors/actions a pregnant woman can take during and after pregnancy to enhance her child's brain health.

- Describe lifestyle actions needed throughout life to create a healthy body and thus a healthy brain.

- Describe how menopause affects the brain and several alternative treatment options. **SBCEU**

Holiday Auction

Thursday, December 9, 2010

4:30 p.m. Dinner/Holiday Auction (arrive 4:15 for set-up)
Laurel Manor

39000 Schoolcraft Road in Livonia

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

*More information in next newsletter.



Wednesday, January 12, 2011

4:30 p.m.

Dinner/Business Meeting at Subu's Leather Bottle

(Executive Board will meet at 3:30)

Agenda:

- Business Meeting

- 6:00 - 7:00 p.m.

Speaker: **An Evening with Abraham Lincoln**

We are proud to offer a presentation of the nation's most famous President, Abraham Lincoln this evening. Our presenter will strip away the myth to reveal the inner strength of Lincoln's will and the charm of his character. President Lincoln talks about growing up in a log cabin, how he got his beard, and why he wears such a tall hat. The presenter will share Mr. Lincoln's views about good citizenship, the importance of getting a good education, having respect for the law, and never giving up on oneself. He will also discuss the causes and effects of the Civil War. Our presenter will provide material that can be used in your classroom during Presidents' Month in February. **SBCEU**

Thursday, February 10, 2011

4:30 p.m.

Dinner/Business Meeting Subu's Leather Bottle

Agenda:

- Friend of Education discussion
- Field Trip to the Methodist Children's Village
26645 West Six Mile Road
Redford, MI
- Service Project for the MCV: Valentine Treat donations
- More information in future newsletter.

Wednesday, March 9, 2011

4:30 p.m.

Dinner/Business Meeting Subu's Leather Bottle

Agenda:

Speaker: **Kids 4 Afghan Kids Update**

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 for us last year. This is a review and update of the project. **SBCEU**

Wednesday, April 13, 2011

Location: TBD (Probably Judi's house)

Time: TBD (Probably during the afternoon)

Agenda: Convention preparations, stuffing envelopes

State Convention April 15 - 17, 2011

Crowne Plaza Detroit Metro Airport
8000 Merriman Road
Romulus, MI 48174

Convention and hotel registration will be available in the Winter *Wolverine* and in future newsletters. Please plan on attending. We will need tons of help! Judi is Registrar and Cindy is the Treasurer.

Thursday, May 12, 2010 Birthday Dinner

4:30 p.m.

Birthday Dinner

East Side Mario's

31630 Plymouth Road in Livonia

Agenda:

- Reunion Birthday Dinner
- Family Style Birthday Dinner at G. Subu's (Pre-payment of \$25 for the family style dinner will be necessary.)
- 6:00 p.m. Program
- Honor Friend of Education, Honor Retirees, Award Scholarships/Grant-in-Aids, Birthday Ceremony

Wednesday, June 22, 2011

Planning Meeting and potluck will be held at Carol Anderson's home. Time 11:00 a.m. More information in future newsletters.



Constitutional Changes at Convention

Submitted by J-Jay Pechta

Every four years at an international convention the constitution is reviewed. Each article was read and then if someone had an objection or an amendment the item was discussed. These were the main items that were thoroughly discussed and then voted upon that relate directly to our state and chapter members.

Changes in Eligibility for membership

An active member shall be a woman who is employed as a professional educator for three years or has been retired from an educational position for no more than five years at the time of her election. The rationale is that the chapters determine who shall be members of their chapters and they have the flexibility to choose those whom they deem Key Women Educators.

Changes in Committees at International

Deleted were six standing committees. The Program of Work committee was renamed Educational Excellence with an emphasis on personal and professional growth.

(Continued on page 4)

DKG Minutes for September 15, 2010



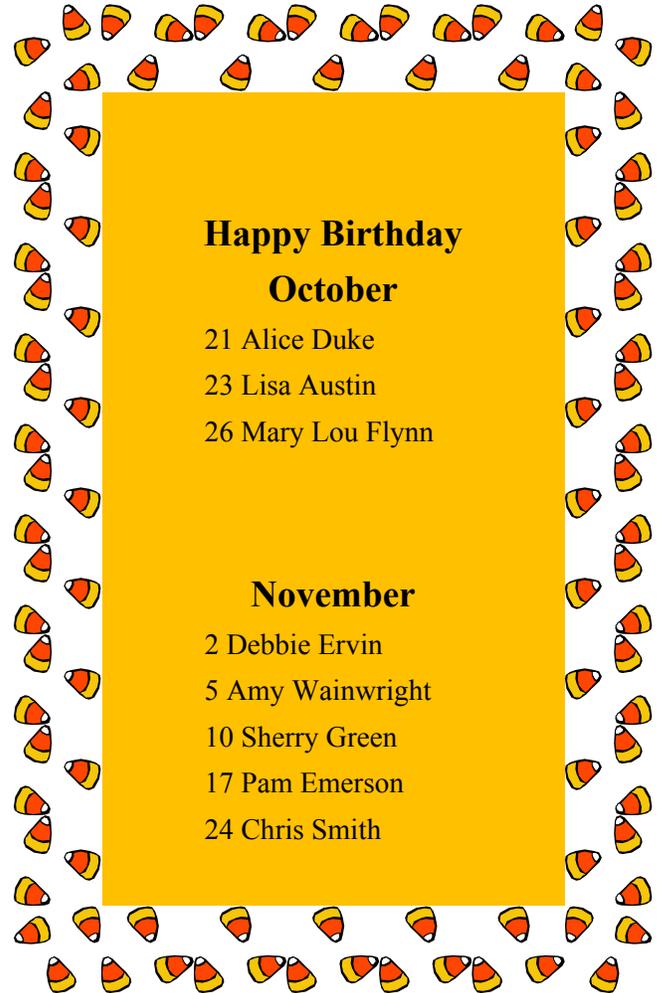
Our meeting was on Wednesday, September 15, 2010 and called to order at 4:30 pm. We met at the Asian Pan Restaurant, Lilley Road, Canton, Michigan.

Our opening activity was a get-to-know-you bioglyph led by Jackie Smart. It was fun to read each others faces that we made. We raised \$43.00 for the 50/50 raffle. Grace Morgan won \$43 from the raffle. Our memories of summer auction raised \$141.00 and \$8.00 was raised by the sale of our used books. Thank you to Esther Loskowske and Colleen Retherford for being the auctioneers and ticket sellers.

We discussed how to distribute the classroom goodies that members brought in to make survival kits for early-career teachers. It was decided that Jackie will have people come over and make the bags. Lisa Austin will distribute the bags to WWCS mentors who will give them to the new teachers that are being mentored. The upcoming calendar of meetings was discussed in detail. Mary Jo Dreffs passed a sign up sheet around so members could choose how they were going to help at the Holiday Auction at Laurel Manor. Amy talked about volunteer opportunities at the Methodist Children's Village. She will contact them about specifics of how we can help. The Village is also doing a literacy project. Amy will send out a list of books that are needed to help get this project started.

Four new members were recommended to join us. They should come to orientation next month. Jackie told us of her trip to the International meeting in Spokane. Some of the changes made were who can qualify for membership and dues. New members have to be employed in the education...but think out of the box. Our next meeting will be on Thursday, October 14, 2010 at 4:30 pm at Subu's with the meeting continuing at the Livonia Civic Center Library at 6:00pm. Topic will be social networking hazards and internet fraud.

Carol Palk, Recording Secretary



(Continued from page 3)

Research is to be conducted by each individual committee as needed.

The last debated involved dues.

- Beginning in 2012, international active and reserve dues may be adjusted each biennium based on the U. S. Social Security Administration's Cost Of Living Adjustment (COLA) average for the previous two (2) years, rounded up to the nearest whole dollar (under current times \$1.00.)
- The amount of international dues to be voted upon by the convention shall be presented to the membership in printed form no later than the March/April issue of the *AKT NEWS* in the year of the convention. (Any increase has to be voted by the membership)

Early Career Educator Bags

Gamma Alpha members were generous in their donations for our Service Project for early career educators as you can clearly see from the goodies on Jackie's dining room table. Fran Saenz, Carol VandenBrul, Grace Morgan, Esther Loskowske, June Chartrand (former Gamma Alpha member and currently an Arizona DKG member,) Judi Fisher, and Jackie Smart (not pictured) made Henry Ford proud with their assembly line approach to filling the DKG totes that the chapter purchased. Flash drives, memo pads, pens, white board markers, pencils, tissues, glue sticks and many more items filled the bags. We also place information about the Society and Gamma Alpha in the bags. After the project, a lunch at Subu's followed. Lisa Austin will be responsible for dispersing the tote bags to early career educators.

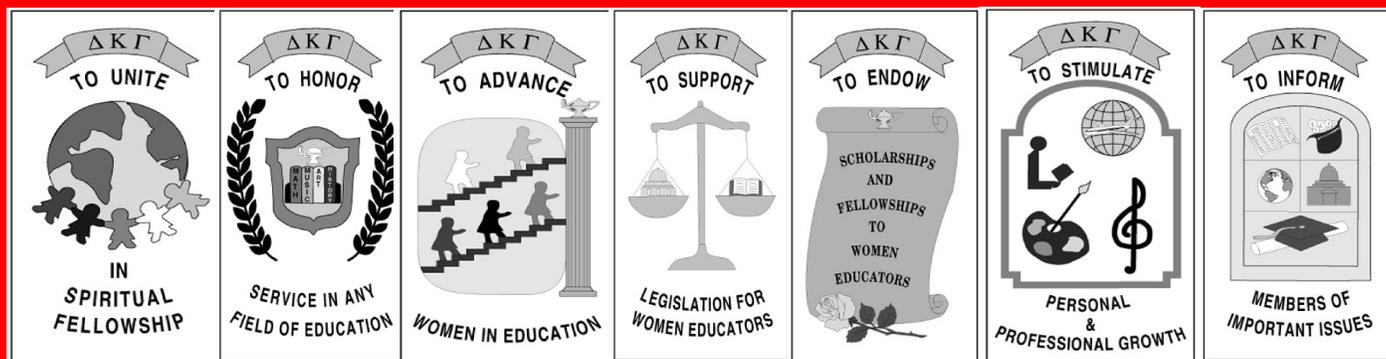


The project was a little tiring for Sam, Judi's grandson, who decided to take a nap during the worker bee. He did perk up when we went to Subu's, though.



The "Assembly Line Team" poses with finished tote bags.

Seven Purposes of The Delta Kappa Gamma Society International



Gamma Alpha Executive Board & Committee Chairmen

Executive Board

President	Carol Anderson
1st Vice President/Program	Mary Jo Dreffs
2nd Vice President/Membership	Colleen Retherford
Recording Secretary	Carol Palk
Corresponding Secretary	Jackie Smart
Treasurer	Cindy Dietz
Parliamentarian	Fran Saenz

Committee Chairmen

Personal Growth & Service	Amy Wainwright
Professional Affairs	Lynne Elsesser
US Forum/Legislation	Pam Emerson/Cindy Dietz
Grant-in-Aid	Debbie Ervin
Birthday	Helen Mate/Esther Loskowske
World Fellowships	Esther Loskowske
Yearbook/Newsletter	Jackie Smart
Sunshine	Donna Colaianne & Nancy Chiasson
Finance	Judi Fisher
Nominations	Open
Holiday Auction	Mary Jo Dreffs

Preventing & Overcoming Obesity in Children

By Karen Sawyers, Assistant Director, Movement and Music Division, High/Scope Educational Research Foundation

Most of us are well acquainted with the saying “garbage in/garbage out.” A twist on this familiar saying has relevance to our children’s health. “Energy in/energy out,” a term used by nutritionists, describes the balance between calories consumed and calories burned. When there is an imbalance, obesity may result. We know that many children do not get enough opportunities for the “energy out” part of this equation. As educators we have many reasons for finding ways to help increase the amount of physical activity that children experience each day.

Obese children are at risk for:

- High blood pressure/ high cholesterol
- Poor self-confidence and depression
- Type 2 diabetes
- Sleep apnea which can lead to problems with learning and memory.
- Orthopedic problems, liver disease, and asthma.
- Overweight adolescents have a 70 % chance of becoming overweight or obese adults.

Teaching healthy behaviors at a young age is important to encouraging lifelong healthy habits. By integrating physical activity throughout the day with classroom learning, educators have a powerful method for furthering academic goals while addressing the problem of childhood obesity.