

Presidents' Message



THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

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Pat Rabe

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ALPHA UPSILON NEWS
Area XIII

Dear Alpha Upsilon Sisters,

Our October meeting was delightfully sweet and sophisticatedly savory. Festive Fall tables were filled with many tasty treats, both decadent and not too decadent, thanks to our Refreshment Committee of **Judie Bakly, Ardis Bunn, Marcelyn Bible, Judy Goldman, Ana Haskins,** and **Joyce Hamden.** Thank you ladies!

Complimenting our program and setting the tone for our meeting with a musical inspiration about favorite foods from many cultures, **Harriet Furuya** and **Jan Tappan** led us in a "Kau Kau Song, The Island Way."

Without delay our delicious program commenced, "It's Always 5:00 Somewhere." Talented chef **Debbie Greenwood** took us on a savory culinary journey, making quick and easy appetizers. Debbie demonstrated the preparation of Sweet Curry Chicken Salad, Gourmet French Grilled Cheese, Stuffed Baby Potatoes, Sautéed Baby Mushrooms, and Sautéed Shrimp. We listened carefully and watched intently with many members taking copious notes. However, the best part of our program was sampling each of Debbie Greenwood's delectable creations. We thoroughly enjoyed Debbie's presentation and learned so much!

Following our tasty journey we began our business meeting which included reviewing minutes (no changes), unfinished business (none), announcements, welcoming our guest **Jane Soloway** and reports from our Committee Chairs.

Great Area XIII Conference News! **Robin Williams** will be our Honoree! Robin fills so many roles, so graciously, and we know you will want attend the breakfast to honor her many contributions. Please send your \$30 reservation check to **Mary Jane** ASAP so that you will be guaranteed a seat at a table with our Alpha Upsilon chapter.

Ana Haskins shared exciting news with us regarding her new position in the Alhambra School District as Instructional Specialist for ELD. Congratulations to **Ana!**

Finally, **Judy Kearns**, who was unable to attend the meeting, but with the help of **Pat Kalish**, "Passed the Plate" to **Ana Haskins** thanking her for the contribution she makes on many levels (cont'd on page 3)



DKG Vision: Leading women educators impacting education worldwide.

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DKG California
2017-2019 Theme:
Women Educators
on the Move
Making it Happen
Together!

DKG California
Educational, Professional,
Making an Impact

Next Meeting



Joint Meeting with Omicron Chapter

- DATE:** Wednesday, November 15, 2017
- TIME:** 4:30 PM
- LOCATION:** Altadena Community Center
730 E. Altadena Dr., Altadena
- PROGRAM:** Maria Abdelghani (California Muslim Public Affairs Council)

THAT Hours



Just a reminder to keep track of your volunteer hours which you spend helping another teacher, and [Report the hours online monthly](#) (or at the latest, by April 1, 2018) by following the link below. You all do so much to help others! Please be sure to keep track of the time you spend. If you are unsure whether an activity qualifies check the [THAT Guidelines](#).

Karen Wilcoxon
THAT Liaison

Time for New Leaders to Step Up!



The 2018-2020 biennium is just around the corner. This means we need to start looking for new officers to serve our Chapter. All of you were invited to membership in DKG because of your demonstrated leadership and potential for continued leadership. Start thinking what job you would be willing to serve in for the future of Alpha Upsilon. We have a **GREAT** Chapter! Do your part to help keep it moving forward!

Marion Darling, Gale Caswell, Mary Lou Langedyke
Nominations Committee

Happy Birthday to....



November

2—Donna Larson
5—Ana Haskins
18—Christine Werner
19—Nancy Thompson

Presidents' Message (cont'd)

levels to DKG through her valuable commitment and involvement. How appropriate that **Ana** should be honored by receiving the "Plate!"

See you at, what promises to be, a very a informative November meeting!

Pat Rabe and Mary Linda Vandavelde,
Co-Presidents

Grow as a Leader



DKG LEADERSHIP MANAGEMENT SEMINAR

2018

Are you aware of an *incredible* opportunity offered as a benefit of your DKG membership? Do you want to grow personally and professionally? Are you ready to step out of your comfort zone?

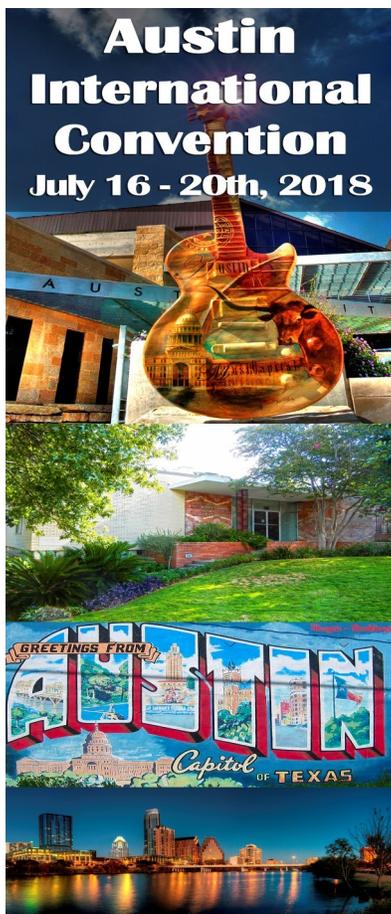
Every other year the [Leadership Management Seminar](#) is offered by DKG International to members ONLY. Members selected for this

unique opportunity spend two weeks at the Mc Comb School of Business at the University of Texas. Classes in leadership skills are provided by top rated professors. Upon selection attendees pay a small registration fee. All other expenses are paid for from the DKG International Golden Gift Fund.

To quote Jo Murphy, 2014-2016 Golden Gift Committee Chairman, "The Leadership Management Seminar is training that prepares our members to be leaders in any capacity. It is personal, comprehensive, and applicable to all areas of their lives. Participants leave with tools that enable and empower them to be successful leaders."

[Information and applications](#) are available at the International website. The application is due December 1. So if you are interested in experiencing a life changing growth opportunity, apply today!!

Save the Date!!



Welcome Back!



Alpha Upsilon is delighted to welcome back our newly reinstated member, **Mandy Redfern**. Mandy was initiated in 2007 into DKG and was always a supportive member. She had

to take a break as she served as the LCTA President. But now she is back with us and we are *delighted!* AND not only is Mandy the La Cañada Teacher of the Year, she is also a LA County Teacher of the Year! You might want to add Mandy's email to your directory: mandyredfern@gmail.com.

Thank you!



Thank you for the beautiful plant to celebrate my marriage to James Symons. As a new member of the "retired church community" called Monte Vista Grove Homes (MVGH), I have agreed to be a volunteer in charge of Plant Ministry. At this time, I am blessing semi-alive plants donated to MVGH. I take them out of their pots, try to keep them alive, and then share the successful plants with MVGH dining room, health center, and assisted living rooms.

I am touched by those of you who came to Jim Symons and me for your ideas and gifts. I have been so busy loving life, and I know I need to update the website. So, if you want to send in any more ideas, please go to symons.compeau@gmail.com and eventually you will see what you and others have done on our web site which is at www.symonscompeau.com

If any of you are good with websites and want to help me put in photos, cards, poems, and picture of our recent trip along side of the Mississippi River from Hannibal to New Orleans, I would welcome the assistance.

Patty Compeau Symons

Upcoming Events!

November 15 (Wednesday) 4:30 Speaker: Maria Abdelghani (California Muslim Public Affairs Council) Joint meeting with Omicron

December 3 (Sunday) 4:00 Annual Holiday Party
PLEASE bring raffle items to the November meeting or make arrangements with Robin.

December 7 (Thursday) Hillside's Decorating
Contact Susie Vernand regarding items still needed for decorating

January 17 (Wednesday) 4:00 Speaker: DA Scam Office

January 20-21 Leadership Development Retreat (Irvine)

February 3 (Saturday) 8:30 A.M.- 11:30 A.M. Area XIII Conference (Pasadena)

Chapter Minutes: October 11, 2017

Welcome

Inspiration- Harriet Furuya and Jan Tappan led attendees in, "Kau Kau (Food) Song, The Island Way".

Program: It's Always 5:00 Somewhere

Chef Debbie Greenwood- Debbie led the group on a culinary experience creating (and sharing) quick and easy to make apertifs: Sweet Curry Chicken Salad, Gourmet French Grilled Cheese, Stuffed Baby Potatoes, Sauteed Baby Portabella Mushrooms, and Sauteed Shrimp.

Call to Order: Pat Rabe and Mary Linda Vandavelde called the meeting to order at 5:35

Minutes: No changes

Unfinished Business: None

New Business

Announcements: Connie Hanson read a Thank You note from the superintendent of Glendale Unified for a mini grant given to Edison Elementary School for an iPad and accessories.

Pat Rabe introduced her guest Jane Soloway. This was Jane's second meeting.

Mandy Redfern has been reinstated to Alpha Upsilon. Recently, Mandy was recognized as one of the Outstanding Teachers in the county. Welcome back Mandy!

THAT: Karen Wilcoxon reminded everyone about the need of volunteering to support teachers, especially new ones. It is more needed than ever. If you know of a group or school that could use some volunteer support, email Karen and she'll share that with us.

Buck-a-Book: Mary Lou Langedyke shared that the goal for this year's donation is \$100. The money goes to the non-profit organization 'Literacy Is for Everyone' (LIFE).

School-on-Wheels: Penny Schopflin collected more items at this meeting. For more information about School-on-Wheel, refer to the September Newsletter.

Holiday Party: Robin Williams showed some of the items she has collected for the Holiday Party raffle. If you have items donate, bring them to the November meeting.

Hillsides Decorating: Mary Linda Vandavelde provided us with a list of items for the gathering December 7th. If you are planning on attending and/or donating items, please email Susie Vernand. Items requested are: 11 stockings, 11 plastic holiday placemats, 11 small stuffed animals (contact Susie to clarify what 'small' means), 4 plastic mini trees, miniature ornaments (not breakable) and garlands, a holiday doormat, holiday window stick-ons, apple juice or cider, plates, cups.

BNEF Grants and Scholarships: Jan Tappan shared that the Mini Grants committee has met. November 3rd is the deadline for submission. Maximum amount is \$500.

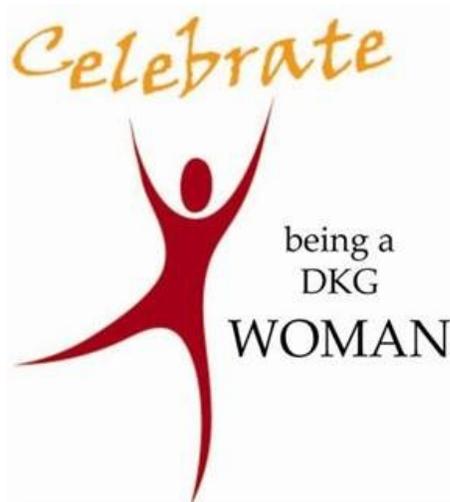
Pass the Plate: Judy Kearns selected Ana Haskins to receive the Pass the Plate.

The meeting was adjourned at 6:05.

Respectfully submitted,

Wendy Renfrew, Recording Secretary

DKG Women Make It Happen



Leadership Development Retreat

January 20 – 21, 2018

**DoubleTree Hotel Irvine Spectrum
Irvine, CA**

Alpha Upsilon will pay the registration fee for any Chapter member who wishes to attend this event. This is a great opportunity for you to grow personally. It is also a great chance for you to bring non-members so they can experience the benefits of DKG membership!

The registration form is available on the DKG California website or by simply clicking on the first three words of this sentence!

**Karen Gollhardt,
Leadership Development**

A Raffle Solution!!



SO ORGANIZED that you have nothing to “Reduce”??

TOO BUSY to find items to “Recycle”??

THE SOLUTION: contribute by bringing a bottle (or more) OF WINE or a GIFT CARD(s) – these are

BIG money makers.

The November 15 is your most convenient time to deal with raffle donation items. Otherwise, contact **Robin Williams** to arrange pick up.

The **HOLIDAY PARTY** is 18 days after the November meeting!!

Hillsides Decorating



DATE: Thursday, December 7, 2017

TIME: 4:00 PM

PLACE: Hillsides Home
940 Avenue 64, Pasadena

Items Needed: 11 stockings, 11 plastic holiday place-mats, 11 small stuffed animals, 4 plastic mini trees, miniature ornaments (not breakable) and garlands, a holiday doormat, holiday window stick-ons, apple juice or cider, plates, cups.

**CONTACT SUSIE VERNAND AND LET HER KNOW
WHAT YOU CAN BRING**

Area XIII Annual Conference



The annual Area XIII Conference will be held on Saturday, February 3, 2018. The location has been

changed to the Pasadena Nazarene Church. A registration form is included in this newsletter that will give you all the details. Many of you have already signed up and that is great. You can still be put on the list by completing the registration and mailing with your check to Treasurer, Mary Jane Hufstedler. This year we will be recognizing **Robin Williams** as our Outstanding Chapter Member! So let's all try to be there to honor her. Let's support **Conference Chairman Pat Rabe** by mailing your check and registration form to **Mary Jane Hufstedler** today!!

Going Green

This is a time of food and crops and attention to family and the “fall harvest” theme. Our area just completed the Ending Hunger One Step at a Time: CROP Hunger Walk on Sunday, October 2, 2017.

I attended an “All Saints” meeting and bought the book titled **Harvesting Abundance: Local Initiatives on Food and Faith**. In this book, there are 12 Faith Gardens in California. The leader of one garden, [The Abundant Table](#), spoke, and I was impressed. This community garden is up near Santa Barbara. Perhaps some of you might like to drive up for a tour. I will see what our options are and check with programs.

The Los Angeles Episcopal Diocese sponsors the [Seeds of Hope](#) program.

I think most of you are aware of local food bank and the union rescue mission work for Thanksgiving meals for many in our area. Some of you might also be volunteering at these places.

I am sure you are loving family, grand kids, and friends with your incredible warmth and welcome for this Thanksgiving time. What a great environmental gift of LOVE we all share!!!!!!

And of course, after you harvest, replant something with love and joy.

Patty Compeau and Jill Waters

Yummy October Meeting



Recipes From the October Meeting

Sweet Curry Chicken Salad

Cooked chicken (can find at Costco)
Sweet apple (Honeycrisp, Envy, or other sweet apple)
Golden raisins
Sweetened/flaked coconut
Mayo
Curry powder
Turmeric
Salt



Pulse cooked chicken in food processor briefly to make small shredded pieces; pour into salad bowl

Cut apple into chunks and briefly pulse in food processor, add to chicken

Next, briefly pulse together:

Golden Raisins—handful

Sweetened/flaked coconut—handful

Add to bowl with the first two ingredients

Blend together mayo (approx. ½ cup, curry powder (TBSP?), turmeric (tsp.?), Add salt to taste (a pinch or so)

Mix with other ingredients.

Spread on Belgian endive (found at Trader Joes) and/or Persian cucumbers.



Gourmet French Grilled Cheese

'Interesting' bread- (Milton's or Oroweat Oatnut)

Butter

Muenster cheese

Brie cut into pieces

Hot and Sweet Pepper Jelly (found at Trader Joe's) or CAL Red Pepper Jelly (Ralph's Private Selection); fig jam and apricot jam are good substitutes

Butter the 'outer parts' of the bread

Place Muenster cheese and pieces of Brie on one slice of bread. Spread jam on the other piece. Put sandwich together and grill each side. Allow to cool for a bit before cutting.

October Recipes (cont'd)

Stuffed Baby Potatoes

Baby potatoes
Lawry's Garlic Salt
Fresh ground pepper



Boil the potatoes until soft. Let cool. Cut each potato in half. Cut off each side of the potato so it's flat. After they are cool, scoop out a little bit out of each potato using a small melon baller. Sprinkle the potatoes with the Lawry's and fresh ground pepper. Fill each hole with one of the following:

- Sour cream topped with Tapenade
- Goat cheese mixed with Boursin cheese (available at Costco)
- Sour cream mixed with horseradish (found at Smart and Final) and top with smoked salmon or trout

Fresh Sautéed Whole Baby Portabella Mushrooms

Butter or +Extra Virgin Olive Oil
Baby Portabella Mushrooms
Lawry's garlic salt
Fresh ground pepper
'Finishing' salt (sea salt)



Sautee mushrooms (see note below). Sprinkle with salt and pepper during cooking. When mushrooms are done, lightly sprinkle with finishing salt.

Cooking tips/notes:

*At the beginning of cooking, mushrooms (and eggplant) soak in the fat. As they finish cooking, they release the fat and back in the pan.

+Olive Oils- there are two kinds. Green olive oil is peppery in flavor. The olives are picked early in the season. Yellow olive oil is sweet and buttery in flavor. The olives are picked late in the season.

Sautéed Shrimp (or Scallops)

Cognac or butter
Raw shrimp (Trader Joe's either 16-20s are best size but 21-30 are okay) or scallops
Soy Sauce, Tempura, or Teriyaki Sauce
Chopped garlic
Pickling spices (these should be ground up before adding to shellfish)
Lawry's Garlic salt



Defrost shrimp. Add all the other ingredients to the shrimp and mix to coat well.

Melt butter or heat cognac in deep pan/wok. Add shrimp and cook in a single layer until shrimp turns pink.

LIFE Book Talks

This month the LIFE Book Talk features Jan Tappan. Jan teaches in LAUSD and is an accomplished “fiddler”!



What is the last great book you read?

Currently reading Children of Refuge, by Margaret Peterson Haddix. It's the second in a trilogy, the first of which is Children of Exile. It's a middle grade novel, dystopian, but dealing not just with a single country, city, or planet, so in a sense the series is also science fiction. Like many of her other novels and series, she incorporates social commentary into the story line. This book has relevance to the black lives matter movement, only with eye color as the defining characteristic. Green eyes are favored - but there's a LOT more to it than that. When I taught upper grades, my students LOVED her books as read alouds, and I got a lot of kids hooked on reading using her books. I have a feeling that I probably was destined to be a children's librarian, but that will wait for another lifetime!

What influences your decisions on what books to read? Word of mouth, reviews or a trusted friend?

I belong to a book discussion group - more of a book talk group, really. It was originally started years ago by someone in the downtown hierarchy who was interested in books to buy for school libraries. The members were given a book to read each month and they told the other members about their book during their meetings. For a while it was called "Books and Bagels" after our favorite meeting treat. These days, the membership consists of teachers, principals, school librarians, city librarians, university professors and librarians, members of various book award committees, a bookstore buyer, and even some authors. We trade books, and often get copies of ARCs to read. I get such great ideas for the classroom from these wonderful folks. I'll often get recommendations from them for books to read. They also introduced me (virtually) to Donalyn Miller and the Nerdy Book Club, another source of book recommendations. Pasadena's Bridge to Books organization has sponsored some super author events, and I've read some books based on meeting the authors.

What classic novel did you read recently for the first time?

You know, I read children's literature almost exclusively, and generally newly published material, or older books of current authors I love. I can't think of a book that would be considered a classic that I've read since I became a teacher. When I was a new mom, I found that I read more of the classics. With each baby, I read all books written by specific authors, and I'm not sure why. Perhaps a desire to connect with something adult? With the first baby, I read all of Dorothy Sayers' Peter Wimsey books and many of her other books, and all of F.Scott Fitzgerald. With the second baby, I read all of Ellis Peters' books, and with the third, I read all of D.H. Lawrence. There are a few classics among those authors, for sure!

What books are currently on your nightstand? (Things on your "to read pile")

The most immediate on the pile are finishing Children of Refuge, Sputnik's guide to Life on Earth by Frank Cottrell Boyce, The Glass Sentence trilogy by S.E. Grove, finish reading The Road to Little Dribbling, but Bill Bryson, Jennifer Nielson's newest book as soon as I can get my hands on it, Reliquary, by Douglas Preston (for bonding with my daughter who loves this series), I Elizabeth, by Rosalind Miles (because the same daughter is going to be the Queen at the Renaissance Faire in the spring, and I want to know more about her character). That stack is about a foot tall, but I've got loads waiting in the wings when I finish these.

What genre of books do you avoid?

I love historical fiction, dystopian fiction, interesting fantasy worlds like Harry Potter or the steampunk worlds of The Mark of the Dragonfly or Phillip Pullman's worlds, science fiction, Rick Riordan's take on mythology. I'm trying to think of what I don't like... maybe romance novels, books without happy endings where characters die, horror books. I read in a fairly unconventional, unorthodox way: beginning, end, middle, end. If I'm not keen on the end, I might abandon the book, but more often I'm more excited about it when I know the end. It was a struggle to read the first Douglas Preston book that my daughter recommended since lots of people die in that series, but I love that she wanted to share books with me. And yes, I definitely read the end of that one!

(cont'd on page 12)

LIFE Book Talks (cont'd)

You're organizing a literary dinner party. Which three writers, dead or alive do you invite?

Margaret Peterson Haddix, Ellis Peters, Jennifer Nielson. I love their books! Also I'd find a good chef, since there's no way I'd cook for these folks.

The DKG California LIFE Foundation promotes literacy in all subject areas through the grants they give. You [can be a supporter of LIFE](#) and their good works through donations or participating in their annual raffle at the DKG California Convention. Alpha Upsilon donates at least \$100 each year through our Buck-a-Book sales at each meeting.

Mary Lou Langedyke
LIFE Liaison

DKG Go Ahead Tours



Venture to the Last Frontier. Cruise out of Seattle to discover classic gold rush towns and spectacular seascapes. Alaska will thrill you with its winding waterways, towering glaciers and rushing waterfalls, all within camera-shot of the ship's deck. Keep your eyes peeled and you're likely to spot an array of whale species breaching in the waves. After a week on the water, return to civilization in Victoria, beloved for its blooming gardens and mild weather.

DKG International has been partnering with Go Ahead Tours for the last few years to provide members with opportunities to travel in a fully organized, well planned tour group. Check out the [International Website](#) for information. Click on Go Ahead Tours-Alaskan Glacier Tour for complete information. Another advantage of DKG Membership!!

Sharing Our Stories of Hope



Delta Kappa Gamma Society International

California State Area XIII Conference

Saturday February 3rd, 2018

8:00 a.m. - 12:00 noon (Breakfast seating at 8:45)

**First Church of the Nazarene of Pasadena, Gilmore Hall
3700 East Sierra Madre Boulevard, Pasadena**

***The Good, the Bad, and the Hopeful:
Stories of a Prison Chaplain***

- Enjoy the company of DKG sisters
- Partake in a delicious breakfast
- Honor outstanding Chapter and Area members
- Take a chance on great raffle prizes
- Enjoy some art
- Be inspired by a fascinating speaker, Rev. Nancy Hastings Sehested



Nancy Hastings Sehested, a storyteller, minister and preacher, tells small stories within the larger context of the prison system. In a world rarely seen or understood she invites her listeners to see the people living and working inside the razor wire fences. A prison chaplain for over fifteen years at both men's and women's prisons, she had a unique vantage point to view the best and worst of human experience. Her stories bring to life the people behind the statistics of mass incarceration with honesty, humor and insight. An advocate for prison reform through education, mental health services, drug treatment, and spiritual development, Nancy currently serves as co-pastor of the Circle of Mercy congregation in Asheville, NC. Her book, *Below Good*, chronicles stories from her time at medium and maximum security prisons.

Remember: This is the only fundraiser for Area XIII

Cost \$35

-----CUT ON THE DOTTED LINE. KEEP THE TOP FOR YOUR OWN RECORDS-----

Name _____ Guest of: _____
Please print clearly

Phone #: () _____ Email: _____ Chapter: _____

Special needs? _____ Need Vegan Breakfast? _____ State Position? _____

Please make \$35 check payable to **YOUR CHAPTER**. Give it, with **THIS REGISTRATION** form to your chapter Treasurer no later than January 18. She will submit Chapter reservations to the Area XIII Treasurer. Direct all questions to **Patricia Rabe, Conference Coordinator: (818) 957-3875**.

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.

The Church of the Nazarene, while providing the facility with reimbursement, in no way supports or endorses this activity.