

President's Message

Sally Nazelrod

DKG MD State President, 2023-2025

It's spring!

I hope that this message finds you happy and healthy. Having visited many chapters since I became the State President, I realize the variety of successes that we as a state organization can celebrate. It is an honor and a privilege to serve as your President. There are so many exciting initiatives happening in many of our chapters. Please take the time to share your good work with others in DKG.

This is the season for regrowth and renewal, and DKG Maryland is excited about future personal and professional opportunities that will be available to our membership. Join Us!

On May 4, 2024, we will have the DKG Maryland Leadership Development Conference with the theme, ***Becoming Your Best Self: Learn, Lead, Laugh, Live*** at Bowie Comfort Inn and Conference Center.

Highlights of the Day:

- New Chapter Presidents' (2024-2026) Training
- Updates from DKG International—***Cynthia Moore***, Member-at-Large, DKG International Representative



*Celebrate
Success!*

- Workshops
 - ***Taking Charge of Your Brain Health During Your Golden Years*** - Dhruti Patel, Senior Agent, Family Consumer Sciences, University of Maryland Extension
 - ***Want to Change or Cultivate Newer Habits? Here Is How...*** - Dhruti Patel and Carrie Sorenson, University of Maryland Extension
 - ***Humor Helps a Whole Bunch: Why It Does and How to Get More into Your Life!*** - Beverly Eanes, Omega
- Presentation of Grants and Scholarships
- Good Food
- Networking

Hope to see you there!!!

DKG MD Leadership Development Conference

Becoming Your Best Self: Learn, Lead, Laugh, Live

Meet the Speakers



Cynthia Moore is a 2020-2024 DKG International Member-at-Large. As a DKG member, Cynthia was inducted into Regina Chapter, Saskatchewan State Organization in 2004. She has served as chapter secretary, membership chair, program committee member, state organization treasurer, president, parliamentarian, and finance committee and conference planning committee chairs. In addition, she has previously been a member of the 2015 Northwest Regional Conference Steering Committee and has served as president of the Saskatchewan State Organization. On the International level, Cynthia has served as the chair of the International Speakers Fund Committee, and she is currently on the Society Strategic Planning Committee. She received the Roy C. Hill Award for Excellence in Education. Cynthia is a Yoga Alliance Certified (2012) yoga teacher and Relax and Renew© Restorative Yoga Trainer (2014). She currently teaches yoga classes virtually and at corporate events. Cynthia Moore promotes wellness, education, and leadership.



Beverly Elaine Eanes, PhD, CHP (“Bev”), Omega, has been the Director of Clinical Education in the Pastoral Counseling Department at Loyola University in Maryland for 13 years. She is a past president of the Maryland Association for Counseling and Development (now the Maryland Counseling Association). Currently, Dr. Eanes teaches “Humor, Laughter, and Health” at Anne Arundel Community College and is an Advisor in the Humor Academy of the Association for Applied and Therapeutic Humor. She has led U.S. and international workshops and retreats on the subjects of Joy, Spirituality, Bringing Yourself to Life, and Laughter and Health. Bev has contributed chapters to several professional books and is the author of two books: *Joy, the Dancing Spirit of Love Surrounding You* and *What Brings You to Life? Awakening Woman’s Spiritual Essence*.



DKG MD Leadership Development Conference

Becoming Your Best Self: Learn, Lead, Laugh, Live



Dhruvi Patel is a Family and Consumer Sciences Educator at the University of Maryland Extension. Her primary teaching areas are nutrition, health, wellness, food safety and preservation, and stress management. She serves Anne Arundel and Prince George's counties in Maryland. In her role as an educator, she applies research-based approaches to identify the nutrition and health needs in the community, develops educational programs, and assesses the outcomes. She successfully developed programs such as senior nutrition, chronic diseases management programs, worksite wellness, mindfulness programs, and food preservation, to address the local community needs. Her current programmatic and research focus is on creating a well-rounded nutrition/health-based program that addresses overall well-being, using intersectional approaches with nutrition, health, and mental well-being.



Carrie Sorenson is a tenure-track Family and Consumer Sciences educator with the University of Maryland Extension who works in the Carroll County Office. Carrie graduated from George Washington University in 2016 with her Master's in Public Health. She has five years of experience providing financial, health, and wellness programs and encouraging others to improve their physical, emotional, and financial wellness. Currently, she focuses on helping people improve their financial well-being and build the habits they need to reach their health and financial goals.

Save the Date

May 4, 2024

DKG Maryland

Leadership Development Conference

Bowie Comfort Inn

July 9 - 13, 2024

2024 DKG International Convention

Gaylord Hotel. National Harbor, Maryland



Come and Join the International Convention!

The 2024 Delta Kappa Gamma International Convention will be held at the Gaylord National Resort & Convention Center in National Harbor, Maryland on July 9 - 13, 2024.

This location, which is driveable from all points in Maryland, provides the DKG Maryland membership with a fantastic opportunity to take advantage of this international event. The convention will also offer all the excitement you have come to expect and more: enjoying keynote speakers, engaging in breakout sessions, networking with members, connecting with old friends, and using your member voice when you vote on proposed amendments to the Society's governing documents. All registration and hotel information is available at <https://www.dkg.org>. Have your membership number handy. Daily and full convention rates are available.

Delta Kappa Gamma Society International – Avenue M Report

The Administrative Board of DKG International has written a comprehensive report based on survey findings to engage and retain members. This report provides multi-channel strategies for demonstrating the value of membership and the ability to engage without requiring a major time commitment. The full document, Avenue M, is found on the website, <https://www.dkg.org>. Avenue M contains information that is invaluable to states and chapters. Efforts to retain and increase membership is a responsibility for all of us.

Iris Wingert Presents Postcrossing



Congratulations!

Omicron's **Iris Wingert** will be presenting her workshop on "Postcrossing" at the DKG International Convention this summer. Iris gave this presentation at the DKG Maryland workshop last November. Her explanation of how she started this hobby and the slides of her postcards from around the world were fascinating. It's the perfect workshop for an international group. When you go to the convention this summer, be sure to attend Iris' amazing presentation. Congratulations, Iris, for having your workshop accepted by the International Committee!



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Visit our website at
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State News

DKG MD State Finance Committee

Christy Mullins, Alpha Beta, State Finance Committee Chair

The 2023-2024 DKG MD State Finance Committee met four times over Zoom to prepare the 2024-2025 budget, ensure oversight of the spending of DKG funds, and assist the State President in reviewing the Treasurer's performance for the past year. Current Finance Committee members include: **Christy Mullins** (Chair), Alpha Beta; **Sheila Owens**, Mu; and **Gretchen Ginder**, Zeta. DKG Maryland State President **Sally Nazelrod**, Xi, and DKG Maryland State Treasurer **Mary Louise (Weezie) Carey**, Alpha Delta, serve as ex-officio members. DKG Maryland State Executive Secretary **Gwen Cooley**, Delta, serves as a consultant. All members and consultants are to be commended for their dedication, time, and effort in making thoughtful decisions for and being good stewards of the finances of DKG Maryland.

One topic of clarification the Finance Committee would like to share is the distinction between scholarships and grants-in-aid. At the end of each fiscal year, each chapter treasurer completes Form 15, which asks how much money has been awarded for grants-in-aid and scholarships by the chapter. Although both award money to individuals for educational purposes, the important difference is who receives the money. If a chapter member receives the award, then it's considered a scholarship. If a non-member (such as a high school or college student) receives the award, then it's considered a grant-in-aid. These are the definitions used by International.

State and local chapters are allowed to call their awards whatever they like, as long as the monies awarded are correctly categorized as grants-in-aid or scholarships on Form 15. Read more about the difference between scholarships and grants-in-aid here: <https://dkgsi.blogspot.com/2019/12/scholarship-vs-grant-in-aid.html>.

If you serve as a state officer or committee chair, keep an eye out for new PDF fillable forms for Request for Reimbursement. The Finance Committee has created an electronic form that can be filled out and emailed to the State President when requesting reimbursement instead of filling out the triplicate form and mailing it. Hopefully, this new electronic process will save everyone time and money on postage.

If you'd like to get more involved at the state level, the Finance Committee currently has a vacancy. Please contact Nominations if you are interested in serving. Members meet over Zoom in the evenings about five times a year and do their best to schedule meetings that work for everyone.

Lastly, their current treasurer has expressed interest in passing the torch to someone new. Please carefully consider whether you may be interested in serving as DKG MD State Treasurer for the 2025-2027 biennium.

If you have any questions or concerns, please email the Finance Committee Chair, *Christy Mullins*, at christyemullins@outlook.com.



Chapter Support Suggestions

Dr. Marilyn Keane, Upsilon

The next biennium is right around the corner. When crafting your slate of officers, Chapter Support would like each chapter to think about new and different ways to organize your Executive Board and chapter structure. Historically, each chapter has had a President and 1st and 2nd Vice President. Recently, some chapters have started crafting new ways to run the chapter and use the strength of each member.

Pieces to think about:

- **Co-presidents** - A chapter can have two presidents and organize a co-sharing arrangement. Sharing the responsibilities can help lighten the workload and enable two people to bounce off ideas and help organize chapter events.
- **Chapter meetings/activities** - The person in charge of meetings and gatherings can be rotated among chapter members. Not one person is solely responsible for and has to run every event. For example, different members can be in charge of meetings with the president updating and distributing any state or international information. In essence, state and international members communicate with the president, so the president can disseminate this information and chapter members can take turns running meetings, finding guest speakers, and creating activities. Each chapter member has a strength and can contribute to the running of the chapter.
- **Multi-president committee** - With this committee of three to four people, the chapter needs one person to receive information from state and international, but the group can work together to organize meetings and chapter events. Instead of one person, a small group is in charge. In essence, this committee works as a team to get things done.

Our chapters love working together. We help each other, and all of us have strengths to contribute. To be healthy, we need to use our strengths, celebrate our successes, and work as a community. If any chapter would like help with chapter elections, organizing your chapter for the next biennium, or would just like to bounce off ideas, please contact **Marilyn Keane** at Alcatraz46@yahoo.com.

Bylaws Update

*Barbara McKimmie, Epsilon,
Bylaws Chair*

The Bylaws Committee held its first meeting on October 26, 2023, at the Bowie Comfort Inn. Committee members are: **Sharon B. Darling**, Nu, Past State President; **Lorraine W. Johnson**, Theta, Past State President; and, **Sally A. Nazelrod**, Xi, State President, ex officio. We've begun the review of the minutes from the 2021-2023 Biennium to determine if any motions passed will necessitate revisions to our Bylaws/Standing Rules. We are also in the process of reviewing Bylaws/Standing Rules adopted at the 2022 International Convention to determine possible changes needed to be incorporated into DKG Maryland Bylaws/Standing Rules. Any recommendations will be considered by the committee and presented at a future meeting.



Chapter News

A Busy Season for Pi Chapter

Erin Myers, Pi Chapter President

The members of Pi Chapter had a very busy holiday season giving to others around their community and helping to spread holiday cheer to others. The first event involved decorating a tree at Springfield Barn. The theme for the tree was "Giving," and Pi Chapter members showcased all of the ornaments that have been given to them by previous students.

The second event was serving a meal at the Reach Cold Weather Shelter in Hagerstown. Some members of Pi Chapter helped to prepare the meal and serve it to people in need of housing in Hagerstown.

Next was their December meeting which is much loved by all of the members as it is their scholarship auction. The members bring in various items to sell, all to benefit their Pi Chapter scholarship, which goes to a high school senior planning to major in education. The sisters of Pi Chapter will be able to give a \$1,200.00 scholarship this spring. During the December meeting, they also wrote special notes and holiday cards to all of the World Fellowship recipients in the United States. They also donated toys for their local Toys for Tots drive.

Their final event of the holiday season was to support the American Red Cross by volunteering at their gift wrapping station at the Valley Mall in Hagerstown. Members of Pi Chapter spent an enjoyable time with each other while wrapping gifts for donation to the American Red Cross.

Finally, the sisters of Pi Chapter met for lunch to discuss the December book of the month for their book club. Their book club has taken up the challenge of reading a book from across the United States. They are starting with books set in the western states.

The sisters of Pi Chapter had a wonderful holiday season, not only by helping others, but by continuing to have fellowship with each other.



Epsilon's Holiday Brunch

Sheila Gearhart, Epsilon Chapter President

Epsilon had a great turn out for the Holiday Brunch this year! **Jayne Alexis'** sister, Judy Houston, taught the group so much about important women in Maryland history. Greeters were there to get everyone in the holiday spirit. They were also so excited that DKG MD President **Sally Nazelrod** and members from Alpha Beta were able to join in the festivities. **Jeanette Gionfriddo**, president of Alpha Beta Chapter, even led everyone in a spontaneous group singalong. Best of all, the members of Epsilon were able to raise \$955 in donations for their chosen charity, the Southern Maryland Center for Children. A special thank you to all of the committee members who worked so hard to make this event such a success!



Alpha Beta Activities

Carol Howard, Alpha Beta 2nd Vice President

Alpha Beta Chapter continued their long-standing tradition of having a holiday auction that funds their recruitment grant for an upcoming graduating senior. There was some heavy bidding among the 25 attendees as well as lots of laughs during the event. They also had a brown bag auction with many items so sisters who may not have been lucky during the first part were hopefully able to go home with something. After everything was counted, they were able to raise the necessary funds for this year.

Another winter event that is sure to become a tradition is their "Sipping, Socializing, and No-Stress Social." Last year it was so popular they decided to add it again to their calendars this winter and, luckily, the weather was very cooperative! Twenty sisters gathered at member **Deb Faller's** beautiful home to celebrate the end of the semester for many by tasting some wonderful foods paired with exceptional wines. They also viewed old scrapbooks to see photos and mementos of their chapter at its beginning.

Two of their sisters, **Jeanette Gionfriddo** and **Christy Mullins**, joined members of Epsilon, Rho, and Omega for a Holiday Brunch in Gambrills in December. It was a great way to socialize, share the holiday spirit, enjoy delicious food, and learn about important historic Maryland women while raising funds for the Center for Children.

Finally, their Scholarship Chair, **Eve Dobson**, attended the 2024 BECA Scholarship Fair where she had the opportunity to meet and talk with some students who will be applying for scholarships shortly. Alpha Beta members are looking forward to reviewing all the applications in a few months.



Eve Dobson, Alpha Beta's Scholarship Chair, at the 2024 BECA Scholarship Fair.



Mu Chapter Highlights

Carol Hutzley, *Mu Chapter President*

Following a wonderful season of giving and supporting the Baltimore County Public Schools community through both their Student Support Network and the Lansdowne Community Assistance, Mu Chapter settled into their program for the winter with activities promoting their chapter members' bonding. For their January meeting, members read the book, *The Secret History of Home Economics*. Although this title didn't automatically indicate the importance of the topic, they were quickly "schooled" by the byline below the title: "How Trailblazing Women Harnessed the Power of Home and Changed the Way We Live." A lively discussion ensued after their general meeting about the ways that women were able (sometimes stealthily) to change the world through science and a good deal of perseverance in a world where a woman's place was in the home. People benefit today from the work of these courageous and professional women from the early 1900s and the decades thereafter.

On February 10th, Mu Chapter sisters enjoyed their **Game Day** following a general meeting. This year "Scattergories" was a perfect way to engender some friendly competition and to dust off the winter brain cobwebs. Members attempted to use words that others might not think of in order to earn points, which sparked a fun and competitive afternoon. In addition, they celebrated Sheila Owens' birthday. Sisterhood is that spark that brings DKG members together. The power of women gathering is just immeasurable.

On February 15th, five members of Mu Chapter went to the Baltimore Museum of Art. After a delicious lunch at Gertrude's, they enjoyed the exhibits, two of which displayed the amazing artwork by African American women. Elizabeth Talford Scott's mixed media quilts and Martha Jackson Jarvis' topographical abstract art were the highlights of the day.



Rhonda Bailey, Kelly Olds, Patty Simon, and Sheila Owens enjoying Game Day.



Artwork by Martha Jackson Jarvis and Elizabeth Salford Scott.



Xi Chapter's Season of Giving

Sue Capron, Xi

On December 22, a check for \$200 was presented during the live radio broadcast from Valley View Farms for the Annual WBAL Kids Campaign Celebration. JoAnn Velton, Sally Nazelrod, and Sue Capron were asked to share details with the listening audience regarding their careers in education. Sally also spoke about the mission of Delta Kappa Gamma women educators and their overall impact on education at the local, state, and international levels.

Xi Chapter had also decided to donate \$500 to the Baltimore County Public Schools Education Foundation and \$2,000 to St. Vincent's Villa School in Timonium, MD.



JoAnn Velton, Sally Nazelrod, and Sue Capron of Xi Chapter present a check to WBAL Radio reporter **Scott Wykoff**.

Tri-Chapter Holiday Happening

Patty Simon, Mu



Members of Alpha, Mu, and Xi celebrate the holidays together.

Kathy Bateman, the president of Alpha, shared quotes including, "Without volunteers, we'd be a nation without a soul," and "Do what you can to show you care about other people, and you will make our world a better place." She then asked the attendees to identify the person who made those statements, and they correctly guessed **Rosalyn Carter**.

Before eating, Mu Chapter's **Sheila Owens** gave a heartfelt holiday message which included her own words of wisdom as well as lyrics from the song, "It's a Marshmallow World," which was also the theme of the luncheon.

After a delicious meal, **JoAnn Velten**, Xi Chapter's president, handed out a sheet of paper with descriptions of candies, and the participants had to identify the sweets being described.

Afterwards, members of Alpha gave each attendee a goody bag filled with delicious holiday cookies for dessert. Mu Chapter supplied the favors—two yummy hot cocoa bombs made by Sophia, the daughter of **Kelly Olds**.

The members of all three chapters participated in the Program of Giving, which involved contributing personal care items for the Student Support Network in Baltimore County.

This gathering was a wonderful way to spend time with DKG sisters, celebrate the holidays, and do something to help others.



Omicron's Fundraiser

Maria Shanabarger, Omicron Chapter President



Omicron Chapter participated in Empty Bowls, a fundraising event for raising awareness to hunger of all types.

Members of DKG Omicron participated in Empty Bowls, a fundraising event through Shepherd's Staff. Sharing their talents and friendship, the members painted bowls for this community event. Empty Bowls was created to bring awareness to hunger of all types, foster community, and raise funds to support those in need. Participating in this community event is one way Omicron Chapter connects with the community.



Delta Chapter's Outreach in Zambia

Linda Barrett, Delta

Many years ago, **Jeannie Niebel** visited the Ngombe Township in Zambia. She found profound poverty and asked how to help. The answer was through education. That was the beginning of collecting books and shipping them to Zambia. Then there was a need for money to send the books. Then a need to house the books in a library. Then a need for schoolrooms. Then a need to feed the children at lunch. Then a need to hire and pay teachers. Then a need for Z-pads (tablets) and charging stations. Then a need to train teachers in the best practices of teaching. Then a need to upgrade the library. Then a need to repair the buildings and so on.

Along the way, Jeannie and **Diane Straub** have written grants to fund the school (Good Shepherd School) and gotten two grants from Delta Kappa Gamma International for a library and Z-pads. Delta Chapter has also donated money at the holidays for books, Z-pads, and teacher salaries.

Today, Good Shepherd School has about 135 students and five teachers. There are three classrooms, a kitchen, and a large library. They partnered with non-profit IMPACT ONE, which helps a small number of schools to improve instruction and deal with finances.

The teachers are happy and highly motivated, receiving superior training and getting paid \$100 monthly on time.

The Adda Clark Library, named after Delta member **Adda Clark**, has a large stock of books, the exact number of which will be known soon. They have added software and a scanner to check books in and out. The Good Shepherd students and many students from the region utilize the library for classroom space and pleasure reading.

What does Good Shepherd School need? They continue to need money to maintain facilities, pay teachers, buy nutritious porridge for lunch, and send a few exceptionally bright students to high school for \$300 per year.

With this long history in mind, I'd like to re-establish our generous giving to the Good Shepherd School in Zambia. Their needs are many, but their impact is great for the children of Zambia. If you would like to donate, please make a check out to Glenmont Methodist Church, with "Zambia Project" in the note area, and send your check to Delta's treasurer, **Linda Barrett**, 600 Hermleigh Road, Silver Spring, MD 20902.





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Diane Straub

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