



The Delta Kappa Gamma Society International
DKG Michigan State Organization
Serving Women Educators from Western Wayne County
Gamma Alpha is a Proud Member of Detroit Metro Coordinating Council
Fall Winter 2024
Volume 45 Issue 2

GAMMA ALPHA BULLETIN

Presidents' Message



Judy Morante & Pam Emerson, Co-Presidents

Gamma Alpha Sisters,

Judy and I want to keep you healthy. Here are some suggestions for improving brain health:

- **Challenge your mind:** Try activities that stimulate your brain, such as puzzles, or crosswords. Engaging in strategic thinking and problem-solving can help keep your mind sharp. Learn a new language or instrument. Immerse yourself in a good book to improve your vocabulary, comprehension, and imagination.
- **Stay physically active:** Exercise daily. Regular exercise (aerobic, low-impact, weight-bearing) has been shown to improve brain function and reduce the risk of cognitive decline. Don't forget our Medicare Advantage pays for exercise classes for an entire year at community centers and some gyms. Not only will your body feel good but you can make new friends. You can exercise at home to videos from YouTube or Silver Sneakers.
- **Get enough sleep:** Aim for 7-9 hours of quality sleep each night. Sleep is essential for memory consolidation and brain repair.
- **Eat a healthy diet:** A diet rich in fruits, vegetables, whole grains, and lean protein can support brain health.

Consider incorporating foods rich in omega-3 fatty acids, such as fish and nuts. Many doctors encourage their patients to include the Mediterranean Diet in their eating plan. Incorporate extra virgin olive oil. EVOO is better choice than regular olive oil because of the way it is processed. Turmeric has been used for centuries. Its curcumin compound can increase levels of protein that helps to promote

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This is the link for all future Zoom meetings.

<https://us02web.zoom.us/j/5760748757>

Meeting ID: 576 074 8757 or

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 76 074 8757

Next Meeting
December 17, 2024
5:30-7:30 P.M.
Carol Lower's Home!
Look for sign-up
in December

See you there!

2024-2025 Calendar

Zoom link for meetings

<https://us02web.zoom.us/j/5760748757>

Meeting ID: 576 074 8757

or

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 576 074 8757



December 17, 2024 (Thursday)

Holiday Happy Hour

Time: 5:30-7:30 P.M.

Place: Home of Carole Lower

45766 Fermanagh

Northville 48168

Meeting: Carole Lower has generously offered her for this year's Holiday Happy Hour. Gamma Alpha members will meet for an evening of fun, food, and giving. There will be a Sign-up Genius sheet in early December for hearty hors d'oeuvres or dessert. The Service Project Committee has included suggestions for the girls at Beverly House. will let attendees know the girls at Beverly House wish lists and sizes. More info later.

January 16, 2025 (Thursday) Executive Board Zoom Meeting

Time: 7:00-8:00'ish P.M.

Place: The comfort of your home

Meeting:

Executive Board will complete annual reports and finalize plans for the remainder of the year. The meeting is open to committee chairs and interested members.

February 20, 2025 (Thursday) Zoom February Scavenger Hunt

Time: 7:00-8:00'ish P.M.

Place: The comfort of your home

Meeting:

Pour yourself your favorite beverage and join our Zoom Master, Amy Wright, as she leads Virtual Scavenger Hunt. There was a request for a repeat of this since everyone who attended had such a nice time. We will 'unite in a genuine spiritual fellowship' and probably have a laugh this evening.

March 20, 2025 (Thursday)

Time: 5:30-7:30 P.M.

Place: Northville Library
212 W. Cady in Northville

Meeting: Costumed speaker

FYI: A brief business meeting will take place after the meeting. Our speaker will begin at approximately about 5:10. Bring your used books for sale. Unsold books will be donated to the library. 50/50 tickets will be available, too.

Meeting: March is Women's History Month - commemorating and encouraging the study, observance, and celebration of the vital role of women in American history. Mary Todd Lincoln, AKA Chris Miller, is returning for Part Two of her presentation "The Post Assassination Years." If you were present for her first presentation, I'm sure you enjoyed it and will return for part two. Mrs. Lincoln lived for seventeen years following her husband's death. Many of those years were not good for her. Dinner will be in Northville following the presentation.

**May 2-4, 2025 (Friday-Sunday)**

State Convention and Executive Board

Soaring Eagle Casino & Resort

6800 Soaring Eagle Blvd.

Mt. Pleasant, MI 48858

Information and registration will be on the state website and in *The Wolverine*.

May 10, 2025 (Saturday)

Metro Council Field Trip

Place: Michigan Flight Museum (formerly Yankee Air Museum)

47884 D Street

Belleville, MI 48111

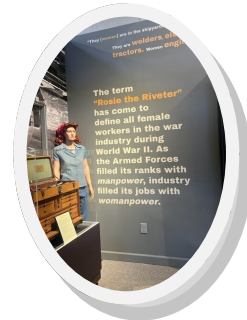
Time: 10:30 A.M.

Cost: \$10

Meeting:

We will have a tour of the museum. We will be able to visit the newest exhibit "Women Answer the Call." This exhibit tells the dynamic history of how ordinary American women joined the war effort to help the US win the war. Millions of women around the U.S. rolled up their sleeves and got to work. This exhibit

features hands-on riveting stations and several other interactive displays. We can all be Rosie the Riveter. Plan on carpooling to Willow Run. Pam Emerson is exploring places for lunch after the meeting.



May 15, 2025 (Thursday)

Gamma Alpha's 46th Anniversary 'Birthday' Dinner

Time: 5:00-7:30 P.M.

Place: Genitti's Hole-in-the-Wall

108 E. Main Street

Northville, MI

Cost: \$26 (probably)



Meeting: We will honor our Chapter Woman of Distinction, the Friend of Education, and Lifetime Service Award members. We will present anniversary pins and the Grant-in-Aid check. We will induct new members and collect Service Project donations. Dues are paid at this time (**\$85**).

We need your help. If you know of a person or group in the community that does good things for children or educators...and is **not** an educator, they would be a good candidate for this award. They would be invited to the Birthday Dinner to receive the award (our treat). Please inform anyone on the executive board if you have a candidate. We can present more than one award.

June 21, 2025

Annual Membership Planning Meeting and Luncheon

Time: 11:00-2:00 P.M.

Place: TBD

We will meet for our annual planning meeting. There will be a Sign-up Genius for the luncheon. Bring program ideas to this fun, end-of-the-year meeting.



Planning Meeting Luncheon June 29,



WINTER BIRTHDAYS

December

Pam Husson	3
Barbara Broadley	12
Judi Fisher	30

January

Carol Anderson	1	Happy New Year!
Rosa Russenberger	6	
Donna Colaianne	7	
Margie Sievert	8	
Marie Canzoneri	31	

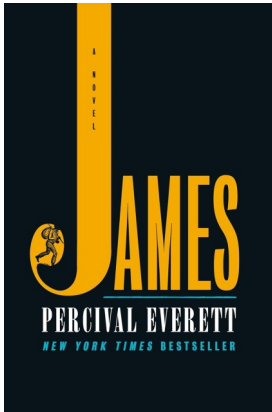
February

Marge Braun	29
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What Are We Reading?

James By Percival Everett



I am sure most of us remember *The Adventures of Huckleberry Finn* when we were in school. It is considered a landmark work in American literature because it boldly critiques the institution of slavery through a coming-of-age story. It uses a dialectical voice to powerfully expose the hypocrisy of racism in a way that was groundbreaking for its time. It explored the themes of friendship, morality, and personal freedom through the relationship between Huck and Jim, a runaway slave. I am sure you remember these themes during your American Lit classes.

Percival Everett has turned *Adventures of Huckleberry Finn* upside down by placing Jim at the center and making him the narrator. The result is strangely new and familiar at the same time. When Jim overhears that he is about to be sold to a man in New Orleans and become separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck has faked his own death in an attempt to escape his violent father who has recently returned to town. As all readers of American literature know, thus begins the dangerous journey by raft down the Mississippi River toward the elusive and perhaps unreliable promise of the Free States and beyond. While many narrative pieces of Twain's *Huckleberry Finn* remain in place, James' intelligence and compassion are shown in a radically new light. I'm sure you will enjoy this book as much as I did.



Minutes from September and October

Minutes September 26, 2024

Gamma Alpha Business Meeting

The meeting was called to order at 5:05 P.M. by Co-Presidents Judy Morante and Pam Emerson. Judy thanked Jackie Smart and Judi Fisher for all of their help. She also thanked all of the other officers. Members present were Jackie S, Joanna E, Judy M, Judi F, Pam E, Barb B, Amy W, Cindy D, Pam E, Fran S, Carol A, Diane F, Carole L, Margie S, Lynne B, and Linda C.

MINUTES:

The minutes of the last meeting were sent by email. Moved by Carole Anderson and seconded by Pam Sayer, that the minutes be accepted as written. Motion passed.

REPORTS:

- **Presidents:** Judy and Pam shared information from the State Executive Board meeting that was held via Zoom on September 14. Dates are in the announcements.
- **Treasurer:** The treasurer's report was sent by email and Cindy reported the balance in the checking account as \$1279.64 and the balance of the savings account \$17,699.46. Moved by Pam Sayre and seconded by Judi Fisher that we approve the report as written. Motion passed. We donated money to World Fellowship, Seedlings, and Members Supporting Members. Cindy is investigating signatories and CDs at the credit union.
- **Service Projects:** Our Service Projects are Seedlings and Beverly House. Lynne Elsesser and Amy Wright planted flowers at Beverly house, Judy Morante put together and delivered Christmas gift bags and gift bags in the spring to Beverly house on our behalf.
- **Grant-in-Aid:** Joanna Eiwen reported that grant forms are available. Jackie sent a Wayne-Westland teacher an application.
- **Auction:** Jackie announced that the money for the Auction (\$33) is due mid-October.

OLD BUSINESS:

Gamma Alpha donated the leftover books brought in by members to the Northville Public Library shop tonight.

PROGRAM:

Andrea Meyer and Amy Wright presented a program on the value of literacy partnerships. They have two sites The Center for Success located in Pontiac and Detroit and the Downtown Boxing Gym (DBG). Also presented were ideas how our chapter can get involved. Jackie Smart moved that Gamma Alpha chapter adopt the Downtown Boxing Gym as one of our service projects. It was seconded by Cindy Dietz. A discussion followed, and the motion was passed. Carole Lower moved to donate \$300 to DBG. It was seconded by Margie Sievert. Motion passed. Amy will keep the membership updated regarding DBG's needs.

NEW BUSINESS: Judi Fisher moved to donate an additional \$300 to the AIM Foundation so that Gamma Alpha can become a founding member (\$200 has already been given. A founding member must donate \$500). Motion was seconded by Cindy Dietz. The purpose of the AIM Foundation is to give grants to educators. Motion passed. FYI, if you want to apply for an AIM grant or know someone who could use some money for a classroom project or materials, November 30 is the deadline to apply for the grant. See the state website for the application www.dkgmichigan.org

ANNOUNCEMENTS:

- October 1 is the deadline for women in the art, registration forms are online.
- October 25 the Story Ladies will be reading at Elliott Elementary in Wayne-Westland. Volunteers are needed. Contact Jackie Smart to volunteer jackie@mysmartfamily
- October 17 is our next meeting at the Northville library upstairs from 5 to 7. It will be Part I of the Mary Todd Lincoln presentation.

Minutes

Meeting adjourned at 6:45
Respectfully submitted,
Margie Sievert, Co-Corresponding Secretary

Minutes October 16, 2024 Gamma Alpha Business Meeting

Gamma Alpha members met in the Northville Library on October 16, 2024. Our speaker gave a wonderful presentation portraying Mary Todd Lincoln which was enjoyed by all.

The Business Meeting was called to order at 5:50pm. Members present were: Margie Sievert, Linda Dobrzeniecki, Linda Clark, Diane Frangie, Jackie Smart, Fran Saenz, Cindy Dietz, Pamela Sayre, Barbara Broadley, Pam Emerson, Lynne Bemer, Judy Morante, and Judi Fisher. Guests were Pat Sayre-McCoy, Tanya Dietz, two members from Gamma Gamma (Plymouth-Canton) and two from Alpha Rho (Ann Arbor).

MINUTES

The minutes of the last meeting were sent by email. Moved by Cindy Dietz and seconded by Pam Sayer, that the minutes be accepted as written. Motion passed.

REPORTS

Co-Presidents: Co-Presidents, Judy Morante and Pam Emerson talked briefly about the usefulness of State Leadership Training. The date to apply for AIM Fund will be posted on the State Website in November. Members should tell others about the opportunity to apply for a grant. Teachers can get Continuing Education Credit through SCECHs. Members are encouraged to invite other teachers to our meetings to for 1 hour credit.

Treasurer: No Report

SPECIAL COMMITTEES:

Service Projects: Carole Lower is the new chair for Service Projects. She will provide a Christmas wish list of needs for the girls. Members can donate cash if they wish also. Gamma Alpha will also donate \$200.

Grants-In-Aid: Joanna Eiwen Is working on suggestions for applications of Grant-In-Aid recipients. Members need to encourage teachers to apply. Jackie provided an application for a member from Wayne-Westland. Karen Mosca is co-chair of the committee.

Auction: This auction will be held on November 3, 2024 at St. Mary's Cultural Center in Livonia from 11:45-3:45 .Please note new location and time. The deadline for payment is October 24 to Cindy Dietz. Jackie Smart will assign jobs for the auction. This is the major fund raiser for our charities.

SPECIAL ORDERS: None

UNFINISHED BUSINESS: None

NEW BUSINESS: Judy Morante discussed places for our Holiday Happy Hour. There were suggestions. Judy will investigate. No decision was made. We had two guests from Gamma Gamma chapter in Plymouth-Canton and two from Alpha Rho in Ann Arbor. Gamma Gamma invited members from our chapter to attend their auction on December 6 at Antonio's, located at Canton Center and Ford Road from 6:00-9:00. Cost is \$42.00 a person. There will be a silent auction and a live auction.

The meeting was adjourned at 6:26 P.M.

Respectfully submitted,
Linda Dobrzeniecki, Co- Recording Secretary

Annual Auction at St. Mary's Banquet and Cultural Center



In Jackie's pre-lunch speech, she spoke about our community and global charitable contributions. An African proverb states, "If you educate a man, you educate an individual. But if you educate a woman, you educate a nation." The G.I.R.L.S. Fund is a project established by UNICEF and partnered with DKG. It provides educational access, funding, and supportive school environments for girls in Africa. We earned a total of \$2,660 from the auction and cash donations. \$260 from 50/25-25 goes into checking. Thank you for all the pictures, Margie Sievert.

Annual Auction



Your support at our auction allows us to award one to two \$1000 grants which provide funding for further education, professional development, special classroom projects, or needed materials.

Gamma Alpha is able to 'adopt' two blind or visually impaired children to receive braille books throughout the year because of your support.

Annual Auction



!



Mother Teresa said, “Not all of us can do great things, but we can do small things with great love.” The residents of Beverly House are teen girls whom the court has decided that it is in their best interest not to live in the family home. Your generous support has helped us do a variety of things for the girls that help to normalize their living situation and high school experience. For example, providing them with needed back-to-school supplies, clothes, and shoes with the “right” logos. Improving their living condition by purchasing new sheets, comforters, and pillows for their bedrooms, buying a

smart TV and Disney package for the living room, building shelves for books, magazines, and games, and planting annuals and perennials in the yard with the girls. Each Christmas we fulfill their wish lists and we have provided the girls with outings (e.g. visiting a corn maze, going bowling, dinner & a movie, getting a mani/ped, just to name a few.) Thank you, thank you, thank you!

Girls Initiative to Revitalize Learning and Success Fund

The G.I.R.L.S. Fund is one of Gamma Alpha's charitable projects. Below is some information about the G.I.R.L.S. Fund.

Partnered with UNICEF USA since 1997 - DKG is currently supporting educational access for girls in Africa through UNICEF's "Girls Initiative to Revitalize Learning and Success" (GIRLS) Fund.

DKG previously supported the UNICEF Schools for Africa program for 12 years, raising over **\$600,000** to provide education to children in 21 priority countries. DKG has also supported UNICEF education and literacy programs in Central America, Gambia and Afghanistan, including raising over **\$200,000** for programs in Afghanistan.

Launched in response to the setbacks caused by COVID-19, the G.I.R.L.S. Fund works to bolster girls' education in Africa. This fund provides flexible financial support to address critical barriers to girls' education and strengthen global expertise in this field. By focusing on secondary education, the GIRLS Fund aims to help all girls *complete their schooling, acquire essential life skills, and challenge harmful social norms.*

The G.I.R.L.S. Fund addresses several key areas to improve girls' education. These aim to better understand and overcome barriers faced by out-of-school girls, expand access through various interventions, and improve learning pathways and quality of education. Additionally, the G.I.R.L.S. Fund ensures schools provide a supportive environment for girls, addressing their overall well-being through health and nutrition services. The G.I.R.L.S. Fund also drives advocacy and leadership, ensuring that governments and stakeholders are committed to accelerating educational outcomes for girls.

The initiative aims to:

- Get a better understanding of the current barriers and bottlenecks facing girls in Africa
- Address harmful social norms that impede prosperity of girls
- Deploy technology to accelerate results in girls' education
- Mount global advocacy and leadership through a Global Platform; and develop a Technical Advisory Panel (TAP) to tap into expertise on gender equality and women's empowerment and change the trajectory of learning and earning outcomes for girls and young women

Together, we can guarantee the next generation a better life than the last.



Support Early-Career Educators

S.E.E.

In order to share the vision, Leading Women Educators Impacting Education Worldwide, and strengthen our Society, the Educational Excellence Committee established Supporting Early-career Educators (SEE) as its second international project during the 2012 International Convention in New York City.

Why is our support needed?

Education is a challenging career, and retaining quality teachers is an issue worldwide. According to Richard Ingersoll, the rate in U.S. of beginning teachers leaving the profession in the first year is a little more than 10%; with 33% leaving by Year 3 and 46% by Year 5. In addition, around 15% of U.S. teachers overall leave the profession each year.

Schools that have depended on a core of veteran teachers are seeing those teachers retire. As much is expected of a new teacher on the first day of school as is expected of a 30-year veteran. Teachers supporting teachers is crucial.

John F. Kennedy said, "In each one of us there is a private hope and dream which, fulfilled, can be translated into benefits for everyone and a greater strength for our nations."

We truly can make a difference with our support.

S.E.E. encourages members/chapters to be creative in support of early-career educators with a variety of strategies, such as:

- Giving support with phone calls or visits
- Help with lesson plans and bulletin boards
- Offering advice on classroom management and parent-teacher relations
- Providing support in appropriate and practical ways.

We can start supporting early-career educators in our communities today! If you know a teacher who could benefit from our Grant-in-Aid award, send them an application. It's on our chapter website:

www.migammaalpha.org

Under Grant-in-Aid Application

Gamma Alpha Executive Board & Committees



Co-Presidents:

Judy Morante & Pam Emerson

Co-Vice-President & Membership:

Amy Wright & Jennifer LaRose

Co-Recording Secretary:

Linda Dobrzeniecki & Margie Sievert

Treasurer:

Cindy Dietz

Parliamentarian:

Pam Sayre

Immediate Past Presidents:

Judi Fisher & Jackie Smart

Committees

Grant-in-Aid: Joanna Eiwen & Karen Mosca

Newsletter/Yearbook: Jackie Smart

Service Projects: OPEN

Finance: Judi Fisher

Sunshine: Fran Saenz

50/50: Cindy Dietz and helper

Gamma Alpha Auction: Jackie Smart

Websites

DKG International

www.dkg.org

DKG Michigan State Organization

www.dkgmichigan.org

DKG Gamma Alpha

www.migammaalpha.org

Metro Coordinating Council Educational Opportunity

Michigan Flight Museum

47844 D Street

Belleville, MI 48111



In 1941, Ford Motor Co. received a \$200 million government contract to produce B-24 bomber planes. This was a thriving boost to Michigan's economy and the plant was known as the world's largest factory at the time. Ford simplified production to an assembly-line format. At the Michigan Flight Museum (formerly the Yankee Air Museum), you'll discover a diverse array of exhibits. While some are permanent fixtures, others grace the halls for a limited period. We will have a tour of the museum. We will visit the newest exhibit honoring the real Michigan women behind World War II icon Rosie the Riveter with a new exhibit "Women Answer the Call." The exhibit, which opened on Veterans Day 2023, depicts the working life of women at Willow Run, *Women Answer the Call*. This exhibit features hands-on riveting stations and several other interactive displays. We all can be Rosie the Riveter for a day.

Date: May 10, 2025

Time: Tours begins at 10:30 A.M.

Cost: \$10 p/p

Send your check payable to 'Gamma Alpha.

'Mail check to the Metro Council treasurer:

Cindy Dietz
7329 Gilman
Westland, MI 48185
734-812-7285
cdietz02@comcast.net



Name: _____

Phone: _____

Guest(s): *Men are welcome* _____

Chapter: _____

Total amount of check: \$_____ We will find a place for lunch in Belleville.

growth of new neurons and synapses connections. (I just sprinkle it on many foods.) Try eating Thai, Indian curry, or hot pepper in southwest cooking once a week for the “heat”. Vitamins B6, B12, and other B vitamins slow brain atrophy.

- **Manage stress:** Chronic stress can negatively impact brain health. Practice relaxation techniques like meditation, yoga, or deep breathing to manage stress levels.
- **Stay socially connected:** Strong social relationships can contribute to better brain health. Make time for friends and family, and consider volunteering or joining social groups. Spending time with friends and family can boost your mood and cognitive function.
- **Music** has long been recognized as a powerful tool for emotional expression and cultural connection. Recent scientific research has revealed its profound impact on brain health. Here's a breakdown of how music benefits our minds. Listening to music can improve memory function, particularly for verbal and spatial memory. Playing a musical instrument engages multiple brain areas, leading to increased cognitive flexibility, attention span, and problem-solving skills.
- **Limit alcohol and avoid drugs:** Excessive alcohol consumption and drug use can harm brain cells and impair cognitive function.
- **Winter** has challenges in terms of staying connected, but it offers a unique opportunity to engage in activities that stimulate your mind and body. Try snowshoeing or cross-country skiing. These activities require balance, coordination, and navigation, which can improve cognitive function. Exploring nature trails in the winter can be a peaceful and meditative experience. Winter is a good time to join a book club. Discussing books with others can stimulate critical thinking and social interaction. Connecting with others who share your interests can help reduce feelings of isolation and loneliness. Socializing leads to happiness. I can't emphasize this enough, especially in winter.

Remember, the key to maintaining brain health is to keep your mind active and engaged. By incorporating a variety of activities into your routine, you can help keep your brain healthy and happy.

I will leave you with a thought I have adopted...Today only happens once - make it amazing! Happy Holidays.

Pam

