

The Alaska Nuggets

BETA GAMMA STATE



THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL for KEY WOMEN EDUCATORS



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<http://www.dkg-ak.org>

BETA CHAPTER NEWS

In September, Beta welcomed new initiate Judy Rae Smith. After a busy career with hospital and hospice work, and 16 years of elementary teaching, Judy Rae has retired. Her busy life continues with OLLI (Osher Lifelong Learning Institute), gardening, and working on her "Bucket List" that includes a trip to Butchart Gardens. Judy Rae student taught with long-time Beta member, Flora Wiltse. We are happy to have her in Beta Chapter.

compiled by members of Beta Chapter, contains recipes varying from the simplistic to the historic. The FUNdraising Committee spearheaded this project:: members collected recipes, entered them into the website, liaised with the publisher, and completed other organization duties. Among the over-200 recipes in our cookbook, you can find recipes with as few as four ingredients and those with surprising and yet still tasty and obtainable ingredients. We were even able to procure a recipe by DKG Founder Annie Webb Blanton! The handy and compact books will cost \$10 each and be sure to provide you with many wonderful recipes, as well as have helpful cooking, baking and entertaining hints. If you would like to pre-order one or more copies (supplies limited!), please contact Erica Swift at ek_eks@yahoo.com.

In September, Beta members learned about the role and mission of the League of Women Voters from its state president (and Beta chapter member) Linda Witt. Most of the League's activities are local; however, state and national organizations are also very effective.

The purpose of the League is to encourage and facilitate community members becoming registered and informed voters. The League is political but non-partisan. It studies issues and takes positions. The League has a good track record for fair and efficient presentations. The local chapter provides public information at the Tanana Valley Fair, moderates candidate forums and sponsors broadcast of Borough Assembly meetings. Linda encouraged us all to become informed voters.



Beta Chapter President Judy Jasperson with new initiate Judy Rae

Looking for a neat gift idea for the cooks or want-to-be cooks in your life? Purchase a cookbook at the Delta Kappa Gamma Convention this April! "Fairbanks' Favorites", a collection of recipes

In October, Beta enjoyed hearing from its own Maryanne Allan who gave a follow-up to her Ph.D. dissertation, "Young Native Fiddlers." In their 17th year, the group now numbers 42 students from K-HS. The project encourages individual and cultural resilience, emphasizing each young person's part in his/her community. Important outcomes include empowerment of Native Alaska children, and cultural connection through music performance. Maryanne's doctoral program was partially supported by a DKG International Scholarship.



Angie Schmidt and Chris Miller received the Delta Kappa Gamma Beta Chapter Friends of Education award for their innovative creation of The Music Room, a downtown location, providing the Fairbanks art and music community with the space to practice and perform.

The Educational Foundation offers awards to fund educational projects.

Deadline for applying is January 3, 2013. Go to dkgef.org for information and application. See what others have done with their awards.



Development Awards. Information and applications are accessible at dkgef.org. The individual professional development award applications are due February 1, May 1, and September 1. The professional development seminar award applications must be submitted by November 1 each year.

The Educational Foundation selects recipients for the Cornet Professional

The Educational Foundation will be 50 years old in 2014. Members may add to the celebration by contributing in several ways:

- *Become a Miracle Maker by contributing \$500 over five years.**
- *Light a candle on the celebration cake by contributing \$50.**

***Honoring or memorializing someone special by contributing any amount.**

Those gifts of money fund projects that benefit education and children around the world.

Go to <http://dkgef.org> to find out more.



Anchorage Area Council Mini Grant Breakfast

Six Anchorage teachers were recently honored at the annual Anchorage Area Council Mini Grant Breakfast. All six received Mini-grants from the Anchorage area chapters of The Delta Kappa Gamma Society International.

The grants were for \$250 each and went directly to teachers for projects involving students. Emily Becker of Airport Heights Elementary School received a grant for the school's Garden Club. The funds were used to build raised beds. In the beds, the students grew potatoes, carrots, and flowers. Planted in the spring, the potatoes and carrots were harvested in the fall to provide food for school projects and to donate to the needy while the flowers added color to the school grounds throughout the summer.

Laura Guest's project for Turnagain Elementary involved purchasing headphones with attached microphones so students can create book trailers to be posted on the school web site.

Patty Hamre from Campbell school focused on a project titled "Readers Theater." The project activities build confidence and fluency in reading and hence a love of literature in her students.



From left to right, Austin Schwartz, Laura Guest, Mark Van Arsdale, Megan Perkins, Emily Guest, Patty Hamre
Photo courtesy of Lynn McNamara

Austin Schwartz, who shared the grant with Sue Schade of Mt. Iliamna Elementary, described the use of activities in the Calm Classroom manual. The exercises are short and support Social Emotional Learning Standards.

Megan Perkins of Mears Middle School won a grant to provide supplies for the activities in "Initiatives, Team, and Trust Building." A variety of non-competitive games and problem solving activities presenting mind and body challenges aid the students in building trust in themselves and one another.

Eagle River High School teachers Mark Van Arsdale and Farah Stephens received a grant for purchasing heart rate monitors for use in a project charting the Mammalian Dive Reflex (the slowing of the heart when receptors in the face are immersed in cold water.)

What do you track / hold dear / keep up with?

by Dr. Jenji P. Souders,
2010-2012 International President

Good jewelry? Children? Email? Family budget?

We all have things that we consider so important that we always know where they are and that they are safe. We keep up with what's important to us. How important are your fellow chapter members to you? When was the last time you called a member you haven't seen in a while and checked up on her, telling her you've missed seeing her and, perhaps, setting a time to have lunch or coffee together?

One of the indications of a strong chapter is strong communications with all members, and not just through a newsletter or email or once-a-month phone tree. What about one-on-one communications? If each chapter member were to make one phone call a month to one member she hasn't seen or talked to in a while, just think of all the strengthening ties that would soon bind the chapter together.

¡Gracias por todos!

In December, 2012, TEACHER-TO-TEACHER: Alaska to El Salvador completed its 10th year of workshops in Soyapango and San Miguel for 40 English teachers and 8 teacher preparation students. The teachers gratefully received books and materials provided by generous donations totaling thousands of dollars from the U.S. Embassy and DKG Educational Foundation grants, from Beta Gamma State, Beta Chapter, and many individuals.

Evaluations indicate that participants improved especially in confidence and enjoyment in using English. They were so excited to learn how to teach using activities that are educationally solid yet a lot of fun.



Dianne Coursey, Daphne Hofschulte, and Cindy McCallon are joined by other members of the 2012 volunteer team.



The Hokey Pokey teaches vocabulary.
“That’s what it’s all about!”

Our Board of Directors completed a 10-year project evaluation and determined that our mission and goals continue to be valid. Both the US Embassy and the Peace Corps El Salvador are committed to



State member Cindy McCallon, Juneau, gives individual help using donated bilingual materials.

working with us on some new ideas to expand the project – we’ll see how this goes.

One young man, Néstor said, “Why are you here? I mean, who does something for nothing??” The answer is TEACHER-TO-TEACHER and Delta

Kappa Gamma members. Many of you would love this adventure, and you would be of tremendous help to teachers who are yearning for help. We provide safe transportation and safe housing, and take precautions whenever we are “out and about.” El Salvador is a beautiful country with many beautiful people. We can guarantee that you will return home with a renewed faith in the human spirit, and a grateful heart for all that we have in our own wonderful country.

For more pictures, see <http://www.dkg-ak.org> and click on “News Items.”

Think about being a volunteer... save your pennies and put T2T on your Nov.-Dec. 2013 calendar. For more info, contact Dianne Coursey/457-2383 diannekcoursey@alaska.edu or Daphne Hofschulte/488-2251 machof@hotmail.com

These are the amendments to The Beta Gamma State Bylaws that will be presented for voting at the April convention in Fairbanks

The Changes are shown by ~~strike out of previous wording~~ and underline new wording as follows:

Article VI [Officers and Related Personnel], Section B. #1 If adopted would read:

The President shall: [New n.]

n. facilitate the timely collection of documents related to state business needed for Beta Gamma State Executive Board meetings i.e. agendas, minutes, committee reports etc. Work with the Webmaster to post these documents on the website for members to download.

Rational for change: in the past the president has copied these needed documents and mailed them to Executive Board members or had them available in hard copy form at the meeting. This new language will make the best use of our website, and give all members access to the necessary documents for the meeting.

Fiscal impact: this language will save copying fees as well as mailing costs.

Article VI [Officers and Related Personnel], Section B. #3. a. If adopted would read:

The State Recording Secretary shall:

a. Keep minutes of all state organization meetings and furnish **both** the president **and the Webmaster** with such copy.

Article VII [Meetings], Section B, #2 If adopted would read:

#2. Meetings of the State Executive Board shall be held face-to-face during the State Conventions and State Leadership Workshops at least once a year. **Teleconference Available communication technology is acceptable for additional State Executive Board meetings.**

Rational for change: Members need to be in a group face to face meeting so we can see and hear all that goes on. *Fiscal impact: None*

Article VIII [Executive Board] A, 3a If adopted would read:

#3a. Meetings of the State Executive Board shall be **held face-to-face** at least once a year. Special meetings may be called by the state president.

Rational for change: Members need to be in a group face to face meeting so we can see and hear all that goes on and for interaction. *Fiscal impact: None*

ARTICLE IX COMMITTEES
IS DESIGNED TO REPLACE THE LANGUAGE IN THE CURRENT BYLAWS

ARTICLE IX COMMITTEES

Section A. BETA GAMMA STATE COMMITTEES

1. The standing committees shall be:

1. Communications *
2. Educational Excellence *
3. Expansion and Membership *
4. Finance *
5. Leadership Development
6. Nominations
7. Rules
8. Scholarships *

* State organization and/or chapters are responsible to international for the work of these committees.

2. General Procedures

1. All committees shall be appointed by the State President except the Nominations Committee.
2. The State President shall serve as an ex-officio member of all committees, except the Nominations Committee.
3. Matters requiring immediate committee actions may be voted upon by using available communications technology.
4. Committee meetings may be held using available communications technology with the approval of the State President.
5. The quorum for a meeting is a majority of committee members.

3. Composition of Committees

Each committee shall be composed of a chairman and members as appointed by the State President.

4. Duties of State Committees

a. Communications

i. Communications Chair shall:

1. be responsible for coordinating and disseminating Society news, and U.S. Forum and World Fellowship information to members via state newsletter, state directory, state web page, and state historical records or other appropriate means.
2. work with the web site chair to maintain the web site for the benefit of the members.

ii. History Chair shall:

1. maintain and update two sets of historical records each biennium. Archived records shall be original documents or paper copies of the documents.
2. send one set of records to the University of Alaska Fairbanks Elmer Rasmuson Library, Alaska and Polar Regional Department for archival storage at the close of each biennium. The second set shall be kept in possession of the historian. Records included and/or updated at the close of each biennium shall include:
 1. Current copies of State Executive Board and General Membership meeting minutes
 2. Current copies of The Nuggets
 3. Updated copies of the Beta Gamma State By-Laws and Standing Rules as amended (refer to the Beta Gamma State Standing Rules M, #2.)

iii. Nuggets Editor shall:

1. publish, with the approval of the State President, the Beta Gamma State Nuggets twice annually.
2. send the link to the Nuggets to each member of Beta Gamma State who has a current email address on file with the editor and to the International Executive Board.

iv. Web site Chair shall:

1. maintain the state web site for the use of all members.

2. work with the state president to have the necessary documents needed for state meetings available on the web site for members to download.

b. Educational Excellence

i. Educational Excellence shall:

1. be organized to function as a committee of the whole or, at the discretion of the chair, in groups, to accomplish its responsibilities for personal and professional growth.
2. promote programs and projects for excellence in education.
3. support programs of action that promote the personal well-being, intellectual growth, and global awareness of women educators.
4. encourage a focus on the arts including music at state organization conventions and workshops.
5. develop strategies that will enable chapters to encourage members to become leaders.
6. support desirable legislation or other suitable endeavors in the interest of education and of women educators.

c. Expansion and Membership

i. Expansion and Membership shall:

1. be responsible for organizing new chapters within the state upon authorization of the State Executive Board.
2. study and make recommendations related to membership.
3. screen recommendations for state honorary members.
4. be responsible for necrology and membership records.
5. plan and conduct the necrology service at the state convention.

d. Finance

i. Finance shall:

1. be responsible for supervision of the financial affairs of the organization, including recommendations for the expenditure and investment of funds, preparation of a budget for adoption by the State Executive Board, and an annual financial review.
2. include the State President and the State Treasurer as ex-officio members, with vote, on the committee.

e. Leadership Development

i. Leadership Development shall:

1. plan workshops and design other opportunities for developing leadership among the members.
2. be comprised of the chairman, the state membership chairman, the state educational excellence chairman, the state membership chairman, and the state treasurer.
3. provide leadership training for the newly elected chapter presidents, treasurers and chairmen of the educational excellence and membership committees at the State Workshop in the even year of each biennium.
4. provide leadership training for newly elected state officers at the State Convention in the odd year of each biennium.

f. Nominations

i. Nominations shall:

1. be composed of three members, one from each of the three geographic areas, elected at the state convention at the time of election of state officers.
2. elect its own chairman from among its members.
3. present in election years, a slate of state officers including one nominee for each elective position and prepare the ballot in accordance with the plan for nominations and elections adopted by the State Executive Board.

g. Rules

i. Rules shall:

1. receive proposed amendments to the state ByLaws and Standing rules, make recommendations to the State Executive Board on properly submitted proposals for amendment, and present proposals approved by the State Executive Board to the membership for vote.

2. conduct appropriate research to avoid conflict with the CONSTITUTION, International Standing Rules, State Bylaws and Standing Rules. The Rules Committee has the responsibility of when and how to review chapter rules.
3. notify chapter presidents of proposed changes to the Bylaws at least 30 (thirty) days prior to the state convention.
4. submit the Beta Gamma State Bylaws and Standing Rules to the International Constitution Committee for review after the document has been amended or when submission is requested by the State President.

h. Scholarships

i. Scholarships shall:

1. promote interest and support for annual Society Scholarships and award such state scholarships for graduate study as have been approved by the State Executive Board.
2. consist of three members, one from each of the three geographic areas.
3. appointment will be for three years on a staggered basis, with no one permitted to serve two consecutive terms.

5. Beta Gamma State Special Committees

Ad Hoc committees shall be appointed by the State President as authorized by the State Executive Board. The Ad Hoc committee shall be assigned a due date for the completion of their work and shall be dissolved after submitting their final report to the authorizing body.

Section B. Chapter Committees

1. Chapters shall be responsible for chapter dues and reports of work, as stated in the CONSTITUTION, VIII, Sections B and C.
2. Chapters may establish standing committees to carry out these duties as well as special committees when needed.
 1. Current copies of State Executive Board and General Membership meeting minutes
 2. Current copies of *The Nuggets*
 3. Updated copies of the Beta Gamma State By-Laws and Standing Rules as amended (refer to the Beta Gamma State Standing Rules M, #2.)

These are the amendments to the Beta Gamma State Standing Rules that will be presented for voting at the April convention in Fairbanks.

The Changes are shown by ~~strike out of previous wording~~ and underline new wording as follows:

Standing Rules Amendments

Remove Section F Program of Work from the Standing Rules

~~Section F – Program of Work~~

~~Three copies of each chapter yearbook, including a calendar of chapter event, may be brought to the state convention for judging and review and given to the State Program Chairman at the State Executive Board meeting.~~

—————**Rational for change:** *This has not been done for many years and it was a lot of work for not enough benefit*
Fiscal impact: none

Remove # 1 and #4 from Section E Committees.

Section E Committees

- ~~1. Committee chairmen shall be provided with carrying cases for continuity of files. The files shall pass to new committee chairmen at the end of the biennium. Mailing cost will be paid by Beta Gamma State.~~
2. State committee chairmen are encouraged to attend all state executive board meeting, including teleconferences.
3. Each state committee chairman will receive a fifty-dollar (\$50.00) stipend once during her biennium for attending a state convention, conference and/or workshop.
- ~~4. Funding for travel expenses of the Leadership Development Committee may be reimbursed within the limits of the established budget.~~

Rational for change:#1 The carrying cases are not being used now. Most of the information that was passed from one committee chair to the next is now available on line. *Fiscal impact:* possible saving in purchase of lost cases and shipping costs

#4 The Leadership Development Team used to travel around the state to meet with individual chapters to help with leadership development including training for new officers. At that time the state budgeted for the total travel expenses for this group. In 2001 the Executive Board voted to move this training to the April workshop. The Leadership Development Chairperson now qualifies for the \$50 stipend (#3) to help with her travel costs.

Fiscal impact: none No travel expenses for this team (committee) have been incurred for many years.

Section H. Scholarships

Add new #7 and renumber #8 and #9

#7. **The Scholarship winner's name shall be placed in a sealed envelope and given to the State Secretary at either the Executive Board meeting or the Membership meeting, so that the winner's name can be entered in the official minutes.**

Rational for change: The winner's name is kept secret until the official presentation, but often the name is not included in the minutes as the official record.

Fiscal Impact: none

Section K Achievement Award

#3, The Second Vice President of Beta Gamma State shall send nomination forms to all chapter presidents by November 1, prior to ~~the~~ each state convention, ~~conference and/or workshop~~. [The final change would be in the last sentence.]

The award shall be presented only when the committee selects a qualified recipient, ~~not necessarily on an annual basis~~.

#4. The Beta Gamma State Achievement Award shall be presented to the recipient by the Second Vice President of Beta Gamma State. The award shall be presented at the final banquet of the state convention or at another appropriate event at the ~~conference and/or workshop~~ state convention

Rational for change: This change would return to past practice of having the possibility of only one winner per biennium.

Fiscal impact: With the increasing cost of purchasing the achievement award necklace, this would decrease the cost by only purchasing one necklace per biennium.

New #5 Section K

#5 The Beta Gamma State Achievement Award winner's name shall be placed in a sealed envelope and given to the state secretary at either the Executive Board meeting or the General Membership meeting, so that the winner's name can be entered in the official minutes.

Rational for change: The winner's name is kept secret until the official presentation, but often the name is not included in the minutes as the official record.

Fiscal impact: none

Fairbanks Theta Chapter Mini-Grants

Every year Educators are given the opportunity to apply for grants to fund special projects in their schools and classrooms. These grants fund everything from innovative school-wide projects to simple classroom needs.



Past projects include Math Manipulates, Family Night Materials, and Models for Science. Ellen Wood used her mini-grant funds to buy Andy Goldsworthy books to help her students see art in natural patterns and create their own art sculptures with found materials. Nancy Stroller purchased P.E. equipment. Michelle Harlamert bought thinking games to challenge her E.L.P. students.

It's easy to apply. Any part or full time staff member supporting private or public education in the Fairbanks educational community, including certified and classified staff, and student teachers, is eligible to apply. Applicants submit a one-page proposal, which is evaluated on a 1 to 6 scale. Projects are selected based

on originality and in comparison to others submitted.

Recipients are required to give a brief presentation of how the grant enhanced their classroom or school. Theta members look forward to hearing about projects at a spring meeting.

Katie Bates, orchestra teacher, described how she uses music tuners, purchased with her mini-grant funds with her students. *Before demonstrating the tuners, I reviewed the names of the guitar strings with the students: E-A-D-G-B-E. We use two sentences to remember the names. Every Apple Does Go Bad Eventually and Eddie Ate Dynamite, Good Bye Eddie. The tuners pick up the pitch of the string being played and display if it is in tune or not. If it is a different pitch, then the students must remember which string they are tuning, and check to see what pitch the tuner is showing. It displays a green line if it is in tune, and other colors if it is flat or sharp. The students are getting better at using them and will come and ask for help if they know the tuning isn't quite right. I think that these tuners will be useful for a long time!*



HELP! HELP! HELP!

As your state historian, a large part of my work involves collecting and maintaining the records of our state activities and legal actions to promote Delta Kappa Gamma. I have two complete sets of our NUGGETS and minutes for every state executive board and convention. I must also confess that I am probably the “least computer/technology literate member” on our executive board. So I am asking for your help and support.

Prior to the October 2012 board meeting, I found myself missing the documents I needed for the board meeting because I hadn't realized they were not going to be sent to me via U.S. mail. I should have recognized I needed to search the website. I also found that when you use “Go To Meeting” to facilitate our meeting rather than face to face, that “Invited” does not mean only those people listed should “go to the meeting”. Rather, those were the sites available to us all. Now I know! I called Marlin, confessed my ignorance and asked for help.

Between us, we came up with a possible solution. In order for this to work, it is essential that the state president, Gayle Hammons, and webmaster, Marlin Collins, have the list of current chapter officers and their current e-mail address. So please be sure you have provided that to them before March 15, 2013. Prior to the April 2013 executive board meeting in Fairbanks, each officer or committee chair having a report, motion, or informational document related to state business should send President Gayle Hammons a copy (to glhammons@uas.alaska.edu) and also Webmaster Marlin Collins a copy (to mfcollins@gci.net) of what needs to be available to each person, i.e., minutes, agendas, motions, budget report, ad hoc committee reports, etc., in a timely fashion. Marlin will then post all of this in one location on the DKG Alaska website. Then, each of us participating is expected to download and print these materials to have for the meeting Saturday morning.

Yes, we are saving printing and postage. Yes, each can use her favorite or handy electronic device. And yes, even Carolyn will have her papers in hand.

Many thanks to everyone for helping us create a reasonable and timely solution for continuing the

work of our society. If you have any questions or concerns, contact Gayle Hammons, glhammons@uas.alaska.edu, Marlin Collins, mfcollins@gci.net or Carolyn Rooker, carolynrooker@me.com.

Beta Gamma State President Message

Carolyn Rooker's article about why it is important for her and everyone else to stay on top of Beta Gamma State information by frequently going to the State website couldn't have been said better. Everyone should have this site bookmarked, and check it weekly. If you find it at all difficult to navigate or find things at this website, please contact me, Gayle Hammons, State President, immediately, at glhammons@uas.alaska.edu or (907) 738-3028, or Marlin Collins, Webmaster, at mfcollins@gci.net.

Our International President, Dr. Beverly Helms, and all of us who care about the continuing success of DKG INTERNATIONAL, know the importance of encouraging our younger members to attend Workshops and Conventions in their respective states. It is these younger members who will be our future leaders in the Society! See you ALL in Fairbanks.

“Teaching Minds, Touching Hearts!”

Beta Gamma State Convention 2013

Welcome to the Golden Heart! Beta, Pi, and Theta chapters are excited to be hosting this year's Beta State Convention, April 12 - 13. We are in the Zone...2 that is, and have enjoyed working together to prepare an outstanding weekend of Convention and non-Convention opportunities.

Zone 2?? Remember that an ad-hoc committee was tasked with determining who and how we'll keep hosting our state events. The committee proffered the Zone idea (See the Beta State website homepage) to the Executive Board, which also liked the concept. No formal vote has been

taken, but I'm referring to Zones now, so you'll get the idea and can think about it before we do vote.

International Membership Services Administrator, Nita Scott, will arrive Thursday evening and leave Sunday. She is thrilled about her first trip to Alaska and eager to discuss membership and any other DKG topics. If you have questions, she will answer them. Nita will be featured at both lunch and dinner on Saturday.

Saturday's breakout sessions are divided into "Brain and Braun" or "Mind and Matter" or... You get the idea. One set of sessions will be more thought provoking and the other set will have more light-hearted and physical choices. After reading the offerings, please rank your choices, 1 – 4, for each session, on the registration form.

Look through the Fairbanks link on the registration form, and if you're staying Sunday, consider the following to see: UAF Museum, Fountainhead Antique Auto Museum, Morris Thompson Cultural Center, Chena Hot Springs, and Santa Claus House in North Pole. We're looking for some in-store discounts while you're here. *In My Element*, a women's clothing boutique, has also offered a special, closed to the public, shopping session for our convention participants on Sunday afternoon. You'll learn more about these possibilities in April.

Change is good! Another "something new" for this Convention will be the first ever for Alaska, COMBINED MEETING, of Executive Board and General Business. Other states, including Nita's home state of Texas, have gone in this direction. It will allow more time for mingling on Friday night and be less repetition at Saturday's business meeting. Plan to come with an open heart as we try this exciting approach. We'll all learn together.

The Nominations Committee will present its slate of officers at 11:00 a.m. on Saturday. If you are interested in being an officer, or want to nominate someone, inform the Nominating Committee before February 15. Lois Rhodes (lrhodes@gci.net), Jeanne Fiske (jfiske@gci.net), and Leigh Anne Cox (leigh1cox@yahoo.com) are committee members. They will look over the names and present a slate of officers to Chapter Presidents in March. Talk to people and nominate NOW.

Regardless of whether we use the current format or the new Zone format, Anchorage will probably host the 2015 Convention, and the 1st Vice President traditionally comes from the hosting Chapter. With the new proposed Zone format allowing one or all chapters to host, you have a wider selection base if you do a joint hosting. For example, we have a Beta V.P. and Registrar, a Theta Treasurer, and committee chairs from all three chapters. Think NOW about whom to nominate for your 1st Vice President from Anchorage for this next Biennium.

We've chosen the Westmark Hotel for our event because it is right downtown. To reserve your room click on the link on the registration page. Use the code **DKG code #deka041212**. Complimentary breakfast is served each morning. Members of Beta, Theta and Pi will provide transportation throughout the Convention and on Sunday, as needed.

The registration fee is \$140 until March 1, with a \$10 late fee after that date.

\$140 Registration Fee* for the Convention covers...

Meals: Friday Night—Hot Appetizers Buffet
Saturday Lunch—Soup & Salad Buffet
Saturday Dinner—Chicken & Fish Entree
Meeting room rental/eight workshop opportunities!

***Delegates must pay the entire registration fee, regardless of days/time of attendance.**

CONVENTION SECTIONALS

There will be two sectionals on Saturday afternoon. Please indicate your 1st, 2nd, 3rd and 4th choices for each of the two sessions on the registration form. Members will be given priority based on the date a registration is received. Brief descriptions follow:

First session:

Alzheimer's and other forms of Dementia— Statistics show that by the time we are eighty years old, one out of two of us will have some form of dementia. Will you be able to dodge that bullet? How can you reduce your risk? What happens when one experiences dementia?

Benefits of Laughter—Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from stress. Best of all, this priceless medicine is fun, free, and easy to use.

International Scholarship—Delta Kappa Gamma Society International offers up to thirty scholarships annually to members of the Society to enhance the fulfillment of its fifth purpose, "To endow scholarships to aid outstanding women educators in pursuing graduate study...."

If you are considering pursuing your doctoral degree or earning another graduate degree, this sectional will be of benefit to you. Dr. Maryanne Allan (Beta) recently completed her doctorate with the aid of a Delta Kappa Gamma International Scholarship. She will share with you the steps she took in the process, as well as her dissertation based on Young Native Fiddlers Group. Maryanne founded YNF sixteen years ago with the purpose of providing music instruction for young native children whose parents otherwise might not be able afford the lessons.

Optimal Health—What is a pure and sufficient lifestyle? Dr. Josh Costello, a Fairbanks chiropractic doctor, specializes in a holistic approach. He'll discuss how to be "the best you can be" in all aspects of your life – physically, mentally, emotionally.

Your Brain on Chocolate—The next time you forget something, don't reach for the ginkgo pills. Instead...eat some chocolate! Hear what's new in women's brain research and about how women's brains differ from those of men. There are a variety of activities that force the brain to reprogram itself, from traditional mental challenges to learning new dance moves.

Second session:

All Tied Up—Scarf fashions come and go. Today, they've come again and are very popular, creative accessories to our fashion statements... Neckties, belts, skirts, headbands, shawls and more all can be made from scarves. Whatever your style—chic, sophisticated or classic—learn various ways to add

elegance and pizzazz to any outfit. Two young ladies in the leadership program at UAF, who are employed by the store In My Element, will demonstrate present day fashions of scarves.

Tai Chi (TIE-CHEE)—Originally developed for self-defense, this ancient Chinese tradition has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle, flowing movements. It is a self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tea for Two and More—An introduction to teas of the world presented by a certified tea specialist. Learn the history of tea, the benefits and traditions of tea, and the preparation of tea. There will be a charge of \$25 per person for this sectional. Pay in Fairbanks.

Zentangles—This is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, and provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle method is enjoyed all over the world and across a wide range of skills, interests and ages. (Kits of supplies will be available for purchase. Ordinarily \$10, kits will cost \$6.50 for our convention members. Pay in Fairbanks.)

Zumba—Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning, fitness-party that's moving millions of people toward joy and health. This is for all levels of dancer!

Thank you for planning to attend this year's "Teaching Minds, Touching Hearts!" Beta Gamma State Convention. We're eager to visit with old friends and welcome new sisters who might be attending a state event for the first time. You truly will get a broader picture of what DKG is all about once you're here. If you have questions, please contact the emails on the form below.

Sincerely,
Judy Jasperson
Beta Gamma State, 1st. V.P.
Convention Chairperson

“Teaching Minds, Touching Hearts!”
Beta Gamma State Convention
April 12 - 13, 2013
Westmark Hotel, Fairbanks, AK

Registration Information: (Please print)

Name: _____ **Chapter Name:** _____ **Chapter Location:** _____

Mailing Address:

Phone: Home _____ **Cell** _____ **Email:** _____

Rank 1 – 4...Session 1	and	Rank 1 – 4...Session 2
_____ Alzheimer’s		_____ All Tied Up
_____ Benefits of Laughter		_____ Tai Chi
_____ International Scholarship		_____ Tea for Two*
_____ Optimal Health		_____ Zentangle*
_____ Your Brain		_____ Zumba

Airline information:

Fairbanks Arrival: Date _____ Time _____ AM PM _____ Airline/Flight # _____

Fairbanks Departure: Date _____ Time _____ AM PM _____ Airline/Flight # _____

Do you need a ride from the airport to the hotel? YES NO

Do you need a ride from the hotel to the airport? YES NO

May we use your name, photo and/or email address on the Beta Gamma State Website:

www.DKG-AK.org... YES NO

In the *Nuggets* newsletter? YES NO

Make Room Reservations directly with the Westmark Hotel (800.544.0970 or 907.456.7722) Be sure to mention DKG code #deka041212 to receive the Convention rate of \$74+tax. Reservations may also be made on line; put the code into the Group Code box www.westmarkhotels.com/fairbanks

Check out Fairbanks: <http://www.explorefairbanks.com>

Please make your check for \$140/\$150 payable to DKG/Zone 2 Fairbanks. *Payment for the tea sectional and Zentangle sectional will be made in Fairbanks at DKG registration desk.

Mail registration form & check to: Kathy Alton, P.O. Box 85293, Fairbanks 99708

For questions email:

Judy Jaspersen, jjaspersen1@gmail.com or Claudia Hall, chall@mosquionet.com