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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,

*"We make a living by what we get. We make a life by what we give." – Winston Churchill*

We had another very successful meeting last month at Lanterman House. Thanks to all of you who attended; we are sorry it went after 6pm, but we had to get a meeting in there sometime! Thanks again to **Mary Lou Langedyke** and **Sue Fuelling** for sharing this historic site with us.

The Executive Board has voted to **cover some of the ticket cost for our members to attend the Area XIII Conference in February**. Let's have a great Alpha Upsilon representation. You need to register for the conference online. Send your check, **made out to Alpha Upsilon for \$25** (yes, not \$40) to Rose since the chapter sends in one check for the event.

Again, one final request, we would like to remind you to send your nomination for Outstanding Member ASAP if you have not already done so. We must submit the name of our chapter's nominee by November 2nd.

See you at our next meeting, October 14<sup>th</sup> at St. George's Episcopal Church. Our very own, Sue Fuelling, will present the program: New Trails Curriculum.

Happy Thanksgiving!



Willy Crouse & Karen Gollhardt, Co-Presidents

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**DKG Vision: Leading women educators impacting education worldwide.**



**DKG California**  
**2021-2023**  
**Theme:**  
**Invitation**  
**to a New**  
**Beginning**

**DKG California**  
**Educational, Professional,**  
**Making an Impact**

## Next Meeting

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**Next Meeting:** Wednesday, November 10  
**Time:** 4:00 p.m.  
**Place:** St. George's Episcopal Church  
808 Foothill Blvd. La Cañada  
**Program:** New Trails Curriculum presented by Sue Fuelling  
**RSVP:** Karen Wilcoxon, [wilkare101@aol.com](mailto:wilkare101@aol.com)



**OUR PROGRAM:** When Fourth Grade La Cañada Elementary teacher Sue Fuelling retired a few years ago, one of her goals was to develop and share curriculum that would be timely and helpful to those now in the classroom. She and her brother, Tom, came up with New Trails, which is shared with teachers as part of Teachers Pay Teachers.

“Put things up,” she says. “You could be helping someone big time.”

This is not a huge money-maker, she says, but it is a way to pass on knowledge learned.

Sue will share all on November 10, but here's a teaser: so far the biggest 'seller' has been about political cartoons!

**OUR VENUE:** St. George's Episcopal, 808 Foothill Blvd, La Canada. It is behind retail establishments. You can enter from Foothill or Commonwealth. There is lots of parking at the street level or even sloping down to our site, the Nourishing Center. Both Sue and I are or have been vestry members, so you guys are in good hands. I even have the key!

**Judi Healy,**  
**First Vice President, Programs**

## CASA

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First a big thank you who have contributed to the donation to CASA, This is a very worthy organization that takes care of children whose parents cannot or will not take care of them. The money is used for the welfare of the children and a bare minimum goes to administrative costs. So far, eight (8) members have donated and we are about half way to the total we are hoping to give to CASA this December. Donations do not have to be large. Any amount is appreciated. Hopefully next year we can return to our silent auction for this worthy cause. Send donations with checks made out to CASA to:

Donna Larson  
1337 Rossmoyne Ave., Glendale 91207



## Happy Birthday to....



### November

2—Lilliana Castillo  
Donna Larson  
Gayle Nicholls Ali  
5—Ana Haskins  
18—Christine Werner

## Membership News



October found us at the Lanterman House in La Cañada. I don't know about you, but I learned so much about the history of La Cañada and the influential Lanterman family. I brought my friend, Linda White, to our meeting and she was very impressed by our organization. Thank you to all of you who took the time to greet and welcome her to our meeting. She was able to see so many of our committees in action as reports were given. I hope to bring her back soon.

**"Who is responsible for developing future leaders in DKG?"**

**YOU!**

Every member of DKG is responsible for cultivating future leaders for the Society. Consider the following to determine if **YOU** are doing your part to nurture future leaders for DKG:

- Have you nominated an outstanding educator for membership in the last two years?
- Have you searched out members who have a specific interest or skill in an area and encouraged them to share it with the members?
- Have you involved other members in the work of your chapter/state committee so they become familiar with the work of that committee and feel comfortable in becoming a future leader of that committee?
- Have you encouraged others to step into leadership roles, assuring them you will mentor them when they have questions or concerns?

Remember, **YOU** were invited to membership because someone recognized your leadership potential. Now is the time to "pay it forward" and help cultivate future leaders for our Society.

See you November 10<sup>th</sup> at St. George's Episcopal Church!

**Marty Unger,  
Second VP, Membership**



## school on wheels

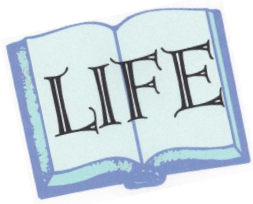


We are smiling behind those masks. We donated \$1610 as well as art supplies and paper to School On Wheels on October 14th. In the picture with us is Danny Ou. They are always so grateful for our generosity.

**Kathy Cockerill** [katsltr74@aol.com](mailto:katsltr74@aol.com)  
**Penny Schopflin** [schopflin@aol.com](mailto:schopflin@aol.com)

# LIFE

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Thank you! Thank you! Buck a Book has done very well! After just two meetings you have donated \$69 toward our annual donation to the LIFE foundation. Remember to bring books to the November meeting. There is nothing like having a new book to enjoy.

Your support of literacy is awesome!

**Mary Lou Langedyke**  
**LIFE Liason**

## Decorating at Hillside's Sierra Cottage

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Members of Alpha Upsilon have been helping to decorate the Sierra Cottage (formerly the Family Cottage) at Hillside's Education Center for many years. The Hillside's Education Center (HEC) is a therapeutic residential and day school that offers individualized education for students experiencing social-emotional, learning, and/or behavior challenges. The contribution of DKG members puts lots of smiles on the faces of the children there. Following is a list of items needed to decorate the Cottage:

- 12 Christmas stockings
- 12 Holiday place mats
- 4 tiny artificial pine trees (4"-5" tall)
- Tiny unbreakable ornaments for the trees
- One (1) holiday doormat
- Holiday gel stick ons
- Garlands
- 12 Candy canes
- Sticky tape
- 12 Small stuffed animals



Thank you for volunteering for the annual holiday decorating. It will be such a rewarding experience for you and all the children living in the home. Many remain on campus for the holidays and your hearts will be blessed as you spread holiday cheer to all!

Call or text my cellphone (626) 484-9958 to tell me what you plan to bring.

**Susie Vernand**  
**Hillside's Coordinator**

# Gratitude



Did you know practicing gratitude can help increase happiness, improve mental health, improve leadership skills, and get you through the tough times?

Here are some simple tips on how you can practice gratitude in your everyday life.

*Appreciate the little things.* You don't have to experience huge, amazing things to practice gratitude. Learn to notice and appreciate the little things, like good weather on a day your spending outside, your favorite song coming up on shuffle, or a pet doing something cute.

*Practice mindfulness.* Take a quiet moment to relax your body, breathe deeply, and think about a few things you're grateful for. Close your eyes and picture those things in your mind.

*Keep a gratitude journal.* At the end of each day, write down three things you were thankful for that day.

*Help others.* Doing things for others helps you be more grateful for what you have. It also makes you feel good.

*Spend time with loved ones.* Focus on the people in your life who are caring and encouraging. Acknowledge and be thankful for their support.

What are you grateful for? Take a few minutes and practice some mindful gratitude.

Relax, take several deep breaths, and think of five to ten things you are grateful for. Picture those things in your mind, then write them down.

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

## Annual Leadership Seminar: January 22, 2022

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*Save the Date:*

### **he DKG Virtual Leadership Seminar**

(Reimagined Annual Retreat) will be held on

Friday, January 21 (Optional Evening Social) and Saturday, January 22, 2022.

*Open to ALL Inquiring, Aspiring, and Inspiring Leaders!*

The DKG California Leadership Development Committee shared they have obtained the services of the authors of the book *Leading While Female* to be presenters. They will do a keynote and some breakout sessions. The Seminar will be held on Friday, January 21, 2021 and Saturday, January 22. The Friday session will be just a social gathering just to virtually meet other DKG members. The Saturday session in the morning will be the presentation by the authors. At this time, the Committee is still working out plans for Saturday afternoon. Additional details are forthcoming.

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

## Visual & Performing Arts

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Our own Harriet Furuya joins her church choir, Grace Community Church in Sun Valley, each year as it presents a glorious, uplifting Christmas concert! Tickets are free, but distributed on a first come basis, so if you're interested in going, please contact Harriet as soon as possible for more information and to reserve your ticket – they are claimed quickly! The dates and times are

December 16<sup>th</sup> and 17<sup>th</sup> at 7:30 pm

December 18<sup>th</sup> at 2:00 pm and 6:00 pm

December 19<sup>th</sup> at 6:00 pm – this concert will be live streamed as well as in-person; please let Harriet know if you'd like the link for the live stream.

This concert is truly inspiring! So mark your calendars!

Are you aware of the [DKG International Virtual Art Gallery](#)?

Works of members throughout the Society are available for you to view and appreciate. Our own Alpha Upsilon Cop-President, Willy Crouse, currently has one of her photos on display. Last year Gayle Nicholls Ali had some of her photography displayed.

The International Committee recently interviewed [Rachael Walker](#), DKG Rho Chapter in Louisiana. Her philosophy of teaching art is encouraging for all students. She quotes Henri Matisse, "Creativity takes courage," tells her students to "Use your mistakes," particularly helpful to students who are convinced they aren't good at art and don't want to try. She says, "When students learn to create and appreciate art, they develop skills that support healthy mental wellness. I find that with teaching art to my students, I am also teaching empathy, social awareness, confidence, and accountability." You can learn more about Rachael and see her imaginative work featured in the [DKG Blogspot](#).

**Harriet Furuya, Jan Tappan**  
**Visual & Performing Arts Committee**

## BNEF: Mini Grants

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Be on the lookout for an email from **Jan Tappan**. She is getting ready to send out the information and application for the 2022 Mini Grant Awards. Help to

spread the word about this great opportunity. The BNEF Board is thankful to Jan for taking the lead in this very worthy project. Remember recipients are potential members, so spread the word!

## World Fellowship

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World Fellowship grants are an important way for women who reside in non-DKG member countries to obtain funds to further their degree aspirations. If a woman is eligible for a Ful-

bright Scholarship, she can also apply to attend a college/university in the US or Canada and pursue a master's or doctoral degree. Those of you who have been in the chapter for awhile may remember Alberta from Haiti. Remember how we collected sample shampoos, body wash, etc. for her? Shirley Sauvageau would make hygiene packets and send to Alberta for distribution to women in Haiti.

Because of the pandemic, there have been no World Fellowship recipients since 2019. But the new list is now posted and is available from the International website! Log in to [dkg.org](#) with your username and password, then choose **Resources** (in the top black banner) > **Brochures/Flyers**. Scroll down and click on **2021-2022 World Fellowship Recipients** to download the list of recipients for this year! Enjoy reading what these ladies will be studying and at what universities.

## Chapter Minutes: October 14, 2021

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The meeting was called to order by Willy Crouse at 4:30 and flag salute led by Judy Kearns.

There were 31 members in attendance plus one guest, Linda White.

Ana Haskins provided an inspiration reminding us that it is so easy to give life in a number of ways. She handed out a pamphlet, "40 Ways to Give More Life."

Mary Lou Langedyke gave a brief history of the Lanterman House prior to a tour.

DKG Purposes highlighted in today's meeting were: #4 - initiate and endorse desirable legislation in the interest of education; #6 stimulate personal and professional growth.

Karen Wilcoxon reminded members to record THAT hours. She also shared a form she has sent to currently employed teachers asking what ways members can be of help. She will share the google doc but some examples provided are:

Liliana Castillo: cut, paste, and staple; Laura Castagnari: Individual tutoring; Ana Haskins mentor new teachers, provide goody bags and phone calls for support

Registration is open for the Area XIII conference on February 5 at Cal Poly Pomona Kellogg West Conference Center. Alpha Upsilon is responsible for the program and evaluations. Kathy Cockerill and Christine Werner will be assembling the gift baskets from the chapter. If attending, see the conference flyer in the October newsletter and send your check, payable to Alpha Upsilon to Rose Gant as soon as possible.

Remember to send in your nominee for the outstanding member from the chapter. Past honorees are listed on page 27 of the directory.

Kathy Cockerill and Penny Schopflin thanked everyone for their generosity to School on Wheels. Chapter members donated \$1,415.00 plus other items.

Donna L is collecting money for CASA and reminded everyone the December Holiday Party will be on Zoom.

Susie Vernand talked about decorating at Hillside Home for Children on Thursday, December 9. A list of what is needed will be in the November newsletter.

Willy Crouse reminded committee chairs to pick up red procedure folders. She would like all chairs to have a timeline and information placed inside for the next person who takes over at the end of the year.

Who's Who in AU honored Marty Unger.

Meeting adjourned at 6:20 pm. The next meeting is Thursday November 10 at 4pm at St. George's Episcopal Church, La Canada

Minutes respectfully submitted by Kim Frank

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THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL  
DKG California State Organization

Treasurer's Report  
Alpha Upsilon Chapter  
October 1, 2021

BALANCE ON HAND: September 1, 2021

**\$ 11,044.58**

RECEIPTS:

Interest	\$	3.57
Membership		85.00

Total Receipts for September

88.57

Total Available

**\$ 11,133.15**

DISBURSEMENTS:

DKG California fees	\$	209.50
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DKG California dues		1,168.00
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LIFE Foundation		75.00
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DKG International dues		1,960.00
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Total disbursements for September

**\$ 3,412.50**

**BALANCE ON HAND: October 1, 2021**

**\$ 7,720.65**





# STEP/THAT

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Happy November!

It's a time of reflection for us all, and we have much to be grateful 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 Teachers Helping Another Teacher (THAT) Program. Classroom life continues to look very different, but the one constant is that teachers continue to need our help. There are numerous ways DKG members can volunteer:



- working directly with students 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.

Our teachers in the frontlines have indicated some of their [current individual needs](#), which I have included on the form available by clicking on the link.

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](#), select the **THAT** icon on the home page of the DKG California website ([www.dkgca.org](http://www.dkgca.org)), or click on the blue link provided above. 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 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, 2022**.

While you are on the DKG California website, be sure to explore DKG's **STEP Program** ([Support Team for Emerging Professionals](#)). Follow this link to discover many tips for teachers (veterans as well as emerging professionals), a STEP Pinterest board, a blog, information about conferences, resources, and other professional learning opportunities, and a variety of ideas to support new teachers. It is well worth your time to explore!

Thanks for all you do to help others! Happy Thanksgiving to all!

**Karen Wilcoxon**  
**THAT/STEP Chairman**



# October Tour of Lanterman House



# An Invitation to... “Why Not?”

Delta Kappa Gamma Society International:  
Key Women Educators

Area XIII 2022 Conference

Kellogg West Conference Center, Pomona

**Saturday, February 5<sup>th</sup>, 2022**

8:00 am – 12:30 (Breakfast seating at 8:45)

Registration: \$25



**Meet Dr. Jackie**

- Join us for a delicious breakfast
- Honor outstanding Chapter and Area members
- Raffle and door prizes
- Enjoy the company of DKG sisters

## **Keynote Speaker: Dr. Jacqueline L. Sanderlin**

**Dr. Jacqueline L. Sanderlin** (Dr. Jackie) is an accomplished educator, empowerment speaker, and leadership guru whose commitment to urban school-communities has led to dramatic improvements in some of Southern California’s toughest schools! She is the author of *The Why Not Challenge: Say Yes to Success with School-Community Partnerships*. Her passion and expertise for community partnerships is unparalleled! She has been able to forge sustainable partnerships with over 350+ corporations and local businesses with under-served schools. In addition, she has trained numerous educational and corporate teams about best practices for successful community partnerships. Dr. Jackie has been outspoken about her “Why not?” message, which is to build community, unity, and partnerships. She believes there is no better time than now to build unity!

Her work led to an appearance on the **Ellen Show**. Moreover, she became the consulting producer of the NBC reality show, **School Pride**. She is also on the board of the **Goldie Hawn Foundation MindUP**.

Dr. Jackie is currently the Founder/CEO of the Why Not Incubator, which is a non-profit organization and designed to foster wellness, hope, and resilience to all communities. Her passion and wide knowledge of community wellness and engagement is truly unequalled! Her motto is: **community empowerment starts with you...why not?**

**Please click on the link below**

**[Area XIII 2022 Conference Registration Form](#)**

DISCLAIMERS: Attendance at the Area XIII Conference constitutes permission for you to be photographed for DKG Publicity purposes. If you do not wish to be photographed, please notify the photographer.