

California Alpha Delta Kappa

Making a Difference

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Dear California sisters,

It is hard to believe we are already in the middle of February! My wishes are for you and your loved ones to have had a bright beginning to 2013 and be looking forward to a Spring that is not far away now! The almond trees which surround my home are trying to bloom, but it has been a tad cold! Soon though, the orchard will be in full bloom and we'll be enjoying all the beauty of new beginnings. One exciting new beginning for California Alpha Delta Kappa will be the chartering of our newest chapter on March 16th in the Fullerton/La Habra area! Many thanks to California Past-President Judy Welch and the Gamma Nu sisters who have supported this effort over the past two years. I challenge every chapter to offer the honor of membership in our worthy organization to outstanding women educators in your area. Here are details about the current International Membership Campaign:

The Membership Campaign 2013 challenge is to initiate five or more new members or reinstate former members. (Current members transferring into your chapter do not count.) These five or more new/reinstated members must be initiated/reinstated and **all forms (R-12) and fees must be received at Headquarters by April 15, 2013.** [Required forms for new members are H-103 (Membership Application and Badge order) and H-133 (Report of Initiation). The required form for reinstatement is H-154.] Each chapter that initiates/reinstates a minimum of five members between January 1, 2013 and April 15, 2013 will be recognized in a special section of the December KAPPAN. In addition, chapters will be entered into a S/P/N (state, provincial, national) drawing for a **\$100** donation made payable to a charity of your choice or the Alpha Delta Kappa Foundation. Chapters will receive one entry for each member initiated/reinstated.

Food for thought:

FEMALE RELATIONSHIPS - THEY TEACH IT AT STANFORD

IN AN EVENING CLASS AT STANFORD THE LAST LECTURE WAS ON THE MIND-BODY CONNECTION - THE RELATIONSHIP BETWEEN STRESS AND DISEASE. THE SPEAKER (HEAD OF PSYCHIATRY AT STANFORD) SAID, AMONG OTHER THINGS, THAT ONE OF THE BEST THINGS THAT A MAN COULD DO FOR HIS HEALTH IS TO BE MARRIED TO A WOMAN, WHEREAS FOR A WOMAN, ONE OF THE BEST THINGS SHE COULD DO FOR HER HEALTH WAS TO **NURTURE HER RELATIONSHIPS WITH HER GIRLFRIENDS.** AT FIRST EVERYONE LAUGHED, BUT HE WAS SERIOUS.

WOMEN CONNECT WITH EACH OTHER DIFFERENTLY AND PROVIDE SUPPORT SYSTEMS THAT HELP EACH OTHER TO DEAL WITH STRESS AND DIFFICULT LIFE EXPERIENCES. PHYSICALLY THIS QUALITY "GIRLFRIEND TIME" HELPS US TO CREATE MORE SEROTONIN - A NEUROTRANSMITTER THAT HELPS COMBAT DEPRESSION AND CAN CREATE A GENERAL FEELING OF WELL BEING. WOMEN SHARE FEELINGS WHEREAS MEN OFTEN FORM RELATIONSHIPS AROUND ACTIVITIES. THEY RARELY SIT DOWN WITH A BUDDY AND TALK ABOUT HOW THEY FEEL ABOUT CERTAIN THINGS OR HOW THEIR PERSONAL LIVES ARE GOING. **WOMEN DO IT ALL OF THE TIME. WE SHARE FROM OUR SOULS WITH OUR SISTERS/MOTHERS, AND EVIDENTLY THAT IS VERY GOOD FOR OUR HEALTH.**

Of, course, we in Alpha Delta Kappa already knew this. To belong to an organization made up of outstanding women is such a gift in our lives. Please share this gift of health and well-being and help strengthen Alpha Delta Kappa at the same time!

With sisterly love,

Mollie



California Alpha Delta Kappa

MAKING A DIFFERENCE



Sue Thompson, President of Beta Phi in Ceres/Modesto shared:

This year we decided to make some kind of a contribution to different charities in our area: In October, we donated gently used or new towels to the Salvation Army Homeless Shelter; in November we chose to donate several boxes of non-perishable food to Interfaith Ministries. Our December project was to donate clothing and bath products to Hutton House, a local home for runaway teens. In January our members donated beans, rice and paper products to Westside Ministries. February's donations will be hygiene products to the Salvation Army for the Homeless Shelter and March will likely be donations of children's books to a local shelter for abused women and children.

Nice work, Valley sisters ~ truly making a difference for MANY in your community!



From Nancy Keller, Eta Chapter President in San Diego:

Eta chapter's primary altruistic endeavor this year is the Center for Community Solutions, which sponsors Project Safehouse for women escaping an abusive relationship. This year we collected old, used purses from our members which they no longer needed. We then filled them with toiletries; shampoo, conditioner, tooth brush, tooth paste, comb, deodorant, soap, body wash, nail files, the necessary items that women need. They will be distributed to women when they enter the shelter. Many women flee a relationship with only the clothes on their backs. We also presented them with a check for \$1100.00, which we raised at our annual Christmas silent auction.

How grateful the women at Project Safehouse will be to receive these items. Thank you, Eta sisters!

Gamma Nu sister Harriet Kelly sent this along about the difference one individual can make...

Gamma Nu sister Myrna Capsuto participated in a Dance-a-thon to raise money for the City of Hope; Member Wende Borowski is a Santa Margarita High School counselor who works with seniors to mentor freshman in the Link Program. Charity Cox is a Gamma Nu member who works in a continuation high school where she was teacher of the year in her district last year; she is raising money for 10+ students to go to the seat of our government, Washington DC; they raised \$10,000 at one evening fund raiser recently. It is exciting what individuals accomplish on behalf of others!

Absolutely! Thank you, Harriet, for sharing!

Shared by elementary/high school music teacher Christel Biasell, Xi Chapter, Fresno/Coarsegold:

On Dec 18, 2012, my music students from Rivergold and Coarsegold Elementary Schools gave their our annual Winter Charity Concert. They raised funds which are used to reach out and lend a hand to children in Africa who are at risk of starvation.

What a great message to send to our young people - truly making a difference and contributing to World Understanding! Thank you, Christel, for sharing this good work.

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'Alpha Delta Kappa is an international honorary organization of women educators dedicated to educational excellence, **altruism** and world understanding.'

Alpha Delta Kappa Mission Statement

From California State Altruistic Project Chairman Kathy Layman:

California State Altruistic Project 2012-14: Summer Search

Summer Search is a leadership development program for young people who strive to break the cycle of poverty, transitioning young people into productive adults and positive role models in their communities. The mission is to identify resilient, low income high school students and inspire them through year-round mentoring, life-changing summer experiences, college advising, and a lasting support system. Beginning as a sophomore in high school, the students are monitored weekly by professionals who challenge the students to greater awareness and prepare them for their summer programs. As juniors, they attend the wilderness leadership expedition. As seniors they attend a domestic academic program or participate in community service and international home stay. When the students enter college they receive financial aid counseling and help in navigating through the entire entrance process

<http://summersearch.org/>

Ladies, we are all in full swing supporting Summer Search, but it is now time to start thinking of a worthy cause for our next state altruistic project. This new project will be voted on at our 2014 State Convention. I am asking everyone to start thinking about an altruistic project that encompasses and effects more than just our local areas. We are looking for a project that reaches throughout the state, the nation, or even the world. Last time around I received eight different nominations, and am hoping for even more this time around. Put your thinking caps on, and see what you can come up with. Those of you who made nominations for this last time around are welcome to re-nominate those projects again, or come up with another project dear and near to your hearts. Start brainstorming with your chapters and see what you can come up with. I will be sending out more information in March. At that time I will give you the guidelines, and forms you need to use to nominate your worthy project. If you have any questions, please email me at tlayman@bak.rr.com. Happy Searching! Kathy Layman



Highlights of the Marina District Conference

hosted by the Channel Islands Council

Westlake Village, California

January 12, 2013

By Monica Meade, State Historian/Sgt.-at-Arms

On a crisp, cold California morning, Alpha Delta Kappa sisters met for the Marina District Conference at the beautiful Westlake Hyatt Regency Hotel. Barbara Murray, Channel Island Council President, and her team organized a fabulous conference. After the flag salute lead by Monica Meade, California State Historian/Sgt.-at-Arms, Rebecca Sikes, California State Chaplain, inspired us with a piece called "Acres of Diamonds." Then sisters helped themselves to a scrumptious buffet breakfast that included scrambled eggs, a variety of fruits, sweet rolls, bacon and sausage, and potatoes, juice, coffee, and tea.

We were entertained by singer Nancy Osborne, a wonderful "Big Band" singer, in her "One Women Show." She showcased works of famous artists like Rosemary Clooney and Ella Fitzgerald. Some ladies were even singing along with her. Since our guest speaker, Tee Barr, was ill we did not hear her presentation on "Brain Fitness." However, "Brain Teaser Puzzles" were placed on each table and were enjoyed by all.

Our California State President, Mollie Acosta, delivered the president's message recounting the history of Alpha Delta Kappa. Fraternity Education was provided with each state officer sharing relevant information for chapter officers. As always, the highlight of the day was sharing time with sisters. The California State Executive Board thanks the Channel Islands Council for organizing a most successful conference and appreciates all Marina District sisters who devoted their time and energy to this great day.



Scholarships Scholarships Scholarships Scholarships Scholarships

From previous California Mini-grant recipient Karen Kirby, Gamma Mu

I was awarded a California District Mini-Scholarship for the school to provide looms and yarn for the children at Tuffree Middle School, who have been looming caps for Knots of Love. [Knots of Love is a non-profit organization dedicated to warming hearts and heads, one cap at a time. Crocheted and knitted caps are provided free of charge to chemo patients and others facing life-threatening illnesses or injuries. See www.knotsoflove.org.] To date, the students have made 96 caps and they are still looming. This was a very successful grant with the proceeds used directly by students. *What a wonderful way to make a difference!*

An update from Carolyn Rising, State Scholarship Committee Chairman:

The Scholarship Committee has completed its selection of candidates for the first go round of ADK State District Mini-Scholarships. The committee was able to award every applicant due to the worthiness of their proposed projects and the lack of multiple applicants in all Districts. Thank you to the Committee members for their diligent work and Congratulations to the following recipients!

Northern District

Judy Dere, Alpha Psi, San Francisco: **\$500** to attend the Northern California Math Conference at Asilomar. She is going to network with professionals about the Common Core State Math Standards which will be implemented in 2014.

Karen Di Julio, Alpha Nu, San Leandro: **\$500** to take her class on a science/social studies focused field trip which includes a docent led study tour via the Niles/Sunol Railway for her Title I 3rd grade students.

Marina District

No applicants

Valley District

Suzette Stavrianoudakis, Beta Delta, Turlock: **\$450** to fund the purchase of big books to support reading, math, science and social studies at a fairly new, unstocked school site. She plans to share her resources with her colleagues.

Linda Barker, Gamma, Fresno: **\$500** to fund a Grandparents' Day brunch for 200 children and adults with a focus on learning about the San Joaquin River and surrounding trails and habitat. She is part of a non-profit group that puts on parties throughout the year to help maintain the San Joaquin River trails and areas for families. Most of this program is funded by donations.

Southern District

Linda Futterer, Gamma Eta, Palm Springs: **\$150** to fund iPad and iPhone applications to be used with severely disabled students and their Intern teachers to improve their skills in communication, written language, reading and math. She will use these applications with teachers in instruction and individually with students with whom she works.

California sisters: The application for these district mini-scholarships is quick and easy! Carolyn will be sending it out for March, and the applications will be due in the fall (the Board will be considering moving the due date up from November 15th to October 15th to allow the committee more time prior to the busy holiday season.) Begin thinking of a worthy project now - you can't be a recipient if you don't apply!!

Seeking an interested sister....The State Executive Board approved creation of a **California World Understanding Committee**. The specific duties will be considered at the Board's March meeting, but the chairman and her committee would be working with the International and Southwest Regional World Understanding Chairmen to publicize the International World Understanding Projects, and also possibly coordinate support of California sisters who may find themselves in need due to natural disasters. States in the northeast have implemented Disaster Relief Guidelines in the wake of Hurricane Sandy, etc., to help sisters in need. Please contact Mollie if you are interested in serving!

Excellence in Education Award

by Kathleen O'Malley, California Excellence in Education Chairman

The Alpha Delta Kappa Excellence in Education Award recipient will be announced in Washington, DC this July. Unfortunately, California did not have a representative at the state level. It is very early to be thinking about the presentation at International 2015 in Salt Lake City but we know that CA ADK is rich with sisters who are deserving of such a prestigious award.

Please encourage members in your chapter to consider nominations for this honor. Having been the California recipient in 2010, I can assure you that it is truly an honor and high point in my career.

The deadline for application is December, 2013; however, it is never too early to have the following in your professional folder:

- A complete resume/vitae
 - Three letters of recommendation from administration, and/or colleagues.
 - One-page** summary of your accomplishments in education and why you should be considered for the award.
- Nominees must be actively employed in education to receive the award.

The Alpha Delta Kappa 29th International Convention, "Connections" to be held in Washington, D.C., July 4th - 7th, 2013.



See the December KAPPAN for the tentative schedule and listings for the breakout sessions and description of available tours. Registration is due May 1st (late registrations are possible at an additional cost). Being in our nation's capitol for Independence Day will be quite a treat. Let's make memorable connections in a city with monuments to America's

greatness around every corner! California sisters will connect while we are there - more news will be forthcoming. See you there!

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This is a tech-bit from California Gamma Sigma member, Jackie Cornett. I asked her to share this information. One more step toward the digital age! *Mollie*

Dropbox is a virtual storage place on the internet and accessible from all devices. To sign-up you have to have an email account and create a password. My chapter did a generic email and password that all members could have access to. The program provides free storage space up to 2 GB. You can pay for more storage if you find that you need it. We let our members upload all the pictures from our events. We have also started posting our minutes to the storage and members have access when they want to read them. (This has saved on printing costs.) To begin, go to dropbox.com. There is a tutorial to watch and the program is user friendly.

-Jackie Cornett, Gamma Sigma



Important Upcoming Dates

March 9th, 2013 Southern District Conference, St. Andrew's by-the-Sea Church, San Diego

July 4th - 7th, 2013 - International Convention in Washington, D.C. **See the December Kappan for registration information. Let's GO, California girls!!**

May 2nd - 4th, 2014 - California State Convention, Inland Cities area