

# WSO Delegates learn and enjoy at DKG International Conferences

## 2023 International Conference-Phoenix, AZ

by Lisa Wiese, Beta Upsilon  
Grand Coulee



Washington State Organization was well represented at the International Conference in Phoenix, July 19-22. The theme of the conference was Moving Forward with Vitality, Relevance and Sustainability in Our Changing World. The venue, The Sheraton Grand at Wild Horse Pass, was beautiful and easy to navigate. All meeting rooms, breakout sessions, and dining were on one level.

Carol Herzog, the NE Regional Director, and Teresa Cowan, the SE Regional Director, were a great pair presiding over the conference. Opening night Bingo was fun and educational, too!

The planning team did a great job honoring the Gila River Indian Community. The Phoenix area, known as the “Valley of the Sun,” did not disappoint with temperatures of 117 degrees! The sunflower decorations were a fitting touch.

The keynote speakers were from diverse backgrounds. Alona Kladiva, an international student from Ukraine, is a World Fellowship recipient working on her

Ph.D. at the University of Arizona. She was an inspiration to us all. Dr. Alejandrina Mata-Segreda is a member of the Strategic Planning Committee, DKG International. She is working on “strengthening the identity of the Latin American Group.” Mr. Ashley Crose, Arizona Teacher of the Year semi-finalist for 2022, spoke at the U.S. Forum. Albert Monreal Quihuis shared how his children’s book series, *Sofie and Pepe the Parrot* was written to honor his parents and his family traditions.

The breakout sessions were many and varied. They included personal growth, chapter vitality and growth, cultural awareness, technology, and much more.

Although the high temperatures kept us from exploring outside the hotel, many of us took advantage of the large “hot tubs” (otherwise known as swimming pools). The four members from Beta Upsilon also enjoyed the waterslide many times over. We do know how to have fun!

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# Dare Know Give

Monique Harrison, WA State Org. President, 2023-2025

When I became a member ten years ago, I had no idea I would one day be Washington State Organization President, but I am, and I did it by being Daring, Knowledgeable, and Giving. I dared to join. I dared to volunteer.

I dared to step up. I got to know my chapter. I got to know our members from across the state, and I've gotten to know members internationally. I am giving my time. I am giving my talents, be it presenting or singing. And I am giving my treasure by paying my dues and giving to our local and international projects. Dare\*Know\*Give is our theme for our 2023-2025 Biennium. For us to grow and be a sustainable organization, we must be daring like our founders, knowledgeable like our founders, and giving like our founders. Our international, state and chapter founders were all women thinking outside the box to make our profession as educators something to be honored and proud of.

Over the past month, I have been speaking with chapter presidents and area liaisons. Daring to ask the questions: What do you need from the state? and What do you need from me as your WSO president? Gaining knowledge is not only about each area and chapter's challenges, needs, and concerns, but also their successes and celebrations. In these conversations, I have been given insight, and I try my best to give inspiration, motivation, and purpose.

In thinking about purpose, what is your why? Why are you a member of DKG? Why do you stay a member of DKG? Let us take this back to our theme. Why are you daring? Why do you search for knowledge? Why are you giving? Why are you DKG? Now, how do we grow as DKG? How can you be daring? How can you gain knowledge? How can you be giving? What are your whys and hows for DKG? This sounds like a culture-building activity for chapters.

The first DKG song I fell in love with was "I'm a DKG Girl" by our own Janice Moen. I believe that I am a DKG girl and always will be. I am honored that Janice has written a song for this biennium, "We Dare to Dream."

## "We Dare to Dream"

*We dare to dream for DKG.  
And think of all that we can be.  
We dare to reach out far and wide.  
Our purposes will be our guide.  
We want to know.  
We want to see as we embrace diversity.  
As lifelong learners all are we  
In this, our great society.  
We give our time, our talents too.  
We're here to do our best for you.  
For members new we lead the way.  
We make a difference every day.  
Our time we give. We want to know.  
We dare to dream.*

To hear a recording of "We Dare to Dream" follow this link [⇒](#)



This song truly embodies our theme and what we do. As we progress in our DKG journey as individuals, chapters, and as a state organization, always remember to be daring, knowledgeable, and giving. Get out there and do something that you have not done in the past. Learn something new about yourself, your DKG sisters, and your community. Give what you can from your hands, heart, and mind.

I am looking forward to seeing you all at Fall Board in September. Our theme is Dare\*Know\*Give. There will be sessions for every member to attend and special guest speakers. Please review the session descriptions for Friday and Saturday, and join us on Zoom. Friday evening will be very special, with our state officers presenting "Getting to Know our DKG WSO Organization." We will also announce and introduce our 2023-2024 Woman of Distinction.

Remember: Dare\*Know\*Give



Continued from page 1.

## Delegation participates in International Conference-Finland

By Pat Bennett-Forman

Washington State DKG had four members at the Finland International Conference. President Monique Harrison provided a workshop titled “Diversity, Equity and Inclusion in DKG” and Immediate Past President Pat Bennett-Forman presented as part of the U.S. Forum team on advocacy and mental health legislation. Others in attendance were Pat Russell, state treasurer, and Keitha Bryson, Education Policy and Legislation chair.

The conference was attended by over 160 persons, representing eight countries including 57 from the United States. It was held in Tampere, about a two-hour train ride north of Helsinki. Tampere is a city of around 250,000 situated on two lakes. It is an approachable city in that it has no high-rise buildings, and one can walk or ride public transportation all over the city. It has a rich history as a mill town, many of which are now converted to museums or residential units. In short, Tampere was a beautiful location for the conference.

English is spoken by virtually everyone in Finland and, indeed, all the European DKG organizations, so language presented no barriers to full participation in the conference. We did try to learn a few key phrases such as “hello” (hei, pronounced /hay/), “thank you” (kiitos, pronounced /keethos/) and “good day” (hyvää päivää, pronounced /hu-vaa paa-i-vaa/). Our attempts were appreciated even if our pronunciation was lacking.

Travel abroad is always educational, and this conference was no exception. The integration of fun activities with business and learning was exceptional and our delegation discussed how to incorporate more of these strategies into our own state conferences. We visited museums with folk tale exhibits and children’s books (Moomin), saw dancers and singers, heard keynote talks about Finnish education, and tasted a variety of Finnish foods.

Following the conference, Monique and Pat R. took the DKG tour of Finland and Estonia while Pat B.-F. and Keitha visited those places on their own. The capital of Estonia, Tallin is a world heritage site with a walled medieval city, museums and churches that was a delight to visit. Helsinki, Finland is a vibrant modern and clean city with beautiful parks, excellent museums and churches, and great shopping. Especially in Finland, the commitment to sustainability and recycling was very evident. People were engaging, polite, interested, and welcoming – a role model for us all.



Continued on [page 4: Delegates to Detroit](#)

2023-2025

Washington State Organization  
Executive Committee

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Monique Harrison, Beta Sigma Seattle

**First Vice-President**

Teri King, Iota Mason & Thurston

**Second Vice-President**

Jessica Tufts, Beta Upsilon Grand Coulee

**Recording Secretary**

Dr. Claire Smith, Mu Clark County

**Treasurer**

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**Parliamentarian**

Linda Elliot, Beta Delta Auburn

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ByLaws & Rules Bev Reinvik

Stipend & Scholarship Linda Johnson

Communications Jannette Manuel

Finance Mary Rennie, Jan Morgan

Leadership Development Marge Lofstrom

Membership, Expansion & Dissolution

Jessica Tufts

Nominations Kris Bishop

**Society Mission & Purposes**

Educational Excellence Teri King

Educational Policy & Legislation

Keitha Bryson

State Rep to US Forum Pat Bennett-Forman

Leadership Retreat Marge Lofstrom

Creative Arts Retreat Terri Diehm

Music Liaison Terri Diehm

**State Webmaster**

MaryLou Gregory, Beta Chi Grays Harbor

**State Editor, *Washington State Org News***

Barbara McPherson, Kappa Kent

**All Washington State Organization officers and committees may be contacted using the WSO Directory or through [DKGWA.org](http://DKGWA.org).**





## EEC—Projects, programs, and more!

**Teri King, 1st Vice-president—EEC Chair**

The 2023-2025 Educational Excellence Committee is here and ready to help your chapter. The committee currently has three members, Cathy Johnson, Beta Upsilon Grant Coulee, Christiana Amewudah, Mu Clark County, and Teri King, Iota Thurston/Mason counties. We have one more seat in the committee that needs to be filled; would you like to serve on this committee? If so, please contact President Monique Harrison to learn more about this amazing opportunity to support our state organization.

What does the Educational Excellence Committee (EEC) do? This committee plays an important role by recognizing and promoting excellent projects and programs and sharing them in newsletters, conferences, area workshops, trainings, etc. for all to benefit from. Guess what, we need your help in identifying excellent programs at the community level and beyond.

We would like to hear from chapters about what program or project your chapter has been involved with in your communities that others in our state could benefit from learning about and possibly inspire them to adopt? Maybe a long time project that is one your

chapter is incredibly proud of or a project with a local school? Supporting early career educators? Supporting at risk people? Promoting diversity, equity, justice and belonging? Supporting lifelong learning?

One last thing, did you know that the EEC is able to support your chapter with clock hours recognized by the State of Washington? In the past, some chapters have applied for and received clock hours for their members and guests for a monthly meeting based on the presentations and learning objectives. The application process requires a completed Clock Hour Proposal form which can be found on the DKGWA website. The completed form must be received by First Vice President, Teri King at least ten calendar days prior to the proposed event (more time is better). Upon approval, a Clock Hour Registration Packet will be shared with complete instructions for documenting participation of attendees and a successful event. All clock hours must be approved by DKG Washington State Organization prior to the commencement of training. At our Fall Board workshop, the committee will talk in more detail about, and share this important resource with those in attendance and start to collect your chapter program successes. We hope to see you at our session!

*Continued from page 3.*

## WSO delegates travel to Detroit, MI

By Pat Bennett-Forman



Washington DKG was also represented at the Detroit International Conference, July 11-16. Nancy Sheng, Lambda Bellingham, NW Regional Representative to the US Forum steering committee, facilitated a wellness session on watercolor painting at the US Forum; Carol Linscott, Alpha Sigma Kitsap, was a panelist for the Forum session on Mental Health and Educators; and Pat Bennett-Forman, immediate past president WSO,

presented two workshops - one on “Advocacy, Your Superpower” and the other on “Marketing DKG: Strategies for Growth.” Detroit is a lovely city, modern and well situated for tourists and the conference venue was right in the middle of the thriving downtown. Plus, participants got to enjoy a Motown party for the closing event.



## Scholarships and stipends are available July 1, 2023 to June 30, 2024.

We have some money and we would like to give it to some deserving WA State Organization DKG members. We have stipends available! We offer scholarships!

Have you been a member of a DKG chapter for two years? Check out our website: [www.dkgwa.org](http://www.dkgwa.org) and click on Scholarships. You will find our Guidelines for Stipends and Scholarships and applications for both.

Deadline for applications is February 1, 2024. Don't wait, get started! Send your application and a letter of recommendation to: Chairman: Linda Johnson, 6 Wooded Ln, Goldendale, WA 98620. Questions? cell/text 509-261-0531, [ljohnson65@gmail.com](mailto:ljohnson65@gmail.com)



## DKG Washington Educator of the Year

### Bylaws and Standing Rules proposed changes being accepted

#### Bev Reinvik, Bylaws and Rules Chair

Historical Tidbit: Roberts Rules of Order, 12<sup>th</sup> ed., states, "According to a widely held view, our own tradition of parliamentary process may be traced to ways of life in Anglo-Saxon tribes before their migration to the island of Britain starting in the fifth century A.D."

On April 29, 2023 the proposed amendments presented at the WSO Spring Convention in Olympia were approved by the State Executive Board at the general session - except for one proposal for elected committees. The updated WSO 2023 Bylaws and Standing Rules have been approved by International and are now available on the WSO website.

Any member, committee, board, or chapter may propose an amendment to the Washington State Bylaws or Standing Rules. Proposals submitted must include a rationale and fiscal impact on current and future budgets. **November 1, 2023** is the deadline for submission.

The official amendment form is on the state website at [www.dkgwa.org/bylaws--standing-rules.html](http://www.dkgwa.org/bylaws--standing-rules.html). Please type on the amendment form, save it to your documents, and then e-mail it as an attachment to Bev Reinvik, Bylaws and Rules Chair, [breinvik@msn.com](mailto:breinvik@msn.com) by the November 1, 2023 deadline.

Our organization is full of amazing women doing amazing things. It is time we acknowledge them. The membership committee is creating a new award that would do just that. At the 2024 State Convention, we will be honoring one WSO member or team as our first DKG Washington Educator of the Year.

Requirements include:

- Active member(s) of DKG WSO
- Actively employed in an educational area
- Shows a passion for improving education in regard to the field they work in

The nomination window will open on October 1 and close on February 1, so now is the time to start thinking and looking for members in your chapter that are deserving of this award. The nomination form will be emailed to chapter presidents on or before October 1. Each chapter is asked to nominate one member for this award.

If you are interested in being on the Ad Hoc Selection Committee that would review the nominations and select the winning woman or team, please contact Membership Chair Jessica Tufts at [jessica.tufts.dkg@gmail.com](mailto:jessica.tufts.dkg@gmail.com).



# Addressing our membership challenges

**Jessica Tufts, 2nd Vice-president—Membership Chair**

The Delta Kappa Gamma Society International finds itself at a critical point, grappling with a decline in membership and a shortage of new members to fill neces-

sary roles. This current challenge calls for a moment of reflection and action at the chapter levels. It is imperative that we, as members, collectively reflect on the state of our organization in Washington, embrace the need for change and take decisive steps to address it.

Having recently attended the State Organization Leader Training in Dallas, I was presented with eye-opening statistics that shed light on our state's predicament. It is only fair that I now share these figures with you. Over the past 12 years, WSO membership has dropped by a staggering 41.3%, while our total number of chapters has decreased by 27.5%. These numbers compel us to act swiftly, and fortunately, the training in Dallas equipped us with actionable strategies to combat this decline.

As a state, we are rolling out several projects to support chapters in their work to gain and retain members. I will introduce one of these initiatives in this article, providing further details at the upcoming Fall Board meeting.

Firstly, we are launching a "Membership Challenge," reminiscent of a similar endeavor undertaken a few years ago. Over the next year, we challenge each chapter to grow its membership by 10%. While this may seem daunting to some, it is an imperative step if we are to sustain ourselves as a thriving professional organization. As of July, WSO boasts 625 members. If each chapter achieves a 10% increase, our state membership will rise to 688 individuals. By repeating this feat the following year, we could reach 756 members by the end of the 2023-2025 biennium. Rest assured, the state membership committee will be there to support you throughout this process. Moreover, chapters that suc-

cessfully meet the 10% growth challenge will be honored with a special gift at the 2024 State Convention in Pasco.

Lastly, I have a task for all of you—consider it your homework! But before you groan, let me assure you that it holds immense potential. In each edition of the WSON, you will find the "Dare to Ask" challenge. This presents an opportunity for you to step outside your comfort zone and invite women to join DKG whom you may not have approached before, for various reasons. For this article, I dare you to extend an invitation to a non-teacher educator and bring them to your next meeting. Once you've undertaken this challenge, I would be delighted to receive an email at [jessica.tufts.dkg@gmail.com](mailto:jessica.tufts.dkg@gmail.com), where you can share your reflections on the experience. I can't wait to hear about your personal experience with the "Dare to Ask" challenge.

It's time for us to rally together, embrace change, and invigorate our organization by working hand in hand to overcome these membership challenges. Together, we can usher in a new era of growth, inclusivity, and prosperity for the Delta Kappa Gamma Society International in Washington State.

**DARE TO ASK**

*A non-traditional educator to attend your next upcoming meeting*





## Information, please!

Chapter Presidents and WSO State personnel will receive an electronic copy of the 2023 - 2024 WSO State Directory booklet. To ensure that the directory is as accurate as possible, please email all updated chapter officer/committee members and state personnel's contact information to Executive Secretary Sherri Wagemann **by September 22** at [sherri.wagemanndkg1@gmail.com](mailto:sherri.wagemanndkg1@gmail.com).

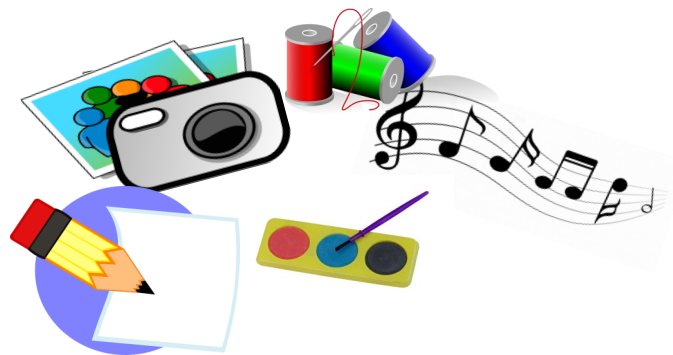
Communication is key! Please list a **personal** (not work/school) email account for DKG purposes. Just a reminder, each member can easily update her own information with the Society by visiting and signing in at [www.dkg.org](http://www.dkg.org), My DKG, My Account, as well as by notifying her chapter treasurer.

## DKG International showcases member talents

Have you visited the DKG Art Gallery? Click the icon below to go to the webpage to see examples of the many talented DKG artists in our organization.



Now is your opportunity to share your artistic abilities with members worldwide. Washington State has had several members' artistic creations included in past galleries, quilts, paintings, photography and poetry. Submissions are being accepted in visual, video, writing and music categories, August 15 through September 15. Selected pieces will be included in the Fall Gallery. **Be daring!**



### Welcome New Members

Congratulations and welcome to our newly inducted members.



Julie Wilson-Bieder	Alpha Tacoma
Erin Campbell	Eta Spokane
Tammy Parsons	Chi Cowlitz
Sarah Dahl	Chi Cowlitz
Margaret Davis	Chi Cowlitz
Jody Sanders	Chi Cowlitz
Michaela Jackson	Chi Cowlitz
Holly Budge	Chi Cowlitz
Erin Madsen	Chi Cowlitz
Wendi Marlow	Chi Cowlitz
Lillian Swenson	Mu Clark County
Ligia Chis	Mu Clark County
Sharika Kiefer	Mu Clark County
Karina Rocha	Mu Clark County
Sue Homchick	Phi Grays Harbor/Pacific
Patty King	Phi Grays Harbor/Pacific
Donna Stanfill	Phi Grays Harbor/Pacific
Tricia Corsetti	Alpha Sigma Kitsap
Su-A Kim	Alpha Sigma Kitsap
Karen Russo	Beta Chi Grays Harbor

### White Roses of Remembrance



We have lost one member since May 2023. She will be honored in the Celebration of Life at the 2024 State Convention.

Joy Gault

Mu Clark County

# Mental health and wellness

**Marge Lofstrom, Education Policy/Legislation Committee  
and Pat Bennett-Forman, State Rep. to U.S. Forum**

Mental wellness and suicide prevention from three different perspectives was the focus of the panel at the WSO 2023 Spring Conference US Forum Power Hour this past April. Dr. Maria Huang, Medical Director of LHJ/Provider/School Partnership Project focusing on childhood vaccines and mental health, Georgia Aust, Tumwater HOPES coalition coordinator, and Lisa Sells, Mental Health Practitioner, each spoke of their professional experiences with persons in crisis. Warning signs, interventions, and resources for those in crisis and those close to one who is in crisis were offered during and after the conference. For those in crisis or close to one who is, the 988 Crisis Help Hotline is available in several languages for free.



**L to R:** Lisa Sells, Dr. Maria Huang, and Georgia Aust.

Congressional House Resolution 744 “Supporting the Mental Health of Educators and Staff Act of 2023,” is in committee at this time. It was sponsored by Representative Suzanne Bonamici, Oregon, District 1, after learning

about the DKG US Forum Mental Health Resolution. H. R. 744 requires the Department of Health and Human Services to conduct a campaign to encourage educators to seek support and treatment, to disseminate best practices for suicide prevention and develop policies related to support of mental health for educators. Several DKG WSO members are working with the US Forum to encourage our members across the country to contact their representatives and ask for their support for this bill. H.R. 744 now has ten co-sponsors, five each from the Democrats and the Republicans. More co-sponsors are needed to help push this bill through Congress.

**YOU CAN HELP!** DKG members can contact by mail, email or meeting in-person (during the summer recess) with your Congressional representative and ask for their support for H.R. 744. You can ask them to co-sponsor the bill and encourage them to ask members of the House Committee of Energy and Commerce, Subcommittee on Health, to move the legislation along. The consequences of losing more educators from the profession due to mental health stresses are too great to delay action.

You can learn more about the bill by going to [congress.gov](https://www.congress.gov) and entering H. R. 744. If you don't know your representative, go to [Leg.WA.gov](https://leg.wa.gov), Find your district, and enter your address. In addition to finding your Washington and Congressional legislators, you can access ways to communicate with them.

73% of teachers report frequent job-related stress compared to 40% of other working adults.  
27% of educators have symptoms consistent with clinical depression compared to 10% of other adults.  
Disrespect, bullying, and threats by elected officials, parents and community, students and the media contribute to stress and anxiety levels, as reported by over 30,000 educators.  
Teachers reporting that they are likely to leave their jobs has risen from pre-pandemic levels of 16% to over 25%; 57% are seriously worried about burn out.  
There is a critical shortage of qualified educators, especially in special education, and a severe shortage of substitutes at all levels and positions, contributing to educator stress.



# Rachel Royston Permanent Scholarship Foundation announces its 2024-2025 scholarship program

Barbara Brown, Chair

In mid-October the Rachel Royston Scholarship Foundation will open this year's scholarship opportunity for women educators. These awards are granted to outstanding women educators for study towards an advanced degree or specialized area. Awards are available to members as well as non-members of the Delta Kappa Gamma Society International.

Applicants must be women educators who are bona fide residents of the state of Washington and are pursuing post-baccalaureate degrees, advanced studies, certifications or credentials at a nationally or regionally accredited college or university. The deadline for applications will be December 15, 2023. Our Board of Trustees will evaluate the individual applications and determine which of the applicants will be invited to interview with us in mid-February. The awards will be announced shortly after.

The scholarships will be awarded for use during the period between July 1, 2024 and June 30, 2025. Applications will be available online at [www.theWashBoard.org](http://www.theWashBoard.org) on October 13, 2023. Information can also be found at [www.dkgwa.org](http://www.dkgwa.org) under Scholarships.

Please seek out, guide and encourage all outstanding female educators to apply. This Foundation has helped many of our fellow educators!

For further information, please contact this year's Chair, Barbara Brown, [royston.brown.renton@google.com](mailto:royston.brown.renton@google.com)

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RRPSF is a private non-profit Charitable Trust 501 (c)(3) and is registered with the Washington State Secretary of State.

The RRPSF Board of Trustees consists of five educators with different backgrounds and experiences in education. One Trustee serves as Chair each year. In addition, a Foundation Treasurer is an important part of the Board.

This upcoming year, our members include our newest Trustee, Kathy Luce, who has taught in Maryland and California in upper elementary grades in both public and private schools. Music has been a big part of her career over her 30-plus years.

Another new member is Laurie Fisher, who has taught in California and Washington for more than 30 years. Laurie has been a regular classroom teacher, has worked with English Language Learners and has been a reading coach.

Dr. Charlene Shea has been a Trustee since 2020. She teaches Science at Gaiser Middle School in Vancouver and for WSU Vancouver. Charlene has been a RRPSF recipient and with her thirst for knowledge is back in the WSU scene this year pursuing additional credentials.

Sharon White has had a varied career as a teacher and substitute. For a period of time, she even taught in a prison setting. Ask her to share stories of these experiences!

This year's Chair is Barbara Brown, a retired elementary and middle-school teacher and reading specialist who has taught in Pennsylvania and Washington. Her experience spans first grade to eighth grade.

Our new Treasurer is Carrie Derr, a former sixth grade classroom teacher who now works for the Grand Coulee Dam S.D. as a Program Director and Coordinator.



The Stipend and Scholarship Committee would like to thank all of our DKG chapters and members who participated in the Books for Bucks challenge during this past biennium. Thank you for giving donations to assist fellow DKG sisters to enhance their professional and personal development.

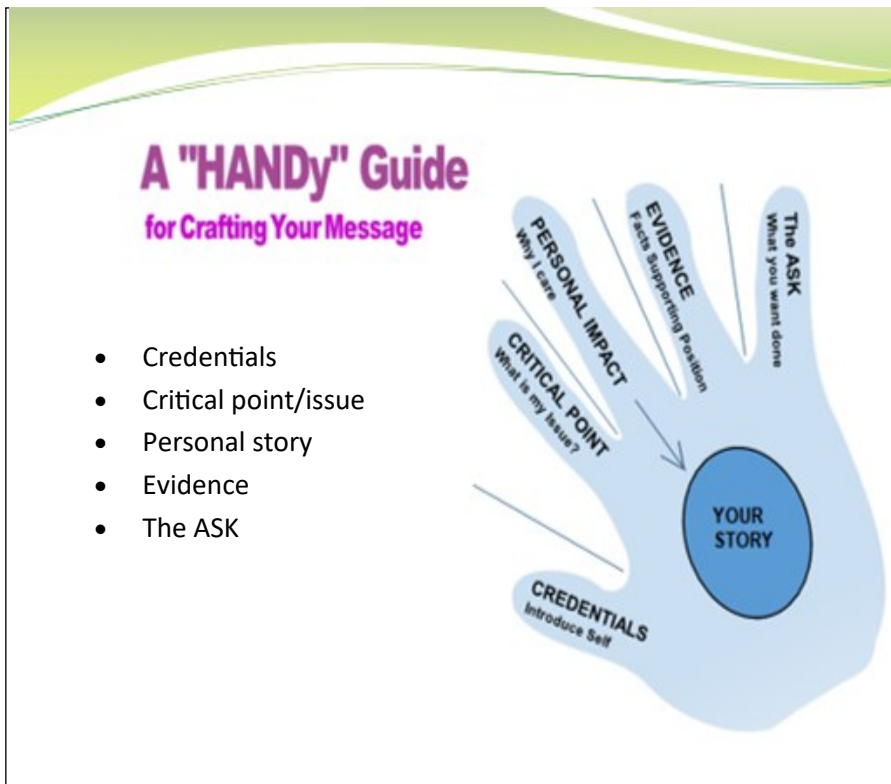
Linda, Cindy, Paula

# Being Effective with Legislative Contacts

Pat Bennett-Forman

Advocacy is a word that scares some people who fear they haven't sufficient expertise to influence an elected official. But research shows that constituents are still the most effective and respected voice for impacting a legislator's vote. Perhaps if we rename advocacy, it will be less intimidating. Think of written testimony as writing a letter (which we can all do). Think of testifying as having a conversation with the legislator or a visit. DKG members can be effective advocates if they approach the task with confidence.

Effective advocacy is dependent on following some simple tips: (1) make frequent contacts so your elected officials and their assistants get to know you; (2) be concise and specific in your requests; and (3) include the components of effective advocacy in your contact. There are five basic components to presenting an effective letter, email or in-person contact with an elected official. These components are shown in the "HANDy Guide" below.



First, provide your **credentials**, meaning your name, legislative district and the fact that you are a constituent. Next state in a single sentence, the purpose of your visit or communication: what is the **issue** you are addressing.

The best way to establish a relationship with the legislator is to share your **story** about why this issue is important to you. Your story helps to create empathy and makes the issue personal and memorable.

To provide the legislator with a story is not enough. You must also provide facts or **evidence** the legislator can use to persuade others to vote the way you want. Finally, effective advocacy is very clear about **asking** the legislator to do something, to vote in a particular way or to sponsor a particular bill.

End the written document, which should be no longer than one page, or the visit with a thank you and an offer to help. Always leave a copy of the letter/visit summary with the legislator. Written communications are best if they use bullets or text boxes to draw attention to salient points and facts.

For more details on effective advocacy, see the samples included in the 2020 Advocacy Toolkit provided on the [www.dkgwa.org](http://www.dkgwa.org) website under the Resources tab/ Education Policy & Legislation section. Or, type Advocacy Toolkit into the search bar on the Home Page.

The components of effective advocacy really do work. They were the tools used to talk to Washington and Oregon legislators about mental health concerns for educators, resulting in the introduction of H.R. 744 by Oregon Representative Suzanne Bonamici. (See the **Mental Health and Wellness** article regarding H.R 744 in this edition, [page 8](#)) Try these strategies out and become a voice for educators.

## Area I Happenings

Mary Rennie, Area I Liaison.

**Alpha Zeta Goldendale** had a very busy and productive year. They started the year by being the hosts for the Area I Workshop. Participants learned the history of Stonehenge on a tour by Lou Palermo, education curator of the Maryhill Museum. She also led Area I members on a tour of the art museum. Lunch was held at the Maryhill Winery. This tour had something of interest for every member who attended. Congratulations to Alpha Zeta for being such gracious hosts and providing such a learning experience.



Stonehenge Memorial, Maryhill, WA

Alpha Zeta continued their activities by celebrating their organization's 70<sup>th</sup> birthday (April 1952-2023). One meeting program was presented by the Goldendale (high school and middle school) FFA's who are nationally ranked for their educational programs. It was enlightening to hear about their projects and how involved these students have been in the Goldendale community.

**Alpha Lambda Lower Yakima Valley** is located in Grandview. This chapter had 100% attendance at the Virtual Fall Board. Congratulations for being so active!

Meeting programs during the year included Kathy Iwami, founder and co-director of the Extra Mile Student Center. The center helps middle and high school students stay on track with grades and other tasks in life. A local graduate, Sara Vining, gave a talk on her life as a veterinarian. Members had an opportunity to see how a STEM class works at Grandview Middle School, and a Women in History evening was held with Terry Dahlstrom. The chapter Christmas/Scholarship Dinner and Auction helped to fund scholarships for local and statewide students. They finished the year with a Founder's Day Celebration and Scholarship dinner.



Area I members tour Maryhill Museum of Art

**Theta Yakima** began their year with an 80<sup>th</sup> Birthday celebration. The chapter wanted to recognize the history of their leaders. The women of Theta are proud of what they have accomplished for the women and children of the Yakima Valley. Their projects center on making sure women and children have clothes, shoes, and personal items throughout the year. They also collected new or donated backpacks, sleeping bags, blankets, and books for children of all ages. Theta members truly believe every person needs a book. Donations were given to Jesse's Place (a shelter for homeless 17–21-year-olds), Camp Hope, Rod's House, and the YWCA.

Theta also supports the personal learning of each member and in reverse, our own members teaching all of us. Members traveled to a llama farm and learned how to weave the wool from the llamas. They enjoyed a wreath making class, and a towel wrapping contest. For Founder's Day, Theta celebrated their 81<sup>st</sup> year. Members were reintroduced to recycling and how it works in Yakima Valley, and they traveled to the Regional Library for an electronic update on how to use the e-library. Theta was honored to have author Ellen Allmendinger provide a personal downtown tour of Yakima to the members. The Annual Bunco Party is a fund raiser for the Scholarship Funds.

Congratulations to all these Chapters for their great success!



# WA State Organization welcomes Lovely Sheridan to Fall Board

Lovely Sheridan is a mother, author, educator, children’s advocate, and founder of *Buddy Ambassadors*, which develops campaigns to raise awareness on bullying and other mental and social issues affecting children and adults. She is also a member of DKG!

Through her books, workshops, and campaigns, she champions for children's rights worldwide and provides both adults and children with the tips and tools they need to live their best lives.

Ms. Sheridan has written six children's books, including her award-winning children’s book, “Be a Buddy Not a Bully,” and an autobiography “A Girl Like Me,” about her amazing world travels, which allowed her to explore six of the seven continents and over sixty countries!

In 2019, she was the proud recipient of the prestigious *Palm Beach Illustrated Magazine*, “Educator of the Year Award,” for her Buddy Ambassadors Program, and in 2015 she was awarded the International Athena Young Professional Leadership Award. The Athena Award honors women who have excelled in their professional endeavors, shown a commitment to the community, and fostered a culture or shown leadership that has resulted in promoting women in leadership roles.

Ms. Sheridan graduated with a Bachelor of Arts Degree in Communication and Women Studies from Florida Atlantic University and a Master of Arts Degree in International Relations from Griffith University in



“Creating a “Buddy Culture” requires the collective effort of parents, educators, teachers, students, stakeholders, and community members, working together for a more peaceful and better world.” Lovely Sheridan <https://buddyambassadors.com/>

Queensland, Australia. She is a Mental Health Advocate and is a former Board Member of Mental Health America, where she served for four years. She’s also a Committee Member of Children’s Home Society of Florida, which advocates for the protection and rights of children.

Don’t miss this exciting, timely presentation “Creating a buddy culture at school and at home” from Ms. Lovely at the Fall Board General session, Saturday, September 30, 12:30 pm.

## How to order print copies of the WSO 2023 State Directory and the WSO News

If a member wishes to receive a printed copy of the *WSO Directory* and/or to subscribe to printed/mailed copies of the 2023-2024 issues of the *Washington State Organization Newsletter (WSO News)*, **the member must pre-order postmarked by September 22, 2023.**

This year, to help decrease the number of different forms, simply click on the **Fall Board “Print Format” Registration form** found inside this *WSO News* Summer edition, or go to the [www.dkgwa.org](http://www.dkgwa.org) website to download and complete the “Print Format” Registration form to place your pre-order. Use this form whether you are or are not attending Fall Board.

Each printed *Directory* booklet is \$10 which covers the cost of printing and USPS mailing. You may order multiple copies of the printed booklet for members of your chapter.

Beginning with the *WSO News* Summer 2023 issue, members may request issues to be mailed via USPS for a service fee of \$10. Members must request this service each fiscal year. (July 1 – June 30).

Write a check payable to **WA STATE ORG** and mail the payment with the printed registration form to:

WSO Treasurer Patricia Russell  
21038 102nd Ave. SE  
Kent WA 98031

# Fall Board Meeting Zoom Conference

## September 29-30, 2023



**Be Daring, Be Knowledgeable, Be Giving**

**Be DKG**

### Schedule at a Glance

#### Friday, September 29, 2023

6:30 – 8:30 PM

**Fall Executive Board 2023 Opening Session –**

**Getting to Know Your DKG WSO Organization:**

- Welcome
- 2023 Woman of Distinction
- Getting to Know Your DKG WSO Organization

#### Saturday, September 30, 2023

8:00 – 9:30 AM

**Computer assistance/  
speaker-ready room**

#### Saturday, September 30, 2023

8:30 – 8:50 AM

**Welcome/**

**Charge for the day**

9:00 – 9:50 AM

**Workshop Session 1**

10:00 – 10:50 AM

**Workshop Session 2**

11:00 – 11:50 AM

**Workshop Session 3**

12:30 – 1:30 PM

**General Session**

1:35 – 1:55 PM

**Workshop Session 4**

2:00 – 2:50 PM

**Workshop Session 5**

3:00 – 4:30 PM

**Executive Board Meeting**

**All Friday and Saturday sessions are open to ALL, but only state officers and chapter presidents (or their designee) may vote at the Executive Board Meeting.**

**To participate in Fall Board, you MUST pre-register.** Pre-registration is necessary to receive the Zoom meeting access invitation and code. Registration is easy! Choose one of the following:

1. Click on the **RED** button below to go to an online registration form. Complete the questions and submit the form. It's EASY!!

[Registration link](#)

2. A printable copy of the registration is in this newsletter, but you may click on this link, [dkgwa.org](http://dkgwa.org), to go to the DKG state website. The registration form can be found on the home page. Just download the form, save it, fill it out, save it again, and send it electronically to [p.russell@comcast.net](mailto:p.russell@comcast.net) or print and mail it to **Pat Russell, 21038 102nd Ave. SE, Kent, Washington 98031**

### Fall Executive Board 2023 – Getting to Know Your DKG WSO Organization

6:30 PM – 8:30 PM, Friday, September 29, 2023

**Welcome:** President, Monique Harrison

**2023 DKG WSO Woman of Distinction** – President, Monique Harrison

**Getting to Know Your DKG WSO Organization** – 2023-2025 Executive Committee

# 2023 Fall Board Leadership Workshops

**Saturday, September 30, 2023**

## **9:00 - 9:50 am    Workshop Session 1**

### **Building Membership Through Marketing**

A discussion of traditional and out-of-the-box marketing strategies for building membership, with interaction and exploration of novel ideas that have worked for chapters in Washington and in other states. *Presenters: Jessica Tufts, Candice Rutherford, Maria Norby, Pat Bennett-Forman*

### **IRS 101 and Finance Committee Know How**

Everything a Treasurer and the Finance Committee needs to know. *Presenters: Pat Russell, Mary Rennie*

## **10:00 - 10:50 am    Workshop Session 2**

### **Building Chapter Leadership**

Building chapter leadership through enhancing skills and taking part in opportunities. *Presenters: Marge Lofstrom, Caryn Mears, Amanda Lopez-Robel*

### **Scholarship/Stipend Committee**

*Presenters: Linda Thompson, Cindy Shearard, Karen Chance*

## **11:00 - 11:50 am    Workshop Session 3**

### **Everything You Need to Know About Bylaws and Rules for Your Chapter**

*Presenters: Bev Reinvik, Nancy Sauer, Corrine Johnson*

### **Educational Excellence Abounds with Opportunities**

Join the Educational Excellence committee to discuss opportunities for professional development, personal well-being, and service to others through our 2023-20224 Unity Project. Learn about offering Continued Education Credits at your educational events for members, and as a recruitment tool. Learn how the Committee can help you in developing and/or delivering engaging programs to your community. *Presenters: Teri King, Cathy Johnson, Christiana Amewudah*

### **Tips to Help meetings Run Smoother**

Join Linda, our State parliamentarian, to learn tips for making your chapter meetings and committee meetings run smoother. *Presenter: Linda Elliott*

## **12:30 - 1:30 pm    General Session**

Come together to listen to our **Guest Keynote Speaker Lovely Sheridan** as she discusses “*Creating a Buddy Culture at School and at Home.*” Buddy Ambassadors is a program created and directed by Lovely Sheridan. With help from Mental Health America of Palm Beach, they have been able to bring the community together and help put an end to bullying by placing buddy benches in schools all around Palm Beach County.

## **1:35 - 1:55 pm    Workshop Session 4**

### **Nominations are the Heartbeat of DKG**

Nominations are the heartbeat of DKG. Learn about the nomination processes and how to engage your chapter members in state service. *Presenters: Kris Bishop, Marian Palmer, Lisa Wiese*

### **Creative Arts Opportunities Abound**

Opportunities for artistic creation and sharing abound within DKG at the state and international level. Learn about opportunities to develop your talents and share your creations. *Presenter: Terri Diehm*

## **2:00 - 2:50 pm    Workshop Session 5**

### **Taking Legislative Advocacy to the Next Level**

You are familiar with Advocacy 101 (*Know Your Legislator*). Now is the time to examine and practice making legislative contacts that are effective. From emails and letters to in-person and virtual meetings, learn how to get your message across to influence legislative action. Discuss the barriers to make your voice heard and how to find allies. *Presenters: Keitha Bryson, Pat Bennett-Forman, Nancy Sheng*

### **Communications and Marketing Know How**

Getting to know the valuable resources available from the Communications and marketing team to help you and your chapter share information and market DKG to members, potential members and your community. *Presenters: Jannette Manuel, Barbara McPherson, Mary Lou Gregory*





**Washington State Organization of DKG**  
**Fall Executive Board Virtual by ZOOM Registration Form**  
*Print Format - Not Google Form*  
**Friday & Saturday, September 29 - 30, 2023**  
**Registration Form Postmarked By: FRIDAY, SEPTEMBER 22, 2023**



Name \_\_\_\_\_ Chapter \_\_\_\_\_ Area \_\_\_\_\_  
 Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 Email \_\_\_\_\_

State Officer \_\_\_\_\_ Past State President \_\_\_\_\_ Chapter Officer \_\_\_\_\_ RRPSF \_\_\_\_\_ Guest \_\_\_\_\_  
 State Com. Chair \_\_\_\_\_ State Liaison \_\_\_\_\_ Chapter Member \_\_\_\_\_ Collegiate Member \_\_\_\_\_  
 State Com. Member \_\_\_\_\_ Chapter President \_\_\_\_\_ Chapter Treasurer \_\_\_\_\_ Chapter President Designee \_\_\_\_\_

I wish to purchase a printed/mailed copy of the 2023 - 2024 WSO Directory. \$ 10.00 each \$ \_\_\_\_\_  
 I wish to subscribe to printed/mailed issues of the 2023-2024 WSON \$ 10.00 annual \$ \_\_\_\_\_

**Patricia Russell** **253-859-9284**  
**21038 102nd Ave SE, Kent WA 98031** **p.russell@comcast.net**

*Multiple copies of the Directory may be ordered. (Send check payable to WA State Org with this print format of the registration to:  
**Photo Release:** With this registration I grant permission to WSO of DKG, to be videotaped, audio taped or photographed and give permission for my photo, voice or words to be used in any WSO official publication, including the state website, social media and Washington State Organization News (WSON). I understand that if I do not give permission, I must submit (email) a written statement denying permission for use of my photo, voice or words attached to this registration to WSO Executive Secretary Sherri Wagemann, sherri.wagemannkg1@gmail.com*

**ALL registrants will receive Zoom meeting access codes via Email. Below, please check ONE topic per session.**  
**ALL members are welcome to attend ANY session.**

<b><u>Friday, September 29, 2023</u></b>	<b><u>Saturday, September 30, 2023 (continued)</u></b>
<b>6:30 - 8:30 pm Opening Session</b> <i>Getting to Know our DKG WSO Organization, State President Monique Harrison's Welcome, Land Acknowledgment &amp; Announcement of the 2023-2024 DKG WSO Woman of Distinction</i> _____ Not attending	<b>12:30 - 1:30 pm General Session</b> _____ Guest Keynote Speaker Lovely Sheridan "Creating a Buddy Culture in School and At Home" _____ Not attending
<b><u>Saturday, September 30, 2023</u></b>	
<b>9:00 - 9:50 am Workshop Session 1</b> _____ Membership Committee (Chapter Membership Chrs.) _____ Treasurer/Fin. Committee (Chapter Treasurers/Finance Chrs.) _____ Social Lounge _____ Not attending	<b>1:35 - 1:55 pm Workshop Session 4</b> _____ Nominations Committee _____ Creative Arts _____ Social Lounge _____ Not attending
<b>10:00 - 10:50 am Workshop Session 2</b> _____ Leadership Development Committee (Chapter Presidents) _____ Scholarship/Stipend & RRPSF _____ Social Lounge _____ Not attending	<b>2:00 - 2:50 pm Workshop Session 5</b> _____ Educational Policy and Legislation _____ Communications and Marketing _____ Social Lounge _____ Not attending
<b>11:00 - 11:50 am Workshop Session 3</b> _____ 11:00 - 11:25 am ByLaws and Rules Committee _____ 11:00 - 11:50 am EEC (Chapter 1st VP/EEC/Program Chrs.) _____ 11:30 - 11:55 am Parliamentarian (Chapter Parliamentarians) _____ Social Lounge _____ Not attending	<b>3:00 - 4:30 pm Executive Board Meeting Session</b> _____ <i>Required attendance:</i> ALL Chapter Presidents & WSO Officers _____ Attending, but not as a Chapter President or Designee _____ Not attending



**Washington State Organization Executive Board, 2023-2025**

President Monique Harrison, Exec. Secretary Sherri Wagemann, Secretary Dr. Claire Smith,  
 2nd VP Jessica Tufts, Parliamentarian Linda Elliott, Treasurer Patricia Russell,  
 Immediate Past President Pat Bennett-Forman, and 1st VP Teri King



The Washington State Organization Membership Brochure is available to print from the [DKGWA website](http://www.dkgwa.org). For published copies please contact your WSO Area Liaison.

**Washington State Organization News** is published online four times per year: August 15, November 15, February 15, and May 15.

**Washington Website:**  
[www.dkgwa.org](http://www.dkgwa.org)

Send articles to:  
**Barbara McPherson, Editor**

Deadlines: July 15, October 15, January 15, April 15

## Important Dates

Arts & Humanities Gallery Submissions for Fall Gallery .....	August 15-September 15
Chapter officer/committee members and state personnel’s contact information due to Executive Secretary .....	September 22
Orders for print WSO State Directory and/or WSO News print subscriptions due to state treasurer .....	September 22
Fall Board registration due.....	September 22
Fall Board .....	September 29—30
Educator of the Year nominations accepted .....	October 1, 2023—February 1, 2024
Rachel Royston Scholarship applications accepted .....	October 13—December 15
Bylaws/Standing Rules Proposals due .....	November 1