

## A Challenge from the President



Summer has been a whirlwind from camping and biking on Campobello, to hiking in the mountains of Parc du La Gaspesie in Quebec Province, to attending the training for DKG presidents at the Northeast Regional Conference in Windsor, Ontario, to directing Camp Invention at the University of Maine at Presque Isle, to volunteering at Katahdin Woods and Waters National Monument... My head is still spinning. However, with fall approaching, my thoughts are turning to Alpha Psi and a new year.

At one of my training sessions at NE Regional, the importance of practicing synergy in our chapters was emphasized. The definition of synergy is “the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects.” (<https://www.google.com/search?q=synergy&ie=utf-8&oe=utf-8>) My ears perked up. Doesn't this sound like a horizontal stretch? Last spring Alpha Psi chapters stretched horizontally to host the S-T-R-E-T-C-H workshop. Chapters suggested a wonderful list of qualified presenters and contributed thank you gifts and notes, money, workers, food, and much more. Though the numbers were small, the participants felt the workshop was well-run with valuable information shared. A success for Alpha Psi!

To continue our synergy, the theme of my biennium is **Working Together, Growing Together**. It is very important to me that we continue to stretch ourselves, to think outside of our own chapters in Alpha Psi, DKG International, and education as a whole. Both Alpha Psi and DKG International are losing members at a faster rate than we are gaining them. What can we do?

Alpha Psi's Strategic Plan is to (1) have specific strategies in place for attracting new members and retaining members and to (2) provide a professional development workshop for educators in the state of Maine. Our members have begun working on both of these. To address goal #1, the *Bright*

*Ideas* booklet was developed by the Strategic Planning Committee in which chapters shared projects that their chapters do to promote themselves. An Alpha Psi Maine Facebook page was posted upon which to share activities and ideas. We established the S-T-R-E-T-C-H workshop and are moving forward to host the second one this spring on March 17, 2018, at the Hutchinson Center in Belfast.

Based upon these two goals, my challenge to you and your chapter is to get to know each other's passions and talents and utilize them, to share successes, and to reach out to others for help if problems arise.

**Challenge #1:** Recruit one new member and reinstate one former member.

**Challenge #2:** Share at least one program that you do to help publicize who we are to attract and maintain your members. Your chapter may accomplish this by writing a description for *Bright Ideas*, sharing it on the Alpha Psi Facebook Page, or presenting at a panel discussion at the 2018 Fall Workshop.

**Challenge #3:** To support the S-T-R-E-T-C-H workshop by recommending presenters and publicizing and promoting the program to your own members, as well as teachers in your greater community. Have five members and/or local educators attend.

Recognition will be given to the chapters that meet one, two, or three of the challenges!

I am very excited about our Fall Workshop. As you can see from the program that is attached, we have many presentations for both personal enrichment and professional development. I am very excited to have Susan Adams, the Volunteer in the Park Coordinator from Katahdin Woods and Waters National Monument, share with you her involvement with and passion for the development of the Monument. (Also a passion of mine!) Please feel free to invite other educators and friends to attend our workshop and luncheon.

Please note that the Leadership Training for incoming officers is going to be held on Friday, April 27, 2018, in the Bangor area near the Hilton Garden Inn where the Spring Convention will be held to celebrate our 75<sup>th</sup> Supreme Birthday Party. This change was requested by our members. The Administrative Board decided at our July meeting to implement it this year to see if it is a viable option to meeting on a Saturday at a later date.

Don't hesitate to reach out to me with your successes, as well as any questions or concerns that you might have. I am truly looking forward to my biennium and hearing from you. I can't wait to visit your chapters and get to know each of you better!

Enjoy the beginning of your school year and the beautiful fall season.

*Elaine Hendrickson, Alpha Psi President*

## Report from the Northeast Regional Conference, Windsor, Ontario



What a wonderful time nine members of Alpha Psi had in Windsor, Ontario, for the Northeast Regional convention. The ladies from Ontario, though a small group, put on a great conference. I spent a day training for my position as your First Vice President and EEC chair. Our first task was to become familiar with the DKG website, especially the information for the Education Excellence Committee. We discussed impacting educator retention through support. One part of this is implementing projects and activities that support educators with a focus on those who have been in the profession five years or less. I would like to see what we can do as chapters to reach out and mentor these early career educators.

I also attended a workshop that shared ways to obtain non-dues revenue. You can check out some ideas on the website. Go to Committees, Deals for you and DKG. Fundraising is one of the biggest concerns. Ideas given were: ask companies to pay for ads in event programs, have vendor tables with a fee paid by the vendors, invite local business and restaurants to help with fund raisers by giving a part of proceeds for a select time to the organization.

The keynote speakers were very good, especially Mike Stevens, a harmonica performer, who shares his love of music with youth in remote places around the world.

As always at these conferences and conventions, we had dinner out one night with money from the Roberta Rogers fund. It was a fun night at Lorelei's Bistro. The food was great, the conversation was fantastic and thanks to Mako, we had a fun napkin folding lesson.

*Donna Kennison, First Vice President*

### Planning to Share



In addition to the Northeast Regional being a complete blast, there was valuable training provided for me as your new Second Vice President and Membership Chair. The first slide of our training power point stated, "Have a plan." So I said to myself, "OK, Mary, the first step in your plan is... get a plan!" Thankfully, the training session was complete with oodles of ideas, rich discussion, and considerable pondering.

It may not come as a shock that DKG membership numbers have dwindled considerably. Alpha Psi Maine data from 2015-2016 (based on what is called a July “snapshot”) indicates an 8.72% decline; during that time period, we initiated 12 members, reinstated 3 members, had 39 members drop, and lost 9 members to death. Since 2011-2012, our statewide membership has dropped from 599 to 450, which constitutes a 24.9% decline over those five years. Thus, this is the reality of the numbers; we could just wring our hands and say, “What a pity.”

But we won’t! Instead, we “got” a plan. Here are three strategies that we can do during the next year: 1) At Fall Workshop, I am looking forward to meeting with the Membership Chair of each chapter to discuss the Membership Recruitment Plan and how it may assist us. 2) Let’s all support Mary W. and Donna as they coordinate the STRETCH workshop on March 18, 2018 – this is a fabulous opportunity to present ourselves as a professional organization and recruit members. 3) Another opportunity is our 75<sup>th</sup> Birthday celebration at Spring Convention – we can use this to spark reinstatement of those who have dropped membership and just may need an invitation to join again. These three strategies are on the front burner. On the back burner are the ideas that: 1) DKG could add a membership category for college-aged students, and 2) DKG could help defray the cost of the second year (the year in which many members drop) of membership dues. This article does not afford the space to thoroughly cover these last two topics. We will need to research them and discuss them in the months ahead, so stay tuned!

Way beyond the numbers from International and the three-point-plan-plus-two summarized above is the overarching notion that DKG is a gift. A gift! How will we share it?

*Mary Hyland, Second Vice President*

### **Education Editor Wanted**



Are you passionate about education? Do you like having collegial discussions with your peers? If so, this job is for you! We would like to publish a column on current educational topics in the Fall and Spring *Mainspring* newsletters. As the editor, you can write the article or enlist the help of other ladies from Alpha Psi.

Please contact President Elaine Hendrickson by November 1, 2017, at [elaine.hendrickson@gmail.com](mailto:elaine.hendrickson@gmail.com) if you have questions or are interested in the position.

## Alpha Psi Scholarship and Founder's Fund Recipients

During the April Spring Convention Birthday Luncheon, Alpha Psi presented a Founders' Fund award in the amount of \$500 to Gamma Chapter for their workshop, *Integrating Science into the Curriculum*, held at the Viles Estate May 20 from eight until noon. They had Dr. Kate Cook Whitt, Assistant Professor of Education at Thomas College, as their keynote speaker. The title of her presentation was *Phenomenon Based Science: From "Learning About" to "Figuring Out."* Three concurrent sessions were offered for different grade levels, primary through grade 10. Attendees learned ways use science lessons to teach reading, writing, math and more. They had 31 attendees and the sessions received excellent evaluations.



*Pam Partridge and Lias Dalrymple*

Also at the luncheon, Lisa May Dalrymple was the recipient of the Alpha Psi State Scholarship in the amount of \$1,000. Lisa is pursuing her doctorate at the College of Doctoral Studies, Grand Canyon University, in Arizona. Upon completion of her program, she will be awarded the title *Doctor of Education in Organizational Leadership* with an emphasis in *Organizational Development*. "This EdD program has an emphasis on organizational development and leadership through a periscope of social responsibility, ethical decision-making and stewardship." She is about half way through her program and hopes to be done in 2020 if not sooner. Lisa is a foreign language teacher at the Mount Blue Campus in Farmington and also serves as the International Student Exchange Coordinator in her district. She is looking forward to presenting workshops on topics of personal and professional interest at a future Alpha Psi Fall Workshop.

*Pam Partridge, Immediate Past Scholarship Chair*

### **MONEY for You! Scholarships!**

Delta Kappa Gamma Alpha Psi State is pleased to tell you about Scholarship monies that are available to you and to your chapter. Additional International Scholarships are available. The following are the main ones:

1. Alpha Psi Scholarship is for active members who are enrolled in a graduate program.
2. Founders' Fund is for active member who are organizing a special project.
3. Founders's Fund for First-Timers to International Convention—what a help to go to this interesting convention.

4. Founders' Fund for special chapter projects
5. International Scholarships for graduate study, projects, and professional development

Come to workshop and receive all the paperwork, requirements, and dates due for these scholarships that are waiting for you. If you can't be there, send a representative to the Scholarship Workshop to receive all the valuable information! Remember if you need money, scholarships are there to help you!

The Scholarship Committee consists of Londa Brown, Mirna Henderson, and Rheba Michaud, chair.

*Rheba Michaud, Scholarship Chair*

### **ALPHA PSI SISTERS, Are WE Ready for the SUPREME CELEBRATION?**

Have you all heard yet about the 75<sup>th</sup> Birthday Celebration of Alpha Psi State, Maine? You know.....The party in which WE are all participating.....The event suggested by MEMBERS, with ideas for activities submitted by CHAPTERS, and organized by VOLUNTEERS from CHAPTERS SERVING on the steering committee.....The CELEBRATION WE are organizing for ALL of US to CELEBRATE SUPREME ALL OF US! ALPHA PSI SISTERS, ARE WE READY FOR THE SUPREME CELEBRATION?

The short easy, answer to this important question is: “no.” The longer, more difficult yet accurate answer is: “**WE WILL BE!**” Examples of **OUR** readiness include: 1) **OUR** main hostess, Epsilon, will be “on stage” at Fall Workshop, 2017, to perform the official invitation to **OUR** event. 2) **OUR** anniversary apparel salesperson, Rena Kearney, Delta, will be delivering orders submitted by Sept. 1 at Fall Workshop as well as collecting additional apparel orders. 3) **OUR** Immediate Past President, Mary Whitten, Kappa, has officially contracted with the Bangor Hilton Garden Inn to again be the beautiful site of our annual Maine State Convention. 4) **OUR** Alpha Psi Treasurer, Maureen Downs, will be sending checks of \$200 to each chapter to assist **MEMBERS** with attendance costs to Spring Convention 2018. 5) **OUR MAINSPRING** editor, Sharon Romanow, Epsilon, has contracted with County Copy and Print Center to print a 75<sup>th</sup> Anniversary Booklet to be distributed to all attendees. 6) **OUR STEERING COMMITTEE (MEMBERS: Alpha, Beta, Gamma, Delta, Epsilon, Zeta, Theta, Iota, Kappa, Mu, Xi, Nu, Omicron)** will be providing more details to **CHAPTERS** at Fall Workshop 2017 concerning **memorabilia** submissions, **music** and **fashion** “assignments”, and special Alpha Psi **favors** for all attendees. **WE WILL CELEBRATE OUR 75<sup>TH</sup> BIRTHDAY SUPREME APRIL 27, 28 and 29, 2018.**

*Georgene Coombs, Chair*

## 2017 Alpha Psi Achievement Award Winner



*Melanie and Nancy Ruark*

Educator, fiber arts enthusiast, daughter, sister, Golden Gift recipient, lover of hunting, fly fisherman, Golden Gift Recipient, teacher ranger at Acadia National Park, LL Bean salesperson... Each of these words describes Melanie Ruark, the 2017 recipient of the Alpha Psi State Achievement Award. Melanie became a member of Gamma Chapter 18 years ago.

Since that time, she has been second and first vice presidents and president of her chapter, as well as Alpha Psi president from 2009-2011. She has served on many chapter and state committees. At the International level, Melanie served on the Committee to Approve the Minutes of the International Convention in 2014 and on the Election Committee of the 2016 International Convention. In 2013, Melanie was the host president of the Northeast Regional Conference in Portland.

Melanie holds her Bachelor's degree in Special Education and Elementary Education from Gordon College and a Master's in Literacy from the University of Maine. She has served as a Literacy Coach in the Maine Literacy Partnership for grades 7-12 at UM. Melanie has held positions in special education, alternative education, and high school English. She is currently an English teacher at Ellsworth High School where she teaches two Bridge classes, vocational classes, and an alternative education class.

Melanie has shared her knowledge and love of teaching as a workshop presenter at the state and international levels. She has also presented at the Beta Alpha State Spring Conference in New Hampshire.

Melanie's mother, Nancy, who received the 2012 Alpha Psi Achievement Award, fastened Melanie's pendant at the 2017 Spring Convention! A proud moment for mother and daughter! Congratulations, Melanie!

*Elaine Hendrickson*

### A Maine Men's Auxiliary?

Are you one of the Delta Kappa Gamma members who is accompanied to conferences, conventions, and/or other DKG events by the "man in your life?" Does that man "volunteer" to help your local DKG chapter by cooking his/your favorite dessert, or driving you and your friends to a meeting on a snowy night, or carrying those extra heavy items to a meeting?

Individual DKG members have recognized that the men who "tag along"

with them contribute to the health of the organization by supporting their participation in a local chapter or in Alpha Psi.

I have attended a good number of state conferences/conventions, four Northeast Regional Conferences, and two International Conventions. I have been impressed with the number of men who have been there. While you were at workshops or business sessions, some of those men have spent their days visiting local museums or historic sites. Some have shopped for souvenirs to take back to family and friends. Some may have found a local golf course or taken in a ball game. Some may even have used the time to catch up on their sleep or their favorite book. Generally, they have done these activities by themselves.

When Nancy, Melanie and I were in Nashville last summer, we got reacquainted with Rick Dusch, the husband of the then-President of the Pennsylvania State Organization. One day he had on a denim shirt with the words “DKG Men’s Auxiliary” over the left pocket. He explained that he had gotten to be friends with many men through his wife’s association with DKG and sometimes organized activities for them when they were at DKG events. Rick had also organized a meeting of any men who were attending the Nashville Convention. I attended with about 25 others, which included men from 13 different states and 2 Canadian provinces. We shared our experiences as a DKG “tag along” and a little of our personal work and family history. It was a good time to get acquainted with other men who have a special relationship with local and state DKG members and organizations.

On our three-day trip back to Maine last July, Nancy, Melanie and I talked about the possibility of starting a men’s auxiliary here in Maine. At the invitation of your State President, I presented a proposal to the Alpha Psi Administrative Committee on July 24. While supportive of the idea, the Committee encouraged me to “test the waters” of the membership by taking the following steps:

1. Write a short article for the *Mainspring*, explaining the background for a possible Maine Men’s Auxiliary;
2. Prepare a brief brochure for distribution at the Fall Workshop, inviting members to “bring a man” to the 2018 Spring Convention; and,
3. If the idea catches on, organize a meeting – perhaps with an activity in the local community – for the men who attend that convention.

The Administrative Committee and I would like to hear what you think about creating a Maine Men’s Auxiliary. You can contact me, Walter (Ted) Ruark, at [tnruark@aol.com](mailto:tnruark@aol.com).



## Would You Like to Become an International Speaker?

The International Speakers Fund (ISF) Committee is seeking applications for members to participate in this program. An interactive Speaker's Application Form is available on the DKG website as a download. These applications must be returned by email attachment to International Headquarters at [isfapp@dkg.org](mailto:isfapp@dkg.org) **by September 15**.

Established in 1984, ISF facilitates exchange of Society speakers among member countries and helps unite women educators of the world. The ISF Committee selects speakers from among the applicants. ISF speakers have gone to El Salvador, Costa Rica, Guatemala, Nebraska, Saskatchewan, Texas and Alberta in 2017.

### 2017-2018 World Fellowship Awards Total \$100,000 U.S.

Thirty-six outstanding women from outside the U.S.A. and Canada have been selected by the World Fellowship Committee to receive World Fellowships for a total amount of \$100,000 U.S. Twenty-two recipients will each receive \$4,000. Five are working towards their Ph.D. Seventeen are working towards their Master's. Their courses of study range from special education, educational leadership, and human rights to family law, nursing and human genetics. Fourteen extensions were granted to previous fellowship awards.

This year we raised \$690 from our Spring Convention Raffle. In addition, our sister chapters contributed the following: Eta, \$143; Mu, \$100; Alpha, \$48; and Lambda, \$25; and a special person contributed \$20. The total raised was \$1,026.

I am hopeful we can create some magical baskets for the Spring Convention World Fellowship Gala. We can start collecting now to make it a time for outstanding surprises at our 75th Birthday!!

As International President Carolyn Pittman stated in the D.K.G. News Sept./Oct. 2016, "Small acts multiplied by thousands can transform the world." We make a difference by fostering and creating the best opportunities to support the advancement of teaching world wide – one learner at a time. Thank you for all you do and all you are.

*Linda Hussey, World Fellowship Chair*

### The Committee on Teaching about the United Nations (CTAUN)

The next CTAUN Conference on Friday, April 6, 2018, is entitled "Stepping Up to Protect the World's Children." It will be held at the United Nations Headquarters, New York. For more information go to <https://www.dkg.org>

*Nancy Grover*

**75<sup>th</sup> ANNIVERSARY  
SHIRTS AND SWEATSHIRTS**

**DKG  
Alpha Psi  
1943 – 2018**

The DKG is in gold. The rest of the lettering is in black.

**Please check color and size**

**Golf Shirt**

Red  Ultramarine  Bright  
Lavender

\$28.00  S  M  L  
\$29.50  XL  XXL

**T-Shirt**

Red  Iris/Blue  Orchid

\$20.00  S  M  L  
\$22.00  XL  XXL

**Sweatshirt**

Red  White  
\$25.00  S  M  L  
\$28.00  XL  XXL

Name \_\_\_\_\_ Chapter \_\_\_\_\_

Mailing address \_\_\_\_\_

City, State Zip \_\_\_\_\_

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Make checks payable to RENA KEARNEY

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2017 Maine State (Alpha Psi) Fall Workshop  
 October 20-21, 2017, UMaine Hutchinson Center, Belfast  
**Working Together, Growing Together**

Name: \_\_\_\_\_ Chapter: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please check all that apply:

- |  |   |
|--|---|
| <input type="checkbox"/> Alpha Psi State Officer   | <input type="checkbox"/> Chapter President    |
| <input type="checkbox"/> Alpha Psi State Committee Chair                                 | <input type="checkbox"/> Past State President |
| <input type="checkbox"/> First Timer to Fall Workshop (lunch is free)                    | <input type="checkbox"/> Presenter            |
| <input type="checkbox"/> Guest (will need to pay registration, & for lunch, if staying.) |   |

Registration Fee: \$20.00 \_\_\_\_\_

**Executive Board Dinner - Friday October 20, 2017**

Plated Meal: Please choose your entree. \$28.00 \_\_\_\_\_

Lemon chicken \_\_\_\_\_

Poached Salmon w/citrus vinaigrette \_\_\_\_\_

**Luncheon - Saturday October 21, 2017**

Assorted sandwiches, soup, salad, dessert and drinks \$11.50 \_\_\_\_\_

**Total Registration:** \_\_\_\_\_

Tax and gratuity [28%] for all meals are being paid through the  
 Roberta Rogers Fund

For dietary restrictions, please email Eileen Bartlett at [ccfoods@fairpoint.net](mailto:ccfoods@fairpoint.net) or call her at 207-567-3563 as soon as possible.

**Registration Deadline: October 1, 2017**

Make check payable to Alpha Psi State and mail registration form to:

Linda Dygert email: [dygert03@roadrunner.com](mailto:dygert03@roadrunner.com)

107 Chewonki RD Phone: 882-9384

Wiscasset, ME 04578

**Hotel:** Fireside Inn - Corporate Rate of \$125.00 includes free breakfast. Call 338-2090 and mention you are with Alpha Psi. There are other hotels in the area but not all provide a free breakfast.

## **Maine State (Alpha Psi) Workshop**

### **Friday, October 20, 2017**

4:00 - 7:00 p.m.	Registration & Hospitality	Atrium
6:00 - 8:30 p.m.	Executive Board Dinner & Meeting	Room 138 A

### **Saturday, October 21, 2017**

7:00 - 10:00 a.m.	Registration	Atrium
7:00 - 11:00 a.m.	Hospitality	Atrium

## **Organization Business**

### **8:00 - 9:00 a.m.                      Session I**

- \_\_\_ Chapter Presidents by Elaine Hendrickson
- \_\_\_ First Vice Presidents (EEC) by Donna Kennison
- \_\_\_ Membership/Second Vice Presidents by Mary Hyland
- \_\_\_ Chapter Treasurer by Maureen Downs
- \_\_\_ 75th Anniversary Committee by Georgene Coombs

## **Professional Development and Personal Enrichment Workshops**

### **9:15 - 10:15 a.m.                      Session II**

- \_\_\_ A Paper Craft – Make It and Take It, Part 1: Gift Box and Bow by Mako O’Connell and Debbie Hillman
- \_\_\_ Browse, Borrow and Enjoy... Learn to Access Free Books on Your Own Device by Londa Brown and Betsy York
- \_\_\_ La Mara Salvatrucha 13 or MS13 by Lisa Dalrymple
- \_\_\_ Project Based Learning by Priscilla McFarland and Marielle Edgecomb
- \_\_\_ DIGI-BLOCKS by Nancy Watson (This workshop continues into Session II)
- \_\_\_ Demystifying Chapter Bylaws by Kathryn Wilcox

**10:30 - 11:30 a.m.****Session III**

- \_\_\_ Demystifying Chapter Bylaws Work Session by Kathryn Wilcox
- \_\_\_ A Paper Craft – Make It and Take It Part 2: Personalized Card by Debbie Hillman and Mako O’Connell
- \_\_\_ Tai Chi Practice for Health by Beth Schultz
- \_\_\_ Virtual Distance and Its Impact on Communication by Lisa Dalrymple
- \_\_\_ DIGI BLOCKS by Nancy Watson (continued from Session II)
- \_\_\_ Place-Based Education: Reinvigorating Education by Kala Rush

**11:45 a.m. - 1:00 p.m.****Luncheon****Room 138 A**

Guest Speaker: Susan Adams  
 Volunteer in the Park Coordination  
 Katahdin Woods and Waters National Monument

**1:15 - 2:45 p.m.****General Session****Room 138 B & C****Workshop Descriptions**

**“I Would Like You to Meet the Katahdin Woods and Waters National Monument and Its Surrounding Communities”** *by Susan Adams*

I will share with you my personal story of community outreach and involvement in the mission to create a new National Park Unit in Maine and the realization that not only can residents preserve exceptional places, but these special places can re-build the communities in return.

*Susan is a Recreation Manager for Ellitsville Plantation, Inc., and serves as the Volunteer Coordinator for Katahdin Woods and Waters National Monument.*

**A Paper Craft – Make It and Take It, Part 1**

*by Mako O’Connell and Debbie Hillman*

You may register for one or both sessions. During the first crafting session, you will make a gift box with a personalized bow.

**Part 2:** For the second crafting session, you will make a personalized card. Both crafts are geared for DKG use but can be adapted for any event. No crafting experience needed. (Limit 12)

*Debbie is a retired educator. Mako teaches math at Edward Little High School in Auburn. Both are members of Mu..*

## **Browse, Borrow and Enjoy...Learn to Access Free Books on Your Own Devise**

*by Betsy York and Londa Brown*

Two former high school librarians will share information about ways to access free audio and/or e-books and other resources on personal devices. We plan to offer instructions on how to use Maine Infonet's "cloudLibrary," and Maine's Virtual Library, MARVEL online. If time permits, we will present a few book talks about our favorite titles.

*Londa and Besty are both retired Library Media Specialists from Aroostook County. Both are members of Delta.*

## **La Mara Salvatrucha 13**

*by Lisa Dalrymple*

La Mara Salvatrucha 13 or MS13 is a transnational and international gang founded in the United States. It is considered one of the most violent and well-organized gangs in the US. This presentation will go over how this gang was formed and how it grew in the US, now found in more than 40 states and several countries. The initiation, gang life, and our war within our backyard will be discussed. Please note that some pictures are graphic and violent.

*Lisa teaches Spanish at Mt. Blue High School and is a member of Xi.*

## **Project Based Learning**

*by Priscilla McFarland, and Marielle Edgecomb*

In this session, we will give you an overview of gold standard project based learning as defined by The Buck Institute for Education, and we will discuss the essential project design elements. We will share students' work, resources, planning materials, and our experiences with this approach. Participants should gain an understanding of the difference between "dessert" projects and a gold standard project. Practicing educators should leave with the tools to help them design and implement a project on any topic with their own students.

*Priscilla teaches grade 5 at the Peninsula School in Prospect Harbor and is a member of Theta. Marielle teaches grade 8 to high school math at the same school.*

## **DeMystifying Chapter Bylaws**

*by Katherine Wilcox*

**Targeted audience:** Everyone, including chapter rules chairs, committee chairs, and chapter leadership.

Come and get some of your questions answered. For example, What is the difference between bylaws and standing (chapter) rules? What format should we be using as a chapter? What is the role of the rules chair? What does the terminology majority or quorum, may or shall, etc., mean? What does the chapter need to vote on? What areas need to be aligned with DKG International and Alpha Psi State? *Kathy taught Family and Consumer Science. She is currently the Alpha Psi State Maine Bylaws and Rules Chair and a member of Kappa.*

**DeMystifying Chapter Bylaws Work Session***by Katherine Wilcox*

Come with your chapter rules in your hand and your questions and concerns. Begin working on making the changes to update your current chapter rules with assistance from the Alpha Psi State Maine Bylaws and Rules Chair. (Note the first session is not required.)

**Tai Chi Practice for Health***by Beth Schultz*

Tai Chi is becoming more and more popular as a way to improve strength, balance, health, and overall well-being. This mind-body practice is often called “meditation in motion.” It differs from other forms of exercise because it is slow, low impact, circular, and relaxed. This one-hour session will increase your understanding of Tai Chi and provide you with a few easy exercises to add to your health care toolbox.

*Beth is retired educator from Westbrook and a member of Iota.*

**Virtual Distance and Its Impact on Communication***by Lisa Dalrymple*

This presentation will discuss how communication has changed. Using technology to communicate is essential, but can this create distances in relationships? How well do people communicate if there are additional barriers between communications such as cultural barriers? Does the Mehrabian’s rule of 7%-38%-55% of communicating still apply where 7% represents the relative impact of words, 38% tone of voice and 55% body language when speaking? This presentation will provide an awareness of the effectiveness of communication by means of technology.

*Lisa teaches high school Spanish at Mount Blue High School and is a member of Xi.*

**DIGI-BLOCKS Sessions 2 and 3***by Nancy Watson*

Participants will be introduced to Digi-Blocks by using the Digi-Blocks to experience several lessons from PreK to Grade 5, such as slide counting, area, perimeter, adding, subtracting, multiplying, and dividing. (Limit 10)

*Nancy teaches PreK at Pine Street Elementary School in Presque Isle.*

**Place-Based Learning: Reinvigorating Education***by Kala Rush*

This presentation is an opportunity to learn more about project-based instruction, service learning, and enriching our school communities. As a group, we will discuss the need for a deeper connection with the communities in which we teach, hear examples of place-based learning projects, and begin mapping projects that educators and students might feel passionate about. Place-Based Learning helps teachers bring relevancy to their instruction.

*Kala teaches English at Katahdin High School and is an Outdoor Educator. She is a Teacher Educator for Katahdin Woods and Waters National Monument.*

## SAVE THE DATE: March 17, 2018 S-T-R-E-T-C-H Workshop

This year's S-T-R-E-T-C-H workshop will be held on St. Patty's Day, Saturday March 17, at the Hutchinson Center in Belfast. Our keynote speaker is Sylvie Bastien-Doss. Sylvie is a DKG member from Montreal and a very dynamic and energetic speaker. Her keynote will focus on interpersonal communications at all levels (between peers, home/school, teacher/principal, etc). In addition, she will do two sessions with more specific information on how to apply the information from the keynote. She is a DKG International Speaker so our only cost will be for her travel. Her presentation in Windsor was great and I am excited about having her join us in March.

What can you do for the S-T-R-E-T-C-H Workshop? Donna and I are starting to gather our session presenters and a few exhibitors. Please send Donna or me contact information and topic for anyone (**you or someone else**) who would be a great presenter at this event. If you are suggesting someone else and know them, it would be more successful if you ask them first. It is more difficult to say no to someone you know when you are directly talking with them. Remember that in the new teacher evaluation process, presenting to peers is a part of most standards that the schools are using. This is a great opportunity for active teachers.

Contact Mary Whitten ([maryinmaine@roadrunner.com](mailto:maryinmaine@roadrunner.com)) or Donna Kennison ([mimiken7@gmail.com](mailto:mimiken7@gmail.com)) for more information or if you have any suggestions.

Stay tuned for more information about the S-T-R-E-T-C-H Workshop.

*Mary Whitten*

### Northeast Regional Conference Musings



*Front row: Rena Kearney, Sharon Romanow, Elaine Hendrickson, Donna Kennison, Mary Hyland  
Second row: Debbie Hillman, Georgene Coombs, Mako O'Connell, Mary Whitten*

When asked to send some musings about the Northeast Regional Conference in Windsor, Ontario, those who responded used various formats as befits "musings." We all agree that being able to attend these conferences enriches our lives and helps us to be stronger DKG members.

Being a member of the chorus was a special opportunity. I met great people who worked hard and had fun. I think our performance was pretty good. Taking advantage of the opportunity to learn more about the state officers and see



their commitment to Delta Kappa Gamma is inspiring. I appreciate the diversity of our society and the talents that people shared. Seeing another part of the country was mind expanding and having the chance to travel was fun. I thank Mu chapter for supporting this trip and experience. I come back with more confidence that we are on the right track.

*Debbie Hillman*

- Enjoyed the Seminar on The Underground Railroad and learned a lot about how slaves risked their lives to get to Canada so they could be free. It was good to hear about this from a descendant of one of the slaves.
- Meeting new friends and seeing old ones
- Learning about technology
- Having good fellowship with members from Maine at our Thursday evening event
- Trying to learn how to play the harmonica - HELP!!
- People telling me about how much they enjoyed the regional in Maine

*Rena Kearney*

As a routine attendee at Northeast Regional Conferences, I always keep in mind two goals: To connect with other Northeast Regional Past State Presidents with whom I trained in 2007 and to attend professional meetings that allow me to share pertinent information with my Alpha Psi State sisters who were not able to attend. In Windsor, I was able to converse briefly with Past State Presidents from Vermont, Massachusetts, and New Hampshire. I truly missed my longtime friend Teresa Azoti, Past State from Connecticut, who was unable to attend the conference this year due to family commitments. My other goal was reached the very first day as I attended an all-day seminar entitled “Indigenous Peoples of the 21<sup>st</sup> Century.” The speaker shared the history of Canadian residential schools, explained the Canadian Truth and Reconciliation Commission, and the fact that in the US, there is only one state that has an equivalent Truth Commission....MAINE.

*Georgene Coombs*

- Our society is moving forward with marketing our image as a professional organization and adapting to the future
- We need to make sure we mentor our new members and ask them to be involved. They just may be waiting for a chance but need to be asked.
- Look at meetings and see if we can streamline them: print an agenda and send it out ahead of time, have the treasurer’s report printed, look at simplified Robert’s Rules...
- Become familiar with the DKG website, [www.dkg.org](http://www.dkg.org). There is a wealth of information on there.

*Donna Kennison*

- Great travel and time with my Maine Sisters
- Great personal and professional workshops
- Educator's Book Award: *New Ways To Engage Parents* by Patricia Edwards
- DKG has a YouTube Channel that has videos about the organization and some of the great speakers that have presented at conventions.  
<https://www.youtube.com/user/DKGAustin>

*Mary Whitten*

As you can see by the above, attending the Northeast Regional Conference was a wonderful experience for all of us. I hope you can join in the fun and enrichment by attending the International Convention in Austin, Texas, July 16-20, 2018.

*Sharon Romanow*

### **Join the DKG Fall Foliage Tour**

Mother Nature puts on a spectacular show every October, when the eastern forests burst into red, orange and yellow hues. That makes autumn the perfect season to explore New England's time-honored landmarks. From the quintessential fall fare of Vermont to the colonial roots of Salem, take in the history and charm of the East Coast—all under a vibrant canopy of color. Your tour includes guided sightseeing, handpicked hotels, local cuisine and more. This is an 8-day tour starting on October 8, 2017, with prices starting from \$2,199\* | \$450 deposit. Check out the DKG website at [www.dkg.org](http://www.dkg.org) for a more detailed itinerary.

GROUP COORDINATOR CONTACT: Karen Crumley, 914.797.3675, [kcrumley@hvc.rr.com](mailto:kcrumley@hvc.rr.com), or [fallfoliatedkg.grouptoursite.com](http://fallfoliatedkg.grouptoursite.com). The Group Number is 67954919. Call 1.800.438.7672 to reserve!

### **Chapter News**

#### **Alpha**

During our February meeting, the Clara Soule Committee set up work stations to create "Happy Bags" for 12 elderly individuals. Alpha sisters created cards and stuffed bags full of lotion, tissues, pens, stamps, homemade cookies, and much more. These "Happy Bags" are an annual tradition that make some fortunate folks very happy upon delivery.

Also in February, a 6th grade author from Thorndike read her latest book, *Buckaroo Bobbie Sue*, and shared about the process of writing and finding an illustrator. Everyone enjoyed her engaging presentation, followed by a delicious dinner served by the Methodist Women's Group.

Our March meeting was held on a cold, sunny day. Charles Lagerborn, a history teacher at Belfast High School, gave an engaging power point presentation on Jonathan Lowder and Early Maine History. It was wonderful to go back in time and learn more about the history of our state.

Special thanks to our Alpha sisters who have late meetings at their schools before our DKG meetings and have to rush to our meetings but enter with an enthusiastic smile each and every month.

In other Alpha news, **Sandra Bailey-Brown** and **Linda McConnell** have been administering NAEP Tests in various local schools.

*Submitted by Thalia Webb*

## Gamma



*Dr. Kate Cook Whitt*

*Integrating Science in to the Curriculum* was held on May 20 at the Viles Center in Augusta. We recognized T.C. Hamlin School in Randolph for being awarded a grant from Project Canopy to plant trees on their grounds and study their growth and make up. **Sue Shepherd**, a Gamma member, was teaching-principal at the school at that time.

Mother nature threw us a curve ball with the April Fool's Day snow storm but we were lucky to be able to reschedule in May with the same presenters at the same place. The May date meant we lost our Thomas students from attendance but it gave some of us the opportunity to make solar ovens and create s'mores in the May sun. It was great to see fellow educators leave the half-day program with smiles on their faces. We were able to provide each of our presenters with a small honorarium that also put smiles on faces. Thank you to the Founder's Fund for helping make this possible.



*Sunny Mullen, Nancy Grover, and  
Nancy Ruark*

We were blessed to be able to share our annual tea with three of the four presenters. Our keynoter, Assistant Professor Dr. Kate Cook Whitt, our kindergarten teacher, Brandi Grady, and high school science teacher, Sharon Gallant, were all present for our time together on the Thursday prior to the workshop and celebrated with Gamma as we recognized **Nancy Grover** as Gamma's Distinguished Member. Note: Laurette Darling had a previous commitment to a

group of 5<sup>th</sup> graders. Students do come first.

**Melanie and Nancy Ruark** attended the Write Now! Conference in North Conway in April. Katie Muhtaris and Kristin Ziemke, authors of *Amplify! Digital Teaching & Learning in the K-6 Classroom*, published by Heinemann, were the presenters. This is always an awesome and inexpensive conference but we only ever see two other DKG women from Maine.

*Submitted by Nancy Ruark*

## Epsilon

**Mary Alden** regularly volunteers with her church's H.U.S.H. Program which is a partnership of Good Shepherd Food Bank, RSU 20, and Searsport First Congregational Church. Their purpose is to provide qualified children in Searsport Elementary School with a backpack of nutritious, easily prepared meals for the weekend.

**Georgene Coombs, Mary Hyland, and Sharon Romanow** attended the Northeast Regional Conference in Windsor, Ontario.



Rhonda Feiman, Doctor of Oriental Medicine, presented an informative and fun program at our March meeting on coping with stress and the effects it has on our bodies. She also demonstrated acupuncture techniques for reducing stress. People were fascinated by the effects of acupuncture on specific points for stress reduction.

**Karen Craig-Foley and Lynn Hoenig** retired this year and are looking forward to the new adventures in their lives.

**Georgene Coombs, Mary Hyland, and Sharon Romanow** participated in the Alpha Psi planning meeting at the Viles Center in Augusta on July 24.

*Submitted by Sharon Romanow*

## Lambda

Retired? It may be true that our days in the classrooms are gone, but many of us are very involved with other tasks that keep our hearts pumping. There are always outlets to serve if you can muster the energy. A few of those avenues are as follows:

**Nancy Willey** serves as a tour guide for Wreaths Across America Museum in Columbia Falls, Maine, and serves on the Education Committee.

**Barbara Maloy** serves as a tour guide for the Burnham Tavern in Machias. She is also very active in D.A.R. and is very involved with the Gates House in Machiasport.

**Ruth Moore** is responsible for the Ruth Moore Bill. She is very active in veterans' affairs and has spearheaded a new school and resource center in Machias.

**Mary Alice Look** and **Charlene Meyers** are selectwomen in Whiting.

**June Ashmore** has her own business online.

**Judy Randall** serves as treasurer for her church, as well as serving as a lay preacher whenever needed.

**Mary McFadden** is a local correspondent for *Machias Valley News Observer* and the *Quoddy Tides*. She is also a participant in the U.M.M. Choir.

**Gweneth Strout** serves as Director of the Gallison Memorial Library where she has volunteered since 2003. She is also treasurer of the Forest Hill Cemetery Association.

If you seek help, look for DKG ladies.

*Submitted by Gweneth Strout*

## **Mu**

**Jean Roy** was appointed by the Governor's office to serve on the Maine Unemployment Insurance Commission (UIC) for a six-year term as the labor representative. The UIC has three members: two representatives, one for labor and the other for employers, and a neutral chair. They are an adjudicatory board and decide appeals from the Division of Administrative Hearings (DAH) when either party is not happy with their decision. They listen to the recorded hearings, examine the evidence submitted and determine whether the State's Statutes and Rules have been properly applied in the case. If they agree, they affirm. If they disagree, they set the decision aside and write a new decision.

**Nancy Hinds:** Lewiston Public Schools received a grant from the John T. Gorman Foundation to support a new district program named "Campaign for Grade Level Reading." The school district program leaders invited the DKG Mu Chapter "Read-To-Me" project to participate by including a copy of their "Rock-A-Bye Baby Reader" book in each of our literacy bags donated to newborn parents at St. Mary's Regional Medical Center Maternity Unit. Fifty books have been delivered to St. Mary's on a bi-monthly basis for over a year now. DKG MU chapter also includes parent tips about reading to your child and local library information for child and family centered literacy programming. "Read-To-Me" has been a Mu chapter committee/project for over 20 years.

**Mary Rider's** favorite ways to relax are to go bass fishing on Weber Pond where she catches the big ones, raise fresh vegetables in the garden and to go to Moose Alley in Rangley to take pictures of Moose. Relaxed, refreshed and

rejuvenated for a new school year!

**Penny Jaskalen** ran a Children's Theatre Camp for MSAD 52 again this summer for grades 1-6. The 15 students' production on August 3rd at Leavitt Auditorium was a free performance for the community. Penny and husband Gary traveled to Sedona, Az., to visit the Grand Canyon and surrounding areas.

**Jean Roy, Crystal Ward, Yvonne Gross and Nancy Mahar** will be in the Mediterranean in October visiting Italy, France, Spain, Portugal, Gibraltar and some islands on Celebrity Cruise Line. They have several side trips arranged. One more thing checked off the bucket list.

**Madelyn Given** traveled in February with a guide throughout El Salvador, Guatemala, Honduras and Nicaragua studying the Maya ruins at many sites and hiking. In July the family rented a house in Bergen, Norway, and hiked, zodiaced, toured and had a relaxing time to celebrate their daughter's birthday with their son-in-law and granddaughters. In September they will be on an adventure with four other people and a guide in Uzbekistan and Turkmenistan by way of Turkey. Madelyn has been hiking in the White Mountains again this summer doing the 4,000 footers. She completed the hike of North Tripyrimid (4,180'), Middle Tripyrimid (4,140') and South Tripyrimid (4,100') with a young 29-year-old friend in August. She now has just a few of the 76 tallest mountains in New England left to climb.

**Lyn Heath** retired after teaching 37 years. She taught in second grade at Poland Community School, then fourth grade for 8 years at Bowdoin Central School in SAD #75, and sixth grade for 28 years in Lewiston at Farwell, Pettingill, and Geiger.

**Barbara Randall** left a legacy of \$326,370 to nine local organizations. The endowment to Lewiston Public Library stipulates that the proceeds from the endowment be used to purchase materials for the reference and circulating nonfiction collections. The YWCA of Central Maine has also established an endowment fund in Barbara's name. Other organizations remembered by Barbara in her will include the Auburn Public Library, the Women's Literacy Union, Public Theatre, Community Little Theatre, Bates College, LA Arts, and Washburn-Norlands.

*Submitted by Crystal Ward*

### **Alpha Psi Dates to Remember**

Alpha Psi Fall Workshop, Hutchinson Center	October 20-21, 2017
S-T-R-E-T-C-H Your Teaching Workshop	March 17, 2018
Alpha Psi Leadership Training in Bangor	April 27, 2018
Alpha Psi Spring Convention, Hilton Garden Inn	April 27-29, 2018
DKG International Convention, Austin, Texas	July 16-20, 2018

# Many Thanks to our New State Officers and our Past State Presidents



*Front Row: Rachel Danner, Elaine Hendrickson, Mary Whitten, Donna Kennison  
Second Row: Mary Hyland, Priscilla McFarland, Venise Philbrook, Maureen Downs, Dottie Martin*



*Front Row: Rena Kearney, Lorraine Bowdoin, Georgene Coombs, Melanie Ruark  
Second Row: Sue Stinchfield-Plaisted, Katie Yando, Brenna Thornton, Dottie Martin*

