



Gamma Alpha Bulletin

The G.A.B. "Let's Talk"



President's Message

Thanks to all who helped pull together our "Teen Dating Abuse" meeting at the Livonia Civic Center Library in March. We had a nice turnout, delicious treats, and mix of attendees. From Gamma Gamma and our chapter.

The Metro Council Luncheon was a time to visit with local chapters and share food and fun. The fun included making and flying paper airplanes and learning about the history of women in aviation from flight instructor Jessie Lambdin. We also honored Colleen Retherford, our Chapter Woman of Distinction along with honorees from other chapters. Esther's colorful garden centerpieces were a coveted door prize for eight lucky winners. Thanks to all who worked to pull this off. A special thanks to Cindy, for taking care of the finances and to Jackie, for the computer presentation and her "picnic basket" for auction at State Convention in Traverse City.

I look forward to our Birthday Celebration on May 12. Nan Wikol will be honored as our Friend of Education, new retirees will be honored, Grant-in-Aid will be awarded, and we install our new slate of chapter officers. Remember to bring your donations for the MCV, and also any books that you're ready to part with for Book Exchange. (see May 12 Birthday Dinner in

the calendar for specifics) The flyer is on page 5. Send your money to Cindy.

The following evening 14 of us are going to the Tipping Point Theatre to see a preview performance of "Southern Comfort" at 8:00 p.m. Tickets are reserved under Delta Kappa Gamma and you pay \$18 as you pick them up at the box office. We will be seated together.

Two years have quickly sped by as your chapter president. It has been good getting to know more active chapter members and trying to get my arms around the new technology. This will be a continuing effort! We have been a busy, productive chapter, with Jackie as our role model and cheerleader. I've enjoyed all the programs you brought us; the collaborative planning sessions are essential. We share so much as we serve together. I have been fortunate to belong to such a caring, generous, fun-loving chapter.



Fondly,
Fran

Mission Statement

*The Delta Kappa Gamma Society International
promotes professional and personal growth of women educators
and excellence in education.*

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Meeting Info

See calendar for details.



April 30 - May 2

State Convention
Grand Traverse
Resort & Spa

May 9

Mother's Day

May 12

Birthday Dinner

May 13

Tipping Point trip

June 29

Pot Luck at Fran's
11:00 a.m.

RSVP to Jackie at:

jackie@mymartfamily.com



Don't forget these dates!



State Convention April 30 - May 2, 2010

Grand Traverse Resort and Spa

May 12, 2010 Birthday Dinner WEDNESDAY

Location: G. Subu's

Arrive: 4:15 Family Style Dinner: 5:00 See flyer for cost.

Hostesses: Birthday Committee, Membership Chairman

Agenda:

Before Dinner:

- **Book Sale** Bring your books to sell to others for summer reading.
- **Lia Sophia Jewelry Raffle**
- **50/50 Raffle**
- **Install New Officers**
- **Service Project:**

“Undercover Assignment” for Methodist Children’s Village

The Service Project Bring donations that the boys can use at bedtime. For example, you can donate pajama bottoms, tee-shirts, underwear, deodorant, small fleece throws, and a book to read before settling down. Jackie has obtained 50 toothbrushes and tubes of toothpaste, as well as 50 book lights for the project. Amy checked with MCV and reported the sizes for pajama bottoms, tee-shirts, and underwear should be large and extra large. Please be generous for those who have so little.

After Dinner:

- **Honor Friend of Education**
- **Honor Retirees**
- **Honor Chapter Woman of Distinction**
- **Award Scholarships/Grant-in-Aids**
- **Birthday Ceremony**

May 13, 2010 THURSDAY

On Thursday, **May 13 at 8:00 p.m.** 14 members have committed going to the **Tipping Point Theater** to see a preview performance of “Southern Comfort.” The play is a comedy about a December-December romance. Tickets are reserved under Delta Kappa Gamma and you pay \$18 as you pick them up at the box office. We will be seated together. It should be a fun evening. See you there.

Planning Meeting June Date 29, 2010

All of our programs are planned by the membership. Be reminded that this meeting is **not** just for Executive Board, but for members who wish to make our chapter vital. Come to our planning meeting armed with ideas **or** suggestions you want Gamma Alpha to be involved with for 2010-2011. Let us know if you are happy having the meetings at the Leather Bottle or would you like to explore another venue. Some have suggested the William D. Ford Voc-Tech Center in Westland. If you know of a speaker, please bring the contact information. Meetings

focus on the seven purposes of DKG.

1. **Unite women educators in spiritual fellowship** (*We can plan meetings where members share their talents, travels, hobbies, or memorable teaching experiences.*)
2. **Honor distinctive service in any field of education** (*Honor our active and long-time members with certificates of appreciation; recognize those who attained higher-level professional degrees.*)
3. **Advance women in education** (*Bring in community leaders for a Q&A session; invite school board women members to share their experiences; have members share about leadership conferences they have attended.*)
4. **Support legislation for women educators** (*Invite the League of Women voters or legislators to discuss the latest information; study the lobbying process.*)
5. **Endow scholarships to women educators** (*Send congratulations or birthday notes to scholarship recipients; invite former recipients to share their experiences; list hostel, leadership retreats available to members; hold fundraisers for grant-in-aid awards and world fellowships.*)
6. **Stimulate personal and professional growth and services** (*Visit local resources to learn about opportunities for all members: museums, theaters, newspaper offices, nursing homes, judicial environments, senior centers, shelters, art galleries, and historical landmarks.*)
7. **Inform members of important issues** (*Invite legislators for a panel discussion; report on world developments and future innovations; email information updates to members; review opportunities through Delta Kappa Gamma.*)

Planning meeting and pot luck luncheon will be held at Fran's at 11:00. Bring your favorite dish, pasta salad, or dessert to pass. Fran will have bread rolls and beverages for us. Fran's address is 17269 Vacri Lane. Go north on Farmington. (Pretend you are going to Subu's.) After you pass Six Mile turn left on McNamara Drive. Then turn left on Vacri Lane. Fran's house is on the right.



Did You Know?

The first soft drink, Vernor's Ginger Ale, was introduced by a Detroit Pharmacist, James A. Vernor, in 1866? There were several 'elixirs' on the market at that time, including what would later be called Coca Cola. These contained alcohol, whereas Vernor's didn't. Thus the name 'soft' drink .

The world's first shopping mall, Northland Mall, opened in in 954. Newspapers from overseas, as well as this country wrote that it would never catch on...Duh?

Michigan's first police woman began walking the beat in Detroit in 1893.

The world's only marble lighthouse is located on Belle Isle.

Children are a great comfort in your old age, and they help you reach it faster, too.

Lionel Kauffman

DKG Minutes for March 25, 2010

About fifteen members from Gamma Gamma Chapter joined us at the Livonia Civic Library for a presentation by Mu Chapter about Teen Dating Abuse. The prevalence of teen dating abuse is staggering. We learned that in the past five years the incidence of abuse in teen relationships has increased from one in five to one in three. Using a Ruth Mott grant, Mu Chapter purchased the copyrights from Deana's Educational Theater for the *Yellow Dress* program, a drama followed by discussion. Mu Chapter used this vehicle to promote awareness of teen dating abuse among the Genesee County teens. Cheryl Cyran, our presenter, was very passionate about this chapter project. Although the meeting was about how their project worked, Cheryl gave us folders that included the following information :

- Early warning signs of teen dating violence
- Safety planning and a safety wheel for teens in abusive dating relationships
- How to help a student or a friend
- Why it is so hard to leave
- Website information and suggested reading lists about dating violence

Debbie Ervin coordinated the yummy refreshments. Thank you Debbie!

Fran asked who was attending convention and the Metro Council Luncheon.

The Birthday Dinner is May 12. The flyer is in the newsletter. Esther asked us to remember our donations for the Undercover Project. See the calendar for details.

After the meeting, meetings ate, talked, and enjoyed the snacks.

Carol Palk for Mary Jo Dreffs, Recording Secretary



Insanity is hereditary...you get it from your kids.

Sam Levenson



Mothers

by Shirley Stephenson

Worldwide, the education level of the parents, particularly mothers, influences the probability that children will attend school. The likelihood of children staying in school increases with the years of education that their parents attain.

In developing countries in Africa, Asia, and Latin America, the education of mothers - even at low levels - is associated with reductions in child mortality. Mothers' schooling is associated with the greater likelihood of prenatal care, childbirth assistance from trained health care providers, and postnatal provision of childhood vaccinations and medical care.

Children whose mothers read aloud to them are more likely to develop the skills and knowledge that influence written and oral language abilities.

Mothers who participate in activities with their children, convey expectations for school performance, and are present when their children wake up in the morning, arrive from school, or go to sleep reduce the likelihood of their children's involvement in violent behaviors such as fighting, carrying a weapon, stealing, bullying, and homicide.

Mothers whose daughters view them as positive role models influence their daughters' confidence. Daughters who aspire to emulate their mothers develop stronger self-esteem and a more positive body image than girls who don't identify with their moms.

*There is only one pretty child in the world,
and every mother has it.*

Chinese Proverb

Gamma Alpha Chapter
cordially invites members and guests to attend the

31st Anniversary Birthday Dinner

on

May 12, 2010

Arrive at 4:15 p.m. Dinner served at 5:00

At

G. Subu's Leather Bottle

20300 Farmington, Road

Livonia, Michigan

(Located south of Eight Mile Road on the east side of Farmington Road)

Family Style Dinner \$25

Mixed Green Salad w/ choice of dressing

Breadsticks

Chicken Marsala

Swedish Meatballs

Fluffy Whipped Potatoes

Green Beans Almondine

Birthday Cake

Coffee, Tea, Soft Drinks

Program Includes:

Installation of Officers

Honor Friend of Education

Honor Retirees

Award Scholarships/Grant-in-Aids

And the 31st Birthday Celebration of Gamma Alpha Chapter

Please bring items for Gamma Alpha's Service "Undercover Project" that will be donated to the Methodist Children's Village in Redford. Donations should include items the boys can use at bedtime; e.g. pajama bottoms, tee shirts, underwear, (sizes large to extra large) deodorant, small fleece throws, books, etc.

Mail checks to:

Cindy Dietz:

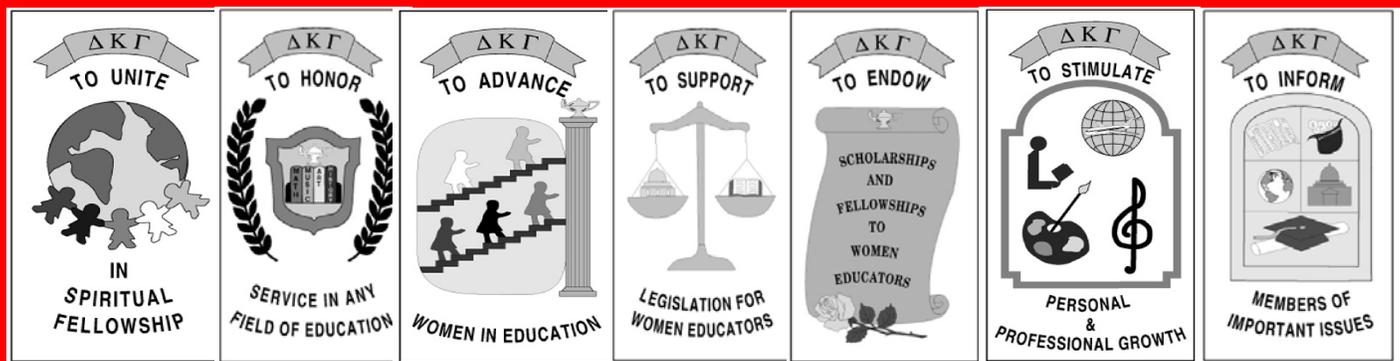
7329 Gilman

Westland, MI 48185

(734) 427-9399

Members please RSVP no later than May 5, 2010

Seven Purposes of The Delta Kappa Gamma Society International



Gamma Alpha Executive Board & Committee Chairmen

Executive Board

President	Fran Saenz
First Vice President	Amy Wainwright
2nd Vice President	Carol Anderson
Recording Secretary	Mary Jo Dreffs
Corresponding Sec.	Jackie Smart
Treasurer	Cindy Dietz
Parliamentarian	Barbara Broadley

Committee Chairmen

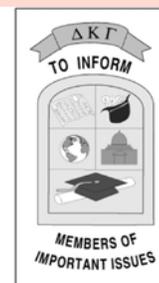
Personal Growth & Service	Esther Loskowske
Professional Affairs	Lynne Elsesser
Research/History	Sherry Green
US Forum/Legislation	Pam Emerson
Music	Chris Smith
Grant-in-Aid	Debbie Ervin
Birthday	Helen Mate
World Fellowships	Colleen Retherford
Yearbook/Newsletter	Jackie Smart
Sunshine	Donna Colaianne & Nancy Chiasson
Finance	Grace Morgan
Nominations	Lisa Austin
Holiday Auction	Mary Jo Dreffs

Research

Improving Your Memory

Feel like your memory just isn't what it used to be? Most of us know that memory is affected by age and one of the earliest signs of mental decline that we notice. But learning and memory can be improved at any age. According to experiments done on other animals, young brains can improve learning and memory by physical exercise alone. Middle-aged brains can improve by combining physical exercise with mental exercises. Older brains can improve through either physical or mental exercise alone.

Harburger, L, et al. (2007). Behavioral Neuroscience, Vol 121(4).



*A man loves his sweetheart the most,
his wife the best,
but his mother the longest.*

Irish Proverb