

The Alaska Nuggets

BETA GAMMA STATE



THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL for KEY WOMEN EDUCATORS



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<http://www.dkgalaska.org>

DKG Women Educators - Opinion

Do you know what I like about DKG? Just about everything! It's like, wherever two or more of us are gathered...we have a great time!

Being in Eagle River with fifty friends is certainly a "high," and as a group we certainly appreciate all of the efforts put forth by Nu chapter to hostess a workshop; but for me it's the hospitality, friendship and togetherness they exemplified that I take home with me.

Isn't it amazing that we can pick right up where we left off with friends we haven't seen since last year? That includes jumping right back into ongoing disagreements and arguments over what we're doing, or SHOULD be doing. That's more than friendship – that's SISTER-ship!

Speaking of disagreements, isn't it ironic that the most exciting part of the Ex Bd business meeting

was arguing over whether to cancel our meeting-every-year policy? Of course, the BEST part of the meeting was hearing each chapter summarize the wonderful work it is doing to support women educators and community endeavors that promote education in general.

In what other group does the International President "fit right in" and quickly learn to give and take with the best of us? Didn't we all go home, enthused by her new membership plan? Fifty DKG women now know a new "someone" in high places, and can feel comfortable calling Dr. Lyn Schmid a friend.

What do I like about DKG? I like being part of a diverse group of women educators brought together by our common desire to help each other and our profession, and to reach out to others.

Daphne Hofschulte



NU CHAPTER THANK YOU

Nu Chapter wishes to thank our sisters for traveling to Eagle River in April for our Beta Gamma State Workshop. We grow so much stronger during our shared experiences. Thank you for generously giving your time, thoughts, and kind remarks. Let's remember to deepen our roots and grow. Our communities need us.



Back row (l to r) Norma Hannan, Mindi Vogel, Barbara Kovarik, Julie Hargraves
Middle row (l to r) Helen Gonion, Rev. Gracie Jackson, Kathy Adamich, Colleen Brown, Jane Lister, Cynthia Miller, Sandy McKinnis, Mary Vaught, Tanya Beck, Dr. Lyn Schmid
Front row (l to r) Vicky Otte, Clea Loudermilk



President's Musings:

We just attended an outstanding training session at the Alaska State Workshop in Eagle River. Ask your chapter presidents about the Executive Board meeting that started our Saturday.

Chaired by Daphne Hofschulte, the Leadership Committee went above and beyond to provide an excellent training for Presidents/Secretaries, VPs and Treasurers. Sessions were open to all and many met with the VPs to hear Dr. Lyn's model for gaining new members. We could understand how it can work, and we all left wanting to try it at home! Daphne, Amy Budge and Joan Lower were the hands-on presenters and Claudia Hall provided input for their sessions. THANK YOU Leadership committee!

Nu chapter members were fantastic hosts, and they shared the luncheon duties with other Anchorage chapters. Eta assisted with Emcee and programs, Delta with flowers and Installation of Officers, and Zeta with the Founders' Day Ceremony.

It was fun to "put back together" our Founders' pictures and then share their accomplishments from printed information on the back. I was

her at every turn. She involved herself completely in our activities, and was a delight. I believe I heard her ask where she could stay when she moved to Alaska?!

The catered food was delicious, the



student strings of Kathy Strawn at lunch and the Alpenglow



Barbershop Quartet at dinner provided excellent entertainment. A plus, everyone



honored to install our officers with Dr. Lyn and learn from



won a door prize. Thank you

to all members who worked on, and most especially to Kathy Adamich and Barbara Kovorick, who co-chaired this extraordinary event!



SATURDAY MORNING LEADERSHIP STRANDS

Following the opening remarks and Executive Board Meeting, we broke into sectionals dealing with how to be a leader if President, Vice President, Secretary, or Treasurer. Daphne Hofschulte lead the group for Presidents, Joan Lower covered Treasurers, Cherilyn Ansley met with Secretaries, and Amy Budge led the session



on Vice Presidents. The Vice Presidents were overwhelmingly in favor of a discussion on membership issues, and Dr. Lyn Schmid

reviewed a booklet from International of steps to increase membership. Everyone in this sectional felt like she came away with a good idea of how to start the ball rolling in the fall to increase her chapter's membership. A big thank you to those who led each of these sessions!

NEWS AT CONVENTION

A moment of silence was rendered for Sarajustine Black, who had been in hospice some time, and passed away the week of the Workshop. Sarajustine had earlier sent her DKG jewelry to Geri Benshoof, and a committee was appointed by our president to determine what to do with it all.

The Executive Board accepted Kappa Chapter's letter to dissolve. That leaves 9 chapters in Beta Gamma State, and 237 official members.

Beta Gamma State is considering a name change as requested by International, to DKG AK. Dr. Lyn indicated other state chapters are going with DKG Society International, "Alaska" State Organization. The Rules Committee will look at this change as well as any by-law changes.

SATURDAY LUNCHEON

President Judy would like to pass on a couple of thoughts from her luncheon comments during the Workshop, where she suggested it is important that each of us support the chapter presidents of the "Sisterhood of the . . . Traveling Plants"! With apologies to NU, she changed it to . . . Flowering Plants in her talk, but knew you'd get the gist!

F—follow her lead, while helping her on her presidential path.

L—look for new members, in all aspects of education.

O—own it! Your officer, chairmanship, or 'worker-bee member' role is an important one.

W—watch the websites, both state and International.

E—energize yourself by reading the Collegial Exchange and other DKG publications.

R—remember to keep your address information current.

I—imagine the possibilities!

N—note the obvious and speak up with your opinions.

G—gather ideas for outstanding programs.

P—provide a shoulder for support—be a sounding board.

L—laugh, learn, laugh, listen, . . . did I say laugh?

A—ask questions of your officers and members—what do they need?

N—notify each other about pending deadlines and upcoming events.

T—tell them they are appreciated.

S—share your time and talents.



SECTIONALS AT 2016 LEADERSHIP CONFERENCE, EAGLE RIVER

One strand of the Workshop sectionals at Eagle River ranged from Master Gardeners to Emergency Preparedness, while Undressing Stress along the way.

Ruth Townsend gave our group several tips for taking off tension. First she told us to think about what we had done when we were kids . . .

- Run away from home – even though we might not have gone far, we did spend time by ourselves. Take five minutes a day for YOU.
- Talk – to yourself, others, God (pray out loud). Don't vent, talk with someone and listen to them when you do.
- Move more – remember the energy you had as a child, running and dancing around? Ruth suggested we try Yogi and Tai Chi, that we dance, and exercise, both with weights and by stretching. We got to try some neck rolls, shoulder stretches, and self massage.
- Have some noisy time – Picture your 1st grade self racing around the playground. You weren't quiet! We should yell, sing (out loud) moan (try sighing three times now) and even cry.
- Ruth's bag of tricks included funny glasses, big plastic lips, and bubbles, among other toys. Put those on or play silly games and you just have to laugh.

We all know how many years we take off our life by laughing! The ladies in attendance certainly did, and we all felt totally de-stressed after the sectional!

Gary and Trissy Eichhorn have been presenting workshops on preparedness for years. They explained how Alaskans are much more prepared for disasters than many people around the county because of our extreme winters and vast territory. People know to take precautions when they go out in Alaska. However, there are also any number of natural disasters that could leave us stranded at home for days.

The explanation Trissy Eichhorn gave of how to set up a 72-hour kit was extremely helpful. Basically, we should go through all the food in the house and use it up, so that only current food is on the shelf. Get rid of those beans from 2012! In the process, we should notice what we like and would actually eat, and what can be prepared easily. The idea is to rotate food from the pantry, to kitchen cupboards, to your plate, in a two-week rotation. Doing that keeps everything fresh. When purchasing items for your emergency 'stash,' you should consider things you could share with neighbors or others who might be stranded in your area.

Water is a necessity, and the merits of a large 50-gallon drum were compared with those of more portable 5-gallon containers. The presenters reminded us to store extra clothes and protective gear, playing cards, a couple of books, and a game for when you're stuck in an emergency shelter for a few days. Remember all the extras a baby and/or your pets will need. Cash, in small bills, may come in handy. They discussed phone service and emergency numbers and places to meet outside your home. The Eichhorns had thought of everything, including information on helping our children cope during these emergencies.

From the 72-hour kit, suggestions were also made for one-month and three-month kits. All in all, it was a very thorough presentation, with handouts that gave answers to more questions than we knew we had. Members were eager to use the Family Emergency Planning sheet to personalize the information for their own needs.

THETA CHAPTER SPOTLIGHTS SANDY BUHITE



Sandy Buhite has been a member of DKG since 1969; yes, that is 47 years and still going strong. She has been our leader as President of Theta group twice, and multiple times as Vice President, Recording Secretary and Corresponding Secretary. For the state, Sandy has been State Second Vice President and Membership Chair.

Sandy has volunteered throughout her illustrious career to hold chairmanships on almost all of Theta's committees and has often filled in whenever

mentoring, training or leadership qualities are needed to complete a task.

Sandy is a retired Fairbanks teacher who taught first grade and kindergarten for many years. She was known for her nurturing of and caring for the little ones. While teaching, Sandy developed a picture identification system for the Fairbanks school buses, so that before our young children were familiar with reading and numbers, they could recognize their bus. Since then, Theta chapter has annually provided the bus company with colored pictures to keep our buses with that identification system. It is one of our service projects that Sandy helped initiate.

Another project that continues to this day Sandy helped pioneer at the Hospital. Theta chapter gives out Nursery Rhyme books to all new mothers at Fairbanks Memorial. In addition, for many years Sandy has hosted a Theta chapter brunch and gift exchange that included a wonderful brunch in her

beautifully decorated house with the warmth and love of the Holiday Season enjoyed by all.

As a member of Theta, Sandy has empathy for all members who are going through some hardships. She follows her instinct by checking on them often, raising donations if needed for members with emergencies and showing kindness to all of our members.

Sandy also volunteers at her church taking care of their Spring Flowers, watering all summer, and making blankets for the blanket ministry to help underprivileged babies and seniors suffering from Alzheimer's. In her spare time, she is a doting grandmother who often cares for her grandchildren.

Sandy provides the driving force to keep Theta chapter a reason to work hard, continue on and remain a viable chapter of learning and service. She is instrumental in trying to find new members for the chapter and recruit officers and presenters. After fulfilling another term as president, Sandy is stepping down and in true "Sandy" form, has agreed to help mentor the new officers.

BETA CHAPTER LOSES LESLIE CAMPBELL

(Beta Member, Becky Zaverl, gave the following welcome before the speech contest on April 30, to honor Leslie)

I want to welcome all of you students and parents to today's District Speech Contest. You are here on a special day. Of course it's special because you will be speaking and representing your school today, but more importantly, because we are remembering a wonderful lady by the name of Mrs. Leslie Campbell today.

Leslie Campbell helped start this Speech contest between schools in our district 28 years ago. I am just going to take a minute here before we begin because I need you to know the significance that Leslie had for our community and our kids.

Over 30 years ago she began a speech contest at Pearl Creek, where she taught, to instill public speaking skills in the students who went there. I

know because I was lucky enough to be one of those students. My brother was a sixth grader when the school first opened, and I still remember his speech that year was Casey at the Bat. He rehearsed, and practiced, and read that speech so many times that it was soon memorized. Each time he gave it, I remember my parents would say "Slow down" and "Enunciate". That probably sounds a lot like the last few weeks in YOUR house, doesn't it?

It's because Leslie Campbell had a vision. She knew that if kids could be encouraged to be involved in a speech contest, even if it pushed them out of their comfort zone, Leslie knew they would practice and practice, so that pretty soon it would feel okay to get up in front of their parents, peers, and a room full of strangers. They'd be able to say something that mattered to them. That is a powerful skill that will always serve you well and

that nobody can take from you.

I was one of her students who participated since Fourth grade. I practiced, and I was pushed out of my comfort zone. Now, I am able to be a teacher and a coach for my school and I give that same gift to my students as Leslie gave to me.

Leslie passed away on Tuesday of this week. Later today this gym and school will be filled with students, past students and adults who want to pay their respects to this amazing educator. So you see, you are here on a special day. YOU being here is her legacy. Putting on this competition for you today is our contribution to her legacy.

Welcome to Mrs. Campbell's hard work, her vision and her gift to us: the 28th annual District Speech Contest.



WHAT SHALL I DO WITH MY KEY PIN AND MY CHAPTER PRESIDENT'S BAR PIN?

This form will help you and your family know what to do:

TO MY FAMILY AND/OR FRIENDS:

This is a picture of my Delta Kappa Gamma membership key pin and Chapter President's bar pin:

I have worn them with pride.

When I can no longer wear them, please return them to my chapter or Beta Gamma State, Alaska.

To get the name and address of my chapter's current president, please contact the staff at:
The Delta Kappa Gamma Society International,
Box 1589, Austin, TX 78767

<https://www.dkg.org>

Date

Signature of Member

DKG website and the Sign-in Procedure

The username is the member's six-digit membership ID number which can be found on your membership card, in the mailing label on your DKG News, or from your chapter treasurer. Contact your chapter president to get the password. This password is not to be published electronically—i.e., not shared on a website or in a newsletter that is published on a website.

ETA CHAPTER - Healthy Events

These pictures represent our theme for 2015-2016

The ladies sitting in the hot tub at H2Oasis are, from left to right: Rose Van Hemert, Judy Kern (chapter president), Barb Sell, Judy Ireton, and Joan Lower (chapter treasurer). Sitting in back is Jeanne Ashcraft (chapter corresponding secretary.)

The ladies sitting around the table in the restaurant after our H2Oasis "workout" are, from left to right: Barb Dexter, Jeanne Ashcraft, Rose Van Hemert, Judy Kern, Judy Ireton, and Barb Sell.



The one with the foot bath in front on right is Carolyn Crosby and Judy Ireton is in the back. This event was arranged by Joan Lower, our chapter treasurer. Joan provided all the supplies. We also had another wonderful healthy dinner!

Profile Premiere Challenge

This is a request from International:

Each chapter president should complete the Profile Premiere Challenge survey when they have had their members create member profiles on the International website. The survey can be found at:

<http://goo.gl/qA1GR4> . There are areas of the International website that members can only view if they are logged into the website. This is for the security of member information, and so only members have access to member benefits. Information on what you can include in your profile can be found at:

<http://goo.gl/dYyWAW>

Omicron honored our members who have 25 years or more in the DKG organization on 4-29-2016. Daisy Lee Bitter, Pat Wise, Gloria Hensen, and Ceil Manchester. Missing are Tirzah Parson, Mary Sanders and Barb Bechto



2016-2018 Omicron officers elected: Rebecca Paul-President. Elaine Chalup -1st Vice president, Amy Budge -2nd vice president, Milli Marten -Recording secretary, Esther Ashment-Treasurer, Sue Brass-Corresponding Secretary.

"85 Years and Beyond: Advancing Key Women Educators for Life"

2016 International Convention
July 5-9, 2016
Nashville, Tennessee
Gaylord Opryland Resort and Convention Center

With approximately 82,000 members in 17 countries, The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

Make plans to attend the convention!

PICTURES FROM OMICRON

Omicron's Cherry Blossom Founder's day meeting. Milli Martin, Vicky Peters, Pat Wise and Daisy Lee Bitter (March 2016)



Membership Take-aways from Dr. Lyn Schmid

Submitted by Amy Budge, DKG State Membership Chair.

During the State Workshop I led the training session for Vice Presidents. Upon polling the ladies in the group, I found Membership concerns held the highest priority. It just so happened that our International President and guest for the Workshop, Dr. Lyn Schmid, has a passion for Membership. She rounded us up and held us captive as she shared some secrets to increasing membership.



To begin with, Dr. Lyn asked us to think about where we could find new members. In the past, DKG members felt we had to know prospects really well. The current trend is to realize DKG is looking for exceptional women educators, and we may have only observed them doing really well when we attended various school or community activities. We don't necessarily need to know a prospective member personally. Thus, at a designated meeting, every member should complete a prospect card, recording that person's name and contact information, for at least one educator she knows.

The cards are collected by the Membership chair, generally the second Vice President. A vote at the next chapter meeting is taken on the entire list of prospects. The chapter membership committee then mails a personal letter to the prospects, inviting them to an orientation session, which is not a regular chapter meeting. An informal informational letter could be used and include an RSVP, email response.

For those prospects who plan to attend, Dr. Lyn suggested having an equal number of current members who could serve as "Rose Buddies."

During the orientation, the prospects are introduced to the Society via the Pride in the Big Picture PowerPoint presentation (available online at International's website). This presentation, massaged to be about DKG International, but also personalized for the chapter, emphasizes Chapter project highlights, benefits of membership and the honor of being selected to DKG. Rose Buddies are there to answer questions along the way, and at the conclusion, the committee asks the prospects to make a decision to accept or decline the invitation. Some will, some won't, and others may say they can't now, and they are asked to keep DKG in mind for later. This whole process should last no more than an hour.

The ones who accept fill in the Chapter Member Application form with their Rose Buddies, at the orientation. The form gives information about the potential member and includes a commitment. This form is found in the yellow Chapter Membership booklet, Appendix C, which Dr. Lyn handed out to each Alaska chapter.

Finally, the prospective member is invited by the membership committee to the initiation ceremony at a regular chapter meeting. The Rose Buddy could become a mentor for this member and encourage a friendship connection. The new member should be shown committees and projects so she can choose something of interest. Putting a new member on an active committee will give her an immediate sense of belonging.

Because a group of say, 20-30 members, are each giving at least one name for the orientation meeting, you have an opportunity to double your membership. Even if not all accept, you have the potential to grow your membership. This procedure has had some great success among chapters who have tried it.



**Friday
evening
social**



NOMINATING COMMITTEE NEEDS HELP

Aldean Kilbourn agreed to chair the nominating committee which will propose a slate of state officers for the 2017-2019 biennium. However, the other two members' positions are empty due to resignations. Is there someone out there who will volunteer to help Aldean? Additionally, both Secretary and 1st VP positions have nominees at this point in time. The committee still needs to find someone to fill the President's position and the 2nd VP position. Let President Judy Jaspersen know if you are willing to serve.

Chapter Presidents:

Remember to report the death of a member immediately following the death of a member, on Form 6 and send it to the state membership chairman, the state treasurer and International.

The Editor would like to have an obituary to publish in *The Nuggets*. Do not send the obituary that was in newspapers. Write one that highlights the member's service to Delta Kappa Gamma. Enclose a recent picture if possible.

