

Co-Presidents: Willy Crouse
Karen Gollhardt
Newsletter Editor: Judy Keams
Judydkg13@aol.com

ALPHA UPSILON NEWS
Area XIII



DKG Mission Statement:

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

Presidents' Message

Dear Alpha Upsilon Sisters,

"The holiday season is a perfect time to reflect on our blessings and seek ways to make life better for those around us." – Anonymous

The holidays are upon us. It doesn't seem that long ago we were saying so long to 2020, and now we are sending 2021 on its way! Thank goodness most of us were able to get together in person these past three months. A special thank you to **Sue Fuelling** for informing our members about her *New Trails Curriculum* at the November meeting. Another thank you to those members who sent in their nominations for Alpha Upsilon's Outstanding Member 2022. She will be honored at our Area XIII Conference in February. Have you registered and sent your \$25 check to **Rose Gant**? You will want to be there to honor our **Outstanding Chapter Member for 2022**—see page 5 to find out who she is!!

This month we will again be celebrating a "Holiday Happy Hour" Zoom on Sunday, December 5, from 4 PM-5 PM. No chapter business, just fun and friendship. All you need to do is put on a holiday 'head decoration' and a smile. Also this month, don't forget to join Susie and her committee to help decorate Hillside on Thursday, December 9. Thank you in advance for your donations to both CASA and Hillside so we can extend good cheer during the holidays for our two community philanthropic projects!

"God Bless us, everyone." - Charles Dickens

Willy Crouse & Karen Gollhardt, Co-Presidents

A Few Articles in This Issue:

Next Meeting	2
BNEF Mini Grants	3
2022 Outstanding Chapter Member	5
De-Stress for the Holidays	6
Covenant House	7
Minutes & Treasurer's Report	8-9
LIFE	10
Area XIII Conference Flyer	13

DKG Vision: Leading women educators impacting education worldwide.



DKG California
2021-2023
Theme:
Invitation
to a New
Beginning

DKG California
Educational, Professional,
Making an Impact

Next Meeting

Next Meeting: Sunday, December 5, 2021
Time: 4:00 p.m.
Place: Zoom
Program: Holiday Party



PARTY TIME!!

Get your holiday drink ready, set out your Santa Hats, reindeer antlers, and elf hats. It's time for the annual holiday party. It will be a Zoom meeting again this year.

Sunday, December 5th at 4:00 p.m.

Zoom link will be sent later

We will have a game and a drawing for one of Karen's spinners

DKG 12 Days of Christmas.

See you then!

Holiday Party Committee

Kathy Cockerill and Penny Schopflin, Chairs

CASA

Thanks to all you generous ladies who have donated to CASA. The deadline to gift the donation is approaching fast. We are almost to \$1000.00 Just a few more donations would be great. We know this is a busy time of year but appreciate anyone who can send a donation, Blessing to all!

Send donations with checks made out to CASA to:

Donna Larson
1337 Rossmoyne Ave., Glendale 91207



Happy Birthday to....



December

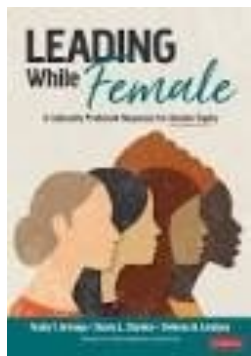
16—Judi Healy
17—Joy Gifford
29—Penny Schopflin

Annual Leadership Seminar: January 22, 2022

Friday, January 21 (Optional Evening Social)
and Saturday, January 22, 2022.

Open to ALL Inquiring, Aspiring, and Inspiring Leaders!

Registration is open for this exciting and enriching Leadership Event



Authors of the book, "Leading While Female: A Culturally Proficient Response for Gender Equity", Delores B. Lindsey, Stacie L. Stanley, and Trudy T. Arriaga will be our keynotes and facilitate breakout groups focused on mentorships and sponsorships.

The book is available on Amazon or through Corwin, the publisher. This seminar is open to ALL Interested Individuals, including DKG members and non-members.

Get BNEF 2021-2022 Applications Now!

The Mini-Grant Committee has revised and updated the application and information forms. Schools, districts, and teachers have been notified of the availability of grants in amounts up to \$500 to classroom teachers for a project or materials they feel will add to their instructional program, thus benefiting students in their classes. This annual grant has proved to be beneficial in past years, and last year was able to provide grants to 34 teachers in these general categories:



- 9 Materials for distance learning assistance:
- 3 Computers and other technology-related learning materials
- 3 Conference attendance
- 8 Books, class sets and related learning materials
- 4 Classroom enhancements and teaching materials
- 2 Materials for a project connecting literacy and art
- 4 Materials for arts projects
- 1 Physical education equipment

These categories represent a wide variety of projects at all grade levels, and assisted many teachers in adapting their lessons to online teaching. A few examples of the outstanding and interesting projects: a request for materials to establish an archery program for grades 7-12 physical education; materials for a middle school class on knitting, crochet, and embroidery; many requests for class sets of books and for classroom library books; one teacher who wanted to print a class set of books she had written for a course she taught on Internet web development because there were no other available resources. It was indeed an inspiring task to read and grant money for these very worthwhile projects!

The deadline for applications this year is December 3, 2021. The committee plans to distribute checks to successful applicants in January 2022. Previous grant recipients have responded enthusiastically to our request to spread the word within their schools, and we have also contacted Alhambra, Arcadia, Glendale, La Canada, Pasadena School, and South Pasadena districts, as well as schools in Los Angeles Unified within our membership area. Assistance spreading the word to schools and to teachers who might be interested in applying for a grant is very welcome – it's a super opportunity. We're looking forward to being able to give more wonderful mini-grants this year!

**Jan Tappan, Harriet Furuya, Carol Leining, and Mandy Redfern
BNEF Mini Grant Committee**

Membership News



WOW! What a November meeting at St. George's Episcopal Church. I learned so much from our very own and talented member, Sue Fuelling. What a gift she is giving to other teachers with her lesson plans on the Teachers Pay Teachers website (<https://www.teacherspayteachers.com/>). If I were still teaching, I would be checking this resource frequently for ideas and lesson plans.

Delta Kappa Gamma offers women educators an amazing opportunity to belong to an organization that promotes professional and personal growth among its members as well as excellence in education. However, far too often our definition and vision of educator doesn't extend beyond the traditional school environment. It's time to think outside the box and extend the invitation of membership to educators in all fields and areas! Truly anyone who educates others and receives a payment for her services would be a candidate to consider.

Are you unsure of what this might look like or who we might be thinking of as we begin this new way of thinking? Here are a few examples to jumpstart the discussion:

- Counselor
- Physical Therapist
- Corporate Trainer
- Personal Trainer
- Financial Counselor
- Bank Trainer
- Christian Education Director
- Camp Instructor or Director
- Preschool Teacher
- Librarian
- Human Resources Trainer
- Facilitator
- Trades Teacher
- University Staff
- Food Service Instructor
- IT Trainer
- Paraprofessional
- Yoga Instructor
- Museum Curator
- CPR Instructor
- ???

As stated on the Society website, a candidate for membership must be or have been employed as a professional educator at the time of her election. We need to continue to expand our membership base to ensure that Delta Kappa Gamma enjoys a long-life far into the future.

Happy Thanksgiving and see you December 5th at our virtual holiday party!

Marty Unger
Second Vice President, Membership



Honoring Ana!



Ana Haskins: 2022 Outstanding Chapter Member for Alpha Upsilon!

Since joining Alpha Upsilon in 2007, Ana has demonstrated her commitment to the DKG Purposes in multiple ways. Whether she is sharing her monthly inspirations or presenting her educational expertise at conferences and DKG conventions, she is evidence of one who endorses and guides women educators. Her first introduction to DKG was when she was a recipient of a grant from Alpha Upsilon. She was invited to a chapter meeting to share what she was doing. At that time she was teaching on a bus!! Her job involved her going to various schools to provide Chapter I support. She impressed the Alpha Upsilon members with her warmth and enthusiasm. And she continues to impress members today with her dedication, inspiration and overall goodness.

Ana will be honored at the Area XIII Conference on Saturday, February 5, 2022. If you have not [registered](#) yet, do so today so you can be there to applaud Ana.

Decorating at Hillside's Sierra Cottage

All the items needed for the decorating at Hillside's are spoken for. At this point donations to help buy an Amazon Gift Card would be appreciated. Plans are to purchase that on Tuesday, December 7. Sierra Cottage boys can then decide on what to purchase.

Call or text my cellphone (626) 484-9958 if you have any questions about the decorating.

Susie Vernand
Hillside's Coordinator



4 Mindful Tips to De-Stress

This Holiday Season



Not feeling particularly cheery this time of year? You're not alone. Many find that the holidays bring as much stress as they do joy. But there are ways to ease through the season.

1. **Accept Imperfection** - Can good be good enough? Before you start preparing, acknowledge that things may not go exactly as planned. It's OK if it's not perfect. *Imperfection is healthy and normal.*
2. **Don't Lose Sight of What Really Counts** - With long lines and nasty traffic, the holidays can get hectic. When overwhelmed by the hustle and bustle, ask yourself:
 - Where does this fit in the grand scheme of things? If you're frustrated by the long grocery line you're standing in, remember that it is just a long grocery line — nothing more. Don't let it spoil your afternoon.
 - Can I use this moment of frustration as an opportunity to reflect? While the cashier rings up the customers ahead of you, take inventory of the good things that have happened today or the things you are grateful for.
 - Even if this moment seems stressful, can I find a way to make it pleasant? Connect with someone else in line with a compliment or kind gesture or notice what's around you with fresh eyes and an open mind.
3. **Respond with Kindness** - You can't change how others act during the stresses of the holiday season, but you can change how you respond to situations:
 - Keep in mind that the holidays are especially difficult for those who are alone. See if you can extend an act of kindness to those you know are without family and friends during this time of year.
 - If things do get tense with someone, take a few deep breaths. Those few breaths can shift things and give you new perspective.
4. **Rethink Your Resolutions** - If you want to better yourself in the New Year, follow these tips for success:
 - Start small. Break your goal into tinier steps over the course of the year. If weight loss is your goal, it doesn't have to be drastic. Try to eat more veggies during your first month and gradually cut back on sweets throughout the next.
 - Be kind to yourself. If you didn't achieve last year's resolution or stray from the path this time around, let it go. With practice, we can notice this self-critic, let go of that negativity and pick our goals back up without the guilt or shame.

Laura Castagnari, Liliana Castillo, Carol Leining
Leadership/Personal Growth Committee

Covenant House



With the upcoming holiday season upon us, Covenant House is working hard to ensure the youth at CH feel the spirit and love of the holidays. While many celebrations will look different this year due to Covid, CH is grateful for the support of the community to help celebrate. Local restaurants will be donating meals for Thanksgiving, and leading up to Christmas, Covenant House will be hosting a Holiday Gift Drive-Through on 12/18, which will be an opportunity to drop off items from the CH Holiday Wish List. Alternately, donations can be made directly through the Amazon CH Holiday Wish List:

https://smile.amazon.com/hz/charitylist/ls/2RD1L57ZIZQ43/ref=smi_cl_lol_ls2_ls2

Covenant House is so thankful for the ongoing support, prayers, and love being sent their way, and is excited to bring volunteers back on campus in 2022 - more information to come!

Some have asked for directions for signing up for AmazonSmile in order to donate to a charity when you buy something. Penny Schopflin has provided easy to follow directions for us. Thank you, Penny!

To get started with AmazonSmile, visit smile.amazon.com on your web browser and sign in with your Amazon.com credentials. Choose a charitable organization to receive donations or search for the charity of your choice. There are other organizations in addition to Covenant House. Select your charity and start shopping! You can also join AmazonSmile from the mobile app by opening the app and finding "Settings" in the main menu. Tap on "AmazonSmile" and follow the on-screen instructions to turn on AmazonSmile on your phone.

Laura Strametz
Covenant House Liaison

Jared Box/Bags Update



Since City of Hope is not currently accepting Jared Bags, this project will be put on hold until early 2022. In the meantime, we are looking for a new organization that could

use the bags for children of various ages. Suggestions are welcome!

Sue Fuelling, Debbie Bump, and Mandy Redfern
Jared Box Committee

Global Awareness: Schools for Africa



Schools for Africa

One part of the Global Awareness Committee is the Schools for Africa project.

[Schools for Africa](#) became the Society's first official international project in 2010. Since that time, members have donated approximately \$445,134.90 since the inception of the partnership with UNICEF USA. Currently the project works with 21 countries in sub-Saharan Africa including 21 countries: Botswana, Burundi, Chad, Cote d'Ivoire, Democratic Republic of the Congo, Eswatini, Ethiopia, Guinea-Bissau, Kenya, Lesotho, Liberia, Madagascar, Malawi, Mauritania, Mozambique, Namibia, Rwanda, Somalia, South Africa, Tanzania, and Uganda. The SFA mission involves providing access to quality basic education for children, focusing on girls, orphans and other vulnerable youngsters. Donations to this worthy cause should be made directly to UNICEF using the [DKG Schools for Africa donation form](#).

Chapter Minutes: November 10, 2021

WEDNESDAY, NOVEMBER 10, 2021

St. George Episcopal Church

Co-President Willy Crouse opened the meeting at 4:32 pm. and welcomed everyone to the third in person meeting. Twenty-five active members were in attendance plus honorary member, Irene Mendon. Willy shared an inspiration reminding us of the importance of expectations, don't set them too high or too low. She inspired us with two quotes from the philosopher of happiness and "lover of life". The meeting focused on DKG purposes: #3, to advance professional interests and #7, to be informed on current educational issues. Mary Linda and Connie were congratulated for reading the November Newsletter carefully and being the first ones to find the "secret" word. They were awarded Starbucks gift cards.

Meeting:

Treasurer Rose Gant gave the updated treasurer's report and reminded everyone to register and send \$25.00 (the Chapter is paying \$15 of the \$40 fee) payable to Alpha Upsilon for the Area XIII Conference ASAP.

Mary Linda Vandavelde had physical copies of the mini grants to hand out. The deadline to apply is December 3.

The Holiday Party Committee agreed it is safer to have the party virtually this year. It will be on Zoom, December 5 from 4:00 - 5:00 pm. Reminder to your wear holiday themed hat, plus be ready to share a Christmas tradition, play a game, and hopefully win the raffle!!

Donna Larson is still collecting money donations for CASA. Mail a check made out to CASA to Donna.

Karen Gollhardt reminded everyone about the Hillside's upcoming decorating date on December 9. Susie Vernand still needs some supplies and would welcome money donations so she can purchase what is needed.

Willy Crouse passed out red procedure folders for committee chairs. Include what your job entails. These folders will be given to the new person for a smoother transition for the next biennium. These should be returned to Willy no later than the April meeting.

Karen Wilcoxon read a thank you note sent to our chapter from the Lanterman House for the chapter's donation of \$100.

Who's Who introduced Laura Castagnari, currently the head counselor at Toll Middle School.

Announcements:

Happy Thanksgiving November 25 and Happy Hanukkah November 28-December 6

Holiday zoom party, Sunday December 5, 4:00 pm

January meeting at Christine Werner's home - Thursday January 13, 4:00 pm

Meeting adjourned at 5:29 pm

Minutes respectfully submitted by Kim Frank

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL
DKG California State Organization

Treasurer's Report
Alpha Upsilon Chapter
November 1, 2021

BALANCE ON HAND: October 1, 2021 **\$ 7,720.65**

RECEIPTS:

Interest \$ 3.69

Total Receipts for October 3.69

Total Available **\$ 7,724.34**

DISBURSEMENTS:

Create poster, foam board \$ 47.39

Stamps, cards 43.39

Total disbursements for October \$ 90.78

BALANCE ON HAND: November 1, 2021 **\$ 7,633.56**





Books are so much a part of our life during the year but the holidays provide us with a unique opportunity to share our love of reading and books in so many ways. Jolabokafloð has become a very nice way to connect with our family whether near or far. We each select a book we would like. Amazon delivers and on Christmas Eve we each open our present and along with some excellent chocolate. Last year our book exchange and celebration was via ZOOM.

Consider adopting this tradition, it will bring added joy and celebration to your holidays. Thank you for your continued generous support of Buck a Book and LIFE Foundation.

Holiday wishes to you and yours,

Mary Lou Langedyke
LIFE Liaison

STEP/THAT

Happy December!

At this hectic time of year, one of the best gifts we can give is a helping hand to another teacher. This note is a reminder to support your fellow educators through the **T**eachers **H**elping **A**nother **T**eacher (THAT) Program. In spite of the differences in our “new normal” classroom life, the one constant is that teachers continue to need our help. There are numerous ways DKG members can volunteer:

- working directly with students online,
- helping with grading,
- assisting teachers with materials and activities, planning and evaluation

THAT volunteer activities allow us to remain connected to the field of education and continue to have a positive impact on students, fellow educators, and our local schools, whether we are retired or currently still working.

Our members on the frontlines have indicated some of their needs: **Lilliana Castillo** (Prep work such as cutting, gluing, stapling, etc.), **Laura Castagnari** (Possibly individual tutoring).

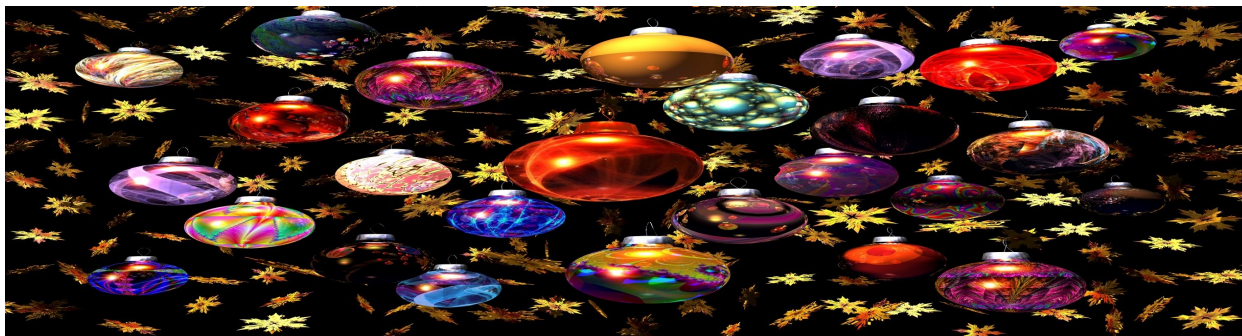
If you are able to help any of our DKG teachers, please reach out to them directly, and let them know. If you are aware of other teachers, programs, or schools that could use our volunteer help, please share that information with me, and I will add it to our THAT Help Form next month.

To [record THAT hours](#), select the **THAT** icon on the home page of the DKG California website (www.dkgca.org), or click on the blue link provided above. The form is very easy to fill out. All you need to do is enter your name and volunteer information, as well as Alpha Upsilon and Area XIII. Find a method that works best for you to record your hours - - either record hours on an ongoing basis as soon as you provide a THAT service, or record your hours on a calendar or on your phone, and transfer them to the website at the end of the month. You will need to keep track of the hours you spend in THAT activities and record your hours by **March 1, 2022**.

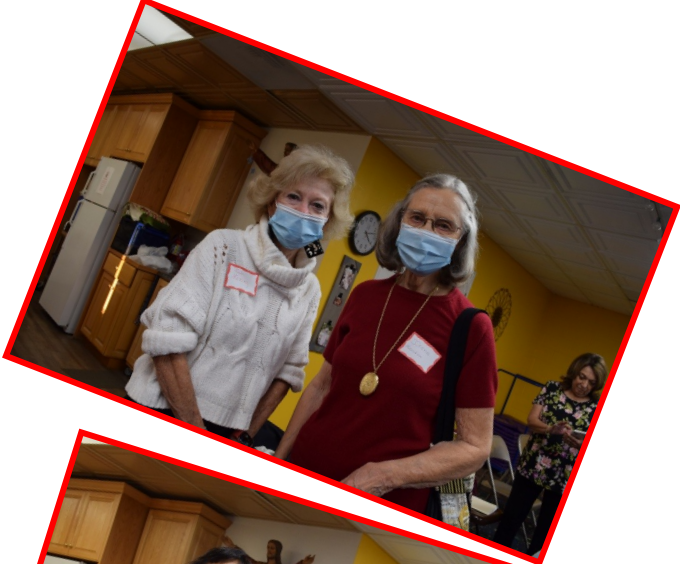
While you are on the DKG California website, be sure to explore DKG's **STEP Program** (**S**upport **T**eam for **E**merging **P**rofessionals). You will discover many tips for teachers (veterans as well as emerging professionals), a STEP Pinterest board, a blog, information about conferences, resources, and other professional learning opportunities, and a variety of ideas to support new teachers. It is a most valuable source of information for educators!

Thanks for all you do to help others! Happy Holidays to all!

Karen Wilcoxon
THAT/STEP Chairman



November Meeting: Learning from Sue!



An Invitation to... “Why Not?”

Delta Kappa Gamma Society International:
Key Women Educators

Area XIII 2022 Conference

Kellogg West Conference Center, Pomona

Saturday, February 5th, 2022

8:00 am – 12:30 (Breakfast seating at 8:45)

Registration: \$25



Meet Dr. Jackie

- Join us for a delicious breakfast
- Honor outstanding Chapter and Area members
- Raffle and door prizes
- Enjoy the company of DKG sisters

Keynote Speaker: Dr. Jacqueline L. Sanderlin

Dr. Jacqueline L. Sanderlin (Dr. Jackie) is an accomplished educator, empowerment speaker, and leadership guru whose commitment to urban school-communities has led to dramatic improvements in some of Southern California’s toughest schools! She is the author of *The Why Not Challenge: Say Yes to Success with School-Community Partnerships*. Her passion and expertise for community partnerships is unparalleled! She has been able to forge sustainable partnerships with over 350+ corporations and local businesses with under-served schools. In addition, she has trained numerous educational and corporate teams about best practices for successful community partnerships. Dr. Jackie has been outspoken about her “Why not?” message, which is to build community, unity, and partnerships. She believes there is no better time than now to build unity!

Her work led to an appearance on the **Ellen Show**. Moreover, she became the consulting producer of the NBC reality show, **School Pride**. She is also on the board of the **Goldie Hawn Foundation MindUP**.

Dr. Jackie is currently the Founder/CEO of the Why Not Incubator, which is a non-profit organization and designed to foster wellness, hope, and resilience to all communities. Her passion and wide knowledge of community wellness and engagement is truly unequalled! Her motto is: **community empowerment starts with you...why not?**

Please click on the link below

[Area XIII 2022 Conference Registration Form](#)

DISCLAIMERS: Attendance at the Area XIII Conference constitutes permission for you to be photographed for DKG Publicity purposes. If you do not wish to be photographed, please notify the photographer.