



## *Alpha Beta State*

### *NEWS*

*The Delta Kappa Gamma Society International – For Key Women Educators*  
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### **Leadership Development Conference** **Saturday, May 3, 2014**

Come join the members of Alpha Beta State for our biennial Leadership Development Conference. The Leadership Development Team has planned a day of fun and enrichment. We will begin our day with a continental breakfast followed by inspiration from Dr. Lonise Bias and end our day with lunch and the fantastic actress and writer Susan Poulin. You will absolutely enjoy Susan's rendition of Ida LeClair, as she shares life experiences. The first 100 members who register will receive a copy of Susan's book. Register early and get this fascinating and hilarious book. Susan is willing to sign your copy.

We will be offering three workshops:

**Health Care Reform and You** is designed to help members understand more about the Affordable care Act. Participants will get answers to questions and be able to discuss issues surrounding this program.

**Meals in Fifteen Minutes** is designed for busy members who need to get a quick and nutritious meal on the table.

**Floral Design** is our Make it and Take it workshop. Come and learn more about arranging that perfect centerpiece. Members will each create a floral design and leave with their own vase of flowers.

Chapter Presidents for 2014 -2016 will be trained by experienced members of the leadership team. Come prepared to gather and share information about leading your chapter successfully over the next two years.

The conference location is the Comfort Inn and Conference Center in Bowie, Maryland. Reservation information is available in this edition of the Alpha Beta State NEWS. Please join us on May 3, 2014 to share the vision.

*Janette Bell*, Alpha Beta State Organization President

**ALL**



**ABOARD!**



**Dr. Lonise Bias**  
**Keynote Speaker –**  
**Leadership Development Conference**

Dr. Lonise Bias is an internationally known motivational speaker, trainer, certified youth and family life coach and consultant. She's a dynamic and compelling orator, who engages audiences with her motivational and inspirational presentations, workshops and seminars.

As the result of the deaths of her two sons, Len and Jay Bias, Dr. Bias's career was launched as a public speaker. (Len Bias died due to cocaine intoxication two days after being drafted by the Boston Celtics on June 19, 1986 and Jay Bias was murdered in a drive by shooting at a local mall in 1990).

After addressing the topics of drugs and violence for many years, Dr. Bias has turned her focus toward the needs of the entire community. She has become a community activist, addressing topics dealing with the declining social health within schools (e.g., illegal drug and alcohol abuse, bullying, gangs and violence). She brings powerful messages of hope focused on the themes "Turning Lemons to Lemonade", "Hope Is Not Extinct" and "Family Matters," within our communities, homes, schools and, workplaces.

She is the President of Bias Consulting LLC, the Len and Jay Bias Foundation and Bspeaks. Bspeaks is a speaker series designed to help women, youth, family, schools and those in the workplace to navigate the hardships, stressors and challenges of daily survival. Through her life changing workshops, seminars, keynote addresses and "Power Lunches and Breakfast" meetings, she jump starts employees and staff by giving them insight, hope and direction.

Dr. Bias is a change agent who believes that hope is not extinct and positive change can happen in our communities when we use practical grass-root methods of prevention and intervention. The community, family, youth, women and those in the workplace are reachable, teachable, lovable and savable, but we must change our approach in adapting to their needs.

She has delivered keynote addresses to the faith based community, public and private sectors, and national and international conferences providing prescriptive solutions to remedy the social ills of our day. Her audiences are diverse. She has addressed heads of state, including former president Bill Clinton and the White House National Office of Drug Control Policy.

A few of her clients include, but are not limited to, the Drug Enforcement Agency (DEA), Department of State, US Office of Personnel Management, Homeland Security, National Basketball Association, National Football League, NCAA Colleges, Financial Aid, and numerous middle schools, high schools, universities and women's organizations.

Dr. Bias has made many media appearances and is the recipient of numerous awards including, the Boston Herald Community Service Award, Presidents Cabinet Award for Distinguished Service to Humanity (from the University of Texas in Galveston), Bridging the Gap Humanitarian Award (from the University of Pennsylvania), and the Giant Steps Parent Award. In May of 1990 she was conferred an Honorary Doctorate of Education degree (from the Anna Maria College in Paxton, Ma).

The tragic deaths of her sons have forged her commitment to help reclaim our communities. Dr. Bias is confident in the future and believes the "best is yet to come!"

## Susan Poulin

### Keynote Speaker – Leadership Development Conference



Ida LeClair is the alter-ego of writer and performer Susan Poulin. Selected by Portland Magazine as one of the "Ten Most Intriguing People in Maine," Susan has been creating and touring her original theatrical productions since 1992. She was a featured performer in *The Mirth of Venus* and *The Mirth Canal* at the Institute of Contemporary Art in Boston, The Maine Festival, the Minneapolis Fringe Theater Festival and Portland, Maine's Cassandra Project. Her work has been supported by the NH State Council on the Arts, the Maine Arts Commission and the Maine Humanities Council. Susan is also a popular keynote speaker, and has brought her humor and insight to presentations for Seacoast Women's Week, the American Cancer Society, New England Division, and the Personal Historians National Conference. As her alter-ego Ida, Susan writes the popular Maine humor blog and podcast, *Just Ask Ida*, at [JustAskIda.com](http://JustAskIda.com). Her first book, "Finding Your Inner Moose: Ida LeClair's Guide for Livin' the Good Life," was recently published by Islandport Press.



Working in collaboration with visual artist, songwriter and actor Gordon Carlisle, Susan's critically acclaimed plays, *In My Head I'm Thin*, *Shutting Up Peggy Lee!*, *Spousal Deafness...and Other Bones of Contention*, *Pardon My French!*, *Ida: Woman Who Runs With The Moose!*, *Ida's Havin' a Yard Sale!*, *A Very Ida Christmas!* and *I Married an Alien!* have broken box office records throughout the Northeast, playing in theaters, colleges, and being used as fundraisers for a wide variety of organizations.



**A Golden Dream in 2014**  
*2014 Seminar in Purposeful Living*  
Fort Wayne, Indiana  
July 23-26, 2014  
Registration and information at [www.dkgef.org](http://www.dkgef.org)  
Sponsored by the Educational Foundation

## **Mission:**

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

## **Vision:**

Leading Women Educators Impacting Education Worldwide

## **Short on funds?**

Upsilon Chapter may have an idea that will support your efforts!! Read on!!

At our first meeting of the year each member is given an envelope. A challenge is made to fill the envelope with donations for the chapter. The filled envelopes are collected at a mid-winter meeting and randomly distributed to those in attendance. Envelopes are then opened en masse and the dollar amounts announced and tabulated. These donated funds are used by our chapter to support member's participation in DKG—local, national, international—activities, community projects and chapter needs.

Believe it or not, Upsilon Chapter has had great success! Members like our “envelope system” for many reasons. Any amount is accepted! There is no pressure to contribute. It is anonymous. All approaches work. Some members prefer to add dollars every month; others do it at the last minute. Chapter members are not asked to contribute at any other time (barring emergencies) during the year.

One of our members, **Barbara DeWitt**, adds the unexpected extra. She ignites a spark to move us along the tracks for strengthening our society. (Southerners refer to that as “lagniappe”.) Barbara paints a small picture on each envelope before it is distributed. Each one is unique as it is beautiful. Chapter members look forward each year to seeing what Barbara paints: flowers, trees, birds, etc.

Try this easy approach in your chapter. You'll be surprised at your results!

**Ellie Shutak**, Upsilon

## **HOTEL INFORMATION FOR MAY** **CONFERENCE**

Leadership Development Conference  
Saturday May 3, 2014

Hotel Reservation Information  
Comfort Inn and Conference Center  
4500 Crain Highway. Bowie, MD.  
20718

Call 301-464-0089

For reservations

Single/Doubles

\$134.87

**Deadline for Hotel Reservation –  
April 20, 2014**

## **“Welcome Aboard Darling”**

It is my pleasure to welcome **Sharon Darling** of Nu Chapter to the position of Second Vice President of the Alpha Beta State Organization. Sharon has been an active and supportive member of Delta Kappa Gamma for many years. She has served her chapter in many capacities, including several terms as chapter president. Sharon has also served on several state committees. Currently, she is a member of the Chapter Support Committee and will become a part of the Leadership Development Committee. The Second Vice President also chairs the State Convention.

Sharon is ready and willing to serve the organization whenever and wherever needed. She is ready to jump on board the 2013-2015 Alpha Beta State Express and we are pleased to have her on our team.

**Janette Bell**, President Alpha Beta State Organization

## LETTING GO OF CLUTTER

### From November Program of Work

Nettie Owens, owner of Sappari Solutions in Havre de Grace, Maryland, has been helping people streamline and take control of their lives by becoming more organized, productive and environmentally conscience. Ms. Owens promotes organization as the key to living a more balanced, stress-free and successful life.

At the November workshop, Ms. Owens had us identify our biggest organizing obstacles and define clutter. We used the definition by Barbara Hemphill "Clutter is unmade decisions." There are many effects of clutter: stress, inability to locate things, being late for appointments, embarrassment, depression, frustration, feelings of laziness and/or guilt, etc. To begin to take action and get organized we need to remember the words of Marla Cilley of flylady.com. "It didn't get messy in a day and it is not going to become organized in a day." Questions that we can ask ourselves are: "Do you love it?", "Do you use it?" and "Do you need it?" With these ideas in mind then we can prioritize and set reasonable and attainable goals for de-cluttering and organizing. We can put things away, gives things away and throw things away. Generally, we only use about 20% of what we own. It is possible to rid ourselves of 75% of any collections that we have (shoes, clothes, photos, etc). We can think of possessions like a river- they flow in. We can keep the flow going and "open the dam" through donating (Purple Heart, Salvation Army, Goodwill, etc.) and gifting. Get started by identifying and working on one area for a set amount of time – a bit at a time. Establish your rules for sorting and organizing. Use "OHIO" – only handle it once – as a rule and try to get rid of one extra bag per week for donation or trash. Create habits and routines to immediately handle items coming into your home. By getting organized we can save time, have less stress and take control of our possessions instead of having our possessions control us.

For additional information:

SappariSolutions.com- blog posts, videos and information for organizing

Flylady.com – resource for organizing on your own

Freecycle.org – a forum for distributing unwanted goods

NAPO.net – National Association of Professional Organizers

–will help match you with a professional in your area

**Luianne Potter**, Alpha Theta



## MAKING JEWELRY

### From November Program of Work

Thirty-seven members of Alpha Beta State attended a jewelry making workshop presented by Karen Winkowski at the Society Workshop on Saturday, November 2, 2013. Karen lives in Cecil County and has been making jewelry for about 7 years. Once a month she conducts a jewelry making workshop at the Senior Center in Havre de Grace. She works with Fair Trade Beads and her greatest love is for a line of beads called Kazuri Beads found in Nairobi, Kenya. Kazuri beads are amazingly beautiful and unique.

Kazuri means "small and beautiful" in Swahili. In 1975, Lady Susan Wood set up a fledgling business making beads in a small garden shed in her back garden. She hired two disadvantaged women and soon many other women in villages around Nairobi, Kenya, who were in need of jobs, became part of the business. Kazuri Beads was then created and began a journey as a help center for the needy women (especially single mothers) who had no other source of income. The beads are made with clay from the Mount Kenya area and painted by hand, glazed and fired. Today Kazuri produces over 5 million beads a year and exports to more than 30 countries worldwide.

Everyone attending one of the two workshops was given a kit of materials, all of the tools necessary and several simple instructions to make a lovely necklace. The group had a good time and walked away with a lovely piece of jewelry.

**Janey Snyder**, Alpha



## White Roses



Eta: Mary E. Malamphy (October 28, 2013)

Alpha: Roberta Ella Churchill Crosby (November 13, 2013)

## Alpha Beta State Scholarships Available !

If you need to take courses to renew your teaching certificate, if you are pursuing additional certification such as National Teacher Certification, or if you are working towards a Master's or Doctoral Degree, consider applying for one of three scholarships offered by Alpha Beta State of Maryland. The **Dr. Anne H. Matthews, Esther J. Crooks, and Dr. Fern Schneider** scholarships can help with \$1500 toward expenses for women educators who are taking classes to further their careers.

Alpha Beta State also sponsors the **Founder's Scholarship** for up to \$1500 for folks who want to engage in an extended learning program involving a series of lectures, workshops and/or academic-based continuing education classes at an accredited institution or as part of nationally recognized program for lifelong learning. This scholarship is intended for programs involving a longer commitment than a Mini Grant would entail.

The deadline for applying for the state scholarships is January 15, 2014.

**Mini Grants** are also available for the personal enhancement of our members. If there is something you are interested in doing to enrich your life such as attending a conference, taking a craft class, or learning a new skill that may add a new dimension to your life, consider applying for one of our Mini Grants of up to \$200. Deadlines for Mini Grants are February 1<sup>st</sup> and May 1<sup>st</sup>, 2014

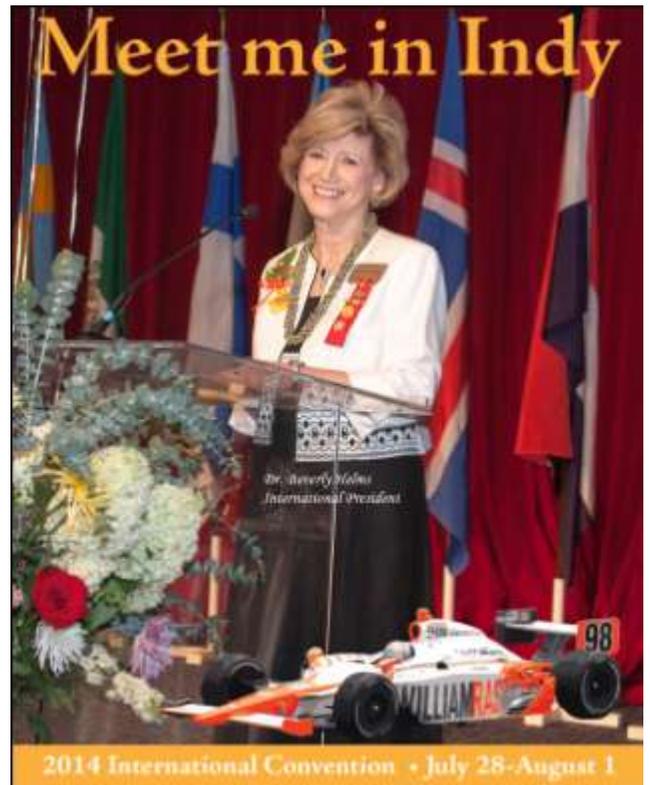
Information and applications can be obtained on the Alpha Beta State website :

<http://www.dkgmd.org/scholarship-information.html>

### **ALPHA BETA STATE MINI GRANTS**

Have you heard Alpha Beta State has allocated over \$2,000 to fund Mini Grants for Delta Kappa Gamma Members? Yes, active members can apply for mini grants up to \$200 for personal enhancement. Check out the Alpha Beta State Website for an application and the criteria. Look for the Scholarship Committee's display at the November 2nd Society Workshop for further details. The next deadline to apply is **February 1, 2014**. Don't miss out on an opportunity to be part of one of Delta Kappa Gamma's purposes: to stimulate the personal growth of members. Apply for an Alpha Beta State Mini Grant.

**Jean Marie Hofstetter**, State Scholarship Committee Chair



### **MARCH EXECUTIVE BOARD MEETING**

Saturday, March 1, 2014

Mt. Zion United Methodist Church  
12430 Scaggsville Road  
Highland, MD 20777

8:30 AM – 3:00 PM

Presidents are asked to come with their Vice Presidents and/or Chapter President Elect



## *EMAIL EXTRAS*

### Alpha Beta State Society Workshop Engage and Connect to your Community

Tamara Zavislan is Executive Director of the Community Foundation of Harford County. Her presentation sought to inspire Alpha Beta State members to view ourselves as philanthropists and to inspire us to civic involvement as volunteers. Tamara recognized that many of us are already engaged in the community through church, school, recreation clubs, Girl Scouts, the Red Cross, and other organizations.

Tamara addressed three areas of giving: work, wisdom, and wealth. She provided some statistics to illustrate the needs and the opportunities in Maryland. There are 32,001 nonprofit organizations in the state, with 1.3 million volunteers providing 193.5 million hours of service annually. 87% of Maryland nonprofits report an increased demand for services.

In addition to providing hands-on help in organizations, we can assist nonprofits by joining their Board and using our knowledge and experience to inform policy decisions.

Another way to contribute is through donations of funds or services such as tutoring or computer skills. No financial donation is too small to be appreciated. Of the \$316.23 billion given to charities in the U.S. in 2012, 72% came from individuals; 75% of this from households with annual incomes of less than \$100,000.

Volunteering brings many benefits, including a sense of purpose and the satisfaction of making a difference. It is a way to strengthen communities, while at the same time connect to others and enrich our own lives. People who volunteer are noted to be healthier, happier and more fulfilled.

The following websites are resources for those who are ready to volunteer, are motivated to learn, and bring a positive attitude to their contributions.

#### WORK

Volunteer Maryland  
[volunteermaryland.org](http://volunteermaryland.org)

Volunteer Central  
[volunteercentral.net](http://volunteercentral.net)

Maryland Nonprofits  
[marylandnonprofits.org](http://marylandnonprofits.org)

County Volunteer Centers  
[marylandvolunteercenters.org](http://marylandvolunteercenters.org)

#### WISDOM

Leadership Maryland  
[Leadershipmd.org](http://Leadershipmd.org)

Business Volunteers Maryland  
[Businessvolunteersmd.org](http://Businessvolunteersmd.org)

WEALTH  
Community Foundations  
mdcommunityfoundations.org

United Way  
apps.unitedway.org

**Ray Steven**, Delta Chapter

BELLY-DANCE  
BY **DR. MICHELLE ALEXANDER**  
Lambda Chapter  
[www.Mianaja.org](http://www.Mianaja.org)

Michelle is an excellent teacher in dance and history. This workshop was a FUN movement opportunity, and an interesting cultural and history lesson. I think our group enjoyed it very much, and I am sure I was not the only ABS member to feel rediscovered muscles the next couple days. (“)

I learned many new and interesting Facts and Myths about Belly-Dance. Michelle’s funny stories about how “western” contributions have made it a seductive dance (veils, etc.), when it is really the everyday expression for life events...birth, birthdays, weddings, etc. She also provided us with three handouts regarding Belly-Dance, her dance troupe, and workshops.

Belly-dancing .....is Good for You!

.....is Fun! Our group SMILED the entire class as we moved in front of the mirrors.

..... is a Healthy way to exercise

.....is a Creative outlet

.....Empowers Women and provides a sense of well-being!

.....Continues to evolve and the level of the dance keeps growing around the world...thanks to technology, stage art, etc. (See Michelle perform in the Columbia area.)

Raks Shark belly-dance is based on gentle, repetitive movements that come naturally to the female form. These movements and Concentration work with the body instead of against it. These side to side movements (not forward and back) tone, bear weight, reduce stress, and can burn 300 calories per hour. In some countries it is still used for pre and post natal conditioning for muscles. When one strengthens and relaxes the muscles, contractions are easier.

I thank the Educational Excellence Committee for providing this new opportunity for most of us and hope that we will ask Michelle to share again at future events.

**Sharon Hilty**, Delta

