



Gamma Alpha Bulletin

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



President's Message



"The autumn leaves drift past my window, the autumn leaves of red and gold." The fall of the year used to be a time of disappointment for me. I disliked winter and saw this season as simply a prelude to the cold and darkness of the season to come. Now I've learned to accept the beauty of fall with the changing leaves and the cool nights as a time with its own pleasing identity. I think that is a sign of my aging but even that is not too discouraging.

For those of you who were unable to join us at the Alpha Iota Fall Workshop in Bay City this year, let me tell you that we had a very enjoyable weekend. The society's workshops and conventions are wonderful times to get to know each other on a personal level as well as times to become involved in society business. If you have never attended a workshop or convention, do not hesitate to attend in the future. Like me, you will likely find that we are a group of women who are very diverse in many ways but similar in our concern for the best education of all students. These gatherings are always a lot of fun!

(Continued on page 5)

International Project

"Schools for Africa"

Schools for Africa is DKG's new philanthropic project. Schools for Africa is a joint campaign founded by UNICEF, the Nelson Mandela Foundation, and the Hamburg Society to promote education for children in Africa. The campaign will increase access to quality basic education for children with a special focus on girls, orphans and vulnerable children.

In September 2009, an additional agreement was signed which extended Schools for Africa into 11 countries including:

Angola	Malawi
Mozambique	Rwanda
South Africa	Zimbabwe
Niger	Burkina
Faso	Mali
Ethiopia	Madagascar

In these countries as well as the new additions, UNICEF is working with governments, local authorities, communities and other partners to:

- Build and rehabilitate 1,000 schools;
- Create schools that offer a safe and

(Continued on page 3)

Inside this issue:

International	1
Calendar	2/3
Minutes	4
Birthdays	4
Fall Conference Pix	5
Maintain Your Brain	6

Meeting Info

See calendar for details.



November 10

Initiation of New Members & speaker

December 9

Holiday Auction!
Send checks to Cindy Dietz.
Bring guests!

RSVP to Jackie at:
jackie@mymartfamily.com

I am not a teacher, but an awakener.

Robert Frost

A child miseducated is a child lost.

JFK

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

Wednesday, November 10, 2010

4:30 p.m.

Dinner/meeting at Subu's Leather Bottle

Agenda:

- Initiation of New Members
- Used book sale
- 50/50 Raffle
- Lisa's Surprise Raffle
- 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.)

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:
 - Gift certificates
 - Baked goods (homemade or purchased)
 - "Theme" Baskets (holiday, cooking, movie, teacher, grandma's activity,
 - Holiday items/ decorations/plants
 - Theater, movie, or game tickets
 - Best seller books or books on tape
 - Crafts
 - Massage/haircut/manicure/pedicure
 - etc.



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**

(Continued from page 1)

protective environment where children can learn and play;

- Provide access to clean water and separate sanitation facilities for boys and girls in those schools;
- Supply exercise books, pens, proper furniture and other school and sports materials;
- Train 100,000 teachers to provide children with quality education and basic life skills; and
- Educate children about proper hygiene and HIV prevention; this knowledge is passed on to siblings, parents, and the community at large.

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.



DKG Minutes for October 14, 2010



The meeting was called to order at 4:40 by Carol Anderson.

- Colleen Retherford took attendance. 22 were present.
- The minutes from September 15 were approved as written.
- Jackie led a Happy/Sad news sharing opener. This was decided to be our opener for our meetings this year. Members will donate a dollar for each tidbit of news they share.
- Esther Loskowske collected money for the 50/50 and Fran Saenz was the lucky winner. I didn't write down how much Fran won!
- Lisa Austin raffled off a lovely set of candles. Thank you for your donation, Lisa.
- Fall conference and carpooling arrangements were made. 10 members were scheduled to attend the conference
- Jackie provided attendees with a flyer for the Holiday Auction. Everyone should try to bring a guest and items for the auction. See the calendar for specific details.
- Colleen provided a brief DKG orientation for Rachel Richert, one of our candidates for membership who attended the October meeting. Colleen will contact Stephanie Smith and Sandy Brock regarding their orientation.
- After dinner we traveled to the Livonia Civic Center Library and listened to Angel Branch from the State of Michigan's Attorney General's office. Ms. Branch spoke to the group about:

Avoiding mail and phone scams

How to reduce telemarketing calls

How to confirm a charity is credible

Reducing junk mail

Eliminating pre-approved credit card offers

Importance of reviewing your credit history

She also provided some forms for credit report requests and a form to we can use to reduce unsolicited advertising mail.

Ms. Branch spoke until 8:00 and answered the group's questions.

The meeting was adjourned at 8:05..

Jackie Smart for Carol Palk, Recording Secretary

Following Directions

Are your students in upper elementary grades or older? Do they sometimes forget to read the directions? We know how important that can be, and we also can think of numerous times when we've had trouble because of not reading directions. A colleague of mine used this activity on April 1 each year. It is a fun activity that might help your students learn a valuable lesson without the headache of messing up something important!

Type up a list of directions. These should be things that your students will find slightly challenging, such as finding the area of the paper, adding up all the numerals in your phone number and dividing by 11, or listing all of the prime numbers smaller than 100. Include a few slightly embarrassing instructions, too, like 'Sing your favorite song,' or 'Say the alphabet out loud and backwards.' Make the first instruction on the page 'write your name on the top right corner of the paper.' Be sure you have enough instructions to use the back of the paper.

Now that you have a list of things to do, go back and make the second instruction 'Read all of these directions before you do anything else.' Make the very last instruction say, "Now go back and do only numbers __, __, and ___." Make the numbers of directions to be done match up with easy instructions on the rest of the activity.

If your students neglect the direction to read before doing anything, he or she will find a lot of work to be done. You'll be able to tell who is following directions by listening for the silly out loud tasks you've embedded in the list. And your students will soon realize the value of following directions!

Have fun with this exercise.



(Continued from page 1)

Happy Birthday November

Don't forget that we are initiating new members into Gamma Alpha on November 10. Please come and welcome them.

Are you looking for items that you can donate for our holiday auction on December 9? I like to make my way through craft shows and unique stores to find things to contribute. I am also inviting several people to join us at Laurel Manor that evening. The auction is always one of my favorite annual activities with Gamma Alpha.

I hope that you are finding as much enjoyment in your membership in the chapter as I have found. If you are regularly involved even in a small way, you will find pleasure in working alongside other key women educators like yourself.

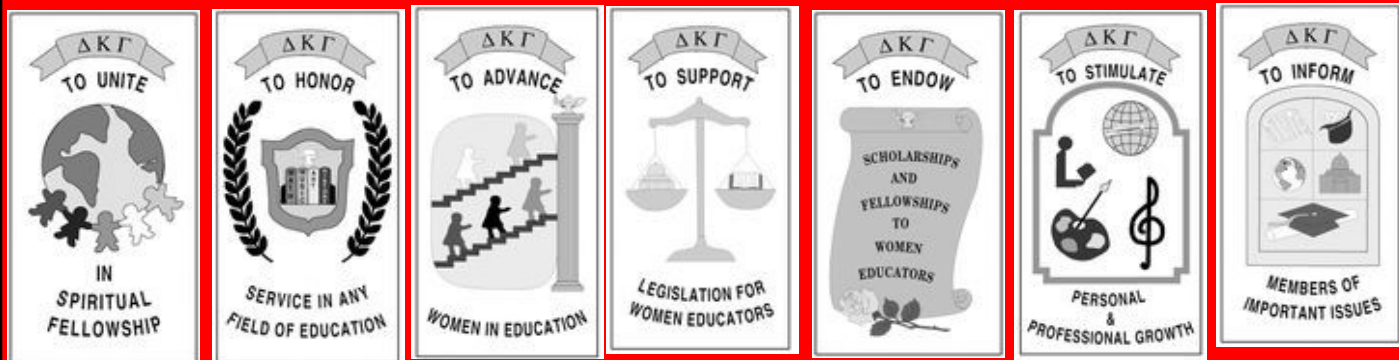
2	Debbie Ervin
5	Amy Wainwright
10	Sherry Green
17	Pam Emerson
24	Chris Smith



Puns for Educated Minds

- The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
- I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
- She was only a whiskey maker, but he loved her still.
- A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
- No matter how much you push the envelope, it'll still be stationery.
- A dog gave birth to puppies near the road and was cited for littering.
- A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
- Two silk worms had a race. They ended up in a tie.
- A hole has been found in the nudist camp wall. The police are looking into it.
- Time flies like an arrow. Fruit flies like a banana.
- Atheism is a non-prophet organization.
- Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
- I wondered why the baseball kept getting bigger. Then it hit me.
- A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
- The short fortune-teller who escaped from prison was a small medium at large.
- The man who survived mustard gas and pepper spray is now a seasoned veteran.
- A backward poet writes inverse.
- In a democracy it's your vote that counts. In feudalism it's your count that votes.
- When cannibals ate a missionary, they got a taste of religion.
- If you jumped off the bridge in Paris, you'd be in Seine.

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

Think About Your Future - Maintain Your Brain Today

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing - even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia.

Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. Science is unlocking many of the mysteries of the brain, but we don't have all the answers yet. You can do everything "right" and still not prevent Alzheimer's.

- Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.
- Research suggests that high cholesterol may contribute to stroke and brain cell damage.
- Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.
- Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.