

## Considering the Future of Alpha Psi...



What a wonderful 75<sup>th</sup> Supreme Anniversary Celebration we had! One hundred and fifty of our Maine members and invited guests enjoyed “Fashions Through the Ages” with our own Alpha Psi models wearing clothing from the 1940’s to the 1980’s, celebrated our members who have supported and enjoyed the fellowship of Alpha Psi for 40 years, learned more about our Maine founders by watching a skit with members dressed to represent each one, recognized the outgoing and incoming chapter presidents, and celebrated the lives of those sisters who have left us.

During the banquet, DKG International President, Carolyn Pittman, in her speech, “Engaging the Future: Working Together, Growing Together,” challenged us to move forward:

“As we consider our past, we are compelled to consider our future. Using these words NOTABLE EVENT and OBSERVANCE in conjunction with DKG (referring to the definition of the word, anniversary), I look with hope to the future of DKG in Maine.

The most nearly certain thing I can say about the future, though, is that we all want one. We certainly cannot say precisely what the future will be. *Who we were, who we are, and who we will be are not the same. We can, however, project our present into visualizing our future.*” Carolyn Pittman, April 28, 2018

Our challenge is to look at who we are now and who we want to be. Further in her speech, Carolyn shared ideas with us about Futures Thinking. To do this, we need to be: Asking the Question (identifying the issue), Scanning the World (identifying contributing factors), Mapping the Possibilities (identifying potential), and Asking the Next Question (continuing the growth). Let’s begin to visualize our future at Fall Workshop. On Saturday, October 20, Session 1 of the workshop will be devoted to answering the following questions

that have bubbled to the surface in talking with DKG members throughout the state of Maine. This session, **Society Forum: What's Next for Alpha Psi Maine?**, is designed not only for chapter officers, but for everyone! Come help us "Ask the Questions" to identify the issue(s) that we should tackle first to map the next five years in Maine. Here are the questions that I have so far:

1. What can we do to attract new members?
2. What can we do to keep our current members, especially our younger members?
3. Why would someone want to join DKG?
4. What can we do to recognize all members, so everyone feels valued?
5. How do we balance professional development and personal growth programs?
6. How can we get the word out as to who we are and what we do?
7. How do we communicate with members who do not attend meetings to keep them involved and up-to-date?

If you have further questions that you would like me to add to this list, please don't hesitate to send them to me at [elaine.hendrickson@gmail.com](mailto:elaine.hendrickson@gmail.com).

In order to make sure everyone's voice is heard, I am planning to use a Carousel. Each question will be written on chart paper and posted throughout the room. In this technique, all members at the session will be divided into groups. Each group will rotate from question to question writing their thoughts that address both chapter and state concerns. Once all groups have addressed the questions, we will have a brief summary of the results of each one charted. The results will be used to help us move forward. For those who would like to continue the discussion, I will facilitate a workshop during the next session called "What's Next for Alpha Psi? Keep the Discussion Flowing." From here, I plan to form an Ad Hoc committee to take this data we have collected and begin to chart our path taking into consideration the factors that affect us today. Please let me know if you would be interested in either chairing the committee or being a member. See the email address listed previously.

Join me, by registering to attend the Forum. We need to hear your thoughts and ideas! By working together, we will grow together!

**Note:** The full text of Carolyn Pittman's talk at the banquet can be found on the Alpha Psi Maine website.

*Elaine Hendrickson, Alpha Psi President*

### **President's Challenge for 2018-2019**

In keeping with my theme, Working Together, Growing Together, I challenge each chapter to the following:

1. Write a chapter "elevator" speech. When someone asks you what DKG

is, have a short talk ready that will tell them who we are and what we are about. To get a start on this, you might want to send someone from your chapter to Mary Hyland's Fall Workshop session, "**Pitching DKG and Throwing Heat!**" This speech will be due from Chapter Presidents before Spring Workshop.

2. Induct or reinstate at least one new member. If all chapters induct at least one person, we will have 16 new members state-wide. More than one would be even better!
3. Send at least **five** members, teachers, and/or other educators from your chapter's geographical area to the S-T-R-E-T-C-H Workshop at the Hutchinson Center in Belfast on March 16, 2019.
4. Publicize an activity your chapter is having or has hosted. You can use social media, the newspaper, television, or any other creative way that will get the word out about the great things your chapter is doing. For further help in writing a newspaper article, you might want to have a member of your chapter attend Kay Grindall's Fall Workshop session, **Spread the Word!** I will be asking chapter presidents to send me the newspaper clipping or the link to the news article or television spot, to share your social media page with me, or to write a description of what your chapter did.

*Chapters who accomplish these four goals will be recognized at Spring Convention with a certificate and bag of yummy chocolates to share with your chapter members! Last year Epsilon, Mu, Zeta, and Kappa were recognized for meeting all of the challenges I set forth. Let's rally together to meet these challenges so we can grow together!*

### **Reflections on International and Mentoring New Teachers**



This summer was my first International Convention, and to attend in the city where DKG was founded made it even more special. Austin, Texas, is an amazing city and very hot in July. This convention is the venue for conducting society business, much like our state convention. This year the General Sessions were filled with discussion of and voting on changes to the constitution and International Standing Rules. It took five general sessions, with the fifth one extending into Friday afternoon, to vote on all of them. The proposals were sorted into six groups. Sometimes we voted on several proposals as a cluster. A timed format for discussion was followed; however, some proposals still took a great deal of time. Changing the name of the organization generated the biggest discussion. It did not pass.

Texas did a fantastic job welcoming us. Chapters made cards to welcome us, which we received when we registered. The Texas State 1st Vice President sent me an email before the convention to welcome me. As luck would have it, she was seated at the same table as I was at the Impacting Education Worldwide luncheon.

We had a plethora of breakout sessions to attend. The keynote speaker was Benjamin Zander. If you attended leadership training this spring, you may remember that Mary Whitten shared some of his perspective on leadership. He kept us riveted with his dynamic presentation. Nadia Lopez was the second keynote speaker. She has started a school for children living in the under-served, marginalized neighborhood of Brownsville. She has received much recognition for her work with these children. She stated that we need to be the bridge, mentor others, remain passionate, invest in ourselves, and remember our purpose.

A new school year is upon us, so let's remember our early career educators (five years or less in the field) in our areas. What can you do as an individual or as a chapter to mentor or lend a helping hand? I remember the beginning of school being extremely busy and sometimes stressful. If you're still teaching, check in either in the morning or afternoon to see how things are going, maybe bring cup of coffee or some chocolate. If you're retired, ask your members who the early career educators are in your former school or one nearby. Maybe you could volunteer to come into their classroom and work one on one with a student struggling in reading or math. Another way we retirees can help is offer to copy materials. I remember trying to get to the copier along with all the others in my building to make copies for class. Usually the copier is not very busy once classes begin. I'll be asking you to share what you are doing to help these early career educators be successful at fall workshop. Until then, enjoy your new school year. If you're retired, just enjoy the fall weather.

*Donna Kennison, First Vice President*

### **Indeed a Golden Gift!**

Thank-you, Alpha Psi Maine, for your support! The 2018 Golden Gift Leadership Seminar was indeed a once in a lifetime experience. Those two weeks from July 1 - July 14 at the University of Texas were jam packed with invaluable knowledge from professors at the McCombs School of Business, interactions with my powerful and influential "Sisters of Synergy," and a deeper appreciation for the legacy and purposes of DKG. While the LMS will help me in my immediate leadership responsibilities for our state, I am not yet sure how else LMS will impact my life. THAT is both humbling and exciting. I am looking forward to sharing more with all of you as our future unfolds! If you are at all interested in attending the LMS, let's chat!

*Mary Hyland, Second Vice President*

## A Word about Membership



Do you enjoy our camaraderie with other key women educators? Do you believe in the power of DKG to impact education worldwide? Does your membership mean something to you? If you answered “yes” to any of these questions, you are encouraged to share DKG with others who deserve to have the benefits of DKG. No one idea will work for all prospects all the time, so feel free to experiment with new ideas. Talk with other chapters, utilize the resources on the websites, and consider the ideas in the membership materials that have been distributed at previous trainings. If all of us share the gift of membership, then recruitment is not a just task done by a committee with a marketing plan, but a genuine

desire that is shared by our whole team.

At least one layer of this membership gift requires action and that paperwork I mentioned in my last *Mainspring* column, so here are a few items for your immediate attention:

5. At International Convention, we passed a resolution to add a collegiate membership category. What will this look like for Alpha Psi?
6. Feedback from the Supreme 75<sup>th</sup> Convention shared that the recognition for 40-year members was too lengthy. So, suggestions are welcome!
7. Please be sure that your chapter has a 2<sup>nd</sup> VP, a membership chair or at least a contact person with whom I can exchange information – updated e-mail addresses and phone numbers are most helpful.
8. Upon the death of a member, please remember to immediately send copies of Form 6 to International, our state treasurer, and me. This saves time on the record-keeping end of things.
9. Please remember to complete Form 2 in January and send it to your chapter president and me. Keep a copy for chapter files.

Thank you for your effort. I am pleased to answer questions and discuss issues at any time – please contact me. Do consider attending the morning session at Fall Workshop during which we expect to generate next steps to move Alpha Psi forward. See you there!

*Mary Hyland, Second Vice President*

## Learn more about CTAUN

To learn more about DKG's relationship with the United Nations, Google [DKG@UN](mailto:DKG@UN). Read their newsletters and other information about our affiliation with their CTAUN program.

*Submitted by Nancy Grover*

## Bylaws and Standing Rules Committee Report

This year in review: the Bylaws and Standing Rules Committee was able to do two sessions at the Fall Workshop at the Hutchinson Center in Belfast. The focus was to help chapters update their rules and provide assistance and answer questions. I assisted two chapters directly during the winter to update their Chapter Rules. The website was updated with the current Bylaws and Standing Rules as well as making the proposed changes to the Delta Kappa Gamma Constitution and Standing Rules available.

So what is next? We will be updating Alpha Psi State Maine Bylaws and Standing Rules to bring us into compliance with DKG Constitution and Standing Rules. No vote is necessary by our members; thus, these will be posted on the website as soon as they are completed.

We are also seeking proposed changes to Alpha State Bylaws and Standing Rules. As stated in our Bylaws, **any member can propose a change**. The change can be creating a new rule or rewording or deleting a rule to reflect the current practices of the organization. I am asking State Officers and Chairs to review the sections of our rules and bylaws that pertain to their positions and make suggestions. The form is on the website under Chapter Assistant [https://alphapsimaine.weebly.com/uploads/8/4/3/3/8433938/blank\\_chart\\_for\\_chapters.doc](https://alphapsimaine.weebly.com/uploads/8/4/3/3/8433938/blank_chart_for_chapters.doc)

***Please submit your proposals to Kathryn Wilcox by December 31, 2018.***  
[Kwilcox47@gmail.com](mailto:Kwilcox47@gmail.com), 207-864-5653 (home) 207-592-8609 (cell)

*Kathryn Wilcox, Chair*

## Forty-year Members Honored at Convention

One of the highlights of our Spring Convention is the recognition of our 40-year members. The Supreme 75<sup>th</sup> was no exception. Personally, I feel that it was my distinct privilege to give these incredible women the “three minutes of fame and glory” that they have earned for their loyalty: Kathryn Pierce of Alpha; Barbara Penley of Beta; Georgene Coombs of Epsilon; Laura Stubbs of Eta; Eleanor Norton of Gamma; Mary Freeman, Bonnie Taylor, and Kathryn Wilcox – all of Kappa; Penny Jaskelen of Mu; and June Nickerson-Hovey of Xi. Typing their names for this *Mainspring* submission brought warm memories and smiles. I am already looking forward to next year’s recognition. Sincere congratulations and a huge thank-you to all!

*Mary Hyland, Second Vice President*

## **International Constitutional Amendments and Standing Rules Changes from Convention**

It is hard to believe that International Convention discussed and voted on all of those Constitutional amendments and Standing Rules changes. Some of the discussions were very interesting. Many of them had to do with how International works. Twenty-two of these amendments and changes have a direct impact on our state and/or the chapter. Below is a summary of those 22. All of the changes will be shared with chapter presidents and our By-Law and Standing Rules committee.

First of all, the name of the organization did **not** change. Don't be surprised to see that come up again. It was voted on that we will induct new members and not initiate them. A person does not become a member until her dues are paid. Membership is now open to any woman who was in education but did not necessarily retire. There is now a collegiate membership for college women with International dues of \$20. The state and chapters can determine dues at their level. Member selection is determined by chapter rules and chapters have been given the flexibility to meet and/or vote electronically. Clarification was made for a treasurer's responsibility for maintaining an accurate membership roster. Chapters will need to record the termination of a member in their minutes. Initiation fees and International scholarship fees have been reallocated to give the state and/or chapter more of the money. Simplification of reports and more latitude to the state for elections and conventions were approved. A change to the required Permanent Fund was made.

For each individual member, the most impactful amendment is the change in the date that our dues are paid. The purpose for this amendment is to align the dues with the fiscal year. What that means is we will pay the 2018 - 2019 dues in the fall of this year. In the spring, we will have to pay the 2019 - 2020 dues by June 30, 2019. Chapters will have to think about how to do this as most chapters do not meet after May. From that point on, dues will not be collected in the fall; they will only be collected in the spring. Without this change, the chapter, state, and International start the new fiscal year without knowing how much money they will have.

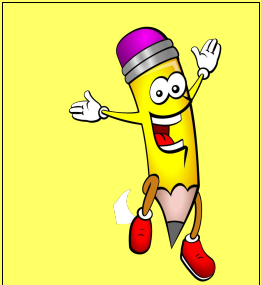
*Mary Whitten, Immediate Past State President*

### **Memorabilia Items Available**

Wasn't the Memorabilia Room at Spring Convention a delightful celebration of our 75 years? Surely, couldn't we have lingered there for a longer time frame? Well, now YOU all have an opportunity to further enjoy some DKG memorabilia. For the last couple of years, many items formerly used at

the state level and in now-dissolved chapters have piled up in my guest bedroom because of their use in the Memorabilia Room. It is now time for SOME of those goodies to find even more loving homes. At our recent administrative board meeting, we decided some of those treasures would be of better use in the hands of our chapters. Thus: (1) A list of items will be distributed to chapter presidents and posted on the website. (2) If your chapter wants or needs something, contact me. (3) Items will be distributed on a first come, first serve basis. PENDING EXECUTIVE BOARD APPROVAL, steps 4 and 5 MAY occur: (4) Unclaimed items will be available at Fall Workshop with donations to Alpha Psi being accepted. (5) Any leftover items after workshop will be offered to International or sold to an antique dealer with proceeds going to Alpha Psi. Some of types of memorabilia include brass candlesticks, table runners, and vases. A set of ceremonial memorabilia will be reserved for use when we have a new chapter – sincere thanks to Crystal Ward for volunteering to store this in her home. Again, let me repeat: These items need to find other loving homes and chapters have first dibs. Stay tuned to the website as a list of times will be posted as soon as possible, hopefully by September 1!

*Mary Hyland, Second Vice President*



**Education Corner**

**Online vs. Traditional Education Curriculums**  
**by Mirna Reyes-Henderson**  
**Omicron**

Technology has played a part in school curriculums for many years, from the use of slide shows to today's "smart boards." Currently, schools are putting even more emphasis on technology in education. Technology offers many benefits and allows people to connect with the world to access information. Students can take advantage of online courses. The question remains, however, whether or not an online curriculum for languages accomplishes the same outcomes as a traditional classroom curriculum. Clearly, both methods must be examined to determine their advantages and disadvantages. Furthermore, an analysis must be made to appraise the effects of technology integration into regular classroom curriculums and investigate any problems that this may present. This integration has to be part of the pedagogical content knowledge. Clearly, students need teachers who can teach effectively, and who can use the technology itself.

Online curriculums provide flexibility because they can be individualized



and self-paced. Many of these courses are designed for students who are self-disciplined and/or advanced learners. An added benefit is that content can be enhanced via the internet, and this method gives students ownership of their learning. However, despite the ability to improve students' receptive skills, some concerns with online instruction are with higher order thinking, whether students are challenging themselves, and whether interpersonal communication skills can be acquired. Listening skills can be improved through hearing authentic speakers, but the speaking and social components, and the visual nuances of language are often lacking. Clearly, multiple approaches (classroom and virtual) can optimize learning. Critical thinking, creativity, and collaborative problem solving are best accomplished in the regular classroom, but learning can be enhanced with the addition of technology.

Curriculum is very important for second language acquisition since it includes both receptive (reading and listening) and productive skills (writing and speaking). At Foxcroft Academy, learning activities are organized to combine all of the skills necessary to learn a language, i.e. speaking, reading, writing, listening, grammar, vocabulary, and cultural knowledge. Practice and feedback from both instructor and peers are essential. Students must show proficiency in: interpersonal communication, interpretive communication, presentational communication, language comparison and culture. It is also essential to provide different teaching styles to accommodate differently-abled learners. Clearly an online language curriculum, alone, would have difficulty accomplishing the many facets of second language learning.

In curriculum development, it is important to remember that instruction has to have meaning and purpose for students so that they can achieve their goals in a given course. The objective of a well-written curriculum should be to provide knowledge, values and other skills necessary to become an informed citizen. Instructors must also differentiate among the different learning styles of students in order to provide similar experiences across the curriculum for all students. A well-developed curriculum will result in a life-long learner and critical thinker. A well-written curriculum should include creativity, evaluation, analysis, application, understanding, and memory. Ultimately, a blended language curriculum with online tools is the best of two worlds for students to develop proficiency. Technology can enhance learning and allow students to maintain a competitive edge in the world. It is merely a tool to augment teaching and cannot replace the teacher. It should, instead, give students a broader perspective about learning different approaches to solving problems.

To read article the full article go to:

<https://drive.google.com/file/d/1BOSUGWIHY10879szvdG9x0rqimqv-G8X/view?usp=sharing>

## **Dues Collection Change for the 2019-2020!**

To align the dues with Fiscal Year, the International Convention voted to have dues for the 2019 -2020 year due by **June 30th!** What does that mean to you? You will pay your dues for 2018-2019 in the fall as always. In the spring, you will need to pay the 2019-2020 dues. Dues will be due in the spring each year thereafter. Please plan ahead!

## **Developing the Teachers of Today and Tomorrow Gamma's night at Thomas College**

**Preparing for the work force**

**NO!**

**PREPARING FOR THE PROFESSION**

Education majors at Thomas College are asked to make a rapid change from high school student to professional educator. In their freshman year they are introduced to the classroom through observations in preschool to high school. During their sophomore and junior years they are provided classroom experiences to help them fit best in the world of education. This was the message from Dr. Kate Whitt Cook at our March meeting at Thomas College. She presented the school's course requirements for the four-year program that begin with what it means to be a teacher, how to dress, and expectations of the profession, to a sixteen-week practicum.

STEAM courses are now part of the first two years of the curriculum. Her students introduced us to their work that integrates science, technology, engineering, art and math. They put us to work by setting up an example of the standards that they hoped to meet through discovery and research regarding an authentic situation. This situation was described and then we all began "Yes, and." In this exercise the next person in the circle builds on the ideas of a previously given situation to include the standards listed. This kept us all on our toes and showed how this activity worked to incorporate the attributes of STEAM and, especially on the secondary level, the particular area of expertise of the person.

Kate's six students professionally presented their work and, at least for myself, ignited a flame of hope that teaching, as I knew it, was alive and well. Standardized testing may be a part of the world of a professional teacher, both on the personal level and the classroom, but it is encouraging to know that the students deal with authentic problems and think critically to solve them.

In the technology realm Thomas offers 3-D printers, smart boards and a pen that records what is being said. This is used in the observation process when students enter the classroom during their practicum. A simple dot in the observer's notes can bring back the exchange of teacher and student. All these are tools in the development of the educators and are treated as such.

When we opened the night to questions from the participants, it became a time for the "experienced" teachers in the room to share the importance of being yourself, trusting your gut, finding where you work best and building relationships with students.

Included in that group were Megan Hill (4<sup>th</sup> grade) and Nicholas Hill (6<sup>th</sup> grade math) from Belfast and Tom Wells, recently retired English teacher from Cony High School. Megan and Nick have attended several of the presentations that Gamma has offered and are always a joy to have in our midst because they are parents of two young boys as well as very involved teachers. They both graduated from Thomas and were amazed to see the changes in the building and curriculum.

Tom Wells read about our offering in the newspaper. He is presently writing a book and beginning a motivational speaking program. He was Melanie's favorite English teacher and she uses his methods in her classroom. We were delighted and surprised to have Tom in our company.

Thank you, Sunny, for arranging the evening, being precise with directions, and being our contact person with Kate. Thank you also to Dr. Kate Whitt Cook for presenting her very professional developing teachers. It was an uplifting evening that gave us a regained hope for the future of our profession.

Submitted by Nancy Ruark

### **2018 Fall Workshop: Things to Know**

Come to Fall Workshop! I am very excited about the number of sessions this year that address society business, professional development, and personal growth. I have indicated on both the registration packet and workshop descriptions which area each represent. S stands for Society. These include those sessions that will help your chapter and Alpha Psi. **Chapter Treasurers** need to note that during the first session at 8:00 AM, state treasurer, Maureen Downs, is conducting a session for you. How you report your dues is changing, as well as the due date for those dues. Be sure to attend this session. PD represents Professional Development. These workshops are designed for our members who are still in the classroom. I also indicated PG or personal growth after these because I know many of you want to keep current with the trends in education. There are several personal growth sessions. You may notice I have duplicated two workshops: Rena Kearney's session, "Jingle Bell Ornaments" and Melanie Ruark's session, "Yoga for Beginners" since each has a limit of 15

and 10 respectively. This will give more of you a chance to attend these two sessions. **Please remember to sign up for the sessions you want to attend.** Last year many of you did not register to attend sessions and once you got to Fall Workshop, you chose workshops that may have been full. The presenters did not have enough materials because they weren't planning on so many extra participants. On the flip side, some sessions only had one or two registered prior to workshop, so given the choice, they canceled their sessions. This was very embarrassing for our group since two of them were not members of DKG. This year, I have numbered the sessions as well to make it easier for the registrar. If you register for a session and it is full, the registrar will contact you to choose a second session.

In keeping with my passion on outdoor recreation for everyone, especially students, I invited Dave Connelly and Tammy Matula, advisors of the East Grand Outdoor Education Program from Danforth, ME, to be our Luncheon Keynote Speakers. Dave and Tammy are planning to bring students with them to talk about the incredible things they do at East Grand. I met Dave, Tammy, and many of their students while teaching skiing at Bigrock. I can't wait for you to meet them as they share their passion for the outdoors and the benefits it brings students!

Don't miss the 2018 Alpha Psi Maine Fall Workshop!  
Be sure to register!

### **Walk with the Maine DKG Auxiliary**

If you have a man or other family members accompanying you to the Alpha Psi Fall Workshop in Belfast, the Maine DKG Auxiliary is offering an activity especially designed for them: a hike on the Belfast Harbor Walk. Along the Walk they'll see, and be able to photograph, a Maine bay and working harbor with its assortment of fishing and power boats and sailing craft as well as the Front Street Shipyard where you will be able to see them working on a variety of yachts and working boats. The Walk is level and about two miles in length, beginning at the City Boathouse

Harbor Walk also connects to the Belfast Rail Trail which is less developed and wanders through the woods beside the Passagassawakeag River. It adds another 4 miles (round trip), for the more adventurous types. The City Point Central Railroad Museum is located at the northern terminus of the Trail and is housed in a late-19th-century railroad station.

Walkers will meet at the Hutchinson Center at 8:30 a.m. on October 20. We'll carpool to the Boathouse and be back in plenty of time to meet the Workshop attendees at the end of the day. Water and snacks for the walk are suggested. Lunch will **NOT** be provided but will be available at local establishments.

I hope that if you bring your man or other family members to Belfast in October, you'll offer him or them the opportunity to join the Maine DKG Auxiliary on the walk. There is no charge for this walk, but any donations will be contributed to the Alpha Psi Founder's Fund.

If you have any questions, you can contact me at [tnruark@aol.com](mailto:tnruark@aol.com).

Submitted by Walter (Ted) Ruark

## **Alpha Psi Remembers Past State President Sarah Chipman**

Sarah Chipman was a member of Omicron chapter in Piscataquis County for 52 or 3 years. During that time she served as every possible chairman of every committee in Omicron, as well first and second vice-presidents and president. She also served on many state committees as both a member and a chairman, and was ultimately asked to go through the chairs as state recording secretary, both vice-presidents and president. As the president of Alpha Psi State, she served on the International Executive Board for two years. Following her biennium as state president, she was asked by International to serve on the International Constitution Committee, a very prestigious assignment. Her understanding of the underpinnings of the society she served was extensive. During her fifty plus years in Delta, she went to many International Conventions and Northeast Regional Conventions.

With Sarah there was always a great mix of the proper and the improper, and that was what made her so much fun. Her last international event was when the state of Maine hosted the Northeast Regional in Portland, Maine, a few years ago. Traveling was much more difficult for her then, but she was there, and she participated in hosting Maine night and manning various tables in the lobby when she was needed. She was proud of the state group for pulling that off, and though not a leader in that particular event, she was a supporter and a source of advice to all of us who were. Sarah did one thing for Alpha Psi State that made its mark. She chaired the committee that devised and established the Alpha Psi Founders Fund, which grants monies to deserving women educators for classroom projects for which they can't get funding or for educational travel or conferences. These monies have helped many women in the state of Maine in their pursuit of better practices and materials for their classrooms.

Sarah G. Chipman embodied everything Delta Kappa Gamma stands for. She served her students, her community, Omicron chapter, Alpha Psi State, and DKG International to the best of her ability with dignity, grace, and humor. Many of us feel our last mentor has gone and we truly grieve her passing.

*Dawn MacPherson-Allen, Past President of Alpha Psi State*



**2018 Maine State (Alpha Psi) Fall Workshop  
October 19-20, 2018 UMaine Hutchinson Center, Belfast  
Working Together, Growing Together**

Name: \_\_\_\_\_ Chapter: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Tel. \_\_\_\_\_ E-mail: \_\_\_\_\_

Please check all that apply:

Alpha Psi State Officer  
 Alpha Psi State Committee Chair  
 First Timer to Fall Workshop (lunch is free)  
 Guest (will need to pay registration and lunch)

Chapter President  
 Past State President  
 Presenter  
 (registration/lunch free)

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

**Executive Board Dinner - Friday October 19, 2018**

Plated Meal: Please choose your entree. \$26.00 \_\_\_\_\_

Baked Stuffed Haddock  
 Baked Ham w/Cumberland Sauce

**Luncheon - Saturday October 21, 2017**

Assorted Sandwich Tray, Soup, Salads, Desserts \$12.00 \_\_\_\_\_

**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, 2018**

Make check payable to Alpha Psi State and mail/email registration form including your choices for workshop sessions to:

Maureen Downs, 37 Pearl St., Lewiston, ME 04240  
 Home: 207-784-6511  
[lisp@myfairpoint.net](mailto:lisp@myfairpoint.net)

**Hotel:** Fireside Inn - Corporate Rate of \$125.00 (same price as last year) includes free breakfast. Call 207- 338-2090 and mention you are with Alpha Psi. There are other hotels in the area, but not all provide a free breakfast.

**Please see below and on the next page to register for the Workshops. It is important to register if you plan to attend workshops. Please check your choices.** Sessions will be filled on a first come basis. Once they are filled, you will be contacted to choose a different one. Workshop Descriptions are found in the *Mainspring* and attached here with the registration.

### **Maine State (Alpha Psi) Workshop October 19, 2018**

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

### **Saturday, October 20, 2018**

7:00 - 10:00 A.M.	Registration	Atrium
7:00 - 11:00 A.M.	Hospitality	Atrium

9:00 AM **TED TOUR** of the Belfast waterfront for Maine DKG Auxiliary.  
 \_\_\_\_\_ Please check here if you have a family member coming who plans to go on the Tour. Meet in the Atrium.

### **SOCIETY BUSINESS**

Please check the workshops you would like to attend in Sessions I, II, and III.

#### **8:00 – 9:00 A.M. Session I – Society Growth**

- \_\_\_\_\_ **A. Society Forum: What's Next for Alpha Psi Maine? (S)**  
**This forum is not only for chapter officers.** All chapter members are encouraged to help chart our future of Alpha Psi Maine. ALL our voices are important!
- \_\_\_\_\_ **B. Treasurers' Workshop** by Maureen Downs. (S) **A must for all chapter treasurers** to learn more about the on-line method of paying dues and the impact of the DKG International Constitutional Amendments that change when our dues are collected for 2019-2020.

### **PROFESSIONAL DEVELOPMENT (PD) AND PERSONAL GROWTH (PG) WORKSHOPS**

#### **9:15 - 10:15 A.M. -Session II**

- \_\_\_\_\_ **1. What's Next for Alpha Psi? Keep the Discussion Flowing** by Elaine Hendrickson (S)

- \_\_\_\_\_ 2. **Helping Students Unlock the Code to Success, Part I** by LeRae Kinney and Christa Galipeau (PD, PG)
- \_\_\_\_\_ 3. **Cultivating Student Leaders** by Lisa Quatralo (PD, PG)
- \_\_\_\_\_ 4. **Tai Chi for Health, Year 2** by Beth Schultz (PG)
- \_\_\_\_\_ 5. **Spread the Word** by Kay Grindall, (S,PG)
- \_\_\_\_\_ 6. **Jingle Bell Ornaments** by Rena Kearney (PG) **Limit: 15**
- \_\_\_\_\_ 7. **Yoga for Beginners... and anyone with curiosity!** by Melanie Ruark (PG) **Limit: 10**

**10:30 - 11:30 A.M. - Session III**

- \_\_\_\_\_ 8. **Pitching DKG and Throwing Heat** by Mary Hyland (S)
- \_\_\_\_\_ 9. **So You Think You Know Maine** by Tim Caverly, (PD,PG)
- \_\_\_\_\_ 10. **Jingle Bell Ornaments** by Rena Kearney, (PG) **Limit: 15**
- \_\_\_\_\_ 11. **Helping Students Unlock the Code to Success, Part II** by LeRae Kinney and Christa Galipeau (PD, PG)  
*You must attend Part I to register for Part II.*
- \_\_\_\_\_ 12. **Yoga for Beginners... and anyone with curiosity!** by Melanie Ruark (PG) **Limit: 10**
- \_\_\_\_\_ 13. **How to Contact your Local, State, and Federal Representatives** by Crystal Ward (S,PG) **Limit: 20**
- \_\_\_\_\_ 14. **Facilitating Intercultural Communication Through Analysis of Cultural Dimension** by Lisa Dalrymple (PD,PG)

**11:45 A.M. - 1:00 P.M.**

**LUNCHEON**

**Room 138 A,B**

Guest Speakers: Dave Connelly, Tammy Matula, and East Grand Students:

**Teens in the Outdoors.** The teachers and students will share with you how the East Grand Outdoor Education Program develop leadership and life-long skills through learning outdoor living skills.

Tim Caverly's Allagash Tails books for sale in the Atrium. Great Christmas Presents!

75<sup>th</sup> Items for sale in the Atrium.

**1:15 – 3:00 P.M.**

**General Session**

**Auditorium**



## 2018 Fall Workshop Descriptions

**Key:** S =Society, PD = Professional Development, and PG = Personal Growth.

### 8:00-9:00: Session I

**A. Society Forum: What's Next for Alpha Psi Maine?** facilitated by Elaine Hendrickson (S)

**This forum is not only for chapter officers.** All chapter members are encouraged to come to help chart the future of Alpha Psi Maine. ALL OUR VOICES ARE IMPORTANT. After a brief introduction, we will engage in a Carousel Activity to answer the following questions that all DKG chapters and members face:

1. What can we do to attract new members?
2. What can we do to keep our current members, especially our younger members?
3. Why would someone want to join DKG?
4. What can we do to recognize all members, so everyone feels valued?
5. How do we balance professional development and personal growth programs?
6. How can we get the word out about who we are and what we do?
7. How do we communicate with members who do not attend meetings to keep them involved and up-to-date?

*Elaine is a retired middle school teacher. Currently she teaches alpine skiing at Bigrock Mountain in Mars Hill and is President of Alpha Psi.*

**B. Treasurers' Workshop** by Maureen Downs. (S)

**A must for all chapter treasurers.**

Learn more about the on-line method of paying dues and the impact of the DKG International Constitutional Amendments that change when our dues are being collected for 2019-2020.

*Maureen is a speech therapist and Treasurer of Alpha Psi State and Mu Chapter.*

### 9:15-10:15: Session II

**1. What's Next for Alpha Psi? Keep the Discussion Flowing**

by Elaine Hendrickson. (S)

Let's continue the discussion by looking at the information collected in Session I. How can we use this to begin to chart next year and the next 5 years of our

Maine State chapters and how we can work together to help us thrive and grow?

*Elaine is a member of Delta chapter.*

## **2. Helping Unlock the Code to Success, Part I**

by LeRae Wood and Christa Galipeau (PD,PG)

The first hour of this hands-on workshop will include learning what a lockbox activity is, how it engages learners of all ages, and how it is a fun way to boost any curriculum. It will also include how to begin creating lockbox activities for your students while making meaningful connections to your curriculum that will require your students to demonstrate prior learning to be successful. This workshop will require participation by those in attendance and is not intended to be a passive learning experience. (All levels)

*LeRae is Adult Education Director for SAD 1 and Christa is the SAD1 Adult Ed Academic Coordinator.*

## **3. Cultivating Student Leaders** by Lisa Quatralo (PD, PG) (High School)

I will present the Introduction to a Leadership course that I taught at Dexter Regional High School. The course encompasses three units: Leadership Style, Conflict Resolution, and Cultural Competence. I will explain the three units with a variety of activities and slide show focusing on the students. If available, I will bring in some of the students from this past semester, so they, too, can speak to the course and answer any questions workshop participants may have.

*Lisa, Omicron, is an English teacher at Dexter Regional High School and the 2018 recipient of an Alpha Psi Scholarship.*

## **4. Tai Chi for Health, Year 2** by Beth Schultz (PG) **Limit: 20**

Tai Chi is a mind-body practice that improves strength, balance, health, and overall well-being. It differs from other forms of exercise because it is slow, low impact, circular, and relaxed. This one-hour session will build upon what we experienced at Fall Workshop in 2017. Prior participation in last year's session is not necessary. The goal of this session is to increase your understanding of Tai Chi and to learn a new exercise, Circling Hands.

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

## **5. Spread the Word!** by Kay Grindall (S) All levels

Let's tell others about the personal, professional, and social benefits of joining DKG! This session will focus on basics of newswriting, feature stories, and editorials. Learn the craft of the "Five W's" of news stories and various types of

feature stories and purposeful editorials that can address current educational issues. Reach out to your readers through succinct informative, attention-getting headlines and stories.

*Kay taught English and Journalism at Waterville High School; she is a member of Kappa and is the chairperson of the Alpha Psi Communications and Publicity Committee.*

## **6. Jingle Bell Ornaments** by Rena Kearney (PG) Elementary **Limit: 15**

Have fun making Christmas ornaments! You will enjoy sharing this activity with your children or grandchildren. Come and enjoy the fellowship of making something that you can take home.

*Rena, Delta, is a retired elementary teacher but continues to sub when needed.*

## **7. Yoga for Beginners... and anyone with a curiosity** by Melanie Ruark (PG) **Limit: 10**

Ever been curious what this Yoga craze is about? Want to learn how to manage stress and live in the present moment? Come explore some basic asanas (poses) and learn about the philosophy of Yoga from a newly-trained 200-level yoga instructor! We will explore some breathing exercises and some basic yoga poses. (If possible, wear clothing easy to move in and be prepared to remove your shoes.) Expand your horizons and live longer.

*Melanie, Gamma, has taught high school English, most recently at Ellsworth High School. She is Alpha Psi Finance Chair.*

### **10:30-11:45 – Session III**

## **8. Pitching DKG and Throwing Heat** by Mary Hyland (S)

DKG is no longer a secret. So that other educators may join our organization, reap the benefits we enjoy, and impact education worldwide, all DKG members must be able to share what we do and why we do it. Based on information learned from the 2018 Golden Gift Leadership Management Seminar, DKG members: 1) will learn the importance of being able to articulate well our mission and purposes, and 2) leave the session with a draft of their own “elevator speeches” for immediate use.

*Mary, Epsilon, teaches with Discovering Kids as a Behavioral Health Professional for Pre-schoolers with ASD. She is Alpha Psi 2<sup>nd</sup> Vice President and the recipient of the 2018 Golden Gift Award.*

## **9. So You Think You Know Maine** by Tim Caverly (PD, PG) All levels

In a Jeopardy-style program listeners will be taken around the state in a

discussion of Maine history that ranges from Sebago Lake to Down East, north to Baxter State Park, Presque Isle and the Allagash. At the end of the program, we will announce the release of a new book from Allagash Tails.

*Tim is a former ranger in Baxter State Park and is now the author of several Maine-related books published by Allagash Tails. Tim will be selling his books during registration and luncheon.*

### **10. Jingle Bell Ornaments** by Rena Kearney (PG) Elementary **Limit: 15**

Have fun making Christmas ornaments! You will enjoy sharing this activity with your children or grandchildren. Come and enjoy the fellowship of making something that you can take home.

*Rena, Delta, is a retired elementary teacher, but continues to sub when needed.*

### **11. Helping Students Unlock the Code to Success, Part II**

by LeRae Kinney and Christa Galipeau

You must have attended Part I in Session II to attend this continued session.

### **12. Yoga for Beginners... and anyone with a curiosity** by Melanie Ruark (PG) **Limit: 10**

Ever been curious what this Yoga craze is about? Want to learn how to manage stress and live in the present moment? Come explore some basic asanas (poses) and learn about the philosophy of Yoga from a newly-trained 200-level yoga instructor! We will explore some breathing exercises and some basic yoga poses. (If possible, wear clothing easy to move in and be prepared to remove your shoes.) Expand your horizons and live longer.

*Melanie, Gamma, has taught high school English, most recently at Ellsworth High School. She is Alpha Psi Finance Chair.*

### **13. How to Contact Your Local, State, and Federal Representatives**

by Crystal Ward (S,PG) **Limit: 20**

In our democracy “We the People” have a powerful voice if we use it. You will learn methods of using your political voice at all levels of government.

*Crystal, Mu, is a retired educator. She is the Alpha Psi Legislative Committee chair.*

### **14. Facilitating Intercultural Communication Through an Analysis of Cultural Dimensions** by Lisa Dalrymple (PD,PG)

Communication between people of different cultural backgrounds can be

impeded without some comprehension of how culture affects communication. Cultural norms, values, beliefs, and ways of thinking will be analyzed through the lens of cultural dimensions. This workshop will provide the audience an opportunity to explore perspectives as noted by *Hofstede's cultural dimension's theory* and the *global leadership and organizational behavior effectiveness (GLOBE)* study.

*Lisa, Xi, teaches Spanish at Mt. Blue High School.*

## Thank You to Everyone Who Generously Contributed



*One of three trunkfuls of donations!*

Through the generosity of our members at our spring convention, the Waldo County Soap Closet was able to supply detergent to schools to help them wash the clothes of their students who do not have access to clean clothes. They were also able to give the school nurses personal care items to distribute to students who need them. They distributed many items to county Food Cupboards and to the Reentry Center. Emily Wesson, nurse at Belfast Area High School, in a thank you note to the Soap Closet, wrote

“Thank you so much for bringing all the wonderful SOAP Cupboard products. It is such a blessing and so appreciated.”

**Save The Date: March 16, 2019**

### **S-T-R-E-T-C-H Your Teaching Workshop Hutchinson Center in Belfast Maine!**

We will need donations for a gift card for travel for our speakers, door prizes, and snacks. More information will be available at Fall Workshop.

## **World Fellowship Report - We did it!**

This was a supreme year and I am very proud to announce our total contributions to World Fellowship for this year!

\$1,340.00	at our Spring Convention
\$100.00	Mu Chapter
\$106.00	Omicron Chapter
\$15.00	Kappa Chapter
<u>\$47.00</u>	Alpha Chapter
\$1,608.00	Grand Total

You certainly outdid yourselves and it shows! "We make an impact on Worldwide Education - one learner at a time!"

Most of all I thank all my "sisters" for buying so many raffles tickets and our Chapters that go an extra level to send additional money from their Chapters!! You give above and beyond!!! You make a big difference and show you really care.

We all look forward to the coming Spring Convention and your creative collections for our World Fellowship raffle!! It is an exciting and fun time for all! Thank you for all you do and all you are.

*Linda Hussey, Alpha Psi World Fellowship Chair*

### **If You Plan it... They Will Come!**

#### **Tour of Katahdin Woods and Waters National Monument**

Ten hardy members of Alpha Psi, along with spouses, friends and two adventurers from New Brunswick (for a total of 20 hikers) ventured into the newly formed Katahdin Woods and Waters National Monument on June 27 and 28, 2018, with Alpha Psi President, turned tour guide, Elaine Hendrickson and her husband, Eric. Wednesday morning, July 27, brought blue skies, warm temperatures and a little wind to keep the black flies at bay! Susan Adams of Elliotsville Plantation provided us with a mini-bus and park service vehicle to comfortably transport us around KWWNM Loop Road. Stops along the way included a hike along the Esker Trail, Lynx Pond, lunch at the Scenic Overlook, a short hike from the trailhead to Barnard Mountain down to IAT (International Appalachian Trail) Lean-to, and snacks at the famed Lunksoos Camps where Donn Fendler was rescued after being "Lost on a Mountain in Maine." The history of the area, its geology, plants, animals, and some of the challenges to the formation of the monument were discussed.

Dinner and lodging were at Mt. Chase Lodge where members enjoyed a delicious meal prepared and served by Mike and Lindsay Downing, owners of the Lodge. Following the meal, Susanne Norris, park ranger on a four-month detail to the monument, did a hands-on activity with us that she uses with school groups who come to Eleanor Roosevelt National Historic Site in Hyde Park, NY.

Thursday dawned with rain! After a filling breakfast, everyone decided to don rain gear to hike five miles into Haskell Rock Pitch and return to their cars. Luckily, we were able to have lunch inside Haskell Hut out of the rain and blackflies. As the group headed back, everyone seemed to agree it had been a great two days and hoped that a similar trip could be planned for next summer.

\$200 was donated to the Friends of Katahdin Woods and Waters National Monument on behalf of Alpha Psi from the registration money collected. The monies will be put toward the continued development of the Monument and its preservation for future generations.

Alpha Psi members included: Georgene Coombs, Beth Chamberlin, Judy Gilbert, Priscilla McFarland, Beth Schultz, Susan Davenport, Nancy Ruark, Shirley Ellis, Irene Hawes, and Elaine Hendrickson. Marjorie Sinclair and her brother from New Brunswick joined us.

### **Stepping Back in Time: Reliving History 2019 Cross-Border Meeting**

Maine and New Brunswick have many things in common: our plants, geography, birds, animals, history, and DKG International. A request was made to rekindle joint DKG Maine and New Brunswick meetings to form a stronger bond between the two groups. Members from New Brunswick and Maine met for dinner one evening at the 2018 International Convention in Austin. Attending from Maine were Elaine Hendrickson, President of Alpha Psi Maine, Rena Kearney, and Mary Whitten. Those from New Brunswick were Roberte Melanson, President of DKG New Brunswick, Dianne Caron, Linda Bell, and Joan Somerville. Here are the plans in progress:

**Theme:** Stepping Back in Time: Reliving History

**When:** Early October 2019, Saturday and Sunday

**Where:** Meet at noon at Acorn Restaurant, TransCanada Highway, Exit 253

**What:** Tour of Kings Landing Historical Settlement

**Dinner:** Fredericton Restaurant After dinner program facilitated by Elaine Hendrickson and Dianne Caron for members of both chapters.

**Overnight stay:** Possibly the Amsterdam Inn in Fredericton at a group rate

**Optional Program on Sunday:** School Day's Museum, Fredericton, or other historic site/museum

Registration fee will cover the cost of tickets to Kings Landing and favors. Passports/cards are needed for the Canada/United States border. Family members are invited for the tour of Kings Landing and dinner. The after dinner program is for DKG members. If you have other ideas, please contact Elaine Hendrickson at [elaine.hendrickson@gmail.com](mailto:elaine.hendrickson@gmail.com) Be sure to pencil this event in your calendar.

## Upcoming Events

**Fall Workshop:** October 19-20, 2018, Hutchinson Center, Belfast, ME

**S-T-R-E-T-C-H Workshop:** March 16, 2019, Hutchinson Center, Belfast, ME

**Spring Convention:** April 26-28, 2019, Hilton Garden Inn, Bangor, ME

**Katahdin Woods and Waters National Monument Tour:** Early summer, 2019

**Joint New Brunswick/Maine Meeting:** Fredericton, NB, in planning for 2019

**Leading Effective Meetings Seminar:** June 21-24, 2019, Asheville, NC

**Northeast Regional Conference:** July 30-August 3, 2019, Foxwoods Resort and Casino, Mashantucket, CT

**2020 International Convention:** Philadelphia, PA

## Chapter News

### Delta



*Outgoing President Melissa Buck, new inductee Michelle Tardiff, and incoming President Erin LaPlante*

To celebrate Alpha Psi's 75<sup>th</sup> Birthday Luncheon, **Rena Kearney** wrote a skit introducing the Founders to the audience. Delta members, as well as members from other chapters, donned costumes to represent the Founders of Alpha Psi. DKG International President, Carolyn Pittman, joined us to share her thespian talents! New member, **Michelle Tardif**, was inducted at the May meeting. Delta's Early Career Grant recipients for this year are Irene Fancy and Sarah Hatt. Both will be using the money to implement or augment programs in their classrooms. **Helen McConnell** was awarded the Paul Harris

Rotarian Award on May 3, 2018, for her outstanding community service. Some of her volunteer activities have been centered around her church, her work for the local hospice, visiting hospital patients and friends at Leisure Village and Gardens, and her involvement in Delta chapter of DKG. In March, **Rena** was elected to the Mars Hill Town Council for a three-year term. She is the only woman on the council! **Rena** and **Brenna Thornton**, Alpha, traveled to Alaska on a tour and cruise. **Elaine Hendrickson** and **Rena** flew to Austin to attend the 2018 International Convention. Elaine was recognized as Maine State President, while Rena took part in the installation of new International Officers. This was Rena's 35<sup>th</sup> International event! Delta's immediate past president, **Melissa Buck**, and her husband recently welcomed a son, Harrison, to their home. You



may remember Melissa in the Founders Skit as the very pregnant Dr. Virginia Ames, golf enthusiast!

*Submitted by Elaine Hendrickson*

## Epsilon



*Ilona DuBois, Terry Newton, Sara Pendleton,  
Megan Hills*

We were delighted to induct two new members into our chapter in April. **Terry Newton** and **Sara Pendleton** are both elementary educators who have already become active members of our chapter.

**Sarah Vail** completed her year of coach training in MPCL (Maine Partnership in Comprehensive Literacy) at the University of Maine. This was a two-semester, 9 graduate credit, training in working with

adult learners, all literacy workshops, and literacy interventions.

**Beth French** was elected treasurer for the MEA.

This year we celebrated Founder's Day by having members share their memories of sisters we have lost over the years. It was a wonderful tribute to them and a time to enjoy very special memories.

*Submitted by Sharon Romanow*

## Nu

**Jean Lawrence** won the 2017 first prize for poetry from the General Federation of Women's Clubs, Maine. Her third volume of the *106<sup>th</sup> Anniversary History of the Waldoboro United Methodist Church* was published in October of 2017. Two of her poems, "A Father's Love" and "Stately Mansion," were published in the 2017 *Goose River Anthology*. In November of 2017, she sent to the publisher her text for the *Do You Remember—People and Places from Waldoboro's Past*.

**Roanne Seely's** granddaughter performed in the Robinson Ballet's *Nutcracker Suite* in November and December of 2017.

**Susan Vaughan's** fourteenth novel of romantic suspense, *Dark Vision*, was published in April 2018.

*Submitted by Susan Vaughan*

## Congratulations to Pam Partridge

The MEA-Retired website was named national runner-up by the NEA Communications Committee. This website was created by and is maintained by Pam Partridge, Xi.

Please enjoy these memories from our Supreme 75<sup>th</sup> Anniversary





