



***“CARING Makes  
A Difference”***

# Gamma Alpha Bulletin

## “The G.A.B.”

### Make ΔΚΓ Part of Your New Year’s Resolutions

New Year's is the only holiday that celebrates the passage of time. Perhaps that's why, as the final seconds of this year tick away, we become introspective. Inevitably, that introspection turns to thoughts of self-improvement and the annual ritual of making New Year's Resolutions. New Year's Resolutions offer the first of many important tools for remaking ourselves and more importantly, looking forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

Here are the some resolutions that probably made your list this year.

- **Spend More Time With Family and Friends.** According to a recent survey, 50% of Americans vow to appreciate loved ones and spend more time with family and friends. The camaraderie and genuine spiritual fellowship that ΔΚΓ promotes during monthly meetings will help you keep this resolution.
- **Fit in Fitness.** Exercise keeps you healthy and makes you look and feel better. A healthy chapter has members who are enthusiastic and committed to the purposes of the Society.
- **Tame the Bulge.** Fifty-five percent of adults in America are overweight, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program. Gamma Alpha’s membership numbers have been reducing in size at an unhealthy rate. Seek out new members or reclaim former sisters so our chapter doesn’t wither away.
- **Learn Something New.** Have you vowed to make this year the year to learn something new? State Convention and Fall Workshops offer members the opportunity to pick up CEUs. Chapter meetings engage speakers on a variety of topics. In October we learned about changes in CPR methods. In January, we have a speaker from Arbor Hospice to present information regarding Patient Advocate Designation for healthcare. Challenge your mind in the coming year, and your horizons will expand.
- **Help Others.** A popular, non-selfish New Year's resolution, is volunteerism and it can take many forms. Whether you choose to spend time helping out at your local library, binding books for Seedlings, volunteering at a local hospital or school, mentoring a child, or building a house for Habitat for Humanity, these nonprofit volunteer organizations could really use your help. Gamma Alpha is involved in helping many charitable organizations. In February, we will be making bags for one of our charities, the Wayne County Family Center, and filling the bags with essential items that women need.

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#### Reminders

Check out our yearly calendar, forms and photos on Gamma Alpha’s website at: [www.migammaalpha.org](http://www.migammaalpha.org)

**This month’s meeting:**  
**January 25 at Hayes School beginning at 4:30.** *Hayes is located east of Merriman off of Ann Arbor Trail. Going north on Merriman, turn right onto Ann Arbor Trail. Go about a quarter of a mile.. Turn right on Hillcrest & right on Louise.*

Legislation/U.S. Forum Committee arranged for a speaker to present information regarding Patient Advocate Designation for Healthcare . You can present new members at this time. The *Recommendation for Membership* form is on the website. Light refreshments \$4.00 for members. Guests are free.

**Next month’s meeting: February 15 at Elliott at 4:30.**

Service Projects will sponsor making “Essential Needs Bags” for the women at Wayne County Family Center. There will be **no** February Newsletter, but I’ll send out a meeting reminder.

RSVP by January 20 to Lynne at [elsessl@yahoo.com](mailto:elsessl@yahoo.com)

## Judi's Gems



Dear Gamma Alpha Sisters,

I hope everyone's holidays were merry and bright. Now that we are in the midst of Old Man Winter, don't let the frigid temperatures to break your  $\Delta KT$  resolutions. In January, we will learn more about Patient Advocate Designation. In February, we will participate in our Service Project for the Wayne County Family Center. Our meetings will warm you up with camaraderie and fellowship!

It was a little difficult finding members to accept leadership roles in Gamma Alpha, but the Nominations Committee, headed by Amy Wainwright, persevered and presented a slate of officers at Executive Board for the 2006-2008 biennium. We will vote on the slate in January.

State Convention is coming up May 5-7. It will be held at the Grand Hotel on Mackinac Island. The Winter Wolverine will have registration forms for the convention and hotel. Jackie will put them on the website when they are available.

Jackie and I represented Gamma Alpha at Zeta and Alpha chapters' joint Christmas Brunch held at the Holiday Inn in Livonia. They had a lovely breakfast buffet and had a Chinese Auction of holiday items.

P.S. Remember to **RSVP** to Lynne 5 days before the January 25 meeting. Let her know if you are bringing a guest.

## Minutes in a Minute

### Minutes for December 15, 2005 Executive Board Meeting

The Executive Board meeting was held at Jackie's home. Judi, Lynne, Jackie, Chris S., Bonnie F. Carol A. and Marie were in attendance. This was the day of the big snow and several members emailed or phoned in their committee reports. Thanks!

### Committee Reports

**Membership-** Marie. Linda F. was initiated in November. The Fashion Show has been cancelled. We will present new members again in January. Orientation will be in February. Initiation in March. Ice breakers will be used to begin meetings.

**Nominations-** Amy presented the slate of officers that will be voted on in January. President- Jackie S., First Vice President- Judi F., Second Vice President- Amy W., Recording Secretary- Carol A., Corresponding Secretary /Newsletter- Jackie. As you can probably tell, it was a challenge getting members to accept leadership roles.

**Professional Affairs-** Marge. CPR presentation was informative. Presenter, Kim Lowney, was from Redford Public Schools and was interested in joining. Judi F. will follow-up.

**Personal Growth-**Barbara. \$982 was raised from the auction. Chris S. donated \$18 to make it an even \$1,000. We had 21 members and 10 guests present. We were small in size but had big checkbooks. Many members were involved in helping with the auction.

**Service Projects-** Esther. February 15 at Elliott 4:30. We have received \$300 from the Wilma Adams Fund to help with this project. We will make *Essential Needs Bags* for the women at the family center. The committee will purchase bags and items for the bags. Bring some women's magazines to put into the bags. Light snacks will be provided for \$4. New member orientation, as well.

**Music-** Chris S. volunteered to chair this committee.

**Legislation/US Forum-** Cindy & Colleen R. January 25 meeting at Hayes at 4:30. *Note the change of venue.* Jill Kontry from Arbor Hospice has a 45-minute informative presentation regarding Patient Advocate Designation for Healthcare. When a loved one is seriously ill, that person's health care choices may not be known among friends and relatives. As a result, family arguments can ensue and the patient's wishes aren't always kept in mind. Jill will help us complete an advance directive. Life is precarious at best and you never know when you're going to need to make those decisions. The presentation is free but the chapter can make a donation to Arbor Hospice if we desire. Light snacks will be available for \$4. Guest are welcome.

**Birthday Dinner-**Helen volunteered to chair. Bonnie F. and Chris S. offered to be on the committee. We are going to use the Metro Council Luncheon as our Birthday Dinner. See *Announcements* for details.

**World Fellowships-** Carol H. \$120.75 raised from the Vacation Auction for World Fellowships.

**Grant-in-Aid-** Mary Jo. Two \$500 grants available for 2006. The application on the website under *Chapter Forms*. Send applications to me by March 31.

**Yearbook-** Colleen R.- Yearbooks were mailed to Sally Garrison before December 1. Colleen will be in Montreal for a 6-week Teacher of ESL course beginning in January.

**Newsletter-** Jackie. Send me news so I don't have to make this stuff up! I only mail 5 hard copies now (+ ones for the State). Unfortunately, only e-mail members get meeting reminders. How is it working for members? Let me know!

**Empathy-** Carol A. and Donna. Jackie gave Carol an updated list of member birthdays.

### Announcements

Jackie been re-elected President of Metro Council. Here is some news about the spring *Metro Council Luncheon*.

**Date:** Saturday, April 8, 2006

**Place:** Grand Celebrations  
32305 Grand River Avenue  
Farmington, MI 48336 (Located between Orchard Lake and Farmington Roads)

**Arrive:** 11:00 **Buffet:** Begins at 11:30 **Cost:** \$16.00

The menu is :butter baked chicken, Mostaccioli, Swedish meatballs, oven-browned potatoes, peas and mushrooms, tossed Salad with ranch or Italian dressings, coffee, tea, ice tea, and soft drinks, and cake.

Metro Council Luncheon is April 8 and occurs once every two years. Convention is May 5-7. The scheduled date for the Birthday Dinner is May 17 and the planning meeting is May 31. It seems like a lot of DKG within a 6-week period. Because convention is going to be so expensive, we felt this might save members some cash. Another plus is that the luncheon is on Saturday and we might see some members who are unable to attend because of evening

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## State & International Update



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

### Make Some Membership Magic

In the 2005 Fall *Wolverine* Alpha Iota President, Marilyn Mitchell shared some interesting membership facts she received from Paula Dent regarding Michigan membership. After doing a regressive analysis on membership losses since 1990, it was determined that if our rate of membership decline continued, our Society would be back to twelve members, the number of our original founders by 2052! Marilyn also stated that at one time Michigan and Ohio had the same number of members. As of July 1, 2005 Ohio has 117 chapters and 7,220 members. Michigan has 68 chapters and 2,797 members.

Membership in Delta Kappa gamma is a gift to be shared according to Marilyn. She reminds us to think of the friends you have made because of Delta Kappa Gamma. Think of the opportunities, benefits and personal growth you have experienced through our Society. Marilyn encourages all of us individually to recruit, retain and reclaim members who would benefit from our Society.

Source Vol. 57 No.1 Michigan Fall *Wolverine*



#### December

- 6 Laura Barrett
- 12 Barbara Broadley
- 30 Judi Fisher



#### Birthdays

#### January

- 1 Carol Anderson
- 7 Donna Colaianne
- 13 Mary Jo Dreffs
- 31 Marie Canzoneri

#### February

- 29 Marge Braun



*(Minutes in a Minute Continued from page 2)*

commitments. We will initiate new officers after the luncheon. We will also invite the Grant-in-Aid recipients and honor any retirees. So, if you plan on retiring, let Helen or Executive Board know. More information to follow.

Joan Cady and her husband moved to Florida!

Respectfully submitted  
Chris Smith, Recording Secretary

purpose, but her zeal puts pressure on her already wobbly marriage to Ben.

Kate charges on, however, aided by her ex-roommate and best friend Janie, the chic, fearless daughter of a multi-millionaire. Things are further complicated by the reappearance of Evan McKenna, Kate's unrequited love interest of the past seven years. Evan is a charming part-time private investigator, attentive to Kate and the exact opposite of her husband. Linked to the case through work he'd done for the victim, Evan joins Kate on the mystery, and his seductive presence leaves her torn.

The characters are passionate, but the murder mystery is less compelling. Nevertheless, I enjoyed reading Jennifer Weiner's book because of her humor and I loved Kate. She was a fully realized character who was funny, warm and lovable while struggling with the roles of mom and wife and feeling inadequate next to the Stepford wives in Connecticut.



### Good Read *Goodnight, Nobody* by Jennifer Weiner

Jennifer Weiner's fourth novel follows Kate Klein a bright but bored, upper-middle class, Connecticut suburbanite mother of a daughter and twin boys. Kate becomes entangled in a local murder case when she discovers the stabbed body of neighbor. Her pursuit of the killer gives Kate's mundane life a new sense of

## ?? Mystery Members ??

Initiated in 1991. Teaches either first or kindergarten (she changes grades so often I can't keep it straight). She is employed by Wayne-Westland. She has two sons and a great husband. Currently chairman of the Grant-in-Aid Committee and reminds you that applications are on our website under **Forms**.

### **Who Am I?**

Initiated in 2000. Retired from Livonia Public Schools. Although she is a Florida snowbird, she has time to chair the Professional Affairs Committee and sponsored October's CPR meeting. She is really a teenager because her birthday is February 29 and she can only celebrate it every four years.

### **Who am I?**

Initiated in 1998. Employed as an Elementary Reading Coach in Wayne-Westland. She was co-Corresponding Secretary in 2000. She has a son at the University of Michigan.

### **Who Am I?**

Was one of our Charter Members back in 1979. We don't get to see much of her because she owns a successful tutoring business in Plymouth and works in the evening.

### **Who Am ?**

*Use your yearbook to discover who these mystery members are.*

## 'Minds of Boys' Author Says Teachers Must Understand Differences Between How Boys and Girls Learn

Michael Gurian, co-author of "Minds of Boys: Saving Our Sons From Falling Behind in School and Life" delivered the keynote speech at the MEA Instruction and Professional Development Conference in December on why boys today are having more difficulty learning than girls.

Gurian has spent two decades examining how boys' brains develop and function, and examining the major differences in how boys and girls learn. Gurian, and co-author Kathy Stevens investigate the "male learning style" that is so often at odds with current educational practices, leaving the mistaken impression that boys are difficult to manage and teach. The authors begin by detailing the crisis faced by boys--lower grades, greater discipline problems, higher dropout rates.

Among effective learning strategies for boys Gurian recommended:

- In writing assignments, "give boys a half-hour to draw what they're going to write about—and then write—and they will write a lot better and their grades will go up."
- Change reading requirements. With boys, "have 50 percent assigned, 50 percent elective, so boys can choose what interests them. Boys tend to read more nonfiction, or fiction that is quest-oriented. Use more multimedia with boys—show 'Lord of the Rings' and then have them read it."
- Incorporate physical movement into class assignments where possible, or "when counseling a boy, don't ask him to sit down, move around with him, take him for a walk."

Throughout the book, Gurian and Stevens offer advice to parents and teachers on how to encourage learning based on the particular strengths of boys, from bursts of attention and physical play with infant boys to appropriate discipline as they grow older to developing a more boy-friendly curriculum at schools.

The authors emphasize that their strategies are aimed at boosting the learning and academic performance of boys **without** disadvantaging girls in any way. Parents and teachers concerned about teaching and disciplining boys will appreciate this thought-provoking perspective.

*Source: MEA Voice Today  
December 2005*

## 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
Grace Morgan:	Past President