



Gamma Alpha Bulletin

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



President's Message

Auld Lang Syne...Was it just a few weeks ago we listened to that song, sang along with it, and made our yearly resolutions to loose weight, exercise regularly, read more, eat better, etc. etc. etc? And have we made any progress toward those resolutions? If we are like the rest of the nation, the answer is no. I have found a fail-safe way to make sure that I do not fail in my resolutions. How is that? I do not make New Year's resolutions. Simple as that! I try to make promises to myself at different times during the year as a need or ambition arises. It is easy enough to focus on one promise or resolution and work on it. Not all promises are successful. However, I do not cry in my root beer at the end of every January when I see that several well-intended resolutions have been lost in the wind along with those of the rest of most of my fellow citizens.

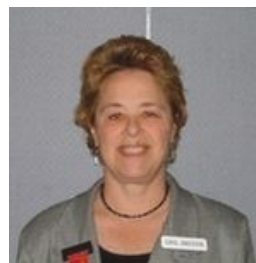
Winter is certainly letting us know that she is in charge. I look out the window every day and see the beautiful covering of white snow. I secretly wish that I could change it to a beautiful covering of green grass. I count the days 'til the groundhog lets me know that there are "only" six more weeks of winter. Mother Nature and I are not always on good terms.

Are you thinking ahead to the activities that Gamma Alpha has planned in the next couple months? Our birthday dinner will be at a different locale this year. The state convention is scheduled for an earlier date than usual. These two activities are things that I like to plan for because they are DKG spring activities.

I know that winter is not forever, but at its most intense, it feels that way. Sometimes I call to mind the words that Bette Midler sang and I know that I should just have a bit of perspective.

Just remember in the winter,
Far beneath the bitter snows,
Lies the seed that with the sun's
warmth,
In the spring becomes the rose.

So says the prez!



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Meeting Info

See calendar for details.



February 10

Meeting Cancelled

March 9

Chapter Meeting at
Leather Bottle

March 19

Leadership Seminar
Grand Blanc

March 26

Bowling for Braille

April 15-17

State Convention

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!



Thursday, February 10, 2011

Meeting Cancelled

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
- Birthday Dinner at East Side Mario'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
- Field Trip to Methodist Children's Village and Service Project for residents

Wednesday, June 22, 2011

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

DKG Minutes for January 12, 2011



Our January meeting was called to order by Mary Jo Dreffs, First Vice President, at 4:45 pm. President Carol Anderson was under the weather .

Cindy announced that our Holiday Auction made \$1877! Next year's auction will take place at Laurel Manor the week of December 7th. Pencil in the date.

We also initiated two new members. Sandy Brock and

(Continued on page 4)

"Women Educators' Leadership in the 21st Century"

A workshop designed to educate, enhance, and connect accomplished women as leaders in educational positions featuring:

Cathy Daugherty

"Leading Together: The 21st Century Approach"

With focus sessions presented by the Alpha Iota Leadership Team on:

Your Professional Image, The Many Hats of Leadership, Time Management, Communication - a Key to Successful Leadership, and Delegating (*SBCEU credits available)

When and Where?

Saturday, March 19, 2011

8:30 a.m. Registration & Continental Breakfast **9 a.m. to 3:30 p.m. Sessions** **Lunch included**

Genesys Conference and Banquet Center

805 Health Park Blvd., Grand Blanc, Michigan 48439

How to Register

Send completed registration form and check for \$30 payable to "Delta Kappa Gamma" by **February 28, 2011** to:

Gwen Graham

Leadership Workshop Registrar

819 W. Shiawassee Avenue

Fenton, MI 48430

Questions? Call: 810-629-8418 *or* E-mail: godonnell@aol.com

2011 Women to Women Leadership Workshop Registration Form

Your Name _____ Position _____

Chapter/Organization _____

Address _____ City _____ State _____ Zip Code _____

Phone # _____ E-mail _____

Mail completed form and \$30 check payable to Delta Kappa Gamma by February 28, 2011 to:

Gwen Graham

819 W. Shiawassee Avenue

Fenton, MI 48430

We look forward to seeing you March 19!

DRUGS WHICH CAN CAUSE MEMORY PROBLEMS

U.S. Forum Connections www.deltakappagamma.org/US Forum

Recently published studies have found that a number of common prescription drugs can cause memory loss problems. Some of the prescription drugs known to have this effect are:

- Antiarrhythmics e.g. digoxin (Lanoxin) and disopyramide (Norpace)
- Antibiotics and antivirals e.g. Acyclovir (Zovirax), ciprofloxacin (Cipro), ganciclovir (Cytovene), metronidazole (Flagyl)
- Antihistamines chlorphiramine (ChlorTrimeton), dimenhydrinate (Dramamine), diphenhydramine (Benadryl)
- Antihypertensives clonidine (Catapres), and beta blockers such as atenolol (Tenormin) metoprolol (Lopressor) propranolol (Inderal)
- Corticosteroids methylprednisolone (Medrol, Meprolone) prednisone (Deltasone, Orasone)
- Cough and congestion medications Dextromethorphan (Robitussin Cough Gels). Pseudoephedrine (Sudaphed)
- Gastrointestinal medications cimetiedine (Tagemeet), diphenoxylate (combined with atropine in Lofene, Lomotil), dicyclomine (Bentyl), glycopyrrolate (Robinul), hyoscomine (Anaspaz, Cystospaz), scopolamine (Scopace)
- Incontinence medications oxybutinin (Ditropan) solifenacin (VESIcare), tolterodine (Detrol)
- Migraine medications Naratriptan (Amerge), rizatriptan (Maxalt)
- Muscle relaxants cyclobenzapine (Flexeril) orphenadrine (Antiflex)
- Painkillers codeine (generic), meperidine (Demerol), pentazocine (Talwin), propoxyphene (Darvon)
- Parkinson,s medications amantadine (Symmetrel), levodopa (Sinemet), selegiline (Eldepryl)
- Sleep medications eszopiclone (Lunesta), zaleplon (Sonata) zolpidem (Ambien CR)
- Tricyclic antidepressants amitriptyline (Elavil), imipromine (Tofranil), nortriptyline (Pamelor)

This information is given as a guide in determining alternatives each individual may want to consider. It also serves to inform you that memory problems may be caused by taking these drugs rather than advancing age. Younger individuals are not affected as dramatically as older individuals.

(Continued from page 2)

Stephanie Smith. Colleen initiated Rachel Richert at a separate ceremony the following week because of Rachel's grad class schedule. Welcome to Delta Kappa Gamma ladies.

It was voted on and approved that there will be NO February meeting. Amy reported that our service project with the Methodist Children's Village is cancelled and will be rescheduled from February to May. Date TBD.

We had a wonderful presentation from a docent from the Plymouth Historical Museum. The presenter shared many unusual facts about the life and times of Abraham Lincoln. There is also a Civil War Exhibit that will be at the museum until October 23.

Seedlings will be doing a Bowl-a-thon for Braille on March 26. Bowlers and volunteers are needed. Info is on page 5. Contact Judi Fisher if you would like to bowl or help.

The meeting was adjourned at 7:15p.m.

Carol Palk, Recording Secretary

Happy Birthday February

17 Rachel Richert

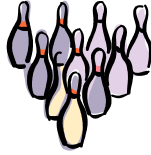
19 Carol VandenBrul

29/Marge Braun



State Convention will be April 15-17 at the Crowne Plaza Detroit Metro Airport. Gamma Alpha is in charge of registration, selling convention favors on Sunday, and helping at the Funding Our Purpose Auction. Come to convention! We need your help.

Bowling for Braille Books



Come bowl with Seedlings and WMGC's Chris Edmonds on Saturday, March 26, 2011 for Seedlings' 24th Annual Bowling for Braille Books! Help put Braille books into the hands of blind children by raising pledges and bowling at Plaza Lanes in Plymouth. Every year bowlers win lots of prizes and awards! Each \$10 raised makes another book possible! Businesses are needed to sponsor lanes and to contribute door prizes.

WHEN: Saturday, March 26, at 12:00 p.m. (note new day!)

WHERE: PLAZA LANES in Plymouth (note new place!)

WHAT: Lots of fun and prizes...and lots of money raised to help make more books available in Braille!

COST: \$60 registration fee pays for bowling, shoes, and pizza. It is also tax deductible.

HOW: Call 734-427-8552 x301 for registration & pledge forms or register online at:

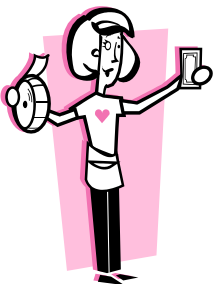
www.seedlings.org

You can create your own fundraising webpage and email the link to your friends and family. Your \$60 minimum will be easy to raise with this new online option! In fact, why not go for one of the top prizes? Bowlers who raise the most money will be eligible for the 3 top prize packages!

Contact Seedlings (734-427-8552) for more information.

Note: Seedlings also needs volunteers to help with registration and serving food.

Members Supporting Members Needs Your Help

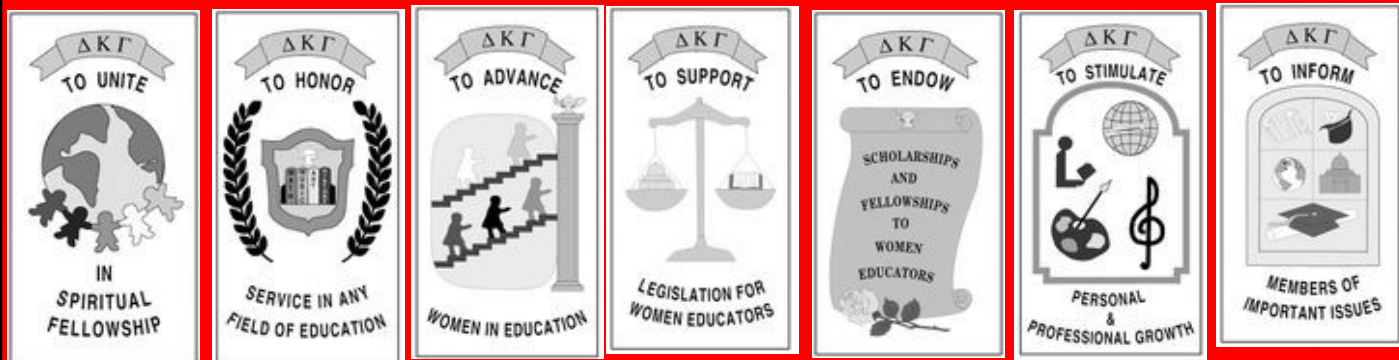


Members Supporting Members is a state project that is building an endowed fund for special speakers stipend at state conventions and conferences. The fund also covers registration costs for three members at state events. Lapel pins and raffle tickets are sold to fund this project. They can be purchased at state events, from any member of the executive board, or from me at the March meeting.

This year's raffle is for a vacation in Honolulu, Florida, or the Carolina's for a week at accommodations owned by Wyndham Vacation Resorts. You'll receive a brochure when you purchase a raffle ticket that explains all of the details. Only 200 tickets have been printed. The cost per ticket is \$15. I will have tickets for you to purchase at the March meeting. They will also be sold at the convention in Romulus. The drawing will be on Sunday, April 17, at the Awards Brunch.

Jackie

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

Cash for Grades?

By Mary Ellen Flannery

In Houston, a three-month-old, privately funded \$1.5 million program will reward fifth-graders and notably their parents when they master basic math standards. Each family stands to earn \$1,050, not a small amount, especially in a community where 80 percent of kids qualify for free or reduced-price lunch. Meanwhile, down the road, more than 10,000 Dallas students have earned up to \$400 for taking and passing Advanced Placement tests in a newly expanded \$1.5 million program funded by a private foundation.

Most Americans, and many educators, still feel uncomfortable with the idea. According to the most recent national Phi Delta Kappa poll, one out of four Americans say students should be paid for their grades. There's something about the practice that just feels wrong. Many teachers also say paying students for grades leads to practical problems in their classrooms, including pressure to inflate grades and conflict with students and parents. But the bigger question is: Does it even work? Research shows that the money might better be spent on the kinds of things we know can help improve student achievement, like teacher training and smaller class sizes. The research on monetary rewards is quite clear. Any type of 'extrinsic' reward, by and large, undermines motivation. There has to be intrinsic motivation. What we really want is for people to value the activity of learning.

NEA Today