



Presidents' Message

Dear Alpha Upsilon Sisters,

"Note to self with the holidays coming up: When things feel overwhelming, remember ...

***one thought at a time, one task at a time, and one day at a time.*"**

We had another successful meeting last month. Thank you, **Gale Caswell**, for sharing your home; thanks to **Judy Kearns, Norma Russel, and Jean Chubb** for sharing the history of Alpha Upsilon. Wow! And also, thanks to **Carol Vargas** and her committee for the refreshments! We are all part of a great team!

Since this newsletter is covering two months, please read ALL the information in this newsletter. Because we have many things happening between now and the end of the year, it is important for you to be informed!

The **Penne Ferrell Award** applications are due November 1st. Read the article on page 4 about this award and search for someone to apply!

Again please look through your Alpha Upsilon directory to make sure you 'save the dates' of our monthly meetings and other activities, as well as look for your name to see what month you are helping bring refreshments.

Note the Area XIII Conference will be held at the Kellogg West Conference Center, February 4, 2023. Mark your calendar now. The planning committee has requested you send in your reservations early. Reservation form is attached.

Our next meeting is Thursday, November 17th at St. George's Episcopal Church. The program looks to be a very interesting one followed up by an outing on Saturday, November 19. At this meeting, please sign up to contribute holiday decorations or a monetary donation to help brighten up a Hillside's cottage on December 8. Also remember to bring Robin Williams your donations for the December 4 Holiday Party to benefit CASA.

There are two busy months coming up, so Happy Thanksgiving, Happy Hanukkah, and Merry Christmas.

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

November: History in the San Gabriel Mountains!!

First Meeting: Thursday, November 17

Time: 4:00 p.m.

Place: St. George's Episcopal Church
808 Foothill Blvd., La Cañada

Program: Owen Brown: Abolitionist and Son of John Brown

Those of us who live at the base of the San Gabriel Mountains are fortunate to be privy to American history that, sadly, reflects great bravery in the days of Abolitionists. Our speaker, Michele Zack, author and Chairman of the Owen Brown Gravesite Restoration, will teach us much about those times, and how Owen Brown survived Harper's Ferry, the moment many say was the catalyst for the War Between the States. John Brown, the leader and his dad, was hanged; Owen survived and made it to Pasadena. I'll let Michele fill in the details.



For those who are interested, I am also leading a hike the following Saturday, November 19, from the very easiest point to Owen Brown's gravesite. It's the dead end of El Prieto Dr. in Altadena. Please think about it. We will gather at the trailhead at 9 am.

RSVP to Karen Wilcoxon for this meeting

December: Start Off the Holiday Season with Annual CASA Fundraiser



DATE: Sunday, December 4, 2022

TIME: 4:00 pm

LOCATION: Home of Robin Williams
562 E. Mendocino, Altadena

PROGRAM: Raffle to support CASA

BRING: Your wallet and/or checkbook

Husbands, partners, potential members, guests—ALL are welcome!!

Our support for CASA (Court Appointed Special Advocates) has been excellent over the since Barbara Arlow introduced us to the program and its needs over 20 years ago. Let's not let them down now!! If you are unable to attend the Holiday Party but would like to support CASA, send your tax deductible donation (checks made out to CASA) to **Donna Larson**. She will happily accept your donation and see that it gets to where it is supposed to be!!

RSVP TO KATHY COCKERILL

katsltr74@aol.com

BE SURE TO MENTION HOW MANY WILL BE ATTENDING

Happy Birthday to....



November

- 2—Liliana Castillo
Donna Larson
Gayle Nicholls Ali
Ariel Yi
- 5—Ana Haskins
- 18—Christine Werner
- 29—Stephanie Hall

December

- 3—Candice Bautista
- 16—Judi Healy
- 17—Joy Gifford
- 29—Penny Schopflin

Consider Being a Decorator!



The Annual decorating at **Hillsides** will take place on Thursday, December 8 at 4:00 PM. Plan on signing up at the November DKG chapter meeting. Mark your calendars now so you can be inspired & share in this time being blessed serving some less fortunate.

Susie Vernand

Membership News



I learned so much about Alpha Upsilon at our last meeting and what a talented group of women we are. I looked through the original membership book this week and I recognized many names from years past, many of whom are still members. That speaks so well for our organization that we have so many long-standing members and their com-

mitment to our chapter.

I really appreciate the effort everyone has been making to bring guests several of whom have come more than once. I hope they will become part of our next new members' class. Keep it up!

As a Pasadena resident, I knew about Owen Brown's gravesite in our mountains and the effort to restore it. As a history person, I am really looking forward to learning more at our next meeting about this man whose family played such an important part in our nation's development.

The [October 22 DKG International blog](#) is an excellent one about the power of mentoring. I would urge you to follow the link to the blog and read it for yourself. Members can mentor each other. For example, younger educators still active in the field have a lot to share, especially related to technology. Everyone has something to offer; mentoring is a way to share the multitude of skills we each bring to the Society.

We know the more one is engaged in the activities of the chapter and DKG, the more likely we are to retain them as members, so we should all make it a goal to engage and retain members through mentorship opportunities. The 2022-2024 International Membership and Expansion Committee is committed to helping with your mentoring efforts. Check out past blogs on the topic (*Mentoring Makes a Difference*, April 11, 2022; *Creating a Good Mentoring Relationship*, March 5, 2022; *Mentoring: Whose Responsibility Is It?*, January 2, 2022) and ones to come on the International website and/or connect with a member of the committee. Let's all make a positive difference for our chapters, our state organizations, and DKG.

I think Alpha Upsilon members do this well – keep it up!
See you on November 17th!

Marty Unger
Second VP, Membership



Look at Some of the Treasures in Robin's Basement!!



THE PRICE OF EACH OF THESE ITEMS??

ONE TICKET!!



These are just a few of the items that will be available at this year's raffle to benefit CASA.. Bring friends and relatives to enjoy this afternoon of fun! There are lots more including holiday decorations, gift items, and MORE!! Plan to attend the CASA holiday party on December 3!

Robin Williams

Who Will You Nominate?



It's time to select the 2023 Outstanding Chapter Member. Look at the list on page 25 in the Alpha Upsilon directory to see who has been honored in the past. Who is that member who stands out to you for her dedication, willingness to go above and beyond or is just a really nice person who lives the Purposes

of DKG! Send her name along with your reasons for nominating her to **Karen Gollhardt** or **Willy Crouse**. They need the nominations before November 1.



Applications for the [Penne Ferrell Award](#) are due November 1. [Guidelines for application](#) are available on the DKG California website. If you know of a teacher who is not a member of DKG, is in her first through fifth year of teaching

or is changing grade levels, urge her to apply for this award. Awardees will receive \$200 to purchase books for classroom libraries or a books needed for a curriculum project. Spread the word!!!!

Are You an Optimist??

Optimism

Tips to help you feel positive and hopeful

Are you a positive person, or do you have a hard time looking on the bright side of things? Maybe you're a little of both. Either way, being more optimistic can make tough times easier and good times better.

What is optimism?

Optimism isn't just being happy all the time. Optimism means being hopeful and seeing tough times as temporary situations that can be fixed, endured, and/or learned from.



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What are the benefits of optimism?

People who are optimistic enjoy life more, and studies show that being optimistic can help you overcome both physical and mental ailments.

How can you be more optimistic?

Reframe negative situations. When there's something in your life that's negative, make an effort to look for the positive aspects and/or outcomes.

Surround yourself with positive people. If you're around people who are always complaining and negative, it's easy to fall into the habit of being negative as well.

Know there are things you can't control. Sometimes bad things happen that you have no control over. That's part of life. But what you do have control over is how you react to them. While you can't change a bad situation, knowing that you can change your own thoughts and behavior can be empowering and freeing.

When you're optimistic, you have things to look forward to. As we end 2022, with all of its challenges, take a few moments to practice optimism. What great things do you see yourself accomplishing in 2023? What great things do you see yourself accomplishing in five years?

Laura Castagnari
Personal Growth/Leadership

Treasurer's Report

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL DKG California State Organization

BALANCE ON HAND: September 1, 2022		\$ 7,642.97
RECEIPTS		
Interest	\$.02	
Share certificate	\$ 1.99	
Total receipts for September	+ 2.01	
Total available		\$ 7,644.98
DISBURSEMENTS		
DKG International (5 collegiate members)	\$100.00	
Total disbursements for September	- 100.00	



BALANCE ON HAND: October 1, 2022

\$ 7,544.98

2023 DKG CA Convention

Save the Date
DKG California Convention 2023

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

Shaping Tomorrow Together

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



REMINDER: Since the 2023 DKG California Convention will be in the north this year, Alpha Upsilon will pay the registration fees and hotel charges for interested members to attend.

Minutes: September 15, 2022

Delta Kappa Gamma Society International
Alpha Upsilon Chapter, DKG California
Alpha October 12, 2022

4:35 pm: With 32 members in attendance, Co-President Karen Gollhardt began the meeting with the flag salute, and thank yous to Gale Caswell (hostess) and the refreshment committee.

-Guests were introduced: 1 by Marty Unger, 1 by Karen Wilcoxen, and 1 by Pat Kalish (all 3 returning guests)

-Inspiration: Ana Haskins focused her inspirational message on hopes for the year for teachers and students. After sharing in small groups, individual members shared their hope with the whole group.

-Willy Crouse shared which of DKG's Seven Purposes are being implemented in this meeting: to unite women (I), to initiate, endorse and support desirable legislation, with gratitude to Connie Hanson for keeping the members informed about upcoming elections and educational issues through her emails (IV), and to inform members (specifically the history of Alpha Upsilon) (VII).

Program: Judi Healey introduced longtime DKG members Judy Kearns, Norma Russel, and Jean Chubb who shared the story of Alpha Upsilon, some background history of DKG International, and information about DKG's Purposes, activities, philanthropies, and the accomplishments of some of our members. They brought 8 scrapbooks detailing Alpha Upsilon history. Willy Crouse is looking into digitizing these books.

-Business: No corrections to September minutes. Rose Gant presented the Treasurer's Report. The current balance in the account is \$7544.98.

-Committees:

Karen Wilcoxen (Corresponding Secretary) sent condolence cards to Donna Larson and Dianah Greenlees on the passing of their mothers. She sent a thank you note to Betsy Bazdarich for hosting the September meeting.

THAT/STEP chairman Karen Wilcoxen shared the THAT Help google document on Drive, and encouraged working professionals to indicate any needs that our members could assist them with. Laura Castagnari spoke about the holiday-themed goodie bags she would like to provide to her at-risk students. The link to the google document will be provided in each month's newsletter for all members to access. Karen reminded members to help new TK - 12 teachers apply by November 1st for the Penne Ferrell Literary Award of \$200 for classroom books. She also reminded members to register for the free monthly Tuesday Teacher Tips zoom meetings taking place on the 3rd Tuesday of each month.

Kathy Cockerill (Schools on Wheels) thanked those who have already donated cash or checks, announced that she was still collecting donations today, and checks could be mailed to her until November 1st.

Pat Rabe (for Jan Tappan) spoke on behalf of the Grant Committee. Applications for mini-grants will be due by November 30, 2022. Funds are available for classroom projects, books and conferences. Local school districts will be contacted.

Robin Williams encouraged bringing items for the holiday party raffle (December 4th) to the next meeting, or contacting her to make arrangements for pick up or delivery to her home. She estimates that 40% of our members have already donated items.

(Minutes cont'd on page 8)

October Minutes Continued

Decorating at Hillside (December 8): Susie Vernand was not able to attend, but will bring the sign-up sheet to the next meeting. She will soon be sending out an email with the needed items.

Kathy Cockerill noted that at the Area XIII Conference in February, Alpha Upsilon is responsible for 3 baskets. Betsy Bazdarich and Kathy are putting together baskets and they need one more volunteer. Christine Werner volunteered to put the 3rd basket together. Judy Kearns indicated that there would be one newsletter published for November-December. Pat Rabe thanked members for their cards and all their support during her illness. She encouraged members to make appointments for their mammograms.

Willy Crouse shared Who's Who in AU? Donna Larson was the member spotlighted this month. Karen Gollhardt said that she would be sending out the Who's Who forms to those members who have not yet filled them out.

The meeting was adjourned at 5:57 by Co-President Karen Gollhardt. Next meeting is Thursday, November 17th, at St. George's Episcopal Church in La Canada.

Respectfully submitted,

Karen Wilcoxon (for Debbie Bump, Recording Secretary)

Help Spread the Mini Grant Word!!



The Mini-Grant committee has revised the information and application forms for the 2022-23 grant year. They are now ready for distribution to public school teachers who live or work in the geographical area represented by Alpha Upsilon members. As a reminder, the Beebe Neutzman mini-grants are approved for up to \$500. The grants are given annually to classroom teachers for a project or materials they feel will add to their instructional program to benefit students in their classes. The deadline for submitting a grant application is November 30, 2023.

Here's where you can help! If you know of a teacher who might be interested in applying for a mini-grant, forward the attached application materials to them and encourage them to apply. All application materials are being sent with the newsletter

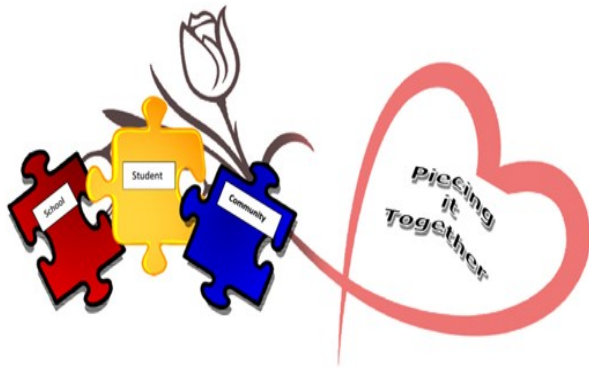
Thank you in advance for helping us to get the word out to potential applicants! Don't hesitate to contact me if you have any questions.

Jan Tappan
Mini Grant Chairman

Register Now for the Annual Area XIII Conference



school on wheels



Registration form for the annual Area XIII Conference is now available. Alpha Upsilon will be paying part of the registration form for members who attend. So, instead of writing a check for \$40, send a **check for \$25 to Rose Gant**.

REGISTER NOW!!!! Earlier reservations mean better seating!!



Dear Wonderful Ladies!

Thanks to all of you generous and caring ladies, we have exceeded our goal for this year's donation to [School on](#)

[Wheels](#). Kathy and Penny will be delivering Alpha Upsilon's donation to Skid Row LA Center in early November. We are still receiving donations. Your generosity has already put us over our goal of \$1000. We will let you know the final total in the next newsletter.

Kathy Cockerill
Penny Schopflin

Read for LIFE !!

As the the holidays approach two words come to mind - GRATITUDE AND SHARING.

As your LIFE liaison, I am always grateful to you all for your contributions to Buck a Book and the book talking we do before each meeting. I am also grateful this year to have a partner - Harriet Furuya. So now you have two book lovers to chat with before each meeting! This seems to be our own little book club before each meeting. Always fun!



Almost ten years ago, some retired La Cañada teachers formed a No Guilt Book Club with the inspiration of the late Kay Bahrami, who was the La Cañada Elementary School Librarian. A consummate book lover, she could guide our group with suggestions that pleased everyone. At the holidays, she suggested The Last Noel by Michael Malone. This charming book was published in 2002 and it is one of the most charming holiday books you can read. Here is a brief description, "The Last Noel captures the exuberance and tumult of a lasting friendship between two people from very different backgrounds. Privileged and popular Noni Tilden and Kaye King, the grandson of the Tilden's lifelong maid, grow up and grow together as their lives intersect dramatically through four decades of whirlwind change in a small southern town." When Kay died, her family invited all of her book friends to come and take what they wanted from her collection which filled every room of her house. I have her personal copy of this book and it is a treasure. I plan to read this book again this year and enjoy the warmth and love of the season. Check it out, get a copy from Amazon and enjoy! SHARING this book suggestion with you all as we celebrate with family and friends.

If you are looking for gift ideas, books make the perfect gift.

Mary Lou Langedyke and Harriet Furuya

THAT/STEP



Happy November! It's a time of reflection for us all, and we have much to be thankful for. One of our greatest blessings is the opportunity to give back to our educational community. This note is a reminder to support your fellow educators through the **T**eachers **H**elping **A**nother **T**eacher (THAT) Program. Life is starting to return to a sense of normalcy, but the impact of the pandemic on student learning has made the need for classroom assistance even more vital now than ever before. There are numerous ways that DKG members can volunteer:

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

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

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

To record THAT hours, 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/1FAIpQLSdFvKaWfxOr64hHQNJENm9A-vWqUaxCRDH1WFJgaUibMibANw/viewform>

The form is very easy to fill out. All you need to do is enter your name and volunteer information, as well as Alpha Upsilon and Area XIII. Find a method that works 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 new opportunity called Tuesday Teacher Tips. Once a 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 November 15th from 6:00 – 7:00 pm.

[Tuesday Teacher Tips Registration - Google Docs](#)

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

Karen Wilcoxon
THAT/STEP Chairman

2022 Mini Grant Recipients Share

Mini Grant Chairman, Jan Tappan, is still receiving reports from some of last year's Mini Grant recipients. We know how our members enjoy reading about the projects and how the funds were used. Enjoy reading about these and start to spread the word to find applicants for the 2023 Mini Grants.

Originally, I was granted \$500 for an XP pen and headphones, because I need an XP pen for online teaching and headphones for students taking the AAPPL test. However, my school bought a box of headphones for each classroom teacher before the AAPPL test. Therefore in April, I asked if I could use the money for headphones on Mandarin materials that I need to buy from China and also for the shipping fee. My request got approved. I bought the materials from [Taobao.com](https://www.taobao.com) which is a popular online shopping platform in China. The materials were shipped on May 21st and it took 5 weeks to arrive in Los Angeles. I had to wait for all the materials to arrive to take pictures and write reports, that is why I turn in the report late.

I bought the XP pen in March for my online teaching. I used it while I was presenting documents on the project. XP pen can help me annotate on digital documents much more easily than a mouse.

The materials bought from China are Chinese lanterns, paper cutting materials, Chinese classroom decorations and Chinese reading and writing teaching supplemental materials. Since our program is a Mandarin dual immersion program and we emphasize Chinese language and cultures, we need a lot of Chinese culture supplies and materials that are hard to find in the United States, so I have to buy them from China and ship them to the United States.

The Chinese lanterns are for the upcoming Moon Festival. I will use the lanterns as a hands-on activity to honor this important festival in Chinese culture. I have two Mandarin classes, and total is around 45 students. I bought 50 lanterns to make sure every student could get one. The paper cutting materials are for upcoming Chinese New Year activities. The Chinese New Year is the most important festival in Chinese culture. For the new school year, I bought some Chinese decorations for my classroom. One is a Chinese 3D wall poster, the other is a classroom bulletin board border. The 3D wall poster looks like this:



I also bought a model for the Chinese great inventions. I will have students try the inventions while I am teaching the China unit in history class, so they will have a better understanding of how those inventions work. The reading and writing materials are for my reader's and writer's workshop. The books have different levels and I could use them for differentiate



Jingshuang Liu 刘老师, Sierra Madre Middle School

2022 Mini Grant Recipients Share

Thank you very much for the opportunity to use grant money from your organization in order to teach kitchen science to my students. We focused on the science principle of matter and did about 5 different experiments that were written up by the students.

In the study of matter, we used food and other things from the kitchen to show how matter can change. We used ice cream floats, lava lamps, baking soda and vinegar volcanoes, turned milk into plastic, and did experiments with eggs. I have provided some photos from some of the experiments. The kids really had a great deal of fun with all of this. We did our experiments while learning about matter. We picked up at the end of the year with more experiments. The students really were able to explain and write up their process and results. We also did a Cheetos pollination experiment for the ecosystems.

Carolyn Halpern, Sierra Madre Elementary

