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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,

"A woman is like a tea bag. You never know how strong she is until she gets in hot water."
Eleanor Roosevelt

We hope everyone's 2023 New Year is starting off well!!! Thank you to **Christine Werner** for hosting our January meeting at her home and to **Judi Healey** for arranging our speaker, Amy Nespor.

We look forward to seeing 25 of us at Cal Poly for the Area XIII Conference on Saturday, February 4th. We will be honoring **Connie Hanson** as our Outstanding Chapter Member, **Pat Rabe** as Outstanding Area XIII Member, and acknowledging lifetime member **Judy Kearns** (45 years). Our Alpha Upsilon's part in the conference preparation we'd also like to thank **Judy Kearns**, for making the program and the online evaluation form. We also appreciate **Kathy Cockerill**, **Betsy Bazdarich**, and **Christine Werner** for putting our conference opportunity raffle baskets together. Remember to bring cash money to buy raffle tickets! There are 24 baskets to choose from! They will also be accepting monetary donations (yes, checks will be accepted) for Area XIII's scholarship fund.

There has been an important change to the DKG California website. It now has a URL of www.dkgcalifornia.org (you must spell out California). We encourage you all to see the member resources available on the site. More information on things to look for in a separate email coming your way soon.

Don't forget our next regular monthly meeting scheduled for Thursday, February 16th, at St. George's Episcopal Church.

Looking forward to seeing you at the conference and our next meeting.

**Willy Crouse and 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**

Classroom Discipline: How is it Changing?

First Meeting: Thursday, February 16, 2023
Time: 4:00 p.m.
Place: St. George's Episcopal Church
808 Foothill Blvd., La Cañada
Program: Classroom Discipline: How is it Changing?
Barbie Fariss, Principal



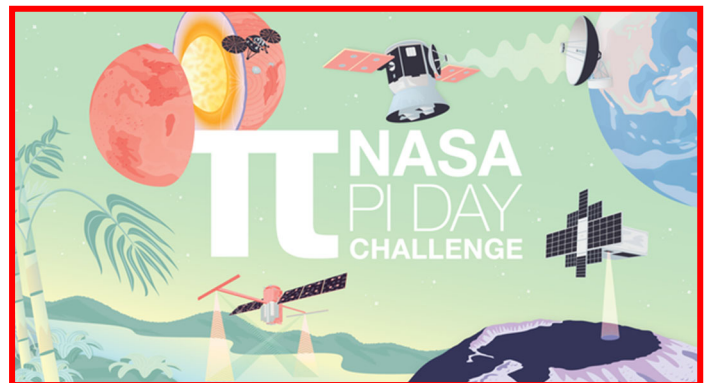
Barbie Fariss is the current principal of Lincoln Elementary School for GUSD. Barbie is a wonderful, caring administrator who has led a career of service for students. She was a teacher in Burbank for many years before becoming an Assistant Principal at Toll Middle School. Amongst her many strengths, Barbie has a heart of gold; she truly cares about the health and well-being of all students and uses progressive discipline strategies, finding innovative ways to support the student and their family while still correcting inappropriate behaviors with thoughtful consequences. Barbie will share her experiences as an administrator and strategies to meet the diverse needs of students in this challenging and changing world.

REMEMBER TO RSVP TO KAREN WILCOXEN

Explore the Link to JPL Educational Resources

January's speaker, Dr. Amy Nespor, Neuro Scientist and Teacher, shared her experiences with encouraging STEAM education. She mentioned a link to JPL which provides an amazing amount of resources for the classroom teacher. There is a wealth of information available. Whether you are currently working in the classroom or have retired, this site will provide you with amazing resources. You owe it to yourself and the children in your life to explore this incredible site! Just one example, check out the various activities to get ready to celebrate Pi Day on March 14, 2023!

<https://www.jpl.nasa.gov/edu/>



Happy Birthday to....



February

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

Change of Address

One of our Collegiate Members, Asusena Camacho Raudales, has shared that she has changed her address. Please make note of it in your directory:

851 S. Sunset Ave, Apt. #185
West Covina, CA 91790



Membership News



How nice that the weather cleared for our meeting day and we were able to enjoy each other's company as well as have a terrific speaker. I found the information about the JPL International Space Academy absolutely fascinating! We had 27 members attend and two guests. One of the guests was our speaker, Amy Nespor, who said she's interested in our organization. GREAT!!!

As I was mulling over what to write for this month's article, the latest issue of the Delta Kappa Gamma Bulletin Collegial Exchange arrived in the mail. The article beginning on page 9, "A Century of Existence: Seven Possibilities for Action to Assist the Growth of Our Society," is very interesting. I highly encourage everyone to read it. These are topics we as a chapter should be discussing to keep us going and growing.

I can't wait to honor our chapter members, Connie Hanson and Pat Rabe, at the Area XIII conference on February 4th. I can't think of two people more deserving of the honors of Outstanding Chapter and Outstanding Area Members. Congratulations to you both.

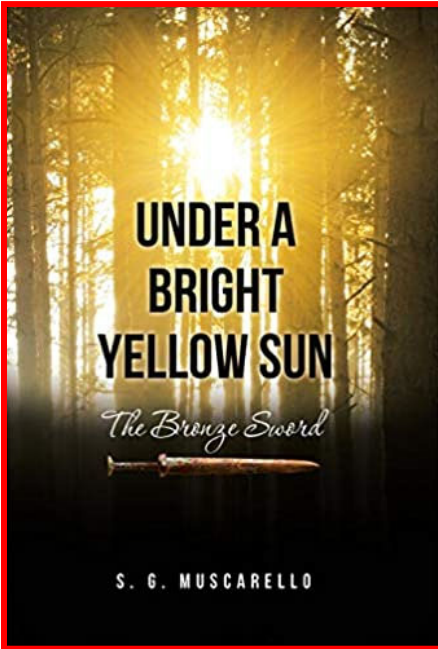
By the way, I am really looking forward to our outing to the Gamble House in March. I received an email from the Gamble House that their bookstore (the garage that was used as Doc Brown's lab in Back to the Future) was flooded during the recent rains. I hope it will be back up and running by the time we are there. The bookstore can still be accessed on-line.

See you in February!

Marty Unger
Second VP, Membership



LIFE is Alive and Well!



Buck a Book is doing well, thanks to your donations and your purchases. Our goal is to raise \$200, so please continue to bring your donations to meetings and select books to enjoy.

Each year LIFE selects a book for all of us to enjoy and invites the author to the May convention. This year's selection is *Under a Bright Yellow Sun* by S. G. Muscarello. "Orenea is a land shrouded in mystery, beauty, adventure, and peril. Its people are cursed by the ever tedious presence of an enemy tribe intent on their destruction. In such circumstances, they find a little cluster of Puritans from Plymouth Colony, trapped away from their home as a result of a terrible accident. Among which is young Peter Washingsworth. Now, the small group must work together to survive in this mysterious land with some help from the mysterious natives. Who are they? And what does this all have to do with a ship full of people who disappeared at sea over a hundred years ago?" Sarah Muscarello will be at the 2023 DKG California Convention and be available for

discussion and questions during the LIFE interest session.

Many thanks to all of you who brought books to the January meeting. We had a wonderful collection! Waiting for you in February are four books by Donna Leon, author of a series of crime novels set in Venice, Italy featuring the fictional hero Commisario Guido Brunetti. For fans of Louise Penny, you might enjoy meeting a new hero!

Mary Lou Langedyke
LIFE Liaison



Did You Know?



Lalla Odom, one of the twelve founders of DKG, was responsible for women being able to continue teaching after they were married!! There had been a population boom in Austin and Mrs. Odom was hired to teach music after having done so in Oklahoma when she was first married. When the school closed, Mrs. Odom was informed it was against the policies of the Austin School District to offer contracts to married women. She fought this policy and was supported by her principal against this discriminatory practice. The school board reversed its policy thanks to this brave woman!! Thank you, Lalla Odom!!!!

Plan NOW for the 2023 DKG California Convention

Save the Date

DKG California Convention 2023

*Hyatt Regency San Francisco Airport
Burlingame, May 5-7, 2023*



Contact: Pamela Townsend
2023 Convention Arrangements Committee Chair
pamelatownsenddkgca@gmail.com

Shaping Tomorrow Together

Get ready to register for this annual event! REMEMBER Alpha Upsilon will pay for your registration (including convention meals) and your lodging.

Covenant House is Ready for Your Donations!



Good news! Covenant House is now able to accept toiletries donations again! During the pandemic it was not possible for them to take in any outside items, but conditions have finally changed and they welcome your contributions. They were so excited and grateful for the things I recently delivered, so please continue to save items you collect while traveling, etc., and I am happy to collect them at meetings. Thank you so much!

Laura Strametz
Covenant House Liaison

Treasurer's Report



Delta Kappa Gamma Society International
DKG California
Alpha Upsilon Chapter, Area XIII
Treasurer's Report



BALANCE ON HAND: November 1, 2022

\$ 7,364.22

RECEIPTS

Interest	\$.03
Share certificate	\$	9.10

Total receipts for December + 9.13

Total available \$ 7373.35

DISBURSEMENTS

DKG California (fees for Collegiate Members)	\$3 x 5	15.00
DKG Area XIII (reservation(2 tables)	\$ 640.00	640.00
Christmas party supplies	\$ 116.69	116.69
Christmas party supplies	4 140.40	140.40
Total disbursements for December		— 912.09

BALANCE ON HAND: January 1, 2023

\$ 6461.26

Important Updates



Recruitment Grant Update: Applications have been sent to local colleges and universities and were distributed to chapter members at the January meeting. We are connecting with current recipients to see if any qualify for a renewal. More news will follow in March!



There will be lists of suggested items and 2 gallon Ziploc bags available at the February meeting. Bags will be collected at the April tea. The items you purchase for the Jared Boxes/Bags should be placed in the Ziploc bag. Thanks in advance for your participation.

**Sue Fuelling,
Chairman**

Minutes: November 17, 2022

DKG-Alpha Upsilon Minutes
January 11, 2023
Home of Christine Werner

4:35 p.m. Welcome by President Willy Crouse

- 26 members in attendance and 1 guest

- Thank you to today's hostess, Christine Werner and the Refreshment committee of Betsy, Judith, Laura, and Mary Linda

Inspiration by Ana:

Ana shared that January offers a fresh start, and her word for 2023 is "Surrender". She encouraged members that "surrender" is not a character flaw or a passive act. Rather, surrender sparks curiosity, makes a person more alert, and creates spaces for "being."

Purposes for this Meeting

#1 To unite women educators of the world in genuine spiritual fellowship, #3 To advance the professional interest and position of women in education, #6 To simulate the personal and professional growth of members, #7 To inform members of current issues so that they may participate effectively in a world society.

Program: The World of Robotics (STEM International Space Academy)

Judi H. introduced the speaker, Dr. Amy Nespor, neuroscientist and teacher

Meeting:

- November minutes were approved without correction.

- Treasurer's report by Rose Gant. Our balance is \$6,461.

- Corresponding secretary's report by Karen Wilcoxon: Thank you cards were sent for large contributions to the holiday party and to Jim Stauffer of DA Davidson for his many years of financially investing for Alpha Upsilon. Holiday greetings were sent to ill members and those who have moved away.

- Committee reports:

* Mini Grant recipients have been chosen, representing a variety of projects.

* Recruitment Grants (Sue F.) are due by March 8th. Last year's recipients can reapply; men can apply.

* Area XIII Convention: February 4, 2023, 8:30 am-noon

- Congratulations to Connie Hanson (Outstanding AU member) and Pat Rabe (Outstanding Area member)

- Sign-up on-line by January 13th; send a \$25 check to Rose Gant

* All members should keep notes on their committee; the Red Procedure Folders for Committee Chairs are due in April, if a member is not continuing next year in the same role.

* Thank you to members who brought books for the LIFE book table. (Mary Lou)

Who's Who in AU? by Karen G.

This member grew up in West Covina and was a Homecoming Princess. She loves to play tennis, quilt & needle point, travel to Europe, bake/cook. She volunteers at Union Station and currently teaches middle school biology. (Christine Werner!)

Announcements:

- Covenant House is now able to accept donations of toiletries.

- Next meeting is at St. George's Episcopal Church, La Canada—Thursday, February 16th at 4:00 p.m.

- Chapter outing to the Gamble House is on Saturday, March 11th at 9:15 a.m.

5:28 p.m. Meeting adjourned.

Respectfully submitted,

Debbie Bump, Recording Secretary

Take THAT STEP to Help a Teacher !!



Happy February! It's almost Valentine's Day, and there's no better way to spread 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. The need for classroom assistance is even more vital now than ever before. **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. A few of our educators in the

trenches have indicated some ways that we can assist them, which you can find by clicking on this google doc:

<https://docs.google.com/spreadsheets/d/1JmFBDxtFoCAwIENH9jEDwY9YtL7q2-IH4cnZtkHxHb8/edit#gid=0>

Please especially note **Ana Haskin's** request this month. There are teachers, students and families in her district who have been directly affected by the tragedy in Monterey Park on Lunar New Year's Eve. If you are able to help Ana or any of our other 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, go to the home page of DKG California website. Enter sisterhood when prompted for your password. Click on the **THAT** icon and you will be taken to this form:

<https://docs.google.com/forms/d/e/1FAIpQLSdFvKaWfxOr64hHQJENm9A-vWqUaxCRDH1WFJgaUibMibANw/viewform>

The form is very easy to fill out. Just enter your name and volunteer information, as well as Alpha Upsilon and Area XIII. Find a method that works for you to keep track of and 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, 2023**.

While you are on the DKG California website, be sure to explore DKG's **STEP Program** (Support Team for Emerging Professionals). Along the top of the page, click on Committees, and scroll down to STEP. There you will find past publications, a blog, and a monthly opportunity called Tuesday Teacher Tips. Each month, a one hour free zoom meeting will be scheduled, featuring a guest speaker discussing a relevant educational topic. Register in advance on the website for the Tips you want to attend. The next one is on February 21st from 6:00 – 7:00 pm. Lisa Mackenzie will be leading an interactive workshop on mindfulness and how it can help kids and teachers in the classroom. Her presentation is entitled, *Clearing the Clutter in Our Minds*. (I don't know about you, but that topic definitely resonates with me!)

[Flier 2/21/23 Tuesday Teacher Tips - Google Slides](#)

Thanks, as always, for all you do to spread love!

Karen Wilcoxen
THAT/STEP Chairman