



Washington State Organization



Vol. 80 #3
Summer 2020

The Alpha Sigma News



DKG goes virtual!



With the unpredictable nature of COVID 19, DKG International reimagined their biennial convention. July 7-10, 2020 all members around the world were able to attend the first DKG Virtual Event. A typical convention schedule of events was presented beginning with a live welcome from Cathy Daugherty, International President, and Nita Scott, Executive Director. Throughout the three-day event, presenters gave updates of Delta Kappa Gamma projects and committee activities. Workshops were available to attend on a variety of personal, professional and society topics.

Featured speaker Jane Golden shared her journey as an artist becoming the founder of Mural Arts Philadelphia. Working with communities, schools, public agencies, and the private sector, this organization transforms public spaces and individuals through art. Since 1984, over 4,000 works of public art have been created and thousands of lives have been changed.

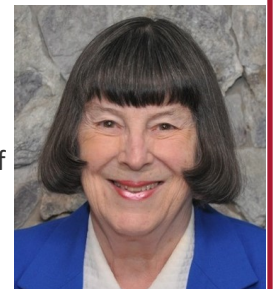
Olympia LePoint spoke to "Your Brain Master Class II" as the Eunah Temple Holden speaker. She related her story from being bullied as a child to becoming a NASA rocket scientist. She is currently a math professor, and a self-help speaker and author of *Answers Unleashed: The Science of Unleashing Your Brain's Power*. She believes we determine our own future by the choices we make; one step at a time; your thoughts have power.

Now for the best part. If you missed the international

convention in July, you have not really missed anything. All the presentations are available at DKG.org in the member section. Just log in to watch any or all of the presentations and workshops at your leisure.

With member safety and health in mind, Washington State Organization will be conducting Fall Leadership Training September 25-26, 2020 using the same virtual format. All meetings and workshops will be live for those two days and recorded for future viewing. This will allow members to attend all the workshops even if they conflict in the schedule. Be sure to check out the complete Fall Leadership schedule in this issue [pages 14-15](#). Instructions for registration are included.

Congratulations Dr. Helen Popovich!



We are so pleased to learn that Dr. Helen Popovich is the recipient of the 2020 International Achievement Award. When asked about this wonderful achievement, Helen stated, "Thank you so much. I am surprised, thrilled, and overwhelmed with gratitude for all of the opportunities DKG has offered me. It's a joy to be the luckiest woman I know, and part of that luck is having great DKG friends like the colleagues I've worked with from the Washington State Organization."

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Leading with Courage and Compassion

Susan Fritts, 2019-2021 Washington State President



Fall Board is going Virtual!

Please join Washington members online for two days of speakers, workshops, break-out sessions, meetings*, a “parade” of newly installed chapter presidents, etc.

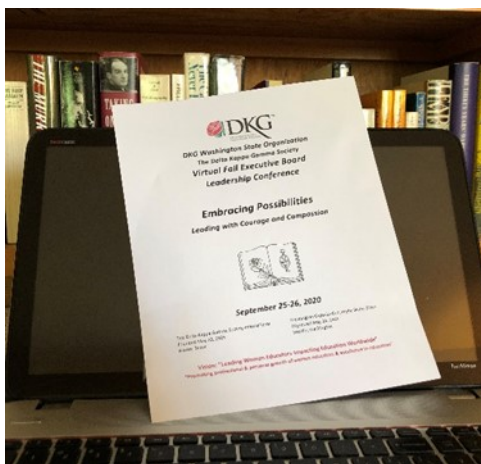
Here are the facts:

Who? All members of Delta Kappa Gamma Washington State

When? September 25 and 26, 2020

How? Register one of two ways, online or by mail. Follow the directions on [page 14](#) or on our webpage at www.dkgwa.org. Monique Harrison will send you an e-mail invitation with the Zoom ID and Password. Click on “join” on the Zoom link, write in the ID and Password on September 25 and 26 and you will be admitted. You **MUST** pre-register by September 17, 2020!

Cost? No money, (unless your are earning clock hours) only your time, energy and excitement!



Why Participate?

- ◇ Feel a sense of UNITY with Delta Kappa Gamma friends for two days.
- ◇ Enjoy workshops ([page 14-15](#)) on personal and professional growth.
- ◇ Become involved in training for chapter officers; learn your role as a leader and your challenges.
- ◇ Enjoy “being” with other DKG members across the state, a sense of belonging.
- ◇ Catch up on what’s happening such as our “Strategic Action Plan” for 2021-2026 goals.
- ◇ Discover Literacy Projects from all chapters that show how we are helping to connect books with children and parents in our communities across the state, ideas for YOU.
- ◇ Honor chapter presidents for 2020-2022.
- ◇ Discover more about implicit bias and current legislation, reflect on you views.
- ◇ Learn about techniques used online for your chapter, electronic education.
- ◇ Honor those DKG members who have died.

I am hopeful that many more DKG members will join us for this Virtual Fall Board experience. If this is your first time attending a state conference, come and “see” what attending a state conference is like. You may want to attend our state convention in Olympia next April . . . providing a vaccine has been created and circulated.

***Note:** All chapter presidents need to attend the Executive Board Meeting on September 26 from 2 to 5 p.m. If the president is unable to attend, written notice designating the official representative needs to be sent to Paula Nichols, Executive Secretary, nicholspaulam@gmail.com

Congratulations to Barbara Clausen

DKG Northwest Regional Director for 2020-2022

We are so very proud of Barb! In her 42 years as a DKG member of Washington State, Barb has shown outstanding leadership through responsibilities at the chapter, state, and international levels. She will be and has been a dynamic and dedicated DKG Leader in the following positions:

International Northwest Regional Director 2020-2022

International World Fellowship Chair 2019-2021

International Constitution and Restructuring 2008-2010 and 2016-2018

International World Fellowship 1992-1994

Alpha Sigma State Co-Chair of Strategic Action Planning Com.

2015-2017 and 2020-2026

Alpha Sigma State Parliamentarian 2009-2015 and 2019-2021

Alpha Sigma State Expansion Chair 1991-1993

Alpha Sigma State President 1989-1991

Alpha Sigma State 1st VP 1987-1989

Alpha Sigma State Leadership Chair 1985-1987 and 2015-2017

Chi Chapter President 1984-1986

Presenter at chapter, state, regional and international levels.

Workshop topics have included Sex Trafficking, World Fellowship, Membership Recruitment, European Travel Planning, WA Educational Reform, Six Trait Writing, Leadership Styles, Performance Assessment.

Washington State Achievement Award Recipient 2006

In Barb's words: "I am passionate about the future of DKG as a professional organization and want to help guide the Northwest Region along the path as outlined in the Strategic Plan. We need to lovingly engage all members in the change process, revitalize chapters, and seek diverse members while respecting the past and honoring our history."

Barb, Thank you for your dedication and leadership!



*I am deeply honored to serve DKG, the NW states/provinces and, especially, to represent Washington! My goals include bringing the leadership in the NW together to share ideas, strengthen our chapters, and enrich our members. Mark your calendars for the **International Conference in Portland, Oregon on July 7-10, 2021** at the downtown Marriott on the river! SW Director Janis Barr from CA (who lives in Brookings, OR) and I will be co-chairing and planning this great event. We hope to have many of you join us for this! Let's step forward to make a difference and together shape a better future!*

2019-2021

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Pat Bennett-Forman
First Vice President
Educational Excellence Chair

Personal well-being links to DKG health

Note: this is the fourth of a five part series on the pillars of DKG Educational Excellence as described in the November 2019 edition of the Alpha Sigma News to include Advocacy, Professional Development, Personal Well-being and Service.

When Personal Well-Being was identified by the Washington State Organization Educational Excellence Committee (EEC) in Fall 2019 as one of its four goal areas,

committee members had no idea how central it would become to individual DKG members nor to the health of the Society. Covid-19 has re-focused our organization's priorities in significant ways.

Of course, personal growth, wellness and fellowship have always been part of DKG's core values. Members have always responded positively to programs that promote life-long learning, the arts and personal fulfillment. Indeed, this attention to the personal success and happiness of members is one of the distinguishing features of our Society, differentiating it from other professional organizations.

Now, with usual face-to-face interactions severely limited – don't we miss those hugs? – the well-being of members and the organization are at risk and, therefore, deserving of special attention in the coming year.

Well-being is the experience of feeling happy, healthy, socially connected, and purposeful. It includes the ability to manage stress, be resilient, and maintain relationships and support networks. There are five types of well-being: emotional, physical, social, workplace, and societal. (Davis, Tchiki. *What is Well-Being? Definition, Types, and Well-Being Skills*, www.psychologytoday.com, Jan. 6, 2019). For overall well-being, all five must be functioning and balanced. Having the ability to pursue interests, feel valued, and to participate in our communities contribute to a sense of well-being, as much as exercise and healthy eating.

How can chapters help members promote well-being during this time of social distancing? How can chapters ensure members continue to feel connected

to the chapter and to the Society? How can participation by members, the core of chapter well-being, be facilitated? These questions must be central to chapter planning for the coming year.

It may be important to make more time for emotional support, connecting, enhancing communications and appreciating members. Programs that focus on mindfulness, positive thinking, handling stress, expressing gratitude, and building inclusive community may be appropriate. As being heard contributes to a sense of feeling connected, it seems especially important at this time to survey members (via phone, if possible) to determine their needs and desires as the yearly program plan is developed.

In addition to attending to the well-being of individual members, chapters also need to be cognizant of the well-being of the chapter. Newly installed International President Becky Sadowski observed in her acceptance speech that our chapters are "driven by doing." Participation in chapter functions is a powerful way for members to contribute to their communities and actualize their passions. A high degree of participation in the chapter is a sign of feeling connected which in turn contributes to the well-being of the chapter. Are there ways in which the chapter can continue service projects, provide for professional development and life-long learning, and maintain a sense of member contribution remotely?

On [page 10](#), an article on physical well-being was written by Area X liaison Jackie Finckler. Several Fall Board workshops will address well-being notions and will provide ideas for chapters to adopt. Past President Sherri Wagemann will be presenting on chapter health markers; Communications chair Jannette Manuel will lead a discussion of enhanced communication strategies for staying connected to members during the pandemic;

Continued—Personal Well Being , page 5

and Second Vice President Monique Harrison will be addressing ideas for inclusivity, implicit bias, and equity, as well as membership retention action planning. EEC members Joanne Vining and Mindy Hoffman will facilitate discussions around literacy service projects and mentoring of early career educators. These and other sessions are intended to stimulate actions by chapters that contribute to member and chapter well-being.

Our members need to know they are appreciated, that their needs are being addressed, and that their

participation, even during this pandemic, is important to the well-being of the chapter. As we move forward into the new reality created by Covid-19, our vigilance in regard to well-being is sure to support resiliency for members, chapters and the Society. New ideas and directions are sure to emerge that will demonstrate the relevancy of DKG to the times. Plus, improved well-being brings security to each member and each chapter – a true win-win and a silver lining in the times.



EEC State Literacy Project Update July, 2020

By Joanne Vining, EEC Committee Service Project Coordinator

In spite of limitations imposed by the COVID pandemic, I have continued to receive information on our State Literacy Project and am happy to report on the activities of two chapters. Alpha Sigma Chapter (Kitsap) has continued to collect books for their partnership with the Kitsap Immigrant Assistance Center (KIAC) and delivered three dozen more children's books to Janet Johnson, Department of Justice Accredited Representative from KIAC. Many of these books were written in Spanish for children of parents in the process of getting their citizenship. They also sent pictures which is great and will be put into the power point presentation of all of our projects to be shared in the Fall. Thank you, Alpha Sigma Kitsap.

Psi Chapter-Kennewick has partnered with *The Sails Outlet* for books and the *Children's Reading Foundation of the Mid-Columbia* for brochures and additional books. These materials, which are in English and Spanish, were placed in small bins at nearby laundromats. DKG labels were added encouraging children to read twenty minutes a day which is a worthy goal. Dozens of the books have been 'adopted' and books are routinely added to the bins. One adult reminisced about how

much she enjoyed reading Reader's Digest in Spanish. Several Psi members have donated their time to assist at area school book fairs which is another excellent way to help "put books into the hands of children." The Psi Chapter project is called "Loads of Laundry—Loads of Books." What a wonderful way to spend your time with your child while waiting for your laundry to run through its cycle. Good job, Psi, of meeting the needs of children in your unique area and thank you for your pictures.

As the time is nearing for Washington schools to begin their new year, let us hope that the leaders making those decisions about how to do that will be weighing all of the factors involved. It is a decision fraught with many lifelong consequences and is of a very delicate nature. I am praying that the best possible decisions will be made. Whatever format schools take, our chapters will want to stay engaged and continue to support literacy efforts. So, let's keep wearing our masks, washing our hands, continue to socially distance ourselves, stay home and stay safe. We need each and every one of you in DKG because we have a lot of work to do to "put books into the hands of children."

Notes from Paula



Paula Nichols, Executive Secretary

Our world has certainly changed over the last six months and I don't believe we have seen the worst of it. I hope everyone is staying well. You do not know who might have the virus. My grandson had it but was asymptomatic. We quarantined for two weeks voluntarily, though the health department said we didn't need to.

Plans are underway for Fall Board. The executive board has been working very hard on workshops and training opportunities. It will be difficult not to be together but this is still a way for us to communicate.

Fall Board registration is online. You will find a link on the web site and a link in the Alpha Sigma News on [page 14](#). You may register online or print off the registration and mail to Pat Russell (address is below). We need to know the workshops you will be attending.

Area Liaisons I will be contacting you to get the information for your Area Workshops. We would like for you to go ahead and plan them. If we are still social distancing you can do it on ZOOM. The International office and our state leaders can help you set it up.

State Directories are available two different ways. Free through your e-mail and \$10 if you want a printed/stapled copy mailed to you. I e-mail the directories to all State Officers, Chapter Presidents, Committee Chairs, Area Liaisons, and anyone who would like one. If you prefer a printed/stapled copy please do the following:

Send a check for the correct amount to:

Pat Russell
21038 102nd Ave SE
Kent, WA 98031

Include your name, address and the number of copies you would like to order. It will save on postage if chapters order multiple copies.

Deadline for State Directory information is August 18. Deadline for ordering is September 1.

Stay well!

2020-2021 Strategic Action Planning Committee Launched

Co-Chairs Barb Clausen and Janet LeBeau have terrific committee members to prepare the next WSO Strategic Action Plan. **Communications:** Mary Lou Gregory, Beta Chi Grays Harbor, **E.E.C. Program:** Mary Rennie, Theta Yakima, **Executive Com.:** Barb Clausen, Chi Cowlitz, **Finance:** Nancy Guthrie, Alpha Tacoma, **Leadership:** Janet LeBeau, Theta Yakima, **Membership:** Teri King, Iota Mason & Thurston, **Eastside State:** Rayna Charles, Tau Palouse, **North Central State:** Rose Eilert, Zeta Wenatchee, **Northwest State:** Debra Tarpley, Alpha Delta King, and **South Central State:** Joanne Vining, Alpha Lambda Grandview.

They have formed work groups to review the Membership, Program and all WA women educator data to discover what our membership looks like now, what programs have worked, and where we want to go! We will be sending out a survey so our membership can also share their thoughts. Look for it after Fall Board. Please fill it out because we need YOUR opinion on DKG's focus in the future!

2020 Educators Book Award Winner

The 2020 Educators Book Award was presented at the DKG International Virtual Conference to Gail Goolsby (DKG Kansas) for her nonfiction book, *Unveiled Truth, Lessons I learned leading the International School of Kabul*. Goolsby, principal of the Kabul International School from 2005-2012, has written an account of her experiences including her joys and challenges, while beginning a new school in the war-ravaged, male dominated Afghanistan. She shares valuable insight and dramatic scenes with humor and transparency among cultural restrictions.

Excellent Books on Leadership

Dare to Lead by Brene Brown

The Moment of Lift: How Empowering

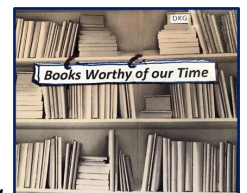
Women Changes the World by Melinda Gates

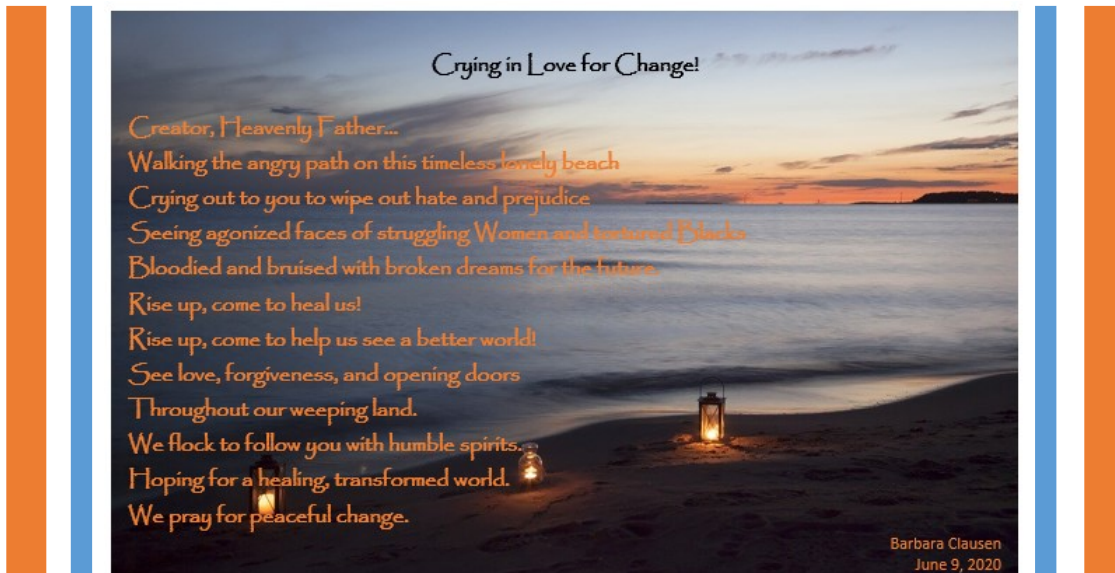
Dignity by Donna Hicks,

The Coaching Habit: Say Less, Ask More & Change the

Way You Lead Forever by Michael Bungay Stanier,

The Art of Possibility by Rosamund Stone Zander and Benjamin Zander





2021 Washington State Achievement Award Nominations now open

The purpose of the Washington State Achievement Award is to honor members in the state who, through continuing and outstanding service to education and the Delta Kappa Gamma Society International have promoted the purposes and policies of DKG.

This year, the COVID-19 virus has definitely continued to impact our daily lives, our work environments, and of course, our organizations and events.

Several outstanding nominations for the 2020 Washington State Achievement Award were received and a recipient was indeed selected. Preparations were in the making to announce, recognize and celebrate the 2020 award recipient's accomplishments at our Spring convention. However, since the April WSO convention in Olympia was cancelled, an Executive decision was made to postpone the official announcement of this year's award winner until the 2021 spring convention, at which time our DKG members, family and friends can celebrate face-to-face with both the 2020 and 2021 award recipients.

The 2021 WSO State Achievement Award nominations are now open.

Who in your chapter is considered to be an outstanding DKG "Rose?" Someone who holds active membership and who has given distinguished service at a variety of levels in the DKG organization? Someone who has made vital and notable contributions to education and to her community? Someone who deserves special recognition?

Now is the time to nominate her for our Washington State Achievement Award.

Each chapter wishing to submit a nominee will find an interactive [Achievement Award Nomination Form](#) and [Nomination Guidelines](#) on the WA State website at: www.dkgwa.org/Resourcess/Formss

Be sure to download the nomination form, give it a title and save it to your computer. Then, open the document and type your responses. Finally, save the document again.

The nomination form **MUST** be received by the Immediate Past State President **on or before February 1, 2021. Send to:**

**Sherri Wagemann
10005 E Augusta Ave
Spokane Valley WA 99206-4112**

There are many DKG members who serve, or have served, at the local, state and/or international levels of responsibilities who are deserving of this honor. We encourage you to give your thoughtful consideration to these worthy members and submit or re-submit your nomination.

ZOOM meeting scheduled for state committees and area liaisons

To help guide our WSO goals and direction for the next five years, the 2021 - 2026 WSO Strategic Action Planning Committee has busily researched and collected important data. The SAP committee is excited to share their findings with state liaisons, committee chairs and committee members. It is the hope the data will help these leaders integrate the information as they begin drafting an effective and impactful action plan for the second year of this biennium.

As a result, a virtual ZOOM meeting is scheduled for **Thursday, August 27 at 4:30 pm to 6:00 pm for all State Committee Chairmen and Liaisons**. As the date approaches, Second VP Monique Harrison will e-mail an invitation with login information for attending the virtual meeting.

SAP Co-chairs Barb Clausen and Janet LeBeau will present SAP information followed by Q&A.

Finance Chair Nan Guthrie will review each committee's budget and discuss the voucher approval procedure.

Immediate Past President Sherri Wagemann will review Guidelines for Writing Action Plans

MARK YOUR CALENDAR

AUGUST 27, 2020 - 4:30 pm-6 pm

Follow these links to download or print resources from our WSO website:

[Committee Chair Guidelines](#)

[Area Liaison Guidelines](#)

[Action Plan Form](#)

Reopening Schools

By Susan Fritts, Washington State President

As school districts consider when and how to reopen our schools with face-to-face contact, our challenge is complicated by two fundamental uncertainties; sending kids and teachers to school during a raging Coronavirus Pandemic at such high levels and the limited research about transmission of the virus in classrooms. Before schools can reopen, so many questions need to be answered and responsible decisions need to be made.

What do we know? We know that:

- the virus can be transmitted in the air in crowded indoor spaces with poor ventilation.
- hand washing for two minutes with soap is necessary.
- masks need to be worn when near someone.
- six feet distance is suggested although a cough can travel much farther than that.
- disinfectants are necessary to kill the virus.
- temperatures need to be taken constantly.

Are schools ready to take on this enormous task?

Are our classrooms equipped with good ventilation? Who pays for and provides masks, protector shields, hand sanitizers, as well as materials for children to use so they don't have to share and transmit the virus?

What about the number of students per class that would provide the safest and the best learning environment?

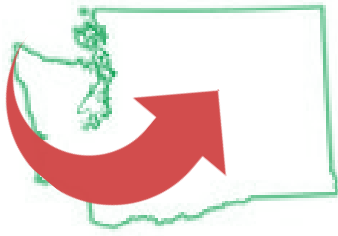
Schools have provided solutions such as lower class sizes,

distance between children, temperature checks and constant disinfecting, double shifting, online either all day or partial. Since online education is necessary, training for educators is essential.

Until our rate of infection of the Corona Virus decreases, we simply cannot afford to open schools with great assurance that children and staff will not be affected. There is much we don't know about the virus and children. We must rely on research to help us better understand.

The question posed is what should learning look like with the present restrictions? It's a time to be constructive, to better understand how we relate with our students in a different way while imparting essential learning. Adaptive Technology is important for educators to know about and use. How do you set up a classroom online (Zoom) where kids can actively participate, groups can have discussions with solutions to challenges, and all voices are heard?

We all want our teachers and children back in school as do parents. Increasing social isolation of students and a lack of learning are concerns, however health and safety come first. Until a vaccine has been provided, the rate of cases and number of deaths are paramount to the decision whether to reopen with face-to-face contact so educators can concentrate on educating students without worrying about students and themselves making it through the day without contracting the virus.



DKG around the state

Area I Liaison Isabel Castro, Alpha Lambda Lower Yakima Valley

Alpha Lambda—Lower Yakima Valley

This year was a challenging year, but we still managed to have an initiation and a party honoring two 50-year members. Roseanne Moore and Barbara Merz were honored with a special cake and pins. Family was also present for a dinner and a program on the Monarch Butterfly. We recognized our scholarship recipients, hosted a moving program on teenage suicide, and enjoyed a retro Valentine program. We participated in the Area 1 Workshop hosted by Alpha Zeta where we toured the newly remodeled Goldendale Observatory. We were also able to do our very successful “Cookie Sale Fundraiser” just in time before the coronavirus quarantine. Stay healthy and stay home. One more thing—our own Isabel Castro is a published author of two books! Her most recent children’s book on Amazon is entitled, *Abuelita’s Eggstraordinary Experience* so check it out. We are so proud of her. Go DKG girl!

Theta —Yakima

Our year started with a bang as we inducted a new member, Julie Vavricka. Then we took all the school supplies we had gathered and gave them to Rod’s House for homeless teens in Yakima. In October, we toured the Wellness House which helps women and their families deal with the challenges of cancer. We also met at the Yakima Valley Genealogical Society Building in November and discovered the many excellent resources available to us. Our traditional Christmas Tea was held at our president’s lovely home in the Wenas Valley. We enjoyed both the gift and cookie Exchanges. At our February Founders’ Day meeting,

we decorated boxes and filled them with over 1,000 donated books to be distributed around the valley where children could access them. We didn’t realize it at the time but our March modified yoga and wellness meeting would be our last for the year. Thank goodness, President Mary hosted a Zoom meeting in May so we could stay in touch! We hope everyone is staying safe and healthy!

Alpha Zeta—Goldendale

The Area I Workshop on March 7, 2020 brought 30 DKG members from Sunnyside, Yakima, and Walla Walla to share a luncheon and then spend a few hours at the Goldendale Observatory observing Venus and listening to President Karen Conroy discuss the observatory’s famous telescope. Janet Gilliam was our registrar for the event and did an amazing job keeping track of members and guests coming and greeted them all when they arrived. We also surprised Kay Kimmel with a cake for her 90th birthday and her 57 years as a DKG member.

Our literacy project for the last 9 years has been to give new mothers the book *Rock -A-Bye Baby Reader*, by Cheryl Schneider and Carole Olsen. It is a first book for babies and parents filled with nursery rhymes, pictures of many different adults reading to the babies or young children, and explains the importance of literacy and reading to babies. We give our books to the Health Department and nurses in White Salmon, and to new moms in Goldendale when they bring their babies in for vaccinations. We also give the baby readers to the local Pregnancy Center to reach more mothers and young children.

No Decay Today

By Jackie Finckler, Alpha Sigma Kitsap

Note: *Personal Well-Being* is the third pillar of the Educational Excellence Committee work for the 2019-2021 biennium. The following article was written by invitation to reflect on one aspect of personal well-being, that of staying physically fit. This article is derived from a workshop that was to be presented at Spring Convention 2020.

The arrival of Covid-19 has required a lot of changes in our world, but one thing more important than ever is keeping ourselves physically fit. According to Chris Crowley & Henry S. Lodge, M.D in *Younger Next Year*, aging and its effects are inevitable but decay is optional and can be stopped or radically slowed. Our undeniable biology: gray hair, decline in heart rate over time regardless of how active you are, skin degeneration, slower reaction time, may cause us to look old but, **we don't have to act old.**

Our bodies have been cobbled together by nature and evolved to their current form over millions, even billions of years. In good times our bodies are constructed to grow, to be alert, explore, work together, laugh, play, run, heal, love, and survive! In bad times, under stress, drought, famine, or winter, we are built to shut down, hibernate, retreat, atrophy and decay as quickly as possible. Plus, in nature, when we are past the childbearing years the Darwinian code of aging takes hold. **Our physical reptilian brain runs our bodies and we have to talk to it in code, following a few of nature's rules to outsmart the decay process.**

How do we talk in this code of aging? Physical work. It has always been the single most powerful signal we can send our body that life is good and it's time to grow.

- Bone strength and joint health increase.
- Heart and circulatory functions increase.
- Muscles become strong, supple and more coordinated.
- The immune function increases to repair the ongoing wear and tear.
- The brain changes with increased curiosity, energy, willingness to explore, increased alertness.



Being sedentary, and chronic stress, are the most important signals for decay. The body will respond the same way whether it is physical or mental stress. A natural response to pandemic stress then might be for the body to decay.

- Our metabolism slows down.
- We store up fat.
- We turn inward, hibernate and withdraw.
- Physical/mental depression sets in. An ultimate-defense, cut everything back, atrophy and decay, except the most critical systems.

Nature balances growth with decay with an innate tendency toward decay. **Decay signals are NOT powerful but they are relentless! You need to do something every day to slow decay; and after age 50 exercise is no longer optional. ***

- ◇ **Low aerobics** 2-3 times a week
- ◇ **Distance Not Speed:** With light exercise, low intensity, we burn 95% fat and 5% glucose.
- ◇ **Strength training** 2-3 times a week (3 days a week to make real progress). It stops bone loss, muscle loss and weakening of the tendons. It restores the “goopy” pads between joints, increases power, and increases neurotransmitters that coordinate balance. We build muscle pretty quickly but joints take much, much longer and strong muscles can pull weak joints apart. Initially do less weight and more reps – up to 20. Rest between sessions to avoid all tear down and no build up.
- ◇ **High Aerobics** on the other days of the week. It's all about circulation. **Building our aerobic base is the most important aspect of fighting decay.** With consistent aerobic training, our body builds vast new networks of capillaries to bring more blood to your muscles producing dramatic improvements in your circulatory system. Find your target heart rate:

[Continued— No Decay Today, page 11](#)

TARGET HEART RATE	EXAMPLE
220	220
- age	- 63
= Maximum Safe Heart Rate	= 157 Maximum Safe Heart Rate
X .65 to .85	102 to 134



First Gear – Your heart delivers more blood to your muscles the faster it pumps and your muscles can extract more and more fat from that blood until you reach about 65% of your maximum heart rate. This is one you could keep up all day.

Second Gear – Any heart rate north of 65% means you moved into a different metabolism and you're burning glucose. You become fitter, faster, and powerful with harder exercise. **It brings out your youngest and best biology.**

Third Gear – all the way up to 85% of your maximum, the fastest pace you can sustain....but for a few seconds you can go faster still. **You have hit anaerobic.** Great for vim and vigor but less efficient but less significant for overall health

I hate to tell you but... the messengers of growth

needs to be sent out six days a week! Yes, even you can rest on Sunday if you'd like. This challenge, beating back the tides of decay, is not for the faint of heart. You will have to be courageous and creative to do this, especially now, but if you do you will be giving yourself the gift of health.

* Before you start any new physical activity please discuss your health and individual conditions with your physician.

Crowley, C., & Lodge, H. S. (2007). *Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond*. Turtleback.

Crowley, C., & Lodge, H. S. (2007a). *Younger Next Year for Women: Live Strong, Fit, and Sexy - Until You're 80 and Beyond*. Workman Publishing Company.

Crowley, C., & Lodge, H. S. (2007b). *Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond*. Turtleback.



Congratulations to all newly installed Chapter Presidents of Washington Delta Kappa Gamma! Thank you for stepping up and taking on responsibilities as President of your Chapter for the 2020-2022 term. It takes courage to volunteer and take on this leadership position. Remember, you are not alone. Your chapter officers will help with decisions as they maintain duties of their office, and state officers are always here to assist. If you are returning as a Chapter President, thank you again for continuing to lead your chapter members.

Please check our website, dkgwa.org, for my past newsletters (up to 15 so far) to chapter presidents as well as information from International. Deadlines,

current events, including Zoom meetings and messages of encouragement, can be found in these newsletters. Remember to continue with your chapter Literacy Project for the 2020-2021 year. Joanne Vining will present a PowerPoint at our Virtual Fall Board on September 26 if you are looking for additional ways to connect literacy with your community.

I will be contacting you so all chapter presidents can connect with each other regarding questions and solutions. I am delighted that you have chosen to become your Chapter President and look forward to working with you.

Gratefully, Susan Fritts, Washington State President
Delta Kappa Gamma Society International

Leading Women Educators Impacting Education Worldwide

The Rachel Royston Permanent Scholarship Foundation

Margaret L. Harvin 2020-2021 Award Recipient

Lesli Collum

Battle Ground, Washington

I've been an educational leader spanning into three decades now. However, it took me a long time and much prompting to muster the courage to step out of the shadows and safety of the classroom into the Masters in Educational Leadership program at WSUV. Upon enrollment, I quickly became invigorated and challenged as a student and a member of a cohort of excellent teachers, also nervous to be seeking leadership roles. I initially applied to the Rachel Royston Permanent Scholarship Foundation for financial reasons merely because we had two adult children pursuing undergraduate degrees, while I was attending graduate school. But, what I never in a million years expected was the encouragement and confirmation that flooded my heart when I was chosen as a Royston recipient in 2019 and then as the Margaret L. Harvin Scholar in 2020.

I don't know that I have words to explain how the heavens opened and a light poured into my heart, that I didn't even know I was missing, when I was recognized by these women. Teaching can be a lonely, demanding job. And as simple as it sounds, I felt truly seen. Every tear I shed for a student, every late night I graded papers after putting my kids to bed, every parent who tore my best efforts to shreds, every night I lost sleep overthinking a lesson or a meeting, it all faded because the type of teacher I wanted to be since I was a child was recognized. The RRPSF award is recognition from women who nod in agreement and understand the beauty and joy mixed with sacrifice that equals the life of being a teacher. They recognized me, as an educational leader. They saw me because they'd been there.

We share the same calling on our lives and they were these accomplished, intelligent, funny, kind, generous women who recognized me. The single greatest gift that the Foundation gave me was the confirmation and encouragement to press on, even in the midst of school shut downs during a global pandemic and the unknowns of what will follow for our schools. This scholarship removed the financial burden of choosing between continuing my journey or waiting until my children were finished with college. This Foundation has also confirmed for me that my calling as an educational leader will be rooted in encouraging, recognizing, and calling out the potential in other teachers who pursue excellence in a career field that doesn't readily recognize or appreciate the excellence of its educators. I'm so blessed to continue the legacy of Margaret L. Harvin and all those who have been recognized in her name. What this award so divinely reminded me is that educational excellence is important, it matters, and teachers need to be encouraged because there is no greater calling on a life than to be an educator of excellence. I'm humbled, honored and emboldened in my recognition by the Rachel Royston Permanent Scholarship Foundation and I look forward to partnering alongside these women, who've gone before me and those who will come after me, in this organization as we collectively continue to seek out and recognize those among us who also need encouragement to step out in their calling, whatever that may look like in our ever changing world.

The Rachel Royston Permanent Scholarship Foundation Scholarship Recipients for 2020-2021



Michelle Granbois
Pasco
WSU



Amy McLaughlin
Kennewick
WSU



Erin Murphy
Poulsbo
WSU



Amber Stvartak
Port Ludlow
Western Governors



Lesli Collum
Margaret L. Harvin Award
Amboy/WSU

**Fall Board Conference
September 24-26, 2020
Virtual Conference via Zoom**

“Leading with Courage and Compassion”

To participate in Fall Board, you MUST pre-register. Pre-registration is necessary in order 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!!



OR

2. Click on this link dkgwa.org to go to the DKG state web site printable registration form. Just download the form, save it, fill it out, save it again and send it (electronically or by postal service) to

Pat Russell

21038 102nd Ave. SE, Kent, Washington 98031

p.russell@comcast.net

Only members who have pre-registered will receive the on-line Zoom meeting access code and instructions.

Registration deadline: September 17, 2020

Schedule at a Glance

Thursday, September 24, 2020

4:00—6:00 pm State Executive Committee
(state officers and parliamentarian)

Friday, September 25, 2020

4:00—7:00 pm RRPSF Board Meeting

6:40—6:50 pm Welcome to Fall Board from President Susan Fritts

7:00—8:15 pm Cultural Responsiveness:

Understanding Implicit Bias and Racism Today *

Clock hours workshop (1-3 clock hours)

8:30—9:00 pm Celebration of Life

Saturday, September 26, 2020

9:00—10:00 am Workshop Session 1 *

9:40—11:45 am RRPSF Board Meeting

10:15—11:15 am Workshop Session 2 *

11:30 am—12:30 pm Workshop Session 3 *

2:00—5:00 pm GENERAL SESSION, Executive Board

(state officers, committee chair, chapter presidents) all members welcome to attend

5:00—6:00 pm Virtual Social Hour

(drop-in when you can; stay as long as you want)

* see Conference workshop descriptions in the sections below and on the next page

Conference Sessions, Friday, September 25, 2020

7:00pm—8:15 pm Hot topics in Education: Cultural Responsiveness: Implicit Bias and Racism Today

This one hour program, with up to two additional hours of at-home reading and responsive writing, will be available for clock hours. Those wishing clock hours will need to check the clock hours box on the registration form and be sure that the session moderator has noted your attendance.

Cultural Responsiveness: Implicit Bias and Racism Today

What is implicit bias? How do we perpetuate these behaviors in our everyday, well-intentioned lives? What are micro-aggressions? Learn how to interrupt a micro-aggression. Understand the various ways educators can act and teach to confront and challenge bias, inequities, and micro-aggressions.

Presenter: Monique Harrison (Beta Sigma, Seattle)

Moderator: Pat Bennett-Forman (Alpha Sigma, Kitsap)

8:30 pm—9:00 pm Celebration of Life

Join members from throughout the State as we honor DKG members who have passed away in the past year and celebrate their lives and the contributions they have made to education and their communities. Presented by the Membership Committee, Monique Harrison, 2nd vice president/chair.

Conference Workshop Sessions, Saturday, September 26, 2020

To participate in these on-line video sessions via Zoom, members must have pre-registered for the sessions in order to receive the Zoom meeting access code and invitation. Registration options are found on page 14 . Registration deadline: **September 17, 2020.**

Workshop Session 1 (9:00– 10:00am)

1. Presidents' Workshop Part I

Participants will become familiar with essential DKG resources, including: *President's Guidelines, Go-to Guide, President to Presidents Letter, monthly and yearly To Do Calendars, Chapter Rules, State Bylaws and Standing Rules* along with State and International websites to support you in your leadership role. Bring a laptop. Critical for new presidents but all presidents are encouraged to attend.

Presenters: Janet LeBeau (Theta Yakima), and Marge Lofstrom (Beta Delta Tacoma)

2. What early-career educators are telling chapters

Participants will review the research results of surveys conducted last year about (1) what chapters are offering early-career educators and (2) the needs and desired assistance sought by early-career educators. Implications for scholarship and grant programs, chapter professional growth activities, mentorships, and volunteering will be discussed in break-out sessions, reported back to the whole group.

Presenters: Mindy Hoffman (Psi Kennewick) and Pat Bennett-Forman (Alpha Sigma Kitsap)

3. Treasurers' Update

Meet with DKG State Treasurer Pat Russell for a Q&A session on treasurer responsibilities, timelines and the new DKG International membership and dues system.

Presenter: Pat Russell (Beta Sigma Seattle)

Workshop Session 2 (10:15– 11:15am)

4. Presidents' Workshop Part II

DKG Chapters have traditionally been focused on caring for their members and promoting fellowship. Restrictions due to the corona virus pandemic have increased needs to enhance communications and caring for members. The importance of staying connected for member and chapter health will be explored. Participants will engage in discussion groups to report on and brainstorm ideas for communicating and creating fellowship in these times of social distancing.

Presenters: Janet LeBeau (Theta Yakima), and Marge Lofstrom (Beta Delta Tacoma)

5. Conducting Meetings with Zoom

Your chapter may already be using Zoom to conduct chapter business, but do you know all the bells and whistles? Can many of your members host a meeting? Join this session to learn the basics of the Zoom platform for conducting chapter meetings. Discover features of the Zoom application that can be helpful in having presentations, sharing documents and ensuring member participation in meetings.

Presenter: Jannette Manuel (Beta Sigma Seattle)

6. Leading with Confidence

Tired of messy business meetings, debate dissolving into disorganization, ideas lost in the weeds, and turned off members? Come learn an easy-to-follow process and set of tried and true tips to turn the tables and allow you to lead with confidence.

Presenter: Dr. Helen Popovich (DKG International)

Workshop Session 2 (11:30 am – 12:30 pm)

7. Membership: Do You Have a Recruitment Plan?

Membership a challenge? Having a recruitment plan is critical to successful growth and retention of members. Come prepared to share and build an effective membership plan for your target audiences.

Presenter: Monique Harrison (Beta Sigma Seattle), State 2nd Vice President/Membership Chair

8. Advocating for Schools and Teachers

Participants will discuss the importance of speaking up for schools and teachers in today's school environment and will examine tools to help participants confidently engage with decision makers in a non-combative and effective manner

Presenters: Keitha Bryson (Beta Beta Seattle) and Pat Bennett-Forman (Alpha Sigma Kitsap)

9. Creating Chapter Stability and Setting the Stage for Success

What characteristics does a healthy and stable chapter have? Whether a chapter is struggling with membership issues, financial instability, lack of leadership, or the development of relevant programs, a successful solution depends on members coming together to develop a meaningful and effective plan of action. Discover the CARE team approach to revitalizing your chapter and set the stage for success.

Presenter: Sherri Wagemann (Eta Spokane), Immediate Past President WSO

The **Alpha Sigma News** is
published online four times per year:
August 15, November 15, February 15,
and May 15.

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(please e-mail pictures in .jpg format)

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

Washington State Organization website:

www.dkgwa.org



Welcome New Members

Congratulations and welcome to the
following members newly inducted
or reinstated into DKG.

<u>Name</u>	<u>Chapter</u>	<u>Date</u>
Annie Abraham	Kappa Kent	May, 2020
Doris Twiford	Beta Seattle	June, 2020
Nancy Keselyak	Beta Seattle	June, 2020
Arlene Harrington	Beta Seattle	June, 2020
Viella Conrad	Eta Spokane	July, 2020

Important Dates

August 15-September 15, 2020	Arts & Humanities Gallery Submissions for Fall Gallery www.dkg.org
September 1, 2020	Order deadline for State Directory printed copy
September 15, 2020	Application for Rachel Royston Permanent Scholarship available Washboard.org
September 17, 2020	Registration deadline for Fall Board Conference
September 25-26, 2020	Fall Board Conference Virtual Event
September 30, 2020	All dues must be entered in the portal to avoid members being dropped.
October 1, 2020	<i>Bulletin</i> Journal submissions deadline. www.dkg.org
October 15, 2020	Deadline for submissions to <i>The Alpha Sigma News</i> fall edition
October 31, 2020	Website compliance renewal www.dkg.org
November 1, 2020	Proposed Bylaws and Standing Rule amendments due to Nancy Sauer nsauer@charter.net