

The Alaska Nuggets

BETA GAMMA STATE



THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL for KEY WOMEN EDUCATORS



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<http://www.dkgalaska.org>

NW REGIONAL IN SPEARFISH, SD

Following are articles written by various DKG Alaska State members who attended; photos above

Curbing an Increase in Youth Suicides: The Jason Flatt Act

Speaker Sherri Nelson with South Dakota Helpline presented "Suicide Prevention - Jason Flatt Act." Helpline, an accredited network of care, works with people in crisis who are dealing with bullying and suicide. Bullying and suicide are connected, but not all bullying leads to suicide. Nelson held a breakout session where participants were certified with the QPR Institute's method (Question, Persuade, and Refer).

Why is it important to Alaska? Alaska has the highest suicide rate. The statistics nationwide are alarming. Life matters.

What can we do? Teachers should know school protocol. South Dakota's schools are using QPR for suicide prevention. We can get certified by completing the QPR training online: www.qprinstitute.com. The individual training cost \$29.99. We can also help students feel connected to school, train school staff, teach youth coping skills, support the youth involved, and encourage the parents to talk to kids about bullying and how it is an uncool behavior.

What are some myths about suicide? Myths include thinking no one can stop a suicide, confronting makes them angry and increases suicide, they keep plans to themselves, and if they tell a friend, they will get help. It is a fact that most

young people communicate it. Suicide is preventable. QPR takes all signs seriously.

What are the predictors? The strongest predictors are previous suicide attempt, current talk or has a plan how-when-where, wish to die through writing, poetry journal, school work, depression/hopeless, substance abuse, and an attempt by a family member.

What is the QPR method? It is a three-step method anyone can learn to help prevent suicide.

- **Question** - If a young person is reluctant, be persistent; talk to the person alone in a private setting; allow person to talk freely; give them plenty of time to talk, and if in doubt, ask the questions.
- **Persuade** - Listen to the problem. Ask them if they will go with you to talk to your school counselor? Are they willing to talk to a counselor in the next 15 minutes? Would they like you to tell the counselor?
- **Refer** - Tell the person that the school counselor or administrator needs to know. Suicidal people think they cannot be helped, so do more. You are not being disloyal or violating a trust when you share a young person's thinking about suicide. You can say, "I want you to live. I and I am on your side." Communicate with the school counselor.

The Myth One Size Fits All

Presenters Barbara Whiting (MN), June Bowers (NW), and Joan Wolf (ON) shared that no model fits every DKG chapter. They shared a Hans Hoffman quote, "The ability to simplify means to eliminate the unnecessary so that the necessary may speak." SIMPLIFY at the state and chapter level as well as International. Hang onto what we value, get rid of the

unnecessary. DKG does not need to be chained, so break free and be creative. Think outside the box. We try to have a cookie cutter pattern such as every December we have a party or we always meet at five pm. Are our practices and cookie cutter activities holding us back? What do we want to change? What will move us forward? How do people describe the chapter? What does your chapter do?

The audience participated in sharing ideas that could revitalize and energize our chapters. Following are just some of the ideas generated:

- DKG looking at being less of a sorority.
- Know why we have the purposes and vision statement.
- Keep business meetings short.
- Okay to not take a formal vote on membership.
- Minutes and treasurer's report can be completely on line; approved by an online vote.
- Talk about a report only if there is an issue or news.
- Present committee reports only if it's an action item; not all committees need to report every meeting.
- Rules are confining. Simplify Robert's Rule of Order (RRO) - Check out the U-Tube on simplifying RRO.
- Rules and attendance - Be careful of not hurting and shunning others.
- Be relational. Have greeters at each meeting.
- Welcome and include others by everyone reaching out and doing mixers.
- Call people by their names and have name-tags.
- Not worrying about where we wear the pins
- Wear the pins with the red tag. Many teachers wear the pins at parent teacher conferences.
- Add another initiation month.
- Meet in churches or businesses.
- Know millennials. Think about the projects we do. Let everyone know DKG provides international, state, and chapter scholarships and grants.
- Do a ten-minute take away of DKG benefits...\$40,000 from international to work on masters or doctorate.
- Discuss what you want to accomplish five years from now? Make a long range plan.
- Get DKG out in the public so it becomes a household name.
- Consider mobility of older members: nursing homes - have a meeting there.

"Be progressive. Keep up with the moving world, while not discarding what is old and has value. But, don't cling to the old when its worth has passed. Don't be a person so set in your views that nothing can change you." **Anne Webb**

Blanton - DKG Founder

Educating the World One Woman at a Time (World Fellowship - WF)

Dr. Margie Nowak (NE) chairs the International World Fellowship Committee and presented a 10-minute take away. The WF committee grants world fellowships of \$4,000 in accordance with the *Constitution* and *International Standing Rules* when sufficient funds are available. Contributions and bequests determine the number of WF Awards given each year by the committee. The recipients are not DKG members or permanent residents of United States or Canada.

They maintain contact with the WF recipients for the duration of their studies when possible, and encourage members to maintain contact with recipients studying in their states. The committee may also grant requests for fellowship extensions. In 1960 the first award was \$2,500 based on \$11,528 in contributions. The program has grown; 920 women in 120 countries have received awards totaling \$3,349,100.00 since 1960. DKG wants to start a blog to hear from the recipients. You can learn about this committee at dkg.org under Committees.

They mentioned several recipients:

- Gloria Ovie from Nepal worked on a PHD in Education and Research at the University of Calvary.
- Tsering Gurung, from Nepal worked towards a masters in Journalism in Elmhurst, NY at the City University of New York. She had been imprisoned for activism in Nepal.
- Katalin Sulyok from Hungary received the fellowship to support her masters study in law at Harvard Law School. View a video with her at www.youtube.com/watch?v=wyVfw2JYyFo&feature=youtu.be to learn more about her and her experience at Harvard.

A Civil Reminder...

One breakout session in Spearfish, offered by our own Daphne Hopfschulte, dealt with what appears to be the death of civility in our country.

She had ten minutes to impact her audience, and she succeeded. She shared real examples of a noticeable lack of civility found in different situations and places in America. With camera phones everywhere, with news media everywhere, how simple it is to see the ugly side of America. For example, she asked us when did selling and advertising a "bloodied head" of President Trump, shaped as a plastic ball, with a bat, sold in toy stores become acceptable in our society? When did it become acceptable on network TV for a popular actor to intone Lincoln's assassination, asking us "When was the last time an actor shot a president?" and the

audience laughing and applauding? When did it become acceptable for Americans to ignore/disrespect the honor and prestige of the OFFICE of the US President? When did it become acceptable for someone standing in line at a Walmart to start throwing racial slurs at two women wearing abayas, telling them to go back where they came from?

Good questions, every single one. We all left, shaken.

How to Use the Compass Thinking Strategy as a Chapter Change Agent

Dr. Sue L. Pettit (CO) shared the “Visible Thinking Compass Strategy to formulate a Strategic Action Plan (SAP) to solve a problem with a group. The objective is to look at all sides of the problem/concern to come up with new ideas and an action plan. The problem may be low attendance at the state meetings or needing to improve chapter health. Use the “S” prompt to come up with a list of new ideas. Then prioritize the top three ideas and make a plan of action.

Brainstorms Solutions Using Directional Prompts:

- **E-Excited** - What excites you about this idea or proposition? What’s the upside?
- **W-Worrisome** - What do you find worrisome about this idea or proposition? What’s the downside?
- **N-Need to know** - What else do you need to know or find out about this idea or proposition? What additional information would help you to evaluate things?
- **S-stance or suggestion for moving forward.** What is your current stance or opinion on the idea or proposition? How might you move forward in your evaluation of this idea or proposition?

What Was Regional Like?

Many familiar faces sat around the two crowded tables of women in the EEC training session in Spearfish, faces tense with frustration as we each tried to follow our three leaders’ instructions. That each was saying something different, that there were not enough plugs for all our “required” devices, and that the hotel’s wi-fi system was hopelessly inadequate for all of the trainings taking place at the same time made for an introductory hour of very little getting done.

However, sanity returned when many of us simply put our computers/tablets away, assured the contents of overheads, and the lectures, would be on the Society website and on the thumb drives anyway!! (Paper and pencils work pretty well under most circumstances, don’t they??)

All chapters and states face declining membership, and loss of meaningful focus that keeps remaining members coming. During our ensuing discussion, and table talks, several promising ideas shared during brainstorming sessions may help us keep what we have at the least, and perhaps help us grow.

One promising idea: we were encouraged to look in our communities for professionals who offer expertise in topics that our chapter members find fascinating. What made it stand out as an idea was that some chapters invite all educators, men and women, to presentations offered by community professionals. DKG is prominent as the hostesses/arrangers of these events, light refreshments are offered, with discussions among the audience directed by DKG members. The idea of EMTs offering training in the use of the emergency boxes for heart attacks now found in most public places was of high interest. There is no pressure to join DKG during these presentations, but information about the Society, and one or two contacts is available at tables.

Another promising idea was to stop insisting that our older members become adept at computer skills (although that is practiced in some chapters as mini- lessons held after meetings)—frustration turns to anger too often, and our older members stop coming.

Instead, offer our older and/or retired members a chance to share their stories, ideas, expertise etc with the community, like “An evening with ...” format. (One chapter offered several retirees a chance to share how they travel all over the world with organizations— that is one of the most popular community presentations ever!!) This offers older members a chance to take center stage again!

The third idea we all were most excited about was the idea of TEDTV, or websites dedicated to education/professional topics, aimed at different audiences!! This could mean that any educators everywhere could get connected to DKG members, and our mission, anywhere in the world. This is what drove the conversation at the end of the day, with promises by our leaders that all ideas shared would be available on the DKG website.

We all left, excited at what could be.

U.S. Forum

Mission: The mission of the United States Forum is to serve the interests and concerns of its members. At the same time, members are encouraged to take an active role in fulfilling Delta Kappa Gamma purposes:

- To initiate, endorse and support desirable legislation in the interest of education and women educators.
- To inform members of the current economic social, political, and educational issues so they may participate effectively in a world society.

Purpose: The purpose of the United States Forum is to identify major issues and legislation affecting women, children and education. In so doing, the United States members may take action concerning these specific issues. Members are dedicated to advocate on behalf of women, children, and education.

- Maintaining affiliations with other like-minded organizations.
- Surveying members to determine their legislative priorities.

We are key women educators poised for legislative action! At the Northwest Regional Conference in Spearfish, South Dakota on July 29, 2017 the U.S. Forum meeting was led by the Northwest Regional Representative, Darlene Cook of Oregon. The keynote address, Curbing an Increase in Youth Suicide was by Sheri Nelson, Suicide Postvention Coordinator in South Dakota.

The members present discussed in groups by state the issues that were presented and shared. Some of the issues historically and ongoing are Government Pension Offset, National Women's History Museum, paycheck fairness, bullying, suicide prevention and human trafficking.

Every two years, the U.S. Forum sponsors a National Legislative Seminar. The next one will be on March 18-20, 2018 in Washington D.C. The Seminar includes several speakers on timely issues. A highlight is *DAY ON CAPITOL HILL*. Everyone goes to the capitol and are briefed by Congressional aides. Time is allowed for visits to your U.S. Senators and Representative. You need to make an appointment ahead of time to see these people. Coming from Alaska, our elected officials and their staffs are always happy to see us.

For more information: www.usforumdkg.org

What Do Some American Delta Kappa Gamma Members Have in Common with Vice-President and Mrs. Pence?

Why, they all have visited Estonia, of course! The European Regional Conference was held in Tallinn, Estonia on

July 26-29, and Mr. Pence and party arrived July 30. In March, Judy Ireton, Eta Chapter, Anchorage decided to attend the European Regional Conference as well as the Northwest Regional Conference in Spearfish, SD. She reports both were excellent conferences and is very glad she was able to attend.

The flight to Tallinn began in Boston, MA to Amsterdam and then direct to Tallinn. Judy arrived Sunday afternoon, July 23, having planned a couple of days to acclimate, explore, and do a couple of tours before the Conference began. The Estonian members were very welcoming and did an outstanding job of organizing tours, speakers, events, and conference sessions.

Judy notes the pace of a ER Conference is a bit different from those in the Northwest - still the same basic schedule but more relaxed. For example, it is very important to the Europeans to have a coffee/tea break at 10:30 a.m. or so, complete with something nice to eat. Often it is cookies or pastries, but in the Tallinn conference attendees were served exquisite hors d'oeuvres, much to everyone's delight. Also, the Conference tends to hold the Banquet on Friday night and end with a Farewell Lunch on Saturday, enabling those with late afternoon plane reservations to get home and still have Sunday to recover. This leaves Saturday late afternoon and even Sunday for optional tours, all generally well-attended.

Estonians value music and love to sing. They are noted for their large choral groups and festivals, some with thousands of people singing together. (Google Estonian Music Festivals and prepare to enjoy some amazing videos.) Music played a large part in the conference - music as people settled in for General Sessions, musical performances during sessions, a musical performance for Estonia Night, a musical performance as part of Night on the Town, and many speakers even incorporated some music into their presentations. A couple of tour guides credited the love of music, particularly singing, with helping Estonians keep their national identity through the various eras of foreign rule (Swedish, German, Russian).

Each general session featured at least two speakers, all of whom spoke about some facet of education in Estonia including school architecture, to learning environments, responsible digital citizenship and extracurricular learning. A timeline of education in Estonia included information beginning in the year 1319 and continuing until 2016.

Breakout sessions were a combination of those offered by the Society at all Regional Conferences and others offered by members of the European Region. The same was true for the Takeaway Sessions.

Estonia Night was held at Tallinn School Number 21, a few blocks from the conference hotel. Students and some graduates from the school performed solos, choral pieces, instrumental works, and dances for the audience. A lovely reception in the school atrium followed. Night on the Town was Thursday and began at the historic Blackheads Hall with a performance by the Collegium Musical Chamber Choir, twice named Choir of the Year and also noted for the tours they have performed in Europe and Japan. The concert was followed by a Medieval Dinner at Olde Hansa in Old Town Tallinn. Utensils were allowed, and the dinner featured Estonian food products but all beautifully seasoned with a large variety of herbs and spices. The 'host' was a wealthy Hanseatic merchant whose ships plied the seas gathering seasonings and other valuable trade goods.

Tours included walking tours of Old Town Tallinn, a trip to Lahemaa National Park and Palmse Manor, and a day trip to Muhu and Saaremaa Islands. Palmse Manor was built by one of the afore-mentioned Hanseatic merchants and has been restored and preserved. Other manors fell into disuse, although some manor houses were converted into schools, and the rest of the grounds and buildings used for other purposes. Saaremaa Island is the largest island off the coast of Estonia and is a popular summer destination for residents.

As for Mr. and Mrs. Pence, their visit was only for two days, and when Mrs. Pence was spotted being escorted through Old Town, it did not look like she could visit any shops and meet the proprietors, nor stop for coffee and cake at the oldest cafe in Tallinn. The conference attendees think they had lots more fun.

Additional News from NW Regionals

Seven members from around Alaska attended Northwest Regionals in Spearfish, SD in late June. Not only did our new State President, Colleen Brown, receive several days of training, but Webmaster Maryanne Allan, Educational Excellence Chair, Gayle Hammons, and Judy Jaspersen, standing in for Membership, also received three to six hours of training. For those who weren't in meetings, SD provided excellent tours of the area, culminating in the Lighting Ceremony of Mt. Rushmore on Friday evening. The history, grandeur, and warm hospitality of SD was ever present.

In addition, everyone had an opportunity to attend the new 10-minute Takeaways and the familiar 45-minute Workshops over three days. Of course, featured speakers, the U.S. Forum meeting, and general business meetings rounded out the conference week.

Following are glimpses of what we did (since the Fairbanks ladies were part of several presentations), heard about and learned.

After seeing the success of a Foundation for Beta Chapter, Maryanne Allan and Judy Jaspersen gave a **10-minute Takeaway**, highlighting the main points. People other than members can donate, certain donations are tax deductible, and the advantage of "pick, click, give" situations, are only three answers to "Why should your chapter form a Foundation?"

Once you've had lively discussion, take a vote and make your foundation name official for your chapter. Make decisions about the positions and terms of office (stagger them) of your non-profit Board of Directors. Prepare Bylaws, which include a Chapter Enabling Act and Mission statement.

Google it! Step-by-step instructions for how to form a non-profit are readily available. File articles of incorporation with the state, and use your new state entity number to obtain a Federal Employee Identification Number. The EIN will become your new best friend because you'll use it on all correspondence to indicate your tax exemption status.

You'll need to determine which funds go into the chapter account and which will be moved to the foundation. Any new funds should also be assigned to one or the other accounts. Open a separate foundation bank account and start depositing that money!



Starting a foundation for your chapter is relatively easy, with monumental benefits. Evelyn Baron (TX) gave us insights that we will happily share. You can also request a detailed list of the steps (dkgjaspersen@gmail.com). Remember to continue to make your chapter members aware of the available opportunities because you have the Foundation.

Photo - Rhonda Anderson NW Regional Executive Director and Alaska President Colleen Brown

Tips for Living Longer and Healthier

Presenter, Karen Dole (IA) gave a 10-minute Takeaway based on National Geographic explorer Dan Buettner and his research teams. Beginning in 2004, they observed that people in certain places lived longer than anyone else. People in Barbagia, Sardinia; Ikaria, Greece; Nicoya, Costa Rica; Loma Linda, CA; and Okinawa, Japan had several commonalities which related to better health.

Your Diet: Remember the 80% Rule and stop eating @ 80% full. It takes 20 minutes for your tummy to tell your brain you are full. Keep a “Plant Slant” = Your diet should look greener, keeping meat portions small and not every day. Think fruit, vegetables, whole grains, and beans! Eat meals in reverse order . . . Breakfast = King, Lunch = Prince, Dinner = Pauper. Wine at 5:00 is great on a regular basis (1-2 a day).

Your Exercise: Move without thinking about it: Use natural activity vs. exercise or power . . . walk, bike, garden, swim. On the flip side, Downshift: Have some “self time” . . . pray, nap, happy hour, get a massage.

Your Mental Health: Belong to a meaningful group: your own family, an “adopted” family, or a faith-based community, provide rituals and a safety net. Know your purpose: Why do you get up in the morning? You have interests/skills/gifts. You can volunteer to focus on other people. You can take on new challenges and learn something new. OLLI classes here we come!

Ten minutes was just enough time for Dole to pique our interest and make us want to learn more about the lifestyles of people in the Blue Zones so that we could make our own lives better and longer.

Breakout Session: What is a Termesphere?

Dick Termes is an artist whose canvases for his paintings are rotating spheres. He paints the scenes from the perspective of 6 points of view: up, down, north, south, east, and west. That makes them 3-dimensional mind-bogglers. North Pole High School has one of his spheres, commissioned through the Alaska 1% for Art program. (an example: is St. Peter’s in Rome)

10-Minute Takeaways: Election of International Positions by Convention Attendees – Dr. Carolyn Rants

The issue about elections is whether only state presidents should vote for International

officers at International conventions, or whether each convention attendee should be able to vote.

Dr. Rants explained the options the Ad Hoc Election Process Committee 2016-2018 considered: Delegate Election Option (currently in use), General election - one member-one vote electronic, or Convention Attendees Election Option.

Cost was the main factor in choosing one of the 3 options: One member-one vote would cost about \$25,000 and the Convention attendees option would cost about \$2500. The Ad Hoc committee is proposing the Convention Attendee option for consideration at International next summer in Austin, TX.

FYI: NW Regional members took a survey on which option we preferred, and the one member–one vote electronic was overwhelmingly chosen. However, at Dr. Rants’ Takeaway, EVERYONE said they would have voted instead for the convention attendee option if they had known the cost figures.

Educating Girls in East Africa - Lorrie Williams

This registered NGO sponsors high school girls in both Kenya and Tanzania. It was started by a DKG member and has been running for thirty years. Thousands of poor, bright girls have graduated and have gone on to be teacher, nurses, doctors, engineers, etc. Included in the presentation was an invitation to come assist with organizational matters such as choosing scholarship recipients and planning for student needs in terms of travel, materials, and housing. This really sounded like an intriguing opportunity to travel and help out.

Reaching and Teaching the Teenage Brain - Dr. Sheryl Feinstein

Dr. Feinstein presented and discussed concepts from her research and book, *Reaching and Teaching the Teenage Brain*. Here are some ideas she shared:

- How to get their attention? – Novelty, Emotion, Make it Meaningful
- How long can you keep their attention? One minute for every year old they are. (for adults – 20 min.)
- Other suggestions are; greet by name, use inclusive words, e.g., “ours”, ask for opinions, and encourage group activities. She was a very interesting presenter, leaving me with the desire to read her book.

iPhone Photography Tips - Mary Zirkelbach

This ten minute presentation offered tips to improve attendees' photography skills on the iPhone, focusing on "settings and editing to create photos you'll love". I was amazed how much Mary covered in just ten minutes. I asked if I could share her handout as I found it to be a great place for additional (and much needed) information about my iPhone.

To open the camera app one may touch the icon on the unlocked screen, or swipe up from the locked screen. Hold the phone horizontal. One can snap a photo using the volume buttons or the white circle on the screen.

Items on the iPhone Screen

1. Focus & Exposure

The key to shooting stunning iPhone photos is to ensure the focus and exposure is correct. If the image isn't focused properly, the subject will appear blurred. And if the exposure isn't right, the photo will be too dark or too bright. Go to Settings: photo and camera: turn on 'grid' & 'keep normal photo'. Touch the screen where you want the best focus. Holding it down will turn on the AE/AF LOCK (Auto exposure/auto focus: Focus won't change if something walks through the screen. Can't focus on one spot and set exposure on another. The grid allows you to arrange composition so that items of interest are at the crosshairs. The sun on the side slides to increase or decrease the exposure – brighter or darker.

2. Gridlines

- Keep the horizon level in landscape photos
- Ensures lines are straight or level in architecture photos
- Divides the frame into three sections for a classic "rule of thirds" composition
- Splits photo in half for a perfectly symmetrical composition

3. BurstMode - Hold the button down to take multiple photos. Be sure to select the photo that you like and delete those not needed. It allows one to capture the best position of movement, e.g., jumping, splashing water.

4. HDR - High Dynamic Range: used for tricky lighting exposures. Camera takes three photos, using HDR allows you to capture more detail in both the shadows and the highlights. The camera must not move. To have clear focused photos use tripod, possibly set on wall or post. Snap photo with iWatch or Apple ear bud volume controls (can't use flash with HDR) so camera doesn't move.

5. Timer - 3 or 10 seconds, it flashes the count and then takes multiple photos.
6. Filter: nine choices - which can be changed in editing.
7. Two lens – one for selfies or one for your view.
8. Photo Square - Ability to quickly look at last photo(s) taken
9. Six different settings for photos:
 - Time-lapse video
 - Slo-mo(tion) video
 - Video – w/o flash normal speed
 - Photo - rectangular
 - Square – used on Instagram
 - Pano(graphic) very wide – hold phone vertically and away from your body and keep arrow on line
10. Flash: There are two flashes. The first is judging distance. The True Tone flash includes both white and amber LEDs in order to improve white balance and add support for more than 1,000 different color temperatures. The flash measures the light temperature. Once it detects the temperature, it uses just the right color to make the picture perfect. There are over a thousand colors to choose. All of this requires no work, just take the perfect picture. When shooting in a large venue, flash is essentially useless. Compensate for low-light conditions, use HDR instead.

Using GTM for State DKG Convention

Maryanne Allan, Geri Benshoof, Daphne Hofschulte, and Judy Jaspersen from Beta chapter promised a way to get 100% attendance at state meetings to encourage attendance at their 45-minute Workshop presentation in Spearfish. However, once they had their captive audience, they admitted that the potential for 100% attendance is more easily guaranteed by using GTM. With apologies to Kevin Costner, "When you build it" (the GTM location in a local place where members can easily travel across town to get to a meeting site), "they will come." attendance, etc.) for needing to try electronic meetings. Geri Benshoof's distance and cost charts, along with the AK state map superimposed on the U.S. map, explained a lot with very few words. She and Daphne explained our pre- and post- GTM convention process, from surveys, votes, and planning committee meetings, to waiving state Bylaws and possibly changing the International Constitution. Alaska's "What Now?" depends on yet another survey before we officially propose changes to our bylaws.

As current state president and president of the GTM AK State Convention in April 2017, Judy Jasperson spoke about the logistics from beginning to end. Request her step-by-step list at dkgjasperson@gmail.com. The main point was the similarities of GTM to a regular face-to-face meeting.

All reports were sent to the president, secretary, and communication chair ahead of time. Names and emails for site coordinators were sent to the communication chair, who then requested logins from International at least two weeks in advance. We were assigned an International Guest speaker, who in this case was Nita Scott, also our technology coordinator. We conducted business, held elections, made motions, and took voice votes all online.

We panned the room so we could see each other at the beginning and end of the day and had food and beverage throughout. After the official business meeting, we installed officers, recognized White Rose members with a minute of silence, and presented scholarships. With camera on, the president of each chapter did the actual presentations, while the state president read the appropriate parts. Some things (like our State Achievement Award) were left for an actual face-to-face recognition at our Leadership Training Convention in 2018. All in all, it was an extremely successful first-time GTM Convention which lasted about five hours.

An added bonus was later praise from several International administrators for our innovative endeavor. We were also asked to present twice in Spearfish, with several people attending each workshop.

Feedback from chapter presidents following the GTM:

Pros

- Smooth running meeting and easy access of documents on screen
- Liked seeing everyone from other chapters
- Many members who had never attended a state meeting, did attend
- Party atmosphere in each chapter. (Slumber party, food)
- Members who were in the states could attend, without coming home
- Literally no costs involved except the GTM fee through International
- Need to take care of some of the State business in odd-numbered years (election of new state officers, approve biennium budget, and select scholarship recipient)
- Potential for 100% attendance of all chapters and all members

Cons

- Members unsure of event—people didn't look at it as a convention, but as a 1-hour business meeting. As a result of that, meeting was rushed to finish sooner, vs. take any extra time together.
- Misunderstanding of Ex. Board proceedings by regular members, who might have arrived early, and thus in the middle of the Ex. Board meeting
- Prefer actual face-to-face meetings
- Difficult to have meaningful debate when not face-to-face.
- If everything is moved to a Leadership Training Convention in even-numbered years, there might not be enough time to conduct all the business, train new chapter officers, and hold leadership workshops.
- While it enhanced the camaraderie among chapter members, we didn't have the camaraderie among state members that we would have normally.

August 11, 2017

Barb Sell Rules Chair (907) 250-9024
To all Alaska State Organization DKG
Presidents and Members:

The Rules Committee, that is working on changing the Alaska State Organization Bylaws and Standing Rules, needs your comments and suggestions concerning whether we should continue having a Go To Meeting Convention (Online Convention) in the odd numbered years of the state biennium. We have received comments from many of you about our GTM Convention in April of this year, and we are ready to work on the specific changes in the wording of the Bylaws and Standing Rules.

After the GTM Convention in April, the committee realized that it makes more sense for the State Executive Board to meet at a different time from our state membership meetings. The time allotted for the Ex. Bd. meeting in April was not long enough to allow them to complete their required work. So the wording will be changed requiring the Ex. Bd. to meet using GTM at least one week before the spring Online Conventions (in odd years) and the Leadership /Conventions (in even years).

Now we would like to hear if you want to continue having the Online Conventions in the odd numbered years. At this time we are required by the Delta Kappa Gamma International Constitution to meet in the odd years to elect new state officers. We are looking into asking for an amendment to the Constitution making that meeting optional. (More on that in

Our current Alaska Bylaws state that the purpose of this meeting includes:

“Receiving reports, adopting policy, amending bylaws, electing officers and conducting other business which may properly come before it.”

Due to the timing of the committee’s first meeting where we discussed possible changes, we planned to amend the Bylaws during the Leadership/ Convention in Homer in 2018. We also thought that a face-to-face meeting would make discussion and voting on these Bylaw changes easier.

Here is what we need from your chapters:

1. Look at the Pros/Cons we have heard from the membership. (attached)
(read Daphne Hofschulte’s comments and others’ in The Nuggets - Fall edition)

2. Have a discussion at your first meeting of the 2017-18 year.

3. Answer the question:

Should the Alaska State Organization continue to have an Online Convention in the odd numbered years of the biennium? YES or NO

Send your tally and any comments or suggestions back to me by September 15, or after your 1st meeting in September.
mailto:barbaksell@gmail.com?subject=DKG survey tally

Thank you for your continued support and your helpful comments concerning the changes we are attempting to make in the way our state conducts our business!

Out of Sight... Out of Mind?” – Personal Viewpoint by Daphne Hofschulte

Alaska DKG is known at NW Regional and at International for being very progressive in trying new things. Due to financial constraints, we could no longer afford to have traditional state meetings every year, so last April we created an “Online Convention.” It seems we caused quite a stir in DKG with this new idea.

Now, some of our members want to take our “progress” even further. In the odd numbered years, they do not want to have a traditional convention, nor an online convention – nor anything at all.

We are being asked to decide this fall whether we will continue with the new online convention format, yes or no. You will be reading in the Nuggets and hearing from your chapter presidents more about this vote. We should think long and hard about saying “no,” and here’s why:

I believe that the less we work together, the less we will be interested in working together. If our organization skips meeting as a state in odd-numbered years, I believe interest in meeting in even-numbered years, or doing anything at the state level, will decline. “Out of Sight... Out of Mind.”

There is strength and learning and growing in getting together with member educators from across the state – for expanding our horizons, so to speak. It’s one of the reasons we join DKG. It’s true that many members did not join their chapters for the Online Convention last spring, but those who did were part of an experiment that reached beyond their local group all the way to International.

If you vote “no,” you will be deciding for all of us that there will be no opportunity to get together statewide in odd-numbered years. For members who cannot travel to attend the traditional convention in even-numbered years, this means they will have no statewide get together at all. Future online conventions would surely be refined and improved upon, and I’d like the chance to see how good they could be. Give online conventions a chance – say “yes, I want to continue the online convention format for odd-numbered years.”

Support GTM But Questions From Several Members

SUPPORT the GTM especially if NO MEETING AT ALL would be held in the odd number year.

It makes no sense to be a member of DKG and not conduct the business that needs to happen as a STATE



WHITE ROSES

We lost Pat Dart, long time Zeta member. She passed away early Sunday morning, August 13, 2017. Her daughter Donna Dart’s address is 3100 Sheldon Jackson St. Anchorage 99508

Kathy Adamich, Nu Chapter and active at the state level, passed away July 15, 2017. after a courageous battle with ALS.

ORGANIZATION — this is where the Chapter Presidents should emphasize how important it is to attend the GTM and have a quorum from the Chapter if not 100%

MAIN GOAL for having a GTM in odd year was to SAVE MONEY for our CHAPTER MEMBERS—that WAS MET

Did Chapter Presidents get the minutes of the GTM conference, and if so, did minutes have the total number by chapter of those attending? (They are posted on the state website <<http://www.dkgalaska.org>>, under Leadership, click on DKG Alaska Meeting Minutes.)

It would help if when the AGENDA for GTM (odd number years) is put together, it's as two separate documents or one document with a PAGE BREAK for the General Meeting and LABELED APPROPRIATELY; that it be sent out to Chapter Presidents at least one week prior to the scheduled

GTM meeting; and so it won't be so confusing—A cover sheet might be necessary showing those people with a position as who need to be at the EXEC BOARD MEETING

The CON “difficult to have meaningful debate when not face-to-face” brings up a problem with GTM. A debate uses WORDS; this is where the Beta Gamma States rules committee, with the consent of the Exec Board, should have a GTM rule that when the person that begins a debate (discussion) [has a **time limit for their talking point**] then each **chapter has a spokesperson** who comments on the original discussion [also having a **time limit for their talking point**] being sure **TO HAVE A PERSON** who has already spoken for their chapter **WAIT till ALL CHAPTERS** have been heard. YES, this does take time **but to do it otherwise is NOT allowing equal representation for all chapters.**

NU CHAPTER NEWS

This spring Nu Chapter gave out 11 Golden Apple awards to fabulous teachers in the Anchorage School District. Receiving a Golden Apple is very special because it says to another teacher that they are appreciated and that somebody recognizes their good work.

Nu chapter recognizes this award as an award for any type of teacher, not just school teachers. “We need to start thinking outside of the box”, says our Chapter Co-President and State President, Colleen Brown. Nu Chapter is pushing the refresh button this year. The chapter, led by Colleen Brown and Jane Lister, is focusing on integrating more fun activities into meeting times and reducing the business meeting time.



Nu member, Tanya Beck, presented the Golden Apple at Ursa Minor Elementary. Pictured from left to right, Bridgette Moses, Tanya, and Nichole Peiper.

THETA CHAPTER NEWS

At Theta Chapter's April meeting, we came up with a great list of activities for summer - Soup making & aerial yoga/silks/pole dancing through the Summer Arts Festival, a walking

tour and the Children's Museum, HooDoo Brewery tour, First Friday art tour, the Pioneer museum, and sign making through Expressions In Glass. However, for the first time in several years, too many of us were too busy to commit to a

specific date for any of the activities. We finally managed to have a wonderful social event with brunch at our president Tanya O'Brien's house August 11th, just before teachers had to return to work. There were all kinds of wonderful goodies, including crepes, breakfast casseroles, fresh fruits, salads, muffins, Great Harvest breads, and meats. Conversations flowed, including talk about how to create a credit class out of a book group that reads books and articles on professional development and discusses them. Someone even suggested that it could be an online book group, with enough planning, through a blog format. That way, a busy schedule doesn't cut

out participation. Another topic of discussion was the Statewide Convention that is expected to occur in Homer in 2018. Several wanted to know what classes would be offered - that was a big reason to consider going. Planning/asking for leave needed to occur if more than one person would be gone from a building. Concern that waiting until January's Nuggets announcement would mean some couldn't get permission to be gone. Additionally there were questions about the general cost of the conference, accommodations, flight schedules, activities - none answerable at brunch.



IOTA CHAPTER NEWS

On May 13, 2017 Iota celebrated our golden anniversary by honoring Monica Mills as a founding member. Monica reminisced about other founding members and activities, and shared memories of teaching in North Dakota and Sitka. She was presented with her fifty-year pin, roses, and received a lovely letter of congratulations from DKG International thanking her for her years of service to education and DKG. A touching letter from one of her former students was also read explaining why Mrs. Mills was her favorite teacher. Wearing hats in honor of our founding sisters, we enjoyed a celebratory cake and viewed a slide show covering the past fifty years of this chapter.



ETA CHAPTER NEWS

Carolyn Rooker was born May 9, 1938, in Enid , Oklahoma, older of the two daughters of Robert and Virginia Lamb. She was raised and educated in the Oklahoma City Public Schools, graduating from Northwest Classen High School in 1956. She attended Oklahoma City University where she received a BA degree in Elementary Education graduating magna cum laude in 1960. Carolyn received a Masters degree in education from Brigham Young University in 1985. Carolyn had known all of her life that she wanted to teach young children. When she did her student teaching in kindergarten, her host teacher announced one day that they would be visited by the kindergarten supervisor for the Oklahoma City Schools. Working with a small group of children during the class that day, Carolyn looked up only to find herself looking into the smiling face of her very own kindergarten teacher, Mrs. Thelma Bailey. Mrs. Bailey proceeded to offer Carolyn a position teaching kindergarten the next fall.

Carolyn specialized in early childhood development and taught nursery school, kindergarten and grade one. Her professional career took her to Denver, Colorado for six years and then to Anchorage. In addition to regular classroom teaching, Carolyn was involved in teacher inservice training and curriculum development.

In 1969, while teaching kindergarten at O'Malley school, Carolyn met David Rooker who at that time was stationed in the Air Force at Elmendorf AFB. That fall they were married and transferred to Tucson, then Dave went to Korea, followed by Lowry AFB in Denver and back to Alaska in 1973. Carolyn taught nursery school in Anchorage for one year then back with the school district in 1974 at Ocean View. She taught for the district until her retirement in 1991 with 27 years in the classroom.

Carolyn was initiated into Alpha chapter of DKG in April, 1974. She served her chapter as president, treasurer and several committee chairs. At the state level, she served as parliamentarian, scholarship chair, 1st Vice president, research chair, leadership development team and State President. Her final contribution to the society was to develop and archive state historical records at UAF.

Membership in the society offers a wide range of memorable experiences to its members. For Carolyn, that experience came in 1990 when she was selected as a participant in the Golden Gift Leadership/Management Seminar in Austin, Texas. "Participation in this seminar fulfilled so many of the purposes of our Society," said Carolyn, "and changed my life in ways no other experience did. It was a true mountain-top experience in my life." Beta Gamma State received the benefit of this experience. Carolyn was recognized by the state organization by awarding her the state achievement award for her contributions to our group. When Alpha chapter was dissolved due to too many retired members and lessening of new members, Carolyn dropped her membership. Carolyn recognized that she really missed the fellowship and involvement in the society and in 2016 she asked if Eta chapter would reinstate her membership. She is enjoying once again being an active member in DKG and renewing friendships.



PLEASE SPREAD THE WORD ABOUT OUR STATE SCHOLARSHIP PROGRAM!

DKG MEMBERS - SPREAD THE WORD ABOUT OUR STATE SCHOLARSHIP PROGRAM

Let's spread the word to all our members and get some applicants for this program. Any applicant that is a member of DKG can apply. The applicant must have an active membership for a least one full year prior to applying. The application deadline is October 5, 2017 to the scholarship committee chairman, Tanya O'Brien, at tjobrien@gci.net.

An applicant's program can be for any accredited program such as an endorsement, certification, or one leading to a graduate degree related to education.

The application is posted on the state website: <http://www.dkgalaska.org/scholarshipsgrants-in-aid.html>

scroll down - these are listed in black boxes

Beta Gamma State Scholarship Application 2016-2017 pdf file

Beta Gamma State Scholarship Application 2016-2017 doc file

This year the amount of the Scholarship Award is \$1,097.

Remember spread the word and include the deadline date. Let's get some applicants and give away this scholarship.

For your information the Scholarship Committee members are:

Scholar Chair Tanya O'Brien <tanya.obrien0@googlemail.com> ,

Scholar Member Mary Ann Curtis <macurtis@gci.net> ,

Scholar Member Gayle Hammons <jimkatclassy50@gmail.com>

ISF COMMITTEE SEEKS SPEAKERS

The International Speakers Fund (ISF) Committee is seeking applications from members to participate in this program. An interactive Speaker's Application Form is available on the website as a download at isfapp@dkg.org. These applications must be returned by email attachment to International Headquarters at isfapp@dkg.org by September 15.

Established in 1984, ISF facilitates exchange of Society speakers among member countries and helps unite women educators of the world. The ISF Committee selects speakers from among the applicants. ISF speakers have gone to El Salvador, Costa Rica, Guatemala, Nebraska, Saskatchewan, Texas and Alberta in 2017. This is a great way to share with other education professionals and also gain opportunity to travel.

Dates to remember:

October 5 - Executive Board Meeting, GTM, 5 PM

October 5 - Deadline to submit Beta Gamma State Scholarship application

January 1 - Deadline to submit articles for The Nuggets - Winter issue

April 20-22,2018 - Homer, Leadership Workshop/Convention

July 2018 - International DKG Convention in Austin, Texas

Judy Jaspersen says THANK YOU!

In honoring me with your vote of confidence to continue as state president this past biennium, you honored our officers, related personnel, and others on our executive team.

In honoring me, you honored 1st Vice President, Helen Gonion (Nu), who quietly served wherever she was needed, and was willing to step into the presidency at a moment's notice. Helen was also our executive board liaison during the Convention in Eagle River.

In honoring me, you honored 2nd Vice President, Amy Budge (Omicron), who also served as Expansion and Membership Chair and helped implement Dr. Lyn Schmid's membership plan with us at our 2015 Convention in Homer.

In honoring me, you honored Secretary, Cherilyn Ansley (Zeta), who not only said yes to a second term as state secretary, but also to chairing our Finance Committee. In both jobs, Cherilyn was quickly efficient. More importantly, she plans to continue in these positions for a third biennium!

In honoring me, you honored Treasurer, Joan Lower (Eta), who served both my biennium, and before, and after. It is a bonus for us when someone knows the ins and outs of managing our money, can explain finance so well to the rest of us, and wants to continue doing it.

In honoring me, you honored these standouts:

1. Parliamentarian, Geri Benshoof (Beta), who was a past state president herself, so knew first-hand how to help us follow our rules during meetings and to mentor me when necessary.
2. Webmaster, Maryanne Allan (Beta), who embraced the job by taking a university web-design class, before modernizing our state website using the Weebly program International recommended.
3. *The Nuggets* Editor, Aldean Kilbourn (Theta), who moved from two to three editions a year and continually encouraged us to write articles often and send more pictures for our state magazine. In addition, Aldean was Nominating Committee Chair, and worked diligently to get our current slate of officers.
4. Historian, Judy Ireton (Eta), who organized and brought our paperwork up to date, before making several road trips north to present our materials to the UAF archives.
5. Tanya O'Brien (Theta), Scholarship, who has diligently worked to make our members aware of the funds in our scholarship account.

In honoring me, you honored our past state presidents: Geri Benshoof, Dianne Coursey, Daphne Hofshulte, and Eleanor Houts (Beta), Sarajustine Black (Epsilon), Jeanne Fiske and Kati Rogness (Zeta), Mary Ann Curtis and Judy Ireton (Eta) and Gayle Hammons (Tau). Just listing their names is "enough said!" These powerful women continue to help us at every level.

Finally, in honoring me, you honored yourselves and the DKG Society. Thank you for what you did every day in our DKG AK State chapter and at your local level. You continued to honor us with your involvement at our 2017 GTM Convention and your vote for new officers. **Thank you for electing Colleen Brown (Nu) as your new AK State President.** I will enjoy working with her new team as your immediate-past president. jj