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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

"Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it."

– Ralph Waldo Emerson

What a wonderful February we've had! The annual DKG Area XIII Conference held at Kellogg West -Cal Poly, Pomona was well attended by many of our members. There were many winners from Alpha Upsilon in the raffle. The program was very enlightening and made us aware of a not often mentioned student population that is being supported by the county and school districts. **Pat Rabe** received the Outstanding Area XIII Member Award, **Connie Hanson** received our Outstanding Member Award and **Judy Kearns** was honored with 45 years membership.

Then we had our February meeting. Thank you for a wonderful program held at St. George's Episcopal Church's meeting room. The program; *The Changing Classroom Regarding Discipline* was informative when we are experiencing such a change in the classrooms of today. Also thanks to the refreshment committee for a wonderful selection of treats and drinks. The restart for *Schools for Africa* donations were generously received. Thank you, **Debbie Bump** for re-starting this worthwhile international endeavor.

The Executive Board recently met via a zoom meeting to finalize plans for the remaining year and made suggestions for possible programs for 2023-2024. Your suggestions for what you would like to hear about, see, or do, are encouraged. Contact Program Chair; **Judi Healey**. All suggestions are welcomed!. We want our programs to be fun and informative. Keep up the great support and attendance at our meetings.

We look forward to seeing many of you at the Chapter outing to the Gamble House on Saturday, March 11th as well as **all** of you at the Annual Friendship Tea on Wednesday, April 12th at Pat Kalish's!

Until then, stay well and safe.

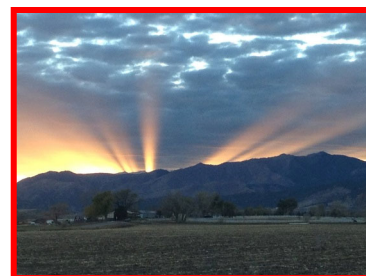
Willy and Karen

**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**

Are You Coming to the Field Trip to Gamble House!!

First Meeting: Saturday, March 11, 2023

Time: 9:30AM

Place: Gamble House
4 Westmoreland Place Pasadena, CA 91103

Program: Tour of Gamble House



David, the son of one of the Proctor and Gamble founders (guess which one) built this Greene and Greene home that became a model of the Craftsman design we all know so well. I love the way it allows homeowners to take in cool air from the mountains in the summer.

For those members who have signed up for the special tour of the Gamble House, the meeting time for this special event is 9:15 AM, the tour will begin at 9:30 AM. Be sure to wear flat shoes and **PLEASE** be on time!!

Looking Ahead to the Annual Tea!!



♥ DKG FRIENDSHIP TEA: A LITERARY TEA!

“BOOKS give soul to the Universe,
Wings to the mind,
Flight to the imagination,
And life to everything!” -Plato

♥ Everyone loves a good book and a cup of Tea, of course!

♥ Don't miss this special event! Bring your FAVORITE Children's book and/or Adult book, to share at your table.

♥ We will enjoy cups of tea, sandwiches and delectable treats! Weather permitting, there will be outdoor seating.

Home of Pat Kalish
Wednesday, April 12, 2023

Happy Birthday to....



March

- 10—Mandy Redfern
- 11—Carol Leining
- 13—Jan Tappan
- 20—Carol Vargas

Email from Mary Lou R !!

This email was received from Mary Lou Rodearmel after she received our last newsletter:

“Wonderful to be back in the loop! Kim’s son, Joseph has spent the last month with me before leaving for 2 years in Africa with Peace Corps. He will serve a rural health clinic in Senegal as manager. Medical personnel will be from Peace Corps too. Joseph graduated Magna Cum Laude and received 99% on GRE. He will return to work on Masters of Law Degrees. Proud!!!

Snowing and freezing here! I am a Texan now with plates and license. Do need more Blues here! SO Red and conservative!

Hugs, Mary Lou”

Membership News



Fabulous February has come to an end and Marvelous March is beginning. I hope you all came through the recent rains safely without any damage.

February was fabulous because we honored Pat Rape and Connie Hanson at the Area XIII conference. What a show of sisterhood we had to honor them. It was a terrific morning of socializing, eating, entering tickets for

raffle prizes (and several AU members were victorious), and an inspiring speaker.

Barbie Fariss, who was my AP at Toll, was our guest speaker for our chapter meeting. We had twenty-six members and two visitors plus Barbie. It was interesting to hear the new directions school discipline is taking. We need to be thinking of how we can support those who are working in classrooms. What can we do to help them? What suggestions can we provide?

Karen Gollhardt, Willy Crouse, and I attended a Zoom meeting on membership presented by DKG California. The meeting focused on membership retention. It was very interesting to hear what other chapters do, activities they enjoy, charities they support, etc. Willy and I were in the same breakout group and after listening to the other speakers, I think Alpha Upsilon does a great job with the exciting programs Judi Healey arranges, the charities we support, the activities we enjoy, and most of all, retaining members. I also heard some ideas for recruiting new members and will work on putting together an implementation plan.

We are getting to that time of year when we will induct new members. Please send me the names of people you have brought to meetings that you think would be enthusiastic candidates. We will vote on those names either via email or at our April meeting.

Marvelous March begins this weekend with our tour of The Gamble House. I’ve been through the house several times, but I always enjoy seeing it again. If you can’t make it Saturday, I’ll look forward to seeing you in April for our annual tea at Pat Kalish’s house.

Marty Unger
Second VP, Membership



Treasurer's Report



THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL
DKG California State Organization



Treasurer's Report
Alpha Upsilon Chapter
February 1, 2023

BALANCE ON HAND: January 1, 2022		\$ 6,461.26
RECEIPTS		
Deposit \$25x5 (Area XIII), \$66 (Buck a Book)	\$191.00	
Interest	\$.03	
Share certificate interest	\$ 9.12	
Total receipts for January		+ 200.15
Total available		\$ 6,661.41
DISBURSEMENTS		
Supplies for Area XIII basket	\$ 100.16	
One additional table—Area XIII	\$ 320.00	
Total disbursements for January		-- 420.16
BALANCE ON HAND: February 1, 2023		\$ 6,241.25

Look Who is an Official Docent for Eaton Canyon!!



REGISTER 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

REGISTER NOW for this annual event! REMEMBER Alpha Upsilon will pay for your registration (including convention meals) and your lodging.

NOTE: If the hyperlink takes you to the home page for DKG California, don't panic, just enter the password (sisterhood) where it says "MemberWebsite" and you will be taken to the Convention Resources section. Select Convention Registration and you are on your way!!

Covenant House Needs Your Donations!!



Don't forget— Covenant House is now able to accept toiletries donations again! 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**

Saluting Our Own!!



Congratulations to our own **Pat Rabe** for being selected as the 2023 Outstanding Member for Area XIII !! Your Chapter is delighted you were recognized for your contributions to the success of Area XIII conferences both in person and virtual! Pat's creativity and leadership created meaningful experiences for members throughout the Area. Congratulations and thank you, **Pat!!**



Connie Hanson was recognized as the Alpha Upsilon 2023 Outstanding Member at the recent Area XIII Conference. Connie has graciously served the chapter in a variety of ways including Co-President . Always ready with a smile and a kind word, Connie is welcoming and a quiet worker who gets the job done!! Congratulations, **Connie**, and thank you for all you have done and continue to do for Alpha Upsilon.

Important Reminders



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.



There were lists of suggested items and 2 gallon Ziploc bags available at the February meeting. These bags will be collected at the April tea after you have placed the items purchased for the Jared Boxes/Bags in them. Thanks in advance for your participation.

**Sue Fuelling,
Chairman**

Do You Have a Growth Mindset?



A growth mindset is simply the belief that our basic abilities can be developed and improved through dedication and hard work.

Do you believe you were born and raised with a fixed set of skills and abilities—such as your IQ—that you had from birth and will stay with you your entire life? Or do you believe that your ideas and beliefs are ever-evolving, that you can learn new skills if you work at it, and that your wisdom and intelligence grows with each new experience? If you said “yes” to the first question, you have what is referred to as a “fixed mindset.” If you said “yes” to the second question, you probably have what Stanford professor Carol Dweck calls a “growth mindset.”

Why Does Growth Mindset Matter?

If we have a “fixed mindset,” we may shy away from challenges because we do not want to feel embarrassed or humiliated in front of others—who does, right?! But this can be problematic because our fear of making mistakes can lead us to avoid challenges and new experiences—experiences which would help us grow, improve ourselves in important ways, and create the life we desire.

If we have a “growth mindset,” we enjoy challenges, despite the risk, usually because we value learning and growth more than others thinking we know what we’re doing. And because we’re always trying new things, we often don’t know what we’re doing. Still, those of us with a growth mindset often build new skills more easily because we *believe* we can and so we really work at it. Developing a growth mindset could contribute to a fuller, more meaningful life because the range of experiences that such a life encompasses will be considerably broader.

Key Differences Between “Fixed” and “Growth” Mindset

1. **Effort** - When faced with hard work, the “fixed mindset” person may recruit others to do the hardest parts, spending as little effort as possible, while the “growth mindset” person believes that good outcomes often require exertion— “effort” is just a part of the process.
2. **Challenge** - A “fixed mindset” person shies away from challenges, possibly from fear of failure and may go into hiding as a way to avoid responsibilities. In contrast, the “growth mindset” person finds challenges to be exciting and engaging, knowing that they will learn something valuable from their experiences.
3. **Mistakes and Feedback** - The “fixed mindset” person hates making mistakes because it’s embarrassing. They may blame others or be defensive when criticized. Meanwhile, a “growth mindset” person will see the mistake as a lesson to learn from and will be less likely to take criticism personally. Being open to criticism can help improve one’s ability to do better the next time, which is another reason why a growth mindset can lead to success.

Changing one’s mindset from a “fixed” perspective to a “growth mindset” may seem daunting, but by taking baby steps, anyone who wants to can build a “growth mindset”. Stay tuned for “Ways to Develop a Growth Mindset” in our next newsletter.

Laura Castagnari, Leadership & Personal Growth Committee

Minutes: February 16, 2023

DKG-Alpha Upsilon Minutes
February 16, 2023
St. George's Episcopal Church, LaCañada

4:32 P.M. Called to Order by Willy Crouse

Thank you to today's hostess, Dianah Greenlees, and committee: Debbie Bump, Rose Gant, Carol Vargas, and Karen Wilcoxon

Inspiration was shared by Karen Gollhardt:

Purposes addressed in this meeting:

- #1—Unite women educators of the world in a genuine spiritual fellowship
- #2—Honor women who have given or who evidence a potential for distinctive service in any field of education
- #3—Advance the professional interest and position of women in education
- #6—Stimulate the personal and professional growth of members and to encourage their participation of appropriate programs of action
- #7—Inform the members of current economic, social, political, and educational issues so that they may participate effectively in a world society

Introduction of guests:

Ava Smalley—Area XIII Director
Paige Salardino—guest of Kathy Cockerill
Reanna La Vogue—colleague of Candice Bautista

Program: Guest speaker, Barbara Fariss, principal and author of The Changing Classroom Regarding Discipline, shared the discipline model being used at her school in Glendale.

Business Meeting:

There were no corrections to the January minutes.

Treasurer's report: Rose Gant—as of February 1, 2023, the balance is \$6,241.25

Correspondence: Karen Wilcoxon

--Letter received from Hillside, thanking the chapter for a donation of \$325 in Target gift cards.

--The chapter sent a sympathy card to Connie Hanson on the loss of her brother.

Jared Bags: Sue Fuelling--sign up for a bag and bring it to the April meeting

Recruitment Grants: Sue Fuelling—applications are due early March; interviews will be via Zoom

Chapter and Area XIII Updates:

--THAT Hours are due by March 1

--Schools for Africa: donations will be collected at every meeting

--Check the DKG website—Karen Gollhardt created a brochure for our chapter

Red folders: Karen Gollhardt—sign-ups for jobs will be available from April 1-30; if you want to keep the same position, keep your red folder; if not, bring your folder to share with someone else

Who's Who in AU? Dianah Greenlees was today's honoree.

Announcements: A firm commitment is needed for the Gamble House Tour. RSVP immediately. Alpha Upsilon will pay the \$12.50 entry fee for members. If you are a *no show* after making the commitment, you will need to reimburse our chapter.

Meeting adjourned: 5:37 P.M.

Respectfully submitted,

Rose Gant (for Debbie Bump)

Purge Your Purse for SFA!!



What an exciting beginning to Alpha Upsilon's restarted efforts to raise funds for Schools for Africa!! President Willy Crouse reports that at the meeting on February 16th, 2023, **\$49.50** was generously "purged from our collective purses". THANK YOU for contributing coins and small bills to this endeavor.

What exactly is DKG's Schools for Africa involvement? In addition to the introductory column on Schools for Africa in Alpha Upsilon's January 2023 newsletter, here is some additional information.

"By the year 2050, one third of the world's children will reside in Africa, so the need is urgent to build and equip child-friendly schools, which increase access to quality education. DKG contributions go towards educating girls and all children living in poverty." (From DKG's California Connection September 2021 newsletter)

"Making a Difference:

With the support from the Delta Kappa Gamma Society International and others, the Schools for Africa program is achieving the following results:

- Reaching over 30 million children*
- Increasing access to basic education in 21 countries across Africa*
- Improving access to quality basic education through inclusive and healthy schools; gender-sensitive education; qualified teacher and child-centered pedagogy; safe schools*
- Promoting greater involvement of communities in children's early learning and well-being through parental education*
- Increasing access to and quality of informal learning programs and education for children in emergencies*
- Using an equity strategy to increase education rates for girls, rural and urban poor, ethnic minorities, and children with disabilities"*

(From DKG International-Donation form February 2020)

Our actions can change the world!

Alpha Upsilon will continue to pass around the Schools for Africa jar at our meetings. Get ready to **PURGE YOUR PURSE!**

Debbie Bump
Global Awareness Committee, Schools for Africa

What Lucky Teacher Will Receive YOUR Help??



The deadline to record your **THAT** hours has passed, but the need for assistance still exists. Please continue to reach out to your fellow educators to offer your help. Several articles have recently focused on the data documenting the negative long term impact of the pandemic on student learning. California Test Scores show a significant decline in student learning in both ELA and Math at all levels between the 2018-19 and 2021-22 academic years. Our teachers are faced with the heroic task of implementing interventions and strategies to help our students catch up. Small group and individual assistance have been shown to help bridge the gap. That is where we come in. Please continue to check the **THAT Help** google document regularly to see the ways that our current Alpha Upsilon educators have indicated that we can assist them.

<https://docs.google.com/spreadsheets/d/1JmFBDxtFoCAwIENH9jEDwY9YtL7q2-IH4cnZtkHxHb8/edit?usp=sharing>

It might be helpful to our members to know the various ways we have provided **THAT** services this year, so please feel free to share that information with us. Continue to be on the lookout for other teachers, programs, or schools that could use our volunteer help and kindly share that information with me, so I can add that to our **THAT Help Form**.

The DKG California website has a new URL address. It is now dkgcalifornia.org. When you open the website page, click on **Members** on the top right side and enter sisterhood when prompted for your password. Along the top of the page, click on Committees, and scroll down to **STEP (Support Team for Emerging Professionals)**. There you will find past publications, a blog, and a monthly opportunity called Tuesday Teacher Tips. Each month, a one hour free zoom meeting is 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 March 21st from 6:00 – 7:00 pm. Suzanne Roy will lead a presentation on *Small Group Success*. Click on the google doc to register in advance for this meeting.

https://docs.google.com/document/d/1WGq_mhTwCEWNmJ89uodozb3oJQXgJvfahCDkcH6ezz4/edit?usp=sharing

Thanks, as always, for all you do to help others!

Karen Wilcoxen

THAT/STEP Chairman

Area XIII Hosts Another Successful Conference for Members



Alpha Upsilon was well represented at the Area XIII Conference on February 4, 2023!!



And the winners are—!



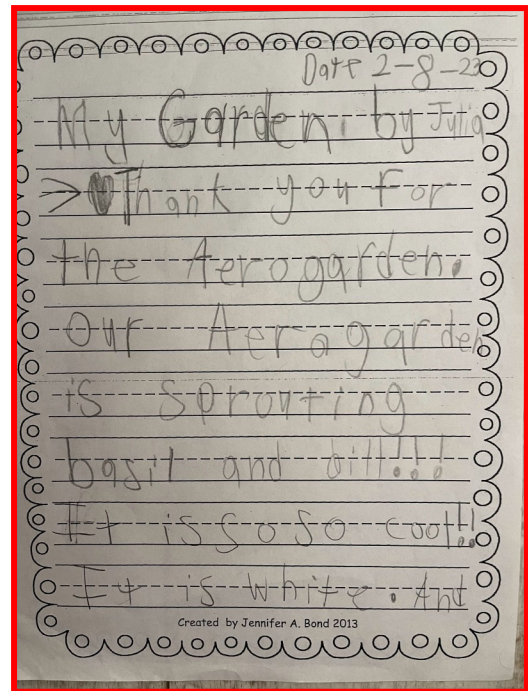
Mini Grant Recipient Shares!

Aerogarden Magic!

Mrs. Richey's First Grade

Thank you so much for the Beebe Nuetzman Endowment Fund Grant! I was able to purchase an Aerogarden Bounty Indoor Garden with LED Grow Lights, along with edible plant seeds such as lettuce, herbs, and tomatoes, seed cones, plant food, filters, grow domes, and lots of useful accompanying supplies. I wanted to meet our California Science Standards regarding plant structure and function in an exciting way, and this grant really did the trick!

My students quickly and easily set up the grow lab in our classroom away from the window. We planted an herb garden and took daily notes in our science journals. The students have been thrilled to check the progress of our classroom garden each day, and the squeals of delight when our herbs sprouted was priceless! The students are able to add water and fertilizer to our garden, and they know how to determine when those levels are low. They have learned about health, nutrition, the importance of including fruits and vegetables in their daily diet, and they have tasted herbs from our classroom garden. This has been an incredibly engaging and rewarding project that will continue to inform and instruct my future first graders for years to come!



Mini Grant Recipient Shares!

