



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,

Welcome Back to Alpha Upsilon meetings. We hope you are doing well and have kept cool during this very hot summer.

We are very grateful to those of you who supported and attended the virtual meetings this past year. It was a paradigm shift for most of us. Optimistically thinking, we have planned to be able to meet in person this coming year. Our theme this year is "Rejuvenate Yourself". We also want to remind everyone about DKG's Seven Purposes by focusing on at least one purpose each month. We have scheduled in-person meetings since we are sure that most of us, if not all of us, are fully vaccinated. If it makes you feel safer, though, please wear a mask indoors. **Judi Healy** has worked very hard in arranging some wonderful programs each month!

Your board has met and confirmed positions. There have been some adjustments to the board. We are grateful to have **Karen Wilcoxon** as Corresponding Secretary and **Judy Kearns** as Parliamentarian. Considering we didn't meet in person last year, it seemed more expeditious to retain the positions from last year for all Committee Chairs. There were a few changes, so please note them when you receive your directories at the first meeting, Wednesday, September 15th.

The first meeting we will feature the annual Welcome Back Dinner at Fair Oaks Estate Clubhouse 3199 Dragonfly St. in Glendale. The chapter is paying for the meal and the executive board is providing the drinks and desserts. Besides the regular meeting, **Marty Unger** will be distributing membership awards. Our program is Bernie Van De Yacht, author of "A Man Walked into a Hardware Store," an unassuming yet potent novel about the power and possibilities of personal transformation after traumatic events. **Please RSVP to Corresponding Secretary, Karen Wilcoxon, ASAP** so we know how many dinners to prepare! Thank you in advance for your quick response.

Willy Crouse and Karen Gollhardt, Co-Presidents

"An arrow can only be shot by pulling it backwards. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus and keep aiming."

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

Co-Presidents: Willy Crouse
Karen Gollhardt
Newsletter Editor: Judy Kearns
Judydkg13@aol.com

ALPHA UPSILON NEWS
Area XIII

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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

First Meeting of the Year

First Meeting: Wednesday, September 15

Time: 4:00 p.m.

Place: Fair Oaks Estates Clubhouse
3199 Dragonfly St., Glendale

Program: Welcome Back Dinner and Speaker. Bernie Van De Yecht



Our September speaker, Bernie Van De Yacht, is a great example of someone who reinvents himself over time. Born in Green Bay, Wisconsin, happily married and the father of two grown sons, Bernie has been an actor, screenwriter and animation casting director. His business is ProADR Looping, which means he supplies the background sounds that loop together scenes -- the PA system announcing your flight, the background voices in a restaurant. In addition, he has published two books, *A Man Walks Into a Hardware Store* and *Midwest Farmers Daughters*. I especially like the fact that, in his book acknowledgements, he thanked his eighth grade teacher, Ms. Connie Haack and all the teachers and professors who, "cultivated my creative process. You are all heroes to me."

2021-2022 Meetings

Mark your calendars **NOW** with the dates of the 2021-2022 Alpha Upsilon meetings. Judi Healy has some great things planned!

- Wednesday, September 15, 2021: Fair Oaks Estates Clubhouse, Glendale
- Thursday, October 14, 2021: Lanterman House, La Cañada
- Wednesday, November 10, 2021: St. George's Episcopal Church, La Cañada
- Sunday, December 5, 2021: Holiday Party for CASA: Location TBD
- Thursday, December 9, 2021: Decorate at Hillside
- Thursday, January 13, 2022: Christine Werner's Home, La Cañada
- Saturday, February 5, 2022: Area XIII Conference, Cal Poly Pomona
- Thursday, February 9, 2022: Betsy Bazdarich's Home
- Thursday, April 14, 2022: Annual Friendship Tea, Pat Kalish's Home
- April 29-May 1, 2022: DKG California Convention, Burbank Airport Marriott
- Wednesday, May 18, 2022: Gale Caswell's Home
- July 12-12, 2022: DKG International Convention: New Orleans



Happy Birthday to....



August

8—Mary Lou Rodearmel
16—Marcelyn Bible
22—Mary Lou Langedyke

September

3—Susie Vernand
11—Jean Chubb
15—Trisch Diaz
21—Joyce Hamdan
25—Judy Kearns

Special Messages

From Cathy Cockerill: “I would like to thank my DKG sisters for the many kindnesses shown to me and my family for the passing of my husband Park. The cards, flowers, visits, phone calls, food, and the attendance at the memorial were greatly appreciated.”

From Judi Healey: “Thank you for all the cards marking my dad’s 100th birthday!”



Membership News



Welcome back to our first newsletter and membership update of the 2021/2022 year. Many changes have happened in the lives of our members in the last few months including severe illnesses of members and deaths of spouses. We also celebrated the 100th birthday of a parent. To those affected, our entire chapter wishes you good health, condolences and congratulations.

We ended the 2020/2021 year celebrating Debbie Bump’s induction into our chapter and the recognition of our Alpha Upsilon sisters who achieved milestone anniversaries.



I have received the paperwork from our pending collegiate member who is one of our recent scholarship recipients, **Candice Bautista**. We will celebrate her induction into our chapter soon. Thank you, **Judie Bakly**, for bringing her to us.

Alpha Upsilon has not qualified for the Order of the Rose for the last two years. In order to qualify, we need to induct at least three new members. We are one-third of the way there already and we haven’t had our first meeting yet! Have you thought of women to invite to be part of our wonderful organization? I have invited two and hope one or both of them will join us for meetings and membership. I have a couple of others I will invite as well, but I need your help too. We need working teachers as well as retired ones.

DKG has many wonderful opportunities to participate in charitable endeavors and scholarship and grant opportunities at all levels of the Society--- Chapter, State, International. Who wouldn’t want to be part of our organization?

I look forward to seeing you in person in September (hey, that’s a song isn’t it?) with your friends and colleagues in tow.

**Marty Unger,
Second VP, Membership**





school on wheels

2020-2021 was quite a year of wonderful online meetings. Little did we realize that we would still be Zooming. Although it looks like we will be having in person meetings, we cannot predict the future. We are proposing that once again this year we make monetary donations to School On Wheels. Kathy received the following letter from Charles on what they need this year.

Hi Kathy,

It is great to hear from you. We have started giving out headphones to our students now that most tutoring is still taking place online, so there is a need for those. We are also short of line paper.

Thanks

Charles Evans

Executive Director

School on Wheels

213.905.2740

*We will collect money in the fall at the first meeting on September 15th.

***Our goal** is \$1000

***Checks** should be made out to **School On Wheels**.

*If we end up not meeting in person or if you are not able to attend the September meeting, please send your check to Kathy by September 20.

Kathy Cockerill,
3408 Markridge Rd.
La Crescenta, CA 91214

Thank you for your generosity and caring. If you have any questions, please contact:

Kathy Cockerill katsltr74@aol.com

Penny Schopflin schopflin@aol.com

Co-Chairs

THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL
DKG California State Organization

Treasurer's Report
Alpha Upsilon Chapter
August 1, 2021

BALANCE ON HAND: July 1, 2021 \$ 6,950.22

RECEIPTS:

Interest \$ 3.68

Membership:

\$ 85 x 46 members \$ 3,910.00

\$ 50 x 4 members 200.00

Miscellaneous \$ 2.00

Total Receipts for July \$ 4,115.68

Total Available \$ 11,065.90

DISBURSEMENTS:

DKG Convention Reimbursements \$ 25.00

Total Disbursements for July \$ 25.00

BALANCE ON HAND: August 1, 2021 \$ 11,040.90





Covenant House has been extremely busy during the pandemic working to serve more homeless youth in California, with many exciting projects happening, including:

- LA: Renovated part of the Hollywood site to build 10 additional beds, and will be opening a second site in Crenshaw likely later this year that will house 32 additional youth, including space for families with young children.
- Orange County: Will be opening the FIRST youth homeless shelter in Orange County later this year!
- Santa Clara: In partnership with Cisco, opened the first youth homeless shelter in Santa Clara in June 2021

While visitors are not currently allowed on campus, CHC is hopeful that later this year they will be able to open their doors to visitors again and hold more in-person events, including tours of the renovated site. In the meantime, fundraising events remain virtual.

They are still unable to accept the toiletries donations, but if anyone is interested the following link takes you to their Amazon wish list - it is the only way to donate those types of items at this time.

https://smile.amazon.com/hz/charitylist/ls/2RD1L57ZIZQ43/ref=smi_cl_lol_lls2_ls2

Laura Strametz
Covenant House Liaison



A new school year provides the opportunity to support your fellow educators through the Teachers Helping Another Teacher (THAT) Program. 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 local schools, whether we are retired or currently working. Life continues to look very different this year, as most school districts have started their year with in-person education, but volunteers are not yet permitted on campus. The need to help teachers definitely exists. As teachers organize their classrooms and determine the needs of their students, there are numerous ways DKG members can assist—volunteer directly with students online, help with grading or assist teachers with materials and activities, planning and evaluation.

For those of you on the frontlines, perhaps you can let me know some ways our retirees can assist you. If you send me some ideas, I will generate a list where the THAT Program can offer assistance. You know best what your needs are and how we can be of service to you. For those of us who are retired, or working part time, and have extra time on our hands, please share any information with me regarding a teacher, program, or school you hear about that could use our help or an idea you might have for volunteering our time.

To [record THAT hours](#), select the **THAT** icon on the home page of the DKG California website (www.dkgca.org) or click on the blue link provided above. All you need to do is enter your name and volunteer information, as well as Alpha Upsilon and Area XIII. You will need to keep track of the hours you spend in **THAT** activities and record your hours by **March 1, 2022**.

BUT did you know **THAT** is only one aspect of DKG's [STEP Program \(Support Team for Emerging Professionals\)](#)? Follow this link and discover a wealth of valuable information. There are 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 **definitely worth** a few minutes of your time.






Wishing you all a great school year!

Karen Wilcoxon
THAT/STEP Chairman

Self Care Calendar for Septembers

Courtesy of DKG International, this Self Care Calendar is filled with reminders of how we can each care for ourselves!

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>1 Find time for self-care. It's not selfish, it's essential</p>	<p>2 Notice the things you do well, however small</p>	<p>3 Let go of self-criticism and speak to yourself kindly</p>	<p>4 Plan a fun or relaxing activity and make time for it</p>	<p>5 Forgive yourself when things go wrong. Everyone makes mistakes</p>
<p>6 Focus on the basics: eat well, exercise and go to bed on time</p>	<p>7 Give yourself permission to say 'no'</p>	<p>8 Be willing to share how you feel and ask for help when needed</p>	<p>9 Aim to be good enough, rather than perfect</p>	<p>10 When you find things hard, remember it's ok not to be ok</p>	<p>11 Make time to do something you really enjoy</p>	<p>12 Get active outside and give your mind and body a natural boost</p>
<p>13 Be as kind to yourself as you would to a loved one</p>	<p>14 If you're busy, allow yourself to pause and take a break</p>	<p>15 Find a caring, calming phrase to use when you feel low</p>	<p>16 Leave positive messages for yourself to see regularly</p>	<p>17 Notice what you are feeling, without any judgment</p>	<p>18 Ask a trusted friend to tell you what strengths they see in you</p>	<p>19 No plans day. Make time to slow down and be kind to yourself</p>
<p>20 Enjoy photos from a time with happy memories</p>	<p>21 Don't compare how you feel inside to how others appear outside</p>	<p>22 Take your time. Make space to just breathe and be still</p>	<p>23 Let go of other people's expectations of you</p>	<p>24 Accept yourself and remember that you are worthy of love</p>	<p>25 Find a new way to use one of your strengths or talents</p>	<p>26 Avoid saying 'I should' and make time to do nothing</p>
<p>27 Free up time by cancelling any unnecessary plans</p>	<p>28 Choose to see your mistakes as steps to help you learn</p>	<p>29 Write down three things you appreciate about yourself</p>	<p>30 Remind yourself that you are enough, just as you are</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together

LIFE



Do you keep a journal? Many of us do in some form or another. It is the best story you will ever read!

Science supports the anecdotal evidence of journaling's positive effect on mental health. According to Dr. Elizabeth Gilbert, the Head of Research at [PsychologyCompass](#), "decades of research" back up the benefits of journaling when it comes to reducing anxiety, easing depression, working through trauma, and setting goals. "If there are stressful things happening in your life, journaling trains you to stop, react, and make sense of it all," Gilbert says. "Even just make a narrative about it. Tell it in a story in a way that makes sense."

COVID reawakened my sporadic journaling efforts. I thought it was important to document this event from personal reflections of the effect the pandemic had on our lives. Someone in the future needs to know! Over the last 18 months, journal entries have been reduced to the turning point moments like the day I got my vaccine, the first trip to Target in over a year, or the first time we went out to a favorite restaurant, dining outside, of course. You all have your stories and memories - so much to share.

If you journal or are thinking of starting, the historical events of our lives might be a good place to start. September 11, 2021 marks the 20th anniversary of 9/11. Where were you that day? What were your thoughts and fears? Now, you are present for the end of our longest war. How do you feel?

Someone in your family will find your journal and say, "That was the best story I ever read."

A Benefit of Membership

How many times have you asked yourself, "Do I have enough insurance?" or "Should I update the insurance I have?"

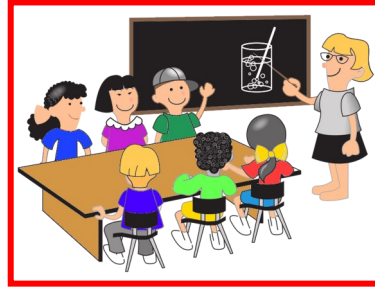
Working with the Society since 1969, Boon-Chapman administers several programs underwritten by top-notch insurance companies. As a DKG member, you can choose from the following plans, offered to you at group rates:

- Cancer Insurance Plan
- Hospital Plus Plan
- Surgical Assistance Plan
- Excess Major Medical Plan
- Travel Accident Plan
- Accidental Death/Dismemberment Policy
- International Travel Insurance



To contact Boon-Chapman for more information call 1-800-252-9653, ext. 7126

Mini Grant Recipient Shares



Jan Tappan did such a great job of getting in reports from the 2020-2021 Mini-Grant recipients that there was not enough room in the June Newsletter to include them all! The reports that were not included in the spring are included here. The reports for Dr. Matthew Brooks (Pasadena USD) and Melody Chiong (Alhambra USD) were attached to the email for this newsletter. Be sure to download and view these. Both are so creative and interesting!!

BNEF recipient **Susie Lee** created a lovely slide show to acknowledge receiving the mini-grant from Alpha Upsilon. You can view the slide show by following this link:

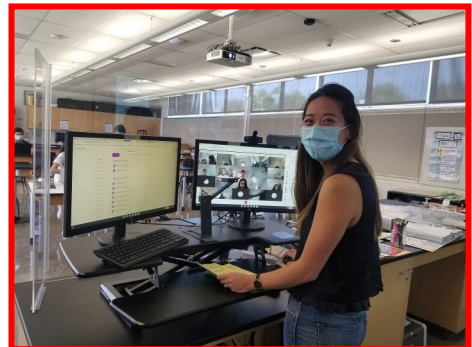
<https://docs.google.com/presentation/d/1W7WV8HTm6QWYMJMkR5SIHWyF0tLu2gZ0-UN81CRCG0/present?usp=sharing>

Susie is a kindergarten teacher at Longley Way School in Arcadia USD.

Mini Grant Recipient Shares

Thank you to the Beebe Neutzman Mini Grant for generously providing me a grant of \$250 for this pandemic school year! It has been a challenging year in a number of ways, and the Beebe Neutzman grant was able to provide me with the means to care for my physical and mental health as I teach! With the funds, I was able to purchase a standing desk riser so it can give me the standing freedom to teach with my students online! In the classroom, I rarely sit as I teach and distance learning really challenged me as it limited me to a screen. Not only that, but I organize my science tables to give my students the option to sit or stand while learning. So many love the option to stand, and this has been difficult throughout distance learning. The ability to stand while teaching felt like I was able to engage with my students more naturally while making sure to model an active routine while learning/teaching! Thank you to the Beebe Neutzman Mini Grant for your generosity to help me with this!

Katrina Wong
Dana Middle School
Arcadia USD



Mini Grant Recipient Shares

It has been an incredibly poignant pandemic year for all of us and has led to a transformation of my classroom, but one of the constants regardless of format, has been the opportunity to read, write and discuss impactful books such as "Know My Name" by Chanel Miller. My students are grateful and moved by the opportunity to read this text which was made possible by your generous grant award. Students engaged with the text from a literary, emotional and social justice perspective. Insightful and deeply moving commentary resulted from their interaction with this book. Students overwhelmingly agreed that this text should be put forth as mandatory reading for future Seniors in our English classes. They felt it was relevant to their understanding as young adults about to emerge into the adult world of higher education and in their career spheres. By far, this text opened their eyes to the resilience of the human spirit and the well of strength that can be called upon in times of seemingly insurmountable obstacles. Topics of impassioned discussion focused on the concept of blame, the #metoo movement, allyship and the race/wealth gap within the justice system. To quote some student excerpts that arose from their written work, "The American legal system silences survivors", "The American legal and educational system shames sexual violence preferring to discuss it in hushed tones and polite euphemisms which only fosters further stigmatization". It is with wholehearted appreciation that my students were able to broaden their access and experience to such a crucial narrative.

Mrs. Carmona
MKHS Alhambra USD



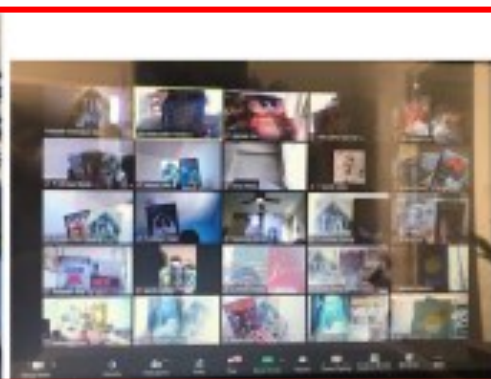
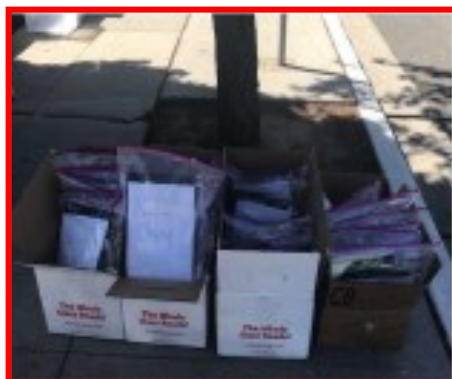
Mini Grant Recipient Shares

The 2020/2021 school year has been a challenge on many fronts but the biggest challenge was getting real books into kids hands. After months of books online, and grateful to EPIC who sustained us to a point, our eyes were worn and our desire for yet more screen time had waned. Any teacher knows that holding a real book in your hands, the smell of the pages, the feel of the spine can never be replaced by a Chromebook. A snuggle in a blanket with a good book can take you to places you only dreamed of. This is what we wanted for our 97 students at Ynez Elementary. Real books for hungry imaginations. Kids stuck inside who with a good book could have a window into the world they currently could not access. The grant supplied funds for every student in the 6th grade and 20 -7th graders from our combo class to receive a \$15 book gift certificate for Scholastic books. The students chose 1-3 books of their choice. Teachers earned points from the order and we were able to surprise kids with extra books in their bag. The extra points also allowed us to purchase a class set of books to read together in the last month of school and the kids will keep them afterwards. Distribution day was exciting as the cars pulled up and we saw smiles when they received a clear bag full of books with post-its and other goodies. Parents were appreciative as well. Pandemic has been tough especially for families who have multiple generations in a one or two bedroom apartment. Many of our families depended on the school districts food bank with loss of employment and many mouths to feed. Covid was harsh on many of our families especially around Christmas. So books were not on their priority list. Receiving a bag of books to actually keep and call their own was a first for some of our kids, Tony Lam, 7th grader said it best “Thank you DKG for the book(s) I received, I’ve always liked this series, (Weird but true!) but didn’t get many chances to get it or even see it. I’m still trying to get the rest of them just to have them after I’ve finished reading, but this is the first one I’m actually able to keep.” Selina 6th grade said , “Thank You, DKG (Delta Kappa Gamma) for the books my class received. I know 2020 and the start of 2021 has been very difficult, so then again, thank you for making the effort to help encourage students to read more, it is very moving. I am an avid reader myself, and I am grateful that I had the opportunity to choose a book I preferred. The books I was able to get a hold of are Bone, Out From Boneville, and Roald Dahl, Boy Tales of Childhood. Thank You Delta Kappa Gamma, I will treasure these books :).” Distributing these books was a highlight for us this year and we have the DKG to thank. Your Generosity will continue to give as younger siblings will get to read these books after our kids are done. There is no better gift than a book. Thank you for making this vision a real page turner.

With great appreciation,

Melody Chiong, Sabrina Ventrella, Ana Haskins Ynez Elementary, Monterey Park Alhambra USD

Mini Grant Recipient Shares (cont'd from page 10)



Mini Grant Recipient Shares

Beebe Neutzman Endowment Fund Mini Grant Committee,

I want to thank you again for the grant I received in the fall to bring archery to the PE Curriculum at LCHS 7-12. With the money, I've been able to purchase several bows, arrows, and targets. Additionally, when the money came and the materials were purchased, it created momentum in the school and it snowballed into adding even more materials and bales of hay as well. This is the first week that I had a large majority of my students back on campus and I wanted to tell you how archery is working in the PE curriculum so far.

First, I want to say that many of the traditional sports we've played in years past, just do not work in these COVID times with social distancing and sanitizing protocols in place. Archery works great for these times specifically but I predict it will be a staple and a favorite in our units. On the first day of archery, we spent about 10 minutes showing the students the equipment and covering safety protocols. As we are dealing with weapons, in a ways, this was the most crucial part of my lesson. My students showed a blend of maturity and excitement that was rewarding for me as an educator.

When the students first started shooting, they were awful! They couldn't even hit a 6 foot high stack of hay! But with focus, individual attention and repetition, all got much better and several of them were hitting the bullseye! What I really appreciate about the sport of archery in the PE curriculum is that it incorporates a different skill set than most sports. Instead of speed, strength and agility, prized in most other activities, archery instead prioritizes focus, breathing, and aim. It's quite a different skill set and what was exciting to watch was some students, who were not the typical "athlete" were able to find success and enjoyment from it. Seeing them grow in their confidence and ability was a memorable experience and something that will hopefully, frame PE in a different light for them.

Again, I wanted to say thank you for this committee for their contribution and I look forward to teaching archery again in the fall and in future years! I hope you enjoy the attached pictures.

Sincerely,

Justin Luthey

8th Grade PE Teacher

La Canada 7-12

Mini Grant Recipient Shares (cont'd from page 12)

