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Karen Gollhardt
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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,

"Don't tell everyone your plans. Instead show them your results."

A big thank you and "hat's off" to **Pat Kalish** for hosting our annual Friendship Tea. It was wonderful to see so many smiling faces! Thanks again to **Sue Fuelling** and her committee who vetted applicants for the Recruitment Grants. We will be meeting some of them soon.

Our final meeting is Wednesday, May 18 at **Gale Caswell's** home. Salad dinner will be served as we meet some grant recipients. We don't have to 'thank the outgoing board' since 88% of them are returning for the next biennium, but we'd like to take this time to thank **Kim Frank** for her outstanding job as recording secretary! We will miss her delightful smile at our board meetings.

We can't believe that the 'school year' is coming to an end already. We were so happy that at least we were able to meet in person half the time. Please remember to send **Rose Gant** your membership dues for 2022-2023 ASAP (\$85 active, \$50 reserve). We will be meeting with the executive board over the summer to plan for next year's meetings. All ideas are welcome because we want to make the meetings enjoyable so everyone will want to attend. Consider hosting one in your home! If you need seating, we can bring our own folding chairs!

Thank you to those who attended the DKG State Convention. Alpha Upsilon was well represented (see page 6). We attended workshops, met members from across the state, did some shopping and enjoyed Saturday's banquet. Congratulations to **Judy Kearns** for being awarded the DKG State Distinguished Service Award, which we all know is well deserved.

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

Ready to Celebrate Another Successful DKG year?

Next Meeting: Wednesday, May 18, 2022

Time: 4:00 p.m.

Place: Gale Caswell's Home & Gardens
4604 El Camino Corto
La Cañada

Program: Meet Recruitment Grant Recipients



Looking ahead to next year, I would love to hear from anyone who has an idea for a program and/or program for next year. Send those ideas my way and let's plan the year together!!!!

Judi Healey,
Program Chair

RSVP to Karen Wilcoxon

Don't Forget—Dues are Due!!



Dues Reminder

Date to Remember: NOW!!!!

Please pay your dues to: **Alpha Upsilon Chapter**

Amount: **Active: \$85.00**
 Reserve: \$50.00

Treasurer: Rose Gant, 911 Swiss Trails Rd., Duarte CA 91010

For: Professional honor as a key woman educator

_____ **(Your Name goes here!)**

Happy Birthday to....



May

- 9—Rose Gant
- 19—Ardis Bunn
- 20—Robin Williams
- 25—Dorie Canavan

Read the Most Recent DKG News



The [DKG News](#) is full of interesting information and is now available electronically only. The May/June edition has been posted. You can use the hyperlink above. You will be asked to enter your sign-in information which means your membership ID number and a password. If you have been to the Member's Only part of the website, you are familiar with this process. If you haven't then enter your membership as the login and use the generic password "dkg2014society" to sign-in.

You can also get to the [DKG News](#) by logging in and then selecting "Publications" and then "DKG News."

Honoring Our Own!!



Norma Russel, 50 Year Member

These two valued members are noting milestone DKG anniversaries this year. Both have served the chapter in a multiple of areas including president. Norma also served in other positions including treasurer for many years. Susie has given of her heart and time to spearhead the decorating of a cottage at Hillside Home for Children for many years.

Thank you, Norma and Susie, for your leadership and membership!!



Susie Vernand, 45 Year Member

Membership News



WOW! I can't believe that we are at the end of another year. I am disappointed that my friend, Linda White, decided that this year is not the time for her to join DKG. She wants to continue to come to our meetings as she felt so welcomed and is interested in what we do. I hope I can convince her to join next year. Consequently, we will have no new members for the 2021/2022 year.

I am, however, encouraged by Sue Fuelling's report that two of our scholarship recipients are interested in becoming collegiate members. I hope our two guests at the tea, Janet Welsh (Laura Castagnari) and Amy (Pat Kalish), will attend more meetings and become members next year as well. We could have five new members!!! And those are just people who have attended meetings this year. Who else do you know that you could invite next year? Be thinking over the summer!

I'm looking forward to my second "tour of duty" as the second vice-president in charge of membership. I am excited to serve again with almost the same board as this last biennium. I know I will enjoy working more closely with my committee members, Pat Rabe and Ardis Bunn, to strategize on how to recruit new members. I think we all feel we have things left undone, I know I do.

My goal for the next two years is to bring more new members to Alpha Upsilon. With your help, we can achieve that goal.

Marty Unger
Second Vice President, Membership



Jared Boxes/Bags Delivered !!!!

Pat Kalish, Carol Vargas, and I delivered 35 Jared/Activity bags and 18 snack bags to the Manny Garcia at the Pasadena Ronald McDonald House main office on April 27, 2022. He indicated they were very excited to receive the items and are looking forward to a continuing partnership with our group. Thanks to the many members who assembled these bags!



Sue Fuelling
JaredBox/Bags Chairman



Tips for Staying Calm and Relaxed

We all feel stressed, anxious, or angry at times. Those of us in the classroom have many anxious students. When you feel this way, it's important to have a toolbox of calming techniques to help you relax. Here are some quick and easy calming techniques.



Breathe - Breathing is the best way to feel calmer. Take a deep breath, count to four and the slowly exhale. Repeat.

Relax your Body – Drop your shoulders, then flex and release all the muscles in your body, from top to bottom.

Visualize Calm – Close your eyes and visualize yourself in a peaceful setting, feeling calm, relaxed and stress free.

Go Outside – If you're feeling stressed or anxious, going outside for some fresh air and a short walk can help.

Keep a Centering Object – A centering object is any object that you can turn your attention to when you want to feel calm.

Challenge Negative Thoughts – Question a stressful thought by asking, "Is it likely to happen?" or thinking, "Even if it happens, I can handle it."

Not all calming techniques will work for you all the time, but if you have a toolbox of techniques, you can feel confident in your ability to handle stressful situations. There are also some apps for adults and children to combat anxiety and reduce stress.

Aura - This app has it all: a mindfulness journal, meditations, nature sounds, life coaching, and more! ([iOS](#), [Android](#))

Colorfy - Adult coloring books are known for helping to ease anxiety. This app takes the coloring to a digital environment, but the soothing effects are the same. (iOS, Android)

Happify - Find out your happiness score and start improving it today. Find science-based activities, meditations, and games to play to soothe your mind and up your happiness! (iOS, Android)

Headspace - Meditation is key and Headspace is probably one of the most notable apps to help start meditating. It comes with guided and unguided meditations to help you soothe any anxiety. The app comes with ten free sessions, and then you'll need to subscribe. (iOS, Android)

Sleep - Meditations for Kids - Created for children of all ages, this app guides kids to the creative part of their mind through a number of carefully scripted story meditations. (iOS)

Smiling Mind - Daily mindfulness and meditation for kids and adults! (iOS, Android)

Mindshift - This app is targeted to help adolescents, teens, and young adults gain insight into and basic skills to manage anxiety. It contains educational information about common sources and symptoms of worry, anxiety and panic, and has a checklist for users to complete to help determine the types of anxiety they most commonly face. (iOS, Android)

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

Alpha Upsilon Invades Convention 2022!!!!



2022 DKG California Convention



Alpha Upsilon had a definite presence at this year's DKG California Convention at the Burbank Marriott!! It was wonderful to have so many members in attendance. Members had a variety of workshops from which to choose. The speakers during the General Sessions urged us to think of diversity, equity and inclusion in our teaching as well as in our chapter composition. Members from across the state were thrilled to see each other in person once again. Alpha Upsilon was recognized as having one of the Top Ten Newsletters in the state!! **And** Alpha Upsilon was recognized by the LIFE Foundation as a Platinum level donor for what we have contributed to LIFE! We are winners all! Plan now to attend the 2023 Convention at the San Francisco Airport Hyatt Regency, May 5-7, 2023. Remember since convention will be in the north, Alpha Upsilon will pay your registration (including meals) and hotel expenses.

Recruitment Grants

The 10 recipients have been notified and are thrilled with their grants. Here are a few snippets of the thank yous I received from them:

“I am honored and very grateful to be a recipient of the Beebe Nuetzman Endowment Grant! It truly was a pleasure to meet you all during the interview and I'm excited that my enthusiasm and energy came through my camera.” Andrew Diaz

“Thank you so much for the great news, it is an honor! This will be a huge help throughout the credentialing process.” Candice Bautista

“I want to express my gratitude. I am genuinely honored to be selected as a winner of the Delta Kappa Gamma Society International. Thank you for your generosity, this recognition will allow me to reduce my work hours to just two days a week, which will allow me to focus entirely on the last semester of the teaching credential..” Asusena Camacho

“What an honor. Thank you so much. I am absolutely thrilled to be a recipient and appreciate all that you have done to aid in the facilitation of this grant application process. I will most definitely be in touch and am looking forward to seeing you again in May.” Katie Gordon

“Thank you so much for the great news! I greatly appreciate everything that you all have done and for providing this opportunity to students like me.” Stephanie Hall

“Thank you so much! I am ecstatic and I am so relieved to hear this happy news! I apologize for not emailing you back right away, I was excitedly sharing this news with my family this weekend.” Serena Manjur

“I am beyond honored to be awarded the Beebe Nuetzman fund grant. These funds will help me in my continued educational pursuits to become a teacher! Thank you so much for your support!” Julia Pasillas

“I am full of gratitude this morning as I read your email. Thank you so much for selecting me for the scholarship. It was so wonderful to meet you all via zoom on March 19th. This is an honor. I believe that you are doing a great service to welcome students into the profession.” Ruchika Vashisht

“Seeing this news has made my day! Thank you so much to you and the committee for the opportunity to speak with you...As I mentioned in our interview I plan on changing the world. You and the recruitment grant committee have made that dream one step closer to becoming reality. Looking forward to seeing you in the near future.” Ariel Yi

All the recipients have been invited, along with a guest, to our May meeting. Hopefully, a number of them will be able to attend.

Thanks to the entire chapter for advertising the recruitment grant and to the committee for their hours of help on the interview day.

**Sue Feulling,
Recruitment Grant Chairman**



International Convention Coming to NOLA!!



The DKG 2022 International Convention in New Orleans —often called the “Big Easy” — is approaching quickly. [Register for the convention and secure your hotel reservation](#). The convention agenda is packed with speakers and sessions, providing a variety of opportunities from which you can select. Electing new international officers and voting on proposed amendments to the governing documents are Society business matters that will take place at the convention. Every DKG member has a voice, so make your vote count by attending the convention.

The **2022 International Convention** will run from **July 12 – 16**. Enjoy networking with women from across the globe while enjoying the sights and sounds of an exciting city! Attendees are encouraged to bring family and friends to experience the city as DKG members participate in the Society’s first in-person convention since 2018. Many activities are available throughout New Orleans, such as the Audubon Aquarium of the Americas, the National World War II Museum, and a steamboat ride on the Mississippi. A walk around Jackson Square is a must. Tours of Mardi Gras World can give visitors an up-close and personal experience of the floats and costumes; purchase a ticket to the DKGIEF event to be held there to enjoy it with other convention attendees.

Follow this link to hear a message from President Becky Sadowski about the NOLA Convention: <https://www.youtube.com/watch?v=HQUU08Z8g1c&t=12s>

Learn about the proposed amendments to the International Constitution so you can make your voice heard (you will be prompted to sign in to the Members Only section of the DKG Website in order to access this information) : https://www.dkg.org/DKGMember/Resources/2022_proposed_amendments.aspx?WebsiteKey=f2a9f9b2-97e4-46ea-a2f2-6b3771b0cb9d



Minutes: April 14, 2022: Home of Pat Kalish

Co-President Willy Crouse called the meeting to order at 4:30 pm. There were 31 members in attendance plus guest speaker Karen Hurley and two guests. Willy thanked everyone for bringing their Jared Bags, books for Book a Buck and red folders which will make jobs easier in the future.

Co-President Karen Gollhardt reminded us of our meeting's focus: purpose #6 - stimulate personal and professional growth.

Inspiration by Ana Haskins: gave us a story of HOPE with "The Tea Cup Story" - God knows what he is doing... He molds us, and makes us flawless!!

Judi Healey introduced guest speaker Karen Hurley who gave a talk on the history of hats and hat making.

Treasurer report - Rose Gant reported a payment of \$75 for raffle baskets; ending balance is \$8,713.14. Rose reminded those present it is time to pay dues - \$85 due to Rose ASAP.

Correspondence - Karen Wilcoxon: sent condolence cards to Leslie Porter (recruitment grant) on the loss of her husband; and Houry Mandjikian on the loss of her mother.

Membership: Marty Unger – recognized some members for their longevity in DKG:

Jean Chubb and Harriet Furuya 30 years - flowers and a pin

Susie Vernand 45 years - flowers, pin, certificate recognition from area

Norma Russell 50 years - flowers, pin, certificate recognition from chapter and area

Jared Bags: Sue Fuelling thanked everyone for bringing their Jared Bags. Ronald McDonald was so excited and is looking forward to this being a "long term partnership"

Election of Officers: Jean Chubb moved the following slate of officers be unanimously elected:

Co- Presidents: Willy Crouse and Karen Gollhardt

1st Vice-President: Judi Healey

2nd Vice-President: Marty Unger

Recording Secretary: Debbie Bump

Corresponding Secretary: Karen Wilcoxon

Motion: Alpha Upsilon unanimously approved the slate of officers as proposed: MSP

Nominees for Nominating Committee - Mary Linda Vandavelde, Chairman, Nancy Gunther and Joyce Hamdan

Motion : Alpha Upsilon unanimously approved the nominees for the Nominating Committee MSP

Recruitment Grants: Sue Fuelling announced there were 10 applications filing for assistance and the committee granted all 10 applicants with monetary awards totaling \$28,000. Sue thanked her committee who did interviews and discussed the

Minutes (cont'd)

Motion: Alpha Upsilon approve the 2022 recruitment grants applicants as submitted: MSP

Motion: Alpha Upsilon approved payment for the 2022 convention registration for two of the current recruitment grant recipients who wish to become collegiate members. MSP

Karen Gollhardt thanked everyone for using the Sign-up Genie to choose committees and refreshments sign-ups for the next biennium.

Who's Who in AU introduced Sue Fuelling.

Announcements:

DKG convention April 29-May 1 Burbank Airport Marriott Hotel

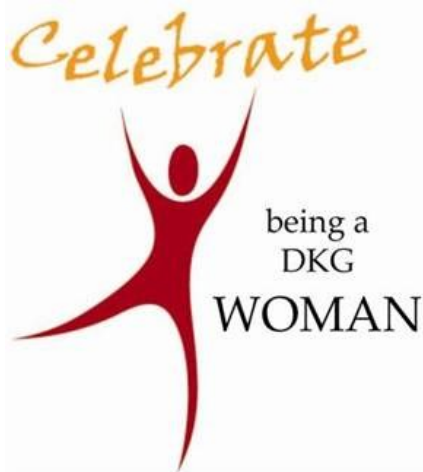
Membership dues time - Send \$85 to Rose Gant ASAP

Next and final meeting for the year at Gale Caswell's home on Wednesday May 18, 2022

Meeting was adjourned at 6:15 pm

Respectfully submitted,

Kim Frank, Recording Secretary



What on Earth is World Fellowship?



Did you know the World Fellowship Committee began in 1946? Yes, four German women were the first to receive funds to further their studies and visited Sweden for eight weeks in 1948! Next, in 1952 a DKG- UNESCO alliance was formed and provid-

ed special help for Korean women. Next, between 1958 and 1960, an agreement was made with the Institute of International Education (IIE) to provide dossiers from which a Society committee could select recipients for study in the US. Then a program was set up to involve approved Canadian universities. Finally, in 1972 the World Fellowship Committee became a standing committee.

Since 1960 to date DKG has awarded \$3,729,250 to 1029 women in 122 countries. Contributions have been \$4,158,947.75, through June 20, 2021. You can be sure [your donation to World Fellowship](#) will be put to good use! Not only the women who receive these awards will benefit but also those whose lives are touched by them in their homeland.

Currently there is one World Fellowship studying in California. She is Marisol Tolis from Argentina and is studying at Cal Berkeley. Marisol was able to take a short break from her studies and attend the 2022 convention!

Patty Compeau,
Global Awareness Chairman

Treasurer's Report

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL
DKG California State Organization

Treasurer's Report
Alpha Upsilon Chapter
April 1, 2022

BALANCE ON HAND: March 1, 2022 **\$ 8,786.33**

RECEIPTS:

Interest \$ 2.07

Total Receipts for February + 2.07

Total Available \$ 8,788.40

DISBURSEMENTS:

Raffle basket \$ 75.26

Total disbursements for February - \$ 75.26

BALANCE ON HAND: April 1, 2022 \$ 8,713.14



Meet Our Potential Collegiate Members

Co-President Willy Crouse poses with two of the chapter's recruitment grant recipients. Serena and Ariel were able to attend the 2022 DKG California Convention on Saturday, April 30. Co-President Willy saw to it that they got acquainted with everything at the convention. Fingers crossed they will be the first collegiate members for Alpha Upsilon!



'Twas a Mad Tea Party!!!! Thank you, Pat and Committee!!!!



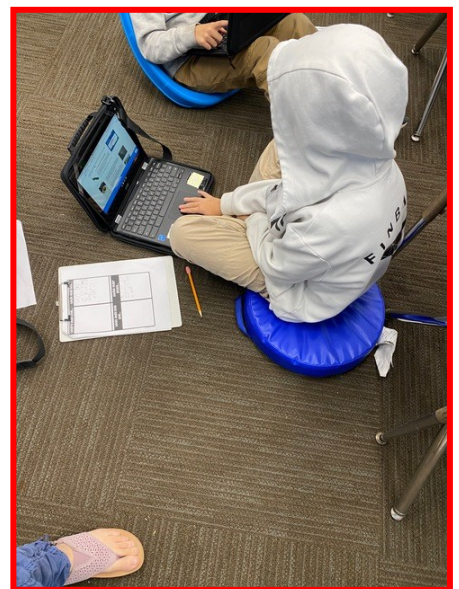
'Twas a Mad Tea Party!!!!



Mini Grant Recipient Shares

First and foremost, thank you for the opportunity to try something new with my 3rd graders at Holly Ave Elementary. With the new addition of personal clipboards, storage, and cushions, students are enjoying the freedom to sit and work with different students and away from their desks. Once the clipboards were numbered, students were eager to use them. Even when I forget about them, students definitely do not! Students are given the opportunity and freedom to choose where best to learn. Some students are learning they can make good choices, while others are learning how to make better choices. Students use their own numbered clipboard and store it in the same slot on the clipboard holder. This helps keep everything organized and I can quickly see which boards are missing. In addition, students are being held accountable for their materials. No one wants a dirty or broken clipboard. In addition to the clipboards, the grant money was spent on seat cushions. There are 3 sets of 6 stationed around the classroom. Students LOVE using the cushions. Some place their bottoms on it and others will lay across it on their tummies. The clipboards and cushions have given students flexible seating options. Even during a lesson, students may choose to grab a cushion and clipboard to sit closer to me or the screen. Again, I am so grateful for the grant money to purchase materials that have enhanced student learning and social interactions.

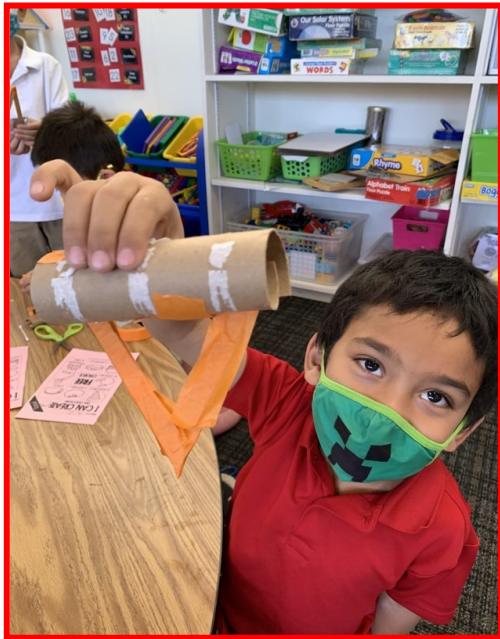
**Robin Fox, Holly Avenue School
Arcadia Unified School District**



Mini Grant Recipient Shares

This grant has allowed my students their first exposure to Makerspace! Students got to utilize a variety of materials supplied by this grant to plan and build different kinds of foods. As a teacher, I understand how important it is to nurture the engineering and problem-solving skills in my students to help prepare them for the future. I plan to continue to conduct Makerspace for my students with higher STEM tasks, giving no explicit directions but allowing students the liberty to explore on their own to plan and execute their projects. We will use the organizational shelves provided by this grant to store and organize our projects and materials on a weekly basis. Thank you so much for allowing us this opportunity - our kinder hearts are so thankful!

**Yul Lee, Longley Way Elementary
Arcadia Unified School District**



Mini Grant Recipient Shares

Thank you so much for giving me the grant to purchase yoga mats for my class. My students were thrilled to receive them! They look forward to reading, studying, and completing work on the yoga mats outside everyday. They also enjoy stretching and exercising on the mats as well. With these mats, the students are able to enjoy the fresh air outside without burning themselves on the hot pavement or getting a rash from the itchy grass.

This year has been tough on the students because it is the first time they have been back in the classroom with other students in almost 2 years. Some of them have had trouble getting back into the routine. These mats have helped because they allow us to take a break to do mindful breathing in nature. This really helps the children calm down and start the day with the right mindset.

Due to Covid, we were encouraged to keep students 6 feet apart at all times while indoors. Doing this prevented the spread of illness, but also made it very difficult to have any kind of group work or paired discussion in the classroom. We would go outside frequently so the students could work together on engineering, text dependent questions, peer editing, and more. While the students were excited to be working with each other, they were uncomfortable on the ground. These yoga mats changed that!

Every day, at least one person asks if we are going to go outside on the yoga mats. They truly love using them and look forward to our time outside. It is interesting actually, because I would ask them to do a social studies assignment in the classroom and I received groans, but when I asked them to do the same assignment outside on their mats, they literally cheered. These mats have really helped the class dynamic and have made it comfortable for them to work together outside.

Thank you again for choosing us and for supporting our classroom.

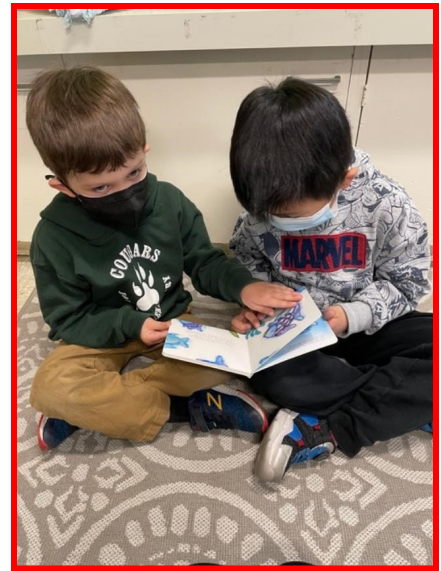
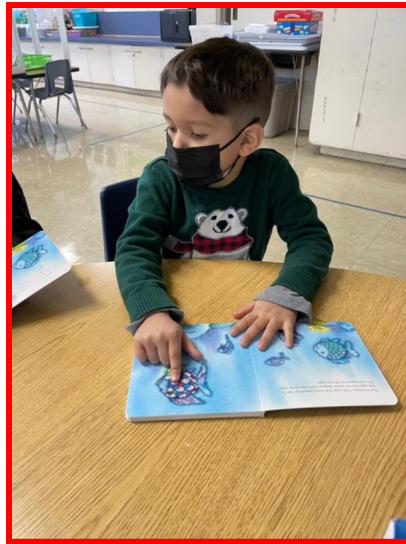
Carrie Landin, Lorne Street Elementary
LAUSD



Mini Grant Recipient Shares

Thank you, Delta Kappa Gamma Society for the Beebe Nuetzman Endowment Fund Mini Grant in the amount of \$500.00. With this grant, I was able to purchase 21 Rainbow Fish Boxed Book Sets for my transitional kindergarten class at Baldwin Elementary in the Alhambra Unified School District. Board books are the perfect types of books for children at this age because they can withstand being reread countless times. At this point in the school year, my students are so eager to begin reading. They were so happy and excited to get their own set of books into their little hands. Since each student has the same set of books, we are able to use the books whole group and in small groups for practicing our book handling skills, concepts of print, retelling the stories, identifying details, and developing our oral language and vocabulary. Thank you for helping our youngest learners understand how books work and fostering their love for reading with these highly engaging set of board books!

**MacKenna Karawasa, Baldwin Elementary
Alhambra Unified School District**



Mini Grant Recipient Shares

Thank you for the opportunity to provide eight more cameras to Arcadia High School's Photography program! There have been four different teachers in the past 6 years teaching photography and the organization of the classroom was in bad shape. We had over 20 obsolete cameras that were not worth fixing with only about 10 reliable DSLRs for a class of 36. With five classes, that meant I was sharing 10 cameras for 170+ high school students. I was in dire need of having more cameras for smaller groups for each of my classes.

We now have 24 working cameras which means some students have a camera each, or at most, a group of two. We are able to do more activities, dedicate more time to edit, less down-time, and most importantly, students are more engaged with the material I've been trying to teach them all year. Photography is ubiquitous in today's technological world. Students are surrounded by it through Instagram, Snapchat, and the advertisements they are bombarded with on a daily basis. DSLRs allow them to showcase the control they have as an artistic photographer rather than relying on their cell phone's technology to automatically do the work for them. For example, cell phones are not able to control ISO, Shutter Speed, or Aperture based on the user's desires. It's been a beautiful thing to witness students that once disregarded art now see that art is more than just drawing or painting. It's simply having an idea in your head and using the tools available to you to make that idea into a reality. DSLRs act as that tool where students are able to purposefully underexpose, overexpose, or create a deeper depth of field with the appropriate aperture. Students that were once intrigued with photography simply through their cell phones now understand the joys that come with being an artist.

This advanced portraiture assignment would not have been possible without your grant. Students were able to work on a more individual basis rather than running into complications with sharing a camera with 3-5 people. Understandably, trying to execute an individual idea among 4 people will cause some problems. The change in learning and creative atmosphere was definitely noticeable with having more working cameras in the classroom.

This is my ninth year teaching high school. I was an English teacher for 8 years before transferring to the Visual Arts department to teach photography. I took this opportunity to grow as an artist and inspire the youth through an appreciation of the arts. Seeing the youth inspired by art and taking an interest in pursuing a career in art/design was very inspiring to me. It was so inspiring to me that I realized that in order to grow as an artist myself, the sole reason why I took the photography position, I need to move on from being a full-time educator. This will be my last year as a teacher and I plan to focus in the creative fields full time. Nevertheless, the care and passion I gave this past year will put all future photography teachers in a better position than I was placed in August 2021. The new teacher will have an easier time teaching the youth about the importance of art and being creative for the sake of being creative with the materials you allowed us to buy.

From the bottom of my heart, thank you.

**EJ Delfin, Arcadia High School
Arcadia Unified School District**

