

Alpha Lambda State News

An Organization Of Key Women Educators Worldwide

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of the Delta Kappa Gamma Society International

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Spring 2018

Balancing Life Through Purpose Mindfulness - Resilience - Wellness

You are cordially invited to attend the 2018 Alpha Lambda State Spring Convention, on April 28 in Rutland, Vermont. Gamma chapter promises something for everyone! Perhaps you are looking for an innovation to take back to your classroom, new research to challenge or inspire you, or an instant activity. Perhaps it is time to enrich your personal life or your teaching in some way.

Sisters in Gamma Chapter are ready to present an uplifting and energizing Spring Convention. We will greet you at the Grace United Congregational Church, easily located just a couple turns off Route 7, less than 15 minutes from the convention lodging at the Comfort Inn.



Join us in the activities of the day: First, Yvonne Daley is our keynote speaker. We are so lucky to have her back in our area. She is a much-honored author, educator and publisher who has at the heart of her work “what it is to be living on this beautiful planet: the environment, creativity, human rights, community, resilience and healing.” She can help build our resilience to life’s devastating events while re-establishing our sense of wellness.

Second, three breakout sessions are offered to pique your interest. Gamma member Lisa Donohue, co-owner of the Thrive Center of the Green Mountains, will address personal wellness. Wendy Fjeld,

a math interventionist at Neshobe Elementary School will share her classroom project which helps students be mindful and deal effectively with emotions and stress. Her project has a home/school/community focus. Carol Tashie is an organic farmer, teacher and engaged community member who will speak of resilience in personal growth and the making of a healthy community.

Additional highlights of the day include: Initiation, Business Meeting, Founders Ceremony, Service of Remembrance, and Awards. Couture’s Catering will prepare our buffet luncheon. The menu is found on pg. 5, with your registration form. Dessert of a founders cake follows the Founders Ceremony.

Alpha Lambda State will raffle a beautiful handmade basket that day, thanks to the skill of JoAnn Clark. The raffle is in support of Puerto Rican DKG members still struggling in the aftermath of 2017 fall storms. All chapters are donating items of wellness and delight to fill the basket. Indeed one delighted Alpha Lambda member will get that basket full of treats. Your chapter has tickets for the raffle, and the winner does not have to be present in Rutland to win.

Don’t miss out on this special day. You are sure to find something which revitalizes you to Spring into Action!

##submitted by PT/MB

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Educational Excellence Committee Notes

Dear DKG Sisters,

I am looking forward to attending the International Convention in Austin, Texas in July. I highly recommend that you attend state, regional and international conferences as your circumstances allow. This allows you to meet sisters beyond your chapter or state, to be inspired by speakers on current topics, to mingle with organization leaders--all of which can deepen the outcomes possible from your membership.



As a result of my attendance I can cite personal and professional growth. These meetings have helped me wrap my arms around the work that we do in DKG, ensuring our work is purposeful. It has also increased important local partnerships as I bring knowledge back to Vermont and to Zeta chapter to enrich and expand our projects and programs. I am continuously impressed with the projects that Alpha Lambda state supports through the work of local chapters. Our work benefits our communities, educates our members and others, and has an impact on children in under-developed countries. Examples here come from reports that local chapters send to me.

We recognize and celebrate those who excel in teaching, or those who will enter the field of education:

- New member names are proposed from acknowledged teachers in the field - NBCT, Teachers of the Year or teacher innovators
- New teachers to the field of education are supported with small grants, or with awards for their work
- Local chapters have scholarships available to support those attending or completing college
- State and local chapter money can support member's on-going educational interests or need

We generously support families in need in these ways:

- Participation in the hugely successful Soup Bowls for Hunger in the Rutland area
- Food and snack supplies provided to in-school food shelves or snack shelves so kids are not hungry when they are trying to learn, or so they can take food home for a weekend or for a school vacation
- Collecting essential items for babies and children which are not food stamp eligible purchases, then making distributions to local food banks- in order to help families stretch their limited funds
- Sending clothing items and school supplies to Guatemala, Africa, Haiti and to local VT schools

We are committed to books and reading as a path to educational excellence:

- Learning about the Franklin country bookmobile, and raising money to support its efforts
- Becoming familiar with award winning books for adults and children
- Raising money / collecting books to support local shelters, family court waiting areas, emergency rooms and the corrections program Kids Apart-- an effort to maintain the bond between incarcerated moms and their young children through tape recorded readings
- Providing books in Spanish for children in Nicaragua

We heard guest speakers and traveled to on-site programs across Vermont, in order to expand our knowledge and celebrate the richness of educational opportunities offered across Vermont:

- Touring New England Circus Arts, and seeing classes in action
- Learning about the college preparation process or business management from Central Vermont Career representatives
- Touring the Green Mountain Power Innovation Center
- Understanding how to support various disabilities from Stern Center staff
- Hearing member presentations on their travel or educational experience

Wow, we do a lot! In addition to the outreach listed here, our connection to one another is of utmost importance. Sharing that connection, and our valuable skills and knowledge, is our strength. I am proud to be your first Vice-President.

- Marilyn Grunewald, First Vice President

Alpha Lambda Officers 2017-2019

Marcia Barron, President

**Marilyn Grunewald
First Vice President**

**Carol Barbagallo
Second Vice President**

Ann Bannister, Treasurer

**Mary Ann Riggie
Recording Secretary**

**Pat Lane
Corresponding Secretary**

Susan Green, Membership

Thoughts From Your President

What does membership in DKG mean to you? Have you ever thought about why you belong?

I vividly remember my first year in college, my first time away from the security of home. I thought I was ready to grow, but UVM was awfully big in so many different ways. It wasn't until I arrived for my sophomore year that I began to feel I belonged there, and began to enjoy my campus life. That year was a time of war, drugs, no bras and free love. Maybe you remember similar turbulent times, requiring that you evaluate your personal decisions in changing circumstances. Did you know how you fit in?



Feeling like one belongs is a very important feeling. When hired for my first position at Rutland Town School, it wasn't until I became a full-time teacher *four years later*, that I finally felt like I belonged there.

In contrast, membership in DKG brought immediate feelings of belonging. What made the difference? Sisters in my chapter warmly welcomed me in a reception line shortly after our traditional initiation ceremony. It is the women I met then, and continue to meet--and DKG women I watch and work with, that make my membership meaningful to me.

Do you have a friend or two in DKG? I have many. In particular, I want to thank my sponsor, mentor and friend Carol Barbagallo; she made this opportunity possible for me. We are in touch, in person or by phone, frequently in order to nurture and grow our relationship and our roles in DKG.

As a member of Gamma chapter, I have met new colleagues, participated on a number of committees, observed my sisters fulfilling their chapter roles, and learned from leadership in action. Jane Sarno mentored me in my role as Recording Secretary; Paula Townsend came to my rescue during a stress attack when a meeting needed organizing. Paula has fulfilled her role as Vice President/Spring Convention chair with enthusiasm. Especially rewarding committee work was the Soups committee with Luvia Webster, Linda Baker, Betsy Moakley and Ann Bannister.

State presidents begin their biennium at a regional conference. For me this occurred in Ontario, Canada where new presidents' training was provided from three very knowledgeable women leaders -- Dr. Lace Marie Brogden, Kay Stuart (International Leadership Development Committee) and Dr. Judy Merz (Interim Executive Director). Also present at training sessions were President Caroline Pittman, and Northeast Regional Director Carol Hughes. These women are people just like you and me, yet they have moved from chapter to state to international leadership roles. Knowing why you belong, and what your membership means to you will help you get more from your DKG experience. This knowledge led these women to inspire the next generation of DKG leadership. Will that next generation include you in a leadership role? Is that where you fit in?

Meet Two More Officers

Ann Bannister, Treasurer

Ann was a school nurse before retirement. She is now using her skills for consulting and substituting, and teaching within the Health Career program at Stafford Technical Center. She finds time to relax on Lake Champlain or spend time with grandchildren in Philly or Cincinnati. Ann joined Gamma chapter in 2001 and served as chapter president 2010-2012.

Susan Green, Membership Chair

With 36 years of music education experience Susan is found teaching at Shaftsbury Elementary School. General Music, Chorus and Band are staples, Bell Choir director, guest trumpet player and guest conductor are extras! Finally, she also participates in the discipline of equestrian dressage. Wow!

In Brattleboro Susan received the Evelyn DeBrune Springstead Music Award at our Spring Convention.

Vermont Membership Update

Hello my friends,

First I want to welcome those of you who are new to our organization. It is with open arms we embrace your talents, and your commitment to your profession. Together we strive to make education, and the future world for all students, a much better place. Considering the challenges of teaching today, this is no easy task. The support of DKG is here for you.

As I have reviewed the numbers and ranks of our membership, I note some trends worth sharing. We have lost some sisters who have had to take a step back and redirect resources toward their family and finances. In the past I have faced similar choices, and had to step away. Know that you are always welcome to rejoin us--just as I was welcomed back.

I see our biggest challenge as being viable enough to gain and retain members. Our profession is belittled, marginalized and dismissed too often. Our most valuable resource is our youth. DKG can be an enormous support system to help us help our students. Through strength in numbers, it is my hope that DKG can be a welcome and useful part of our your lives, no matter what the circumstance. ##SG

Contributions to DKG Emergency Fund

Are you aware that financial help following a loss due to natural disaster is available to you as a DKG member? One of us recently faced damage due to frozen and burst pipes in her home.



DKG quickly sends a \$500 check in response to such a costly repair situation. This money arrives even before your insurance may be able to respond, and can be of huge assistance in beginning to repair damages. This amount is not meant to cover the entirety of your loss, but as a financial bridge at a difficult time.

The Delta Kappa Gamma Emergency Fund was established in 1948 following a flood that destroyed a town in Oregon. A plea for help, printed in the *DKG News*, resulted in donations totaling more than \$3,000 (\$31,600 in today's money). From there the idea continued, resulting in a permanent Emergency Fund for DKG members in need.

The fund continues today, and natural disasters continue to affect our members. Any member facing a major loss from floods, tornadoes, hurricanes or other natural disasters may be recommended by her chapter or state president to receive the Emergency Fund award. See the DKG website if you need further details.

In the fall our state president reminded us of this fund, and its potential benefit to Vermont members. Through the generosity of Vermont chapters and members, a check for \$847 was sent to the DKG Emergency Fund. Such donations can be made at any time. A big thank you goes out to all who have already made contributions. ##AB

STATE SPRING CONVENTION

Balancing Life Through Purpose

Mindfulness – Resilience – Mindset

Grace Congregational United Church of Christ

8 Court Street, Rutland, Vermont

DIRECTIONS – From Route 7 North or South, turn onto West Street at the lights, between the park and the Mobil station. After about an eighth of a mile, turn left into the church parking lot. There will be signs directing you to the church entrance.

Registration and Continental Breakfast – 8 to 9 a.m.

A Buffet Luncheon catered by Couture's Catering

Appetizers: Stuffed Mushrooms 2 ways and Cheese Platter

Entrees: Eggplant Parmesan and Chicken Picatta

Sides: Garden Salad, Vegetarian Pasta, Roasted Red Potatoes

Dessert: Founders Cake

Beverages: Iced Tea and Lemonade

Registration: Cost is **\$25.** per person, due no later than April 20, 2018. Please use form below.

Executive Board Meeting

Friday, April 27, 2018 7:00 p.m. Grace Congregational United Church of Christ

Desserts, coffee and tea will be served during the meeting.

Optional dinner at 5:00 p.m. – Palms Restaurant, 36 Strongs Ave., Rutland, VT

Hotel Option: Comfort Inn at Trolley Square, 19 Allen St., Rutland, VT (802) 775-2200 - **\$82.** plus tax based on two per room. (Breakfast incl)

Reservation deadline – April 16, 2018 to be guaranteed this rate.

Certificates of Attendance for six hours of participation and learning will be available.

The completed registration form and a check for \$25.00 made payable to Gamma Chapter should be sent by April 20th to:

Julie Fox 18 Easterly Ave. Rutland, VT 05701

Name _____ Chapter _____

Address _____

Email Address _____ Phone Number _____

Certificate of Attendance for six hours of participation and learning? Yes____ No____

Attending Executive Board Meeting on Friday, April 27, 2018? Yes____ No____

Will you be joining us for dinner? Yes____ No____

Puerto Rico Project- A Gift to Another

Think of the many things you probably have enjoyed in the past several months: meals with family or friends, celebrations large or small -- birthdays, Thanksgiving, Christmas, Palm Sunday. Now, imagine trying to enjoy those events without power or fresh water. Five months after Hurricane Maria 400,000 people were reported to still be in the dark. That number is almost 2/3 of the population here in Vermont. How awful for U.S. citizens to be without power for such a prolonged period of time!

Marcia Barron met Puerto Rican DKG president Evelyn Lugo in Ontario, before the devastating weather events of the early fall. Power, water, health care and food ... the need seems more dire when you can envision friends suffering in this situation. While we all watched Puerto Rico in news coverage after the storm, when our lights come on every day, it is easy to forget the need continues in Puerto Rico, *still*.

Monies approved to be raised by your Executive Board are to be sent to Ms. Lugo, for that Puerto Rico's Executive Board to determine distribution of the funds. Restocking school supplies, helping public schools when they can reopen, and mitigating the cost of member dues are just a few of the needs we can address. (*DKG News* Jan./ Feb. 2018, p. 13)

Funds will be raised through our basket raffle -- your chapter should have tickets to sell for the basket of "Wellness and Delight." One winner will be chosen at the April State Convention. Your ticket purchase is as much a humanitarian donation as it is a chance to win. If you are out of Vermont as you read this, a donation can be sent directly to Ann Bannister, treasurer. For tax purposes, write "Puerto Rico donation" on the memo line of your check.



Downed power lines from the storm.

How much could I spare ?

Consider the amount of one birthday or holiday gift. It can't restore their power, but restoring faith in one another might help, just a bit, in the meantime. Send what you choose to:

Ann Bannister, DKG Treasurer
177 Mendon View Drive
Mendon, VT 05701



Chapters Chime In

Gamma

Gamma chapter has been busy with monthly meetings and social concerns. In August the guest speaker was Trish Huebner of Phoenix Books who shared books on the National Book Award list, and staff favorites. Also Rutland Town School librarian and Gamma sister Theresa Czachor spoke about Children's Book Awards. The social concern was regarding the organization of Soup Bowls for Hunger 2018, a well-received annual event in Rutland to raise money for local foodshelves.

In September the meetings was held at the Green Mountain Power Energy Innovation Center in Rutland. Their staff spoke with us about changing the way we think about energy use, and reviewed what the company is doing to help businesses and residents be more energy efficient. The social concern was a raffle to benefit the Future Educator's fund.

In October we gathered at the Rutland Country Club. Retired teacher Mary Crowley spoke about Zing!, her new educational children's TV show, on local access PEG-TV. Again our social concern was the Future Educator's fund.

We look forward to spring, and our upcoming meetings and events.

Delta

Susan Kotch spoke with the chapter about her experiences above the Arctic Circle and in Norway. This is an example of a program which drew on a DKG member's travel in a field-based setting as our program content. What an intriguing presentation!

Delta thanks all who came for the Women's Arts Retreat. Art is particularly important to this chapter; we support an Arts Bus -- think of an art-mobile (similar to the bookmobiles we are more familiar with). Bringing art to kids around our area who might be limited in their exposure or experience of art is an ongoing social and financial commitment of our chapter.

Alpha

Our March meeting was at UVM with student teachers to discuss professional issues and perspectives with those teaching. Our social concern was collecting books for Kids-Apart.

In May we will enjoy a chocolate sampling activity and hold our formal end of year Business Meeting and installation of officers.

Epsilon

Four new members have been welcomed into Epsilon chapter. They are Alicia Walker, Helene Gallagher, Margaret Morse, and Diane Stahler. These sisters have begun attending the variety of activities planned in our chapter's unique and beautiful region of the Northeast Kingdom. Our meeting locations take advantage of our setting, visiting different sites most every time.

JoAnn Clark made two wonderful baskets - a purse and a fishing creel basket. These were a fund raiser, resulting in \$1,054! Someone will take home another of JoAnn's beautiful items after the raffle to benefit Puerto Rico at the spring meeting. Buy your tickets now, so you don't miss out on this chance!

Sadly, Rose Flanders, age 96, has passed away after 44 years of membership.



Not the actual Wellness Basket.

Rules and By Laws - Electronic Meetings Option

At the February 2018 Alpha Lambda State Executive Board meeting, the board approved the following VOLUNTARY rules language for chapters.

Purpose: To permit a chapter's Executive Board to conduct board business using communication technology, as long as all board members have access to technology that allows them to hear and to speak to one another simultaneously. (Examples are GoToMeeting or Skype, or other technologies which provide similar opportunities.)

Proposed language: "All Chapter Executive Board members, being notified, Executive Board meetings may be face-to-face OR through electronic communications as long as members present may simultaneously hear one another and participate during the meeting."

##MAR

Delta Kappa Gamma Society International
Alpha Lambda State Newsletter
Jan E. Hughes, Editor
jeh8719@gmail.com
75 Pine Tree Terrace
So. Burlington, VT 05403

Address changes to:
Delta Kappa Gamma Society International
P.O. Box 1589
Austin, TX 78767-1589

**For your calendar
2018**

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|------------------|---|
| April 16 | Comfort Inn, deadline for Spring Conference pricing
(802-775-2200) Located at Trolley Square/Allen St. just off Route 7 |
| April 20 | Registration due for State Spring Convention
(Form inside this newsletter, or print page 5 from the e-version) |
| April 27 | Executive Board meeting; Grace United Congregational Church 7 p.m.
Optional dinner precedes meeting Palms Restaurant, 38 Strongs Ave.
5 p.m. - then mtg at the church |
| April 28 | State Spring Convention, Balancing Life Through Purpose
Grace United Congregational Church, 8 Court St., Rutland, VT
Registration and coffee 8 to 9 a.m. |
| July 16 - 20 | DKG 2018 International Convention - Austin, TX
Hotel and convention details are on the web - dkginternational.org |
| July 22 | Newsletter deadline for Fall issue |
| late July
TBA | Alpha Lambda Leadership workshop
Leahy Center Meeting Room at the Rutland Medical Center, Rutland, VT |
| Sept. 22 | Fall Executive Board meeting, Rutland, VT |

2019

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| TBA | Winter Executive Board meeting, Rutland, VT |
| Feb. 15 | Newsletter deadline for Spring issue |