

## Gamma Alpha Bulletin "The G.A.B."

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### Reminders

- Check out our website at: [www.migammaalpha.org](http://www.migammaalpha.org) for calendar, photos, awards, meeting information, forms and useful links.
- Final call for dues. Mail to Cindy Dietz or bring to the October meeting.  
\$73 for Active Members  
\$58 for Retired Members
- Bring a friend or two to the Gibson Girl presentation. \$10 covers refreshments and presentation. See the flyer.
- Seek out a prospective member and bring her to the October meeting. Fill out *Recommendation for Membership* form (on website) and bring it to the October meeting.
- Next Meeting: December 2. Holiday Auction. See enclosed flyer.

## Election Day Bread

New England legend decrees that votes were bought in exchange for this loaf. You may not win an election, but you will get an overwhelming vote of confidence if you serve this bread to the poll watchers gathered in your home on election night. As educators and ΔΚΓ members, we are concerned about education, children and women. Be aware of the candidates positions and vote for the candidate that supports your beliefs. Our forefathers fought for the right to vote. We still have men and women fighting today for our freedom. PLEASE VOTE on November 2 and enjoy the Election Day Bread.

## Ingredients:

2 packs of Dry Yeast	1 1/2 cups of warm water
2 teaspoons sugar	6 cups unbleached flour, divided
1 teaspoon salt	1 1/2 teaspoons cinnamon
1/4 teaspoon ground cloves	1/2 teaspoon nutmeg
3/4 cup butter, room temperature	1 cup sugar
2 eggs, room temperature	1 1/2 cups of raisins
3/4 cup chopped walnuts or pecans	1/2 cup chopped citron
1 tablespoon of flour	1 cup confectioner's sugar
1 1/2 Tablespoons orange juice	1/2 teaspoons of vanilla
Pinch of salt	

In a large bowl, dissolve the yeast in warm water. Add 2 tsp sugar and 1 1/2 cups flour. Beat well, about 150 strokes. Cover the bowl tightly and set in a warm, draft-free place for 30 minutes. Meanwhile, sift the remaining flour with the salt, cinnamon, cloves, and nutmeg on a piece of wax paper. In a small bowl, cream the butter and sugar. When the yeast batter has only 5 more minutes to rise, add the eggs to the creamed butter.

Beat well. Stir down the yeast batter. Spoon in the butter mixture and blend well. Add the sifted dry ingredients a spoonful at a time, beating after each one until the mixture is smooth. Dredge the raisins, nuts and citron in the tbsp of flour and stir into the batter. Pour the batter into a greased 10 inch tube pan. Make it level by using a spoon dipped in cold water. Cover the pan with wax paper and place in a warm, draft-free spot for about 1-1/2 hours, or until a

## Judi's Gems



Dear Gamma Alpha Sisters,

"Light the Path to Excellence" is our State theme. Gamma Alpha can meet this challenge by doing the following things:

- RSVP to Lynne and attend chapter meetings
- Pay your dues in a timely manner.
- Read your newsletters so you know what is going on.
- Take an active role in chapter activities. Get on a committee and help plan a meeting.
- Recruit other women educators for membership.
- Mentor the member you sponsored for at least a year. Remind her of meetings. Encourage her to be on a committee.
- Attend a Fall Workshop and State Convention (Grand Rapids this year).

See you October 28. Bring a guest or two!

Judi

## Minutes in a Minute

### *Minutes for September 23*

Minutes for September 23, 2004 meeting

Meeting called to order at the William Ford Vocational Center by President Judi Fisher at 5:25 p.m. 21 sisters in attendance.

### News-

- Grace mentioned that Abby Roach has survived the Florida hurricanes.
- Note from Judy Kolossa – she would not be returning this year. She was a member of the Sunshine Club. We need someone to send birthday cards to members.
- Seedlings had fund raiser at Max and Erma's at Laurel Park on September 29<sup>th</sup> and 30<sup>th</sup>. 25% of your bill went to Seedlings. A benefactor is matching the amount raised.

Treasurer's Report: Cindy presented the budget for

2004-2005. Motion by Barbara (seconded by Marie) to accept the proposed budget. Motion passed.

### President's Report:

Fall Workshop-

- 137 people came from all over the state.
- They loved Chef Larry. They are trying to get him to do the state convention.
- Friends of Education Award (local) Motion by Fran (seconded by Marge) to have Chef Larry Janes and Deborah Bonde to receive the Friends of Education Award. Motion passed. We need to submit their names by February and present them with the awards at our February meeting. Motion passed.
- International Convention in Minneapolis was awesome. In 2 years it will be in San Diego.  
2006- State Convention will be at the Grand Hotel.  
2007- Regional Conference will be at Grand Traverse.

World Fellowship Report: Barbara made a report on Annah Molosiwa – at MSU. We decided to keep in contact. Motion by Marie (seconded by Marge) to give her a \$100 gift certificate in February. Motion passed. \$121 raised at the Raffle for World Fellowship. If you forget your nametag- 50 cents and pin- 50 cents. Jewelry needed for October.

October 28: History of Clothing by Mrs. Cerra. We hope you can bring guests to the meeting. Reservations need to be given to Lynne Elsesser. Flyer is in newsletter.

4:30 Snacks

5:00 Presentation

6:00 Business Meeting- prospective members.

**February 24, 2004** New date because the building wasn't available as planned. Initiation, presentation, speakers.

Yearbook- Dropped members or changes need to be given to Colleen before the October meeting. Fran volunteered to be on Personal Growth.

Service Projects- We are looking for options and different things to do for the homeless shelter. Service Projects will meet and give a report in October. Dues: active \$73 retired \$58

Meeting adjourned at 7:47 Motion by Cindy (seconded by Marge)

## Heart to Heart

Marie brought this to my attention. Every year, more than one million Americans have heart attacks. Forty percent die as a result. And nearly half of those deaths occur within an hour of the onset of symptoms.

While the statistics are frightening, there are things you can do to help prevent a fatal heart attack—both before one occurs and immediately afterward. Here are some steps you can take protect your heart, and your life.

### Classic Symptoms

- Squeezing chest pain or pressure
- Shortness of breath
- Sweating
- Tightness in chest
- Pain spreading to shoulders, neck or arm
- Feeling of heartburn or indigestion with or without nausea and vomiting
- Sudden dizziness or brief loss of consciousness

### Symptoms More Likely in Women

- Indigestion or gas-like pain
- Dizziness, nausea or vomiting
- Unexplained weakness, fatigue
- Discomfort/pain between shoulder blades
- Recurring chest discomfort
- Sense of impending doom

If you experience heart attack symptoms, IMMEDIATELY call 9-1-1. While there are treatments that can halt a heart attack in progress, timing is everything. For example, thrombolytic (clot-busting) drugs can dissolve artery-clogging clots, but for maximum effectiveness they should be taken within 60 minutes after you first notice heart attack symptoms. Unfortunately, according to the National Heart, Lung, and Blood Institute, most heart attack victims wait at least two hours before seeking medical attention, which can result in extensive heart damage or even death. Even if you aren't certain it really IS a heart attack, don't "wait and see"—take action to get professional help.

After all, it's your heart we're talking about—your heart, and everybody in it.

## October Birthdays

18 Carol VanHeest

21 Alice Duke

26 Mary Lou Flynn

30 Cindy Dietz

## November Birthdays

10 Sherry Green

11 Amy Wainwright

15 Diana Markley

24 Chris Smith

29 Elaine Opper

(If I left you off the birthday list, please let me know.)



## International Update

International President, Jacklynn Cuppy challenges members to search for excellence. Read her remarks at the President's Banquet in Minneapolis on the Society website.

[www.deltakappagamma.org](http://www.deltakappagamma.org)

## An Old Chinese Proverb . . .

Those who would leave an impression for a year plant rice; those who would leave an impression for ten years plant a tree; but those who would leave an impression for one hundred years educate a human being.

