

**Alpha Iota State
Michigan**



**“CARING Makes
A Difference”**

SERVING WAYNE-WESTLAND & LIVONIA, MICHIGAN
MEMBER OF DETROIT METRO COUNCIL

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Gamma Alpha Bulletin

“The G.A.B.”

A Pedometer... You Can Count On It!

Inside this issue:

Birthdays	3
President's Message	2
Minutes	2
Good Read	3

Reminders

Check out our yearly calendar, forms and photos on Gamma Alpha's website at:

www.migammaalpha.org

This month's meeting

November 30, 2005 at Elliott Elementary

4:30 Initiation of New Members

5:30 Holiday Auction

Light refreshments \$4.00 for members. Guests are free. Specific information is in the president's message.

No December Meeting- Executive Board Meets

Next Meeting is January 25 at Wayne Memorial High School Legislation/U.S. Forum Committee present "My Voice, My Choice." Colleen R. has arranged for a speaker from Oakwood Hospital to present information regarding Patient Advocate Designation for healthcare (formerly called durable power of attorney for health care). More information in January's newsletter.

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**RSVP by November 25 to Lynne at
elsessl@yahoo.com**

Some things make perfect sense. Here's one: taking small steps to prevent a serious disease. And when it comes to diabetes you can do that. Diabetes brings a significant risk of other health problems, including heart attack, stroke, kidney disease and blindness. More and more people face those risks as rates of type 2 diabetes escalate in the U.S. Risk factors for diabetes include any of the following:

- Being overweight
- Inactive
- 45 or older
- Having high blood pressure
- Having a family history of diabetes
- Low HDL (the "good" cholesterol) plus high triglycerides

So here is where common sense comes in. With minimal effort you can avoid the disease and its potential complications. Studies prove that people at high risk for the disease can prevent or delay diabetes with simple steps as a walking program and a weight loss of only 5 to 7 percent of body weight.

So, go out and get a pedometer. It is a little electronic gadget that keeps track of how many steps you take. Clip it on in the morning, and by evening's end you'll know how much you walked that day. After you see how many steps you normally take in a day, then gradually increase that amount by 500 to 1,000 steps at a time.

But there may be more benefits to pedometers than passive counting. According to several studies, wearing a pedometer actually *encourages* physical activity. Maybe it's because keeping a record of your steps gives you a goal, a number to meet or beat tomorrow. Or maybe wearing a pedometer just increases your awareness of being active. To head off diabetes, you need at least 30 minutes of activity five days a week.

Whatever the reason, the benefits of adding steps to your day can be significant. Regular walking can lower your blood pressure, help you lose weight and improve your overall fitness. You **can** count on it!

From:
Life and Health
Fall 2005
St. Mary Mercy Hospital

Judi's Gems

Dear Gamma Alpha Sisters,

Executive Board and I have been concerned about attendance for meetings this year. September and October meetings had only fifteen members present! Because we only meet eight times a year, please try to take into consideration Gamma Alpha meetings when you are scheduling appointments, etc.



Lynne, Grace and I attended the Women in the Arts retreat in October. This was a great way to relax and meet other women from around the state in true fellowship and camaraderie. Next year Women in the Arts will be October 27-29 at the Ralph McMullan Conference Center at Higgins Lake. Take the time to consider attending this event next year.

November's meeting is devoted to fundraising for the Grant-in-Aid for women seeking a degree in education. **Members donate items to be auctioned off.** If you cannot attend, please try to drop your item(s) off for the auction. Be sure to invite relatives, friends, colleagues, potential members, etc. This way, we will raise more funds and we will not be the only ones spending money! *Application for the Grant-in-Aid is on the website under "Forms."* Here are a few ideas for items that you could donate:

- A certificate from businesses you frequent (cleaners, hair salon, manicurist, bookstore, restaurant, gas station, etc.)
- Homemade baked goods or canned goods
- Massage
- "Theme" baskets (genre books, coffees, teas, cookies, jams, etc)
- Teacher gift baskets
- Holiday crafts or decorations
- Theater or game tickets
- Best Seller Books

Amy W. and the Nominations Committee are looking for members willing to take leadership roles. You won't be alone. Previous leaders are available to mentor new officers.

P.S. Remember to **RSVP** to Lynne 5 days before the November 30 meeting. Let her know how many guests you are bringing.

Judi

Tomlinson, Linda Fullerton, Pam Husson and Danielle Jopek. All are teachers from Wayne Memorial High School.

- Joan Cady, Karen Dodds, Julie Linn, Chris Morin, Cindy Swift, Amy Story, and Gina Strand have resigned or been dropped because of non-payment of dues.

- Judi passed out Yearbooks prepared by Colleen R. Just remove the old yearbooks and replace with the new ones. If your mailing information has changed or is incorrect, please contact Jackie so corrections can be made. Also send her email changes.

- Discussion about the November Auction followed. See *Judi's Gems* for auction details. The auction will be held at:

**Elliott Elementary
30800 Bennington Westland**

Go south on Merriman. Turn left on Parkwood. Proceed to the stop sign. Turn left onto Bennington. (Parkwood is between Cherry Hill and Palmer Roads.)

New members will be initiated at 4:30. The auction will be at 5:30. Light snacks will be available for \$4.00. Your guests will be free. Just RSVP to Lynne as to the number of people attending.

- Discussion about the Fashion Show and where it would be held followed. Marie and her committee prefer that it not be held in a school. She is checking into different venues that would not be too expensive and would accommodate the event. *Dress Barn* will sponsor the event. Marie stressed the importance of attendance and bringing guests. The Fashion Show is a lot of work. Publicity will be crucial. Flyers will need to be available in our schools as well as in some local businesses. Marie had Jackie survey the membership and more information will obviously follow once Marie has received the surveys.

- Our guest speaker was Kim Lowney, subbing for Amanda Quinn. Kim showed us an information video about CPR and choking. She provided several mannequins for us to practice the techniques. We were also given a booklet *CPR For Family and Friends* plus handouts for step-by-step instruction for CPR and recognizing life threatening emergencies. The meeting was very beneficial for those who attended.

- Amy W. is head of the Nominations Committee. We need members willing to take a leadership role in Gamma Alpha. If you are interested in serving on Executive Board, please contact Amy or anyone on the current board.

- Snacks were turkey and cheese wraps, tortilla chips and salsa, cheese cubes, and cookies.

Respectfully submitted,
Christine Smith, Recording Secretary



Minutes in a Minute

Minutes for October 26, 2005

- **Fifteen members** were present for the October meeting.
- Jackie used Hayes' computer lab to present *Delta Kappa Gamma 101* to prospective and current members. Four women are interested in joining $\Delta K\Gamma$. They are Jan

International Update



www.deltakappagamma.org

Founders' Collection Jewelry

Award Concepts, Inc., the Society's official jeweler has designed several new items for the Founders Collection, unveiled during 2005 Regional Conferences. In response to requests for some "nice jewelry," the administrative board approved the conceptual drawings presented at its May 2005 meeting. Samples of two of the designs were available at Northwest and Northeast Regional Conferences this summer. Order forms with pictures of the pieces have been sent to chapter presidents. Award Concepts has a few pieces of the 75th Celebration jewelry remaining. Using the International website, members may log onto *LINKS, Shopping* to connect to appropriate order forms for Founders' Collection and other ΔΚΓ paraphernalia. Chapter guards also are available to members. These small Greek letters attach to the key pin with a chain. Jackie has added this to her pin if you would like to see how it looks. Pricing for the two Greek letters ΓΑ is as follows:

2 Letters Plain Gold \$21.50; 2 Letters Plain 10KY Gold \$41.50;
2 Letters w/pearls Plain Gold \$65.25; 2 Letters w/ pearls 10KY Gold \$85.00

November Birthdays

- 10 Sherry Green
- 11 Amy Wainwright
- 24 Chris Smith



If I left you off the birthday list, please let me know. Email me at jackie@mysmartfamily.com

Good Read

The Last Girls by Lee Smith

Good Morning, America recommended this book, so I gave it a go. In 1965 they were girls, not women—the last generation of American females to be called “girls.” Inspired by a college writing workshop they were taking, these girls emulate Huck Finn by riding down the Mississippi on a makeshift raft while they were on summer vacation.

In 1999, some of these now grown women retrace their journey on the steamboat, *Belle of Natchez*, to sprinkle the ashes of one of the group in the river. On this trip the women review old

Flirtatious Old Gal

This was submitted by one of our retired members.

I have become a little older since I saw you last, and a few changes have come into my life since then. Frankly, I have become a flirtatious old gal. I am seeing five gentlemen every day...

As soon as I wake up, *Will Power* helps me get out of bed.

Then I go to see *John*.

Before you know it, *Charlie Horse* comes along, and when he is here he takes a lot of my time and attention.

When he leaves, *Arthur Ritis* shows up and stays for the rest of the day. But he doesn't like to stay in one place very long, so he takes me from joint to joint.

After such a busy day, I'm really tired and glad to go to bed with *Ben Gay*.

What a life! Oh yes, I'm also flirting with *Al Zymer*.

times and compare notes on their lives, which contain heartbreak, as well as good luck and a measure of happiness. Lee Smith is a wonderful storyteller I found this book a *good read*.

?? Mystery Members ??

Initiated in 1980. Former kindergarten teacher employed by Wayne-Westland. Retired. President in 2000-2002. Chapter Woman of Distinction in 1987. This mystery member is a crafty individual and the owner of a new dog. Currently serving on the Finance Committee.

Who Am I?

Initiated in 1984. Chapter Woman of Distinction in 1996. Retired from Wayne-Westland Schools. This mystery member served for two biennium. She is subbing and lives "up north" but still makes it to a few meetings before the snow falls.

Who am I?

Initiated in 1996. Employed as first grade teacher in Wayne-Westland. This member works tirelessly of the district's Language Arts committee. She has served on the Service Projects Committee for Gamma Alpha. She has three wonderful sons and is a grandmother. She recently moved from Wayne into a condo in Canton.

Who Am I?

Science and Health

Like alcohol, smoking cigarettes can negatively affect the speed and accuracy of a person's thinking ability and bring down his or her IQ, according to U-M researchers. While researchers set out to examine alcoholism's long-term effect on the brain and thinking skills, they surprisingly discovered that smoking over a prolonged period of time caused the same outcome. This study is the first to suggest a link between smoking and neurocognitive function even among those who don't have alcohol problems.

Invest in yourself, in your education. There's nothing better. -*Sylvia Porter*

Gamma Alpha Executive Board

2004-2006

Caring Makes a Difference

Judi Fisher:	President
Lynne Elsesser:	First Vice President
Marie Canzoneri:	Second Vice President
Chris Smith:	Recording Secretary
Jackie Smart:	Corresponding Secretary
Cindy Dietz:	Treasurer

How To Tell If You Are a Real Teacher

Real teachers grade papers in the car, during commercials, in faculty meetings, and in the bathroom.
Real teachers cheer when they hear April 1 does not fall on a school day.
Real teachers can't walk past a crowd of kids without straightening up the line.

Real teachers have disjointed necks from writing on boards without turning their backs on the class.
Real teachers are written up in medical journals for size and elasticity of kidneys and bladders.
Real teachers can predict exactly which parents will show up at Open House.
Real teachers never teach the conjugations of lie and lay to eighth graders.
Real teachers can "sense" gum.
Real teachers have their best conferences in the parking lot.
Real teachers have never heard an original excuse.
Real teachers buy Excedrin and Advil at Sam's.
Real teachers will eat anything that is put in the teacher's lounge.
Real teachers know secretaries and custodians run the school.
Real teachers hear the heartbeats of crisis; always have time to listen; know they teach students, not subjects; and they are absolutely non-expendable.