



Presidents' Message

Dear Alpha Upsilon Sisters,

"To lose patience is to lose the battle." Mahatma Gandhi

I know most of us are very tired of this virus, but we need to keep our heads up and wait it out. Everyone just stay safe and healthy.

Thank you all for your flexibility. Not an ideal situation, but hey, it's the world we live in today. Thank you, **Judi Healey**, for changing our January presenter, Lisa Bowman, to be virtual. Her life story sure represented a life that was 'reinvented' more than once. She was an inspiration. And It was so wonderful to see 31 members in attendance.

The Executive Board has met and is finalizing plans for the remainder of our biennium. We know and appreciate the nominating committee that has been busy recruiting the next slate of Alpha Upsilon leaders. The Grant Committee members are busy and there seems to be a light on restarting the Jared Bags. Nominations for an Outstanding Student Teacher are due March 1. Do you know of one?

We look forward to seeing some of you at our Area Conference on Saturday, February 5. We will be honoring **Ana Haskins** as our Outstanding Chapter Member as well as acknowledging longtime members **Norma Russell** (50 years) and **Susie Vernand** (45 years). Thanks again to **Christine Werner** and **Kathy Cockerill** for putting the conference raffle baskets together. Thank you, **Judy Kearns** for making the program and the online evaluation form.

Don't forget our next regular monthly meeting scheduled for Wednesday, February 9 at Betsy's, but ... things may change; we shall see as the time gets closer.

Willy Crouse & Karen Gollhardt,

Co-Presidents

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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

Ready for the Next Meeting ?

Next Meeting: Wednesday, February 9, 2022
Time: 4:00 p.m.
Place: Virtual Meeting via Zoom
Program: The Impact of Creativity on
Our Movement



Our February speaker is Kim Morris Eggleston. She has agreed to limit her presentation to 20 minutes. Kim was in the first class I taught, a sixth grade class. That year she was also doing professional theater, usually in the title role of *Annie*. In the next years, both of us landed at the high school, and she was often the lead in drama productions.

These days, Kim is a well-loved Occupational Therapy professor at USC. Her areas of expertise include creativity, emerging adulthood, grief, and giving really good life advice. I am told her one specific course in occupational therapy is extra popular.

Judi Healey,
Program Chair

RSVP to Karen Wilcoxon

Mark Your Calendars with These Important Events!!



UNLOCKING OUR IMAGINATION

**2022 DKG California
Convention**

April 29 - May 1, 2022. Los Angeles Marriott, Burbank Airport Hotel



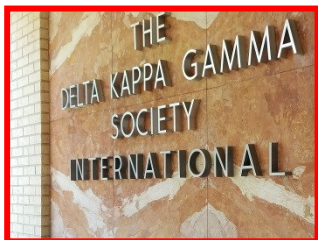
Happy Birthday to....



February

- 4—Harriet Furuya
- 7—Norma Russel
- 10—Mary Jane Hufstedler
- 19—Betsy Bazdarich
- 23—Laura Strametz

International Change Of Address



The International Headquarters building in Austin, Texas has been sold. The building has served DKG well, but needed re-

pairs and upgrading are proving to be more costly than can be reasonably afforded. After a lengthy search, the DKG International Executive Board approved the sale of the building and the purchase of an office condo. The new address is below—please make the change in your directory:

DKG International
1801 E. 51st , Ste. 365-163
Austin TX 78723

Go to DC With DKG!



The most exciting city in the US to me, is Washington, DC! It's where history is made and bills passed that affect all of us greatly.

Now we, as Alpha Upsilon members, have the opportunity to be at the extremely important "National Legislative Seminar," sponsored and presented by DKG in DC, March 6-8, 2022. Known in DKG as

the [US Forum](#), attendees will identify and select major educational issues upon which action can be taken. At the national, regional, state, and chapter levels, the Forum serves as a vehicle through which we all can be involved in efforts to pass bills which further the purposes and mission of DKG, giving help, support, and advocacy for teachers, women, children, and education.

In addition there will be unforgettable opportunities to hear knowledgeable speakers, hear about legislative updates, take a tour of DC, spend a day on Capitol Hill, and meet with the US Congressperson from your District. (Participants are encouraged to make those appointments in advance.) In my experience, your US Representative will always make the effort to meet with you in person. This is an integral and important element of our democracy, having an open door to our Representatives.

If you are able to take advantage of this wonderful opportunity, go to: www.dkgusforum.com

Connie Hanson.
Educational/Law Policy Chair

Our Jared Boxes/Bags Have Found a Home!



For more than 20 years [Jared Boxes](#) have delivered countless smiles, laughter and hope to children in hospitals across the country. Thanks to Pat Kalish for putting us in touch with Pasadena's Ronald McDonald House. They are excited to receive Jared Bags, which we will have for our members to take at the February meeting with a due date of on or before our April meeting. In addition, we will be accepting donations in February to create snack bags for Ronald McDonald House.

Sue Fuelling, Debbie Bump, Mandy Redfern,
Jared Boxes/Bags Committee



What a great start to 2022. The January meeting with Lisa Bowman invigorated us all for the New Year. What a fascinating woman and how accomplished she is. Something we should all strive to be. It is a testament to Judi Healey and Lisa that they could pivot to a Zoom meeting so easily.

WE all strive to grow our chapter by introducing prospective members to our group. But once they become a member, then what? How do we keep her? The following is from the DKG website on keeping new members. We often invite our friends as well as colleagues to DKG meetings. Are we making sure they “branch out” and get to know others?

“Whether the new member is extremely shy or very outgoing, our most important responsibility is to make sure she feels welcomed at every meeting. One strategy with a proven record of success in member organizations includes the assignment of a sponsor or “buddy.” Our brand new members need to start the process of building lifelong friendships from their very first meeting. We need to help them build connections with all the members so they experience the joy of friendship and benefits of membership right away. The assigned sponsor plays a critical role in this process by assisting the new member as she becomes oriented to the chapter and DKG, makes new friends, and learns about the many benefits of membership.”

I think this applies to our longer-term members too. Who haven't we seen for a while? Are we mentoring each other in the organization? I have found being on the Executive Board has upped my involvement in the chapter as well as the opportunity to get to know each of you better.

I'm hoping to have two new members for induction in April, Candace Bautista and Linda White. Stay tuned!

See you at the Area XIII conference on February 5!

Marty Unger

Marty Unger
Second Vice President, Membership



This year marks special membership anniversaries for two of our members, Norma Russel and Susie Vernand. Norma will be marking 50 years of membership and Susie 45 years.



Norma Russel has been a member of DKG and Alpha Upsilon since 1972. At that time she was a teacher in Pasadena Unified. She would leave Pasadena and take her teaching talents to Glendale Community College. Norma has served Alpha Upsilon in a variety of leadership positions over the years, including president, long time treasurer, and for many years headed the recruitment grant committee. When the chapter realized additional funds were needed, she was instrumental in helping the chapter start a highly successful holiday Silent Auction.

Past California State President, Judy Kearns, says, “I would never have advanced to leadership in the chapter, area and state, if it weren't for Norma Russel. I met Norma at the first chapter meeting I attended. I knew no one—I was the only member from my district. But Norma made me feel welcome and I found myself looking for her at subsequent meetings. Her warmth and smile always made me feel I belonged. Norma truly embodies what a DKG member should be—an outstanding educator and a generous friend.”

Susie Vernand joined DKG in 1977. Like Norma, she was a teacher for Pasadena Unified. In addition she was a professor at Point Loma University (remote campus) and a student teacher supervisor for many years.



Susie has always been very generous in hosting meetings at her home. In fact, the chapter silent auctions were first held at her home in La Cañada. She and her husband, Bob, were very patient with the chapter taking over their home with auction items and people! Susie has served Alpha Upsilon in several positions including President. For the last many years, she has spearheaded the decorating of a facility at Hillside Home for children. Her efforts have brought smiles to numerous children.

Alpha Upsilon thanks these two outstanding women for their dedication and numerous contributions!

Zooming Along! January 13, 2022

The January meeting had to be held virtually, Thirty-six people were able to adapt to the change of plans!



Speaker, Lisa Bowman, second row, third picture.

Thank you, Christine Werner, for taking the screen shots!!



Sue Fuelling proved she can multitask! She joined us on her phone while travelling!!



STEP up to THAT



It's almost Valentine's Day, and there's no better way to spread some love than by volunteering your time to help another teacher! This note is a reminder to support your fellow educators through the Teachers Helping Another Teacher (THAT) Program.

Our teachers are struggling with unprecedented demands, but the one constant is that they continue to need our help. There are numerous ways that DKG members can volunteer:

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

You will need to keep track of the hours you spend in THAT activities and record your hours by **March 1, 2022**.

NOTE: Currently there is a problem accessing the THAT recording form and the STEP page on the website. The STEP Committee expects to have this resolved by February 15.

While you are on the DKG California website, don't forget to explore [DKG's STEP Program \(Support Team for Emerging Professionals\)](#). This month I was reading the STEP Blog and came upon an inspiration written by Lisa MacKensie, Iota Omega, for the 2020 DKG California Celebration. It seems especially appropriate to share with you this month:

"We cannot always choose what happens to us, but we can always choose how we respond. And we can always respond with love. So, ladies, as we carry forward into the post-pandemic world, may we choose love, carry it in our hearts, and share it with others. May we walk in kindness and remember that love will always be essential. Choose love again and again, even and especially when it seems impossible."

Thanks for all you do to spread love!

Karen Wilcoxon, THAT/STEP

Practice Global Awareness



Everywhere I check, our GLOBE is having trouble. So, for your awareness, please consider the following possibilities:

- 1)"Think Globally, Act Locally" = consider a local person or project or environmental concern..... that you can support with love and time.
- 2)"Random Acts of Kindness" = from my AIAnon days, do something unexpected for another person and do not get caught.
- 3) "Chicken Soup for the Soul" = pass on a poem or short story or insight that brings comfort to others
- 4) Listen to any Podcast or Music selection that helps you handle this Covid Pandemic
- 5) Pray for another and for yourself to have courage for one day at a time, for every day in February.

**Patty Compeau,
Global Awareness Chair**

Do You Know a Candidate for a Recruitment Grant?



Thanks to all who have shared the recruitment grant application. We have received inquiries and are looking forward to the application due date of March 9th. Interviews will be held on March 19th. So if you know of someone who can would appreciate some financial assistance for their degree or credential program, give them an application!

Sue Fuelling, Judie Bakly, Pat Kalish

Start a Book Club—Support Literacy and LIFE



Buck a Book will return in February as we gather at Betsy Bazdarich's home for our monthly meeting. Please bring your book donations and your dollars to support our annual LIFE donation. We have raised 40% toward our annual goal and your donations are welcomed.

LIFE sponsors an annual literacy grant to chapters to foster literacy in local schools and communities. You may have read some recent articles that indicate children are not reading like they used to before the digital age. We all know how important a book is to children and adults for learning. If you need some ideas on how to make a difference,

check out the most recent LIFE newsletter and read how other chapters have fostered literacy. Directions on how to apply are on the LIFE webpage with a March 1 deadline.

We all enjoyed Ana's reflection on the joy found in a book club. I hope you all have a book club in your life. A book club does not have to be a large group, just another person who has read the same book and is willing to spend a few moments in conversation. You don't need to meet monthly. Our family has started a very informal book club. We agreed to read Anxious People by Frederick Bockman. It took several months before all had read the book. We scheduled a ZOOM for the discussion and then followed it up by watching the Netflix movie and comparing the stories. Books connect!!! Give a book club a try.

Mary Lou Langedyke, LIFE Liaison

Travel with DKG and Go Ahead Tours



If the worldwide pandemic of 2020 and 2021 has taught us anything, it is to value the ability to visit with family, friends, and colleagues. As we did our best to quarantine in our homes, many of us discovered a desire to travel more and see sites that may have been on our bucket lists for quite some time. One of the benefits of membership in Delta Kappa Gamma Society International is the Go Ahead Tours program. Each year, a DKG member is appointed as an ambassador to work alongside an agency which plans and executes trips to various locations.

In years past, DKG members have taken the opportunity to travel to many places such as Costa Rica, Spain, England and Iceland. An Alaskan Cruise has also been enjoyed by members, as well as a trip to view New England Fall Foliage. Each of these trips is planned with precision to maximize a traveler's experience in the sights, sounds, and culture of each destination. Group travel enables friends to explore new destinations together and, in the process, provides non-dues revenue to the DKG International Educators Foundation.

The next Go Ahead Tour is scheduled to take place immediately following the 2022 International Conference in New Orleans, Louisiana. This trip will take you and your cohorts on a tour of The American South from New Orleans, Louisiana to Memphis, Tennessee over a period of 6 days and 5 nights. More information about this opportunity can be found at www.dkg.org. After signing in, look for the black banner and click on "Events." You will find "[Go Ahead Tours](#)" listed and can explore all the details of this amazing trip to view several historic sites in the South.

Are You Taking Care of Yourself??



This Photo by Unknown Author is

Here are a couple of tips from a DKG blog which reminds us that we need to take care of ourselves to be better able to help others:

Treat yourself to a dose of nature. Even in the winter months, a little dose of sunshine can make us feel better. Even sitting by a window and enjoying the warmth or the clouds can help us feel better. A quick five-minute walk outside can clear cobwebs and help us appreciate the wonderful warmth once we return indoors.

Splurge with a personal treat of a candle bath with great smells and soft music. Or a hot shower, maybe after your quick step into nature? Light some scented candles, put some nice-smelling Epsom salts in the water, and listen to instrumental music for 15 minutes. Let your mind relax along with your body. Treat yourself!

Here are some upcoming Online Professional Development Opportunities from the Desired Results Access Project. Join the Desired Results Access Project this winter to learn more about using the Desired Results Developmental Profile (DRDP) and results for children with individualized family service plans (IFSPs) and individualized education programs (IEPs).

Break it Down Practice: Identifying Learning Opportunities Based on DRDP Results

Practice breaking down preschool goals into proximal learning targets. Bring a goal to practice the process. For preschool special educators and general education partners.

Register for upcoming session using the following link:

Wednesday, January 19, 2022, 2:30 to 3:30 p.m.

<https://napacoe.zoom.us/meeting/register/tZAqd-qrrTgjEtEYma8zQ5tDtT5fEHVLL5Uq>

Coffee with Patty: Using Adaptations: Assessment & Instruction

A quick look at resources to identify and use adaptations for children with IFSPs and IEPs. For special educators and general education partners.

Register for upcoming sessions using the following links:

Tuesday, February 8, 2022, 3 to 3:15 p.m.

<https://napacoe.zoom.us/meeting/register/tZlSdu6qqDopHNHa3Bf1jRKehCcmuTi-a9pV>

Thursday, February 10, 2022, 3 to 3:15 p.m.

<https://napacoe.zoom.us/meeting/register/tZMrceGoqTotH90F6dwpCxpJ2LqmTT0k7yaQ>

Contact us at info@draccess.org or 800-673-9220

**Laura Castagnari, Liliana Castillo, Carol Leining,
Leadership/Professional Growth Committee**

Do You Remember the Important Points from Lisa?

3 Concepts developed by author Lisa Di Vita

01-13-2022



Conclusion points:

To thrive—so much more than just being alive.

To be joyful—so much deeper than a happy reaction.

To allow joy—so much more powerful than struggling for it.

1. Once we are fully comfortable with change's continuity, we start thriving.
2. Thriving often involves letting go of what *literally* no longer exists.
3. Anger, worry, self-pity and sorrow are a choke chain in life. Negative reactions take up *room*. Free up space on your emotional hard drive for joy!
4. The Vin Scully Lesson: Change an entire situation by being a role model.
5. The Judi Healey Lesson: Recognize one another's *unique* potential.
6. Reintegrate things you've mastered in the past into your current identity. Savor!
7. Doing what we love to do is a way to thrive during difficult times.
8. We thrive when we challenge our bodies to move, because bodies *require* movement.
9. Respite allows us to regenerate—producing seeds with the potential for future action.
10. The universe—physical and spiritual, has profound meaning. It is constantly progressing towards the fulfillment of order in one fantastic Cosmic Sweep. Trust it.
11. Grace in the face of a bad situation is the purest form of thriving in love.

Respiration and Inspiration exercise:

Breath #1. Opens a pathway

Breath #2. Bundles up and release your cares.

Breath #3. Allows a sense of openness, inspiration—without effort.

Minutes: January 13, 2022 (Zoom Meeting)

Willy Crouse started the meeting at 4:29 pm. Along with the welcome Willy gave a “toast to a new year.” There were thirty-six participants including the guest speaker, Lisa Bowman plus Marty Unger’s guest, Linda White.

Ana Haskins provided this month’s inspiration. **SPACE** is the word for 2022. We all need **SPACE** to think, grow, breathe, create, nourish relationships, and sleep. We all need to **reclaim our space** to refresh as we begin a new year. It is important to surround yourself with people who give you energy and make you hungry for life!!

DKG purpose #6 - to stimulate personal and professional growth of our members--is the focus of this meeting.

Judi Healey introduced the guest speaker Lisa Bowman whose long list of accomplishments served as a great example and keeping with this year’s theme “Reinvent Ourselves”

Business Meeting:

Treasurer’s Report: Rose Gant reported the December balance is \$6,240.63. She also reminded us that all reimbursement forms need to be given to her before June 15.

Mini Grants: Jan Tappan and her committee approved 24 mini grants.

Recruitment Grants: Sue Fuelling reported the recruitment grant forms are out now; interviews will take place mid-March; approval in April and grant recipients will come to the May meeting. Judy Kearns reminded Sue about the Alice Kennison award which is a separate award given to a person who needs the assistance the most.

Global Awareness: Patty Compeau talked to us about Ethiopia schools needing emotional and monetary support. She encouraged us to check out Citizen’s Climate Lobby.org plus look at some Ted talks.

Area XIII Conference: Willy Crouse reminded us about the Area XIII Conference on February 5 at Cal Poly Pomona Conference Center. Ana Haskins will be honored as the honoree. Willy and Karen will have more information after attending an upcoming conference meeting. It was asked if they will be offering a hybrid option for those who have already paid but do not want to attend in person.

Nominating Committee: The Nominating Committee will be calling members to take on new leadership roles. Thanks to Betsy Bazdarich, Jean Chubb and Connie Hanson for all your work.

Red Procedure Folders: Reminder that all are due in April. Please describe your job and include timelines for specific deadlines. The Red Folders will be used to make notebooks for the chapter and will be passed on to the new officer or chairman at the end of this year.

Who’s Who in AU : Karen G. highlighted Harriet Furuya; born in Hawaii, loves to travel and see National Parks, loves singing and is our favorite Ukulele player.

Announcements: Area XIII Conference - February 5, 8:30-11:30 am

Next meeting at Betsy Bazdarich’s home on Wednesday February 9, 4:00 pm.

Meeting adjourned at 6:08

Respectfully submitted by Kim Frank, Recording Secretary

Treasurer's Report

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL DKG California State Organization

Treasurer's Report Alpha Upsilon Chapter January 1, 2022

BALANCE ON HAND: December 1, 2021		\$ 6,290.89
RECEIPTS:		
Interest	\$ 2.07	
Total Receipts for December		+ <u>2.07</u>
Total Available		\$ 6,292.96
DISBURSEMENTS:		
Area XIII Conference—basket	\$ 52.33	
Total disbursements for December		- <u>\$ 52.33</u>
BALANCE ON HAND: January 1, 2022		\$ 6,240.63



Revising the Chapter Rules



Did you know DKG International is governed by a Constitution which includes Bylaws and Standing Rules? This document is the overarching umbrella for states and chapters whose bylaws and rules may not conflict with International. Chapters have Chapter Rules. These Rules should be a “living” document that are revised as things change. Alpha Upsilon’s Chapter Rules have recently been updated and revised by the Chapter Rules Committee. Some changes are editorial in nature and need no approval. Others are substantive and require Chapter approval. Look for an email with the electronic version of the Rules in mid-February. Read and send questions or comments to the Committee. The Chapter will be voting on the revised Rules at the March meeting.

Jean Chubb, Chapter Rules Chair

Mini Grant Recipient Shares

Article from Mini Grant recipient, K-5 ELD teacher Janae Williams, Highland Oaks Elementary School, Arcadia.

Today was a great day in the ELD classroom at Highland Oaks Elementary School! We received your generous donation of books for our classroom. The students were very excited to open the box of brand new books. We were able to add some anchor texts to our seasons/holidays unit and also a fun new title to our ocean animals unit. In addition, we purchased a set of really fun grammar stories from the Words are CATegorical series. This will bring some fun to our grammar lessons as our students are learning the rules of English. We also purchased 4 anchor texts to use with a new unit on Africa and safari animals. These books will be enjoyed for years to come by students in Kindergarten through fifth grade that are newcomers to our country and just learning English. Thank you so much for your support and generosity with the Beebe Nuetzman Endowment Grant. We can't wait to start reading!

