

## 2020 DKG Virtual Event

*Sharon Darling, DKG MD State Immediate Past President; Nu Chapter President*

In the beginning, DKG Maryland was excitedly looking forward to attending the 2020 DKG International Convention in Philadelphia this year. All signs said, “Go!” We communicated and made plans for interacting during the convention, anticipating renewing our fellowship and garnering information that would serve us well as we improve our programming and increase our membership. We also planned to adorn ourselves with delightful tokens and symbols that would allow us to stand out from other members who traveled from the many areas of our world.

Unfortunately, COVID-19 arrived. Everything changed. We were concerned that we would miss out not only on our fellowship, but also on the pearls of wisdom and new information that we always obtained when attending the International Convention.

In the midst of our apprehension and anxieties, our International leadership created a 2020 DKG Virtual Event that allowed us to meet online, listen to exceptional speakers, participate in activities, attend workshops, chat, and welcome our newly elected international officers. The event was scheduled for July 7 - 10 and there was no fee for attending and participating. The biggest bonus of the event was the fact that we could download and enjoy it for the next year. One only needs to visit our website or the International website.

The first workshop entitled, “*Creating New Chapters*,” was presented by sisters from California. After 22 years, they welcomed the addition of 5 new chapters. As I watched the presentation, I thought about how their ideas and suggestions could be beneficial to DKG Maryland. I thought about utilizing some of their plans and

ideas to help our chapters grow and become revitalized - two goals we have been discussing over the years in our chapters.

The sisters offered five strategies:

- 1. Brainstorm possibilities.** Consider the age of your chapter members and the schools where they work that do not have DKG members. Also, consider location: do we work in one county and live in another?

- 2. Connect with possible members in Education.** Many chapters only look to the public schools as a source of membership. Have we considered private schools and colleges?

- 3. Connect with a group of educators who share the same needs.** Consider like-minded women who teach the same courses or share the same interests.

- 4. Connect with administrations.** Share information about DKG with the administration and request permission to share it with your colleagues.

- 5. Connect with retirees.** Newly retired educators may be looking for meaningful activities. Your retiree associations can assist.

Other items to be considered include the time and location of your meetings, advertisements in your local schools, if allowed, and sponsoring events where potential members are invited.

And finally, assign a mentor to the new member. Make sure the mentor agrees to serve this function. Then check with both later on to see how things are working out.

New members are definitely an asset to chapters. They bring new energy, new program ideas, and diversity to a chapter.

Remember: Regardless of what happens with the efforts, keep trying. Check out the many workshops offered. You may find one that can be used in your chapter as a jumping off place for presenting a workshop. Good luck. Hope to see you soon!

### Welcome to the 2020-2022 DKG International Administrative Board

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### DKG Maryland State News

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# The President Speaks

Some of us have planned or intended to visit Buckingham Palace in England or the Tomb of the Unknown Soldier in Arlington, Virginia to observe the Changing of the Guard. Soldiers bedecked in their impeccable uniforms tailored to each body size, highly shined boots, precise movement and step patterns, and all of the pomp and circumstance accompanied by vocal orders are ready for the changing of the guard.

Since March, COVID-19 has put a damper on the changing of the guard for the DKG Maryland State Organization. We have been making adjustments to our schedules and activities in an attempt to conduct business as usual. Regretfully, business as usual has not occurred. We have had to cancel all face-to-face meetings and restrict our interactions with each other to something called “social distancing.”

The sisters who served as chapter presidents for the last two years were successful in keeping chapters functioning. They communicated with chapter members on a regular basis. As an army, though lacking those resources normally available to us, since this March, we persevered through these difficult times. We were able to successfully complete our terms and leave an excellent record in spite of COVID-19. As of July 1, we participated in the changing of the guard though lacking all the ceremony and pomp and circumstance which usually accompany a new regime’s arrival.

Thanks to the dedication and performance of these chapter presidents during the last two years, the changing of the guard promptly took place in our chapters. These new chapter presidents, however, will not have many of the contacts and resources enjoyed by the outgoing chapter presidents. Our Leadership Development Conference, which was scheduled for May 2, 2020, had to be cancelled. This was the training activity for incoming chapter presidents. Thus, their first responsibility was to understand what their new position entailed and ways to go about assuming presidential responsibilities and communicating with chapter members. Like an army lacking the machinery, supplies, manpower and other resources necessary to get the job done, our new chapter pres-



**Lorraine Williams Johnson,**  
*DKG Maryland State President*

idents accepted the challenge to persevere and forge ahead to enable their chapters to grow, thrive, and accomplish their goals.

The task has been made more difficult by the arrival of COVID-19. But the ingenuity, creativity, leadership skills, and vision of our newly elected chapter presidents has already been exemplified in the changing of the guard on July 1.

We thank you for accepting the gavel of leadership during these uncertain times. We thank you for your determination to lift DKG Maryland to an even higher level of excellence. And, we look forward to how the changing of the guard will continue to move our organization.

DKG Maryland State Organization looks forward to a time when we will meet face-to-face, actually embrace each other, smile with lips not covered by masks, and sing to our hearts desires. The hope is that this is not in the too distant future and that the groundwork being laid by our new chapter presidents, since the changing of the guard, will propel our beloved organization to even greater heights.

“Onward!”

**Lorraine Williams Johnson,**  
*President,*  
*DKG Maryland State Organization*

## Committee News

### Think of Your Part in the Strategic Action Plan

*Cheryl Townshend, Chair, Strategic Action Plan Committee*

**Strategic:** relating to the identification of long-term or overall aims and interests and the means of achieving them

**Action:** the state or process of doing something or being active

**Plan:** a detailed proposal for doing or achieving something

For several biennium, a thorough search for and discussion of goals and objectives for DKG Maryland were made. Finally, in 2019, a plan was adopted by the Executive Board. Three Goals were identified:

1. **Support membership growth** by creating new membership opportunities and enhancing existing membership opportunities.
2. **Develop leaders** by promoting leadership opportunities and training within the society
3. **Create new resources for communication.** Communicate the international scope of our society.

Members realized that if DKG Maryland was to be labeled *exemplary*, the chapters and the state leadership would need to be *intentional* concerning their efforts to increase awareness of the benefits of being affiliated with Delta Kappa Gamma Society *International*. We are living in a fast-paced and changing educational culture. Therefore, our chapters and state leadership have to purposely *make time* individually and corporately to focus on supporting women educators in Maryland via scholarships, grants, leadership training, networking opportunities, and community service.

The international mission of DKG Soci-

ety is to *promote professional and personal growth* of women educators and *excellence in education*. The international vision of DKG Society for every member is stated as “Leading Women Educators **Impacting** Education Worldwide.” The italics throughout the article are mine. I mean to emphasize the importance of the words we use to define and describe the Why? of our existence. The SAP Committee wants you to take time to think about **your** part in this plan for your chapter and for the state. Our biennium theme is *Change: The Difference is ONE!*

We invite you to join us in changing the image and the importance of your membership in this organization as we move forward into the remainder of the biennium. If you have been a member for a long time, what would you be willing to change regarding your involvement? If you are a new member, what will you do personally and professionally with your membership?

The Strategic Action Plan is a long-term, purposeful list of activities that is to be pursued for the purpose of gathering momentum and significance for the society in the lives of key women educators. Please plan to contribute your gifts and talents to this effort.

*SAP Committee Members:*

*Karen Neal, Epsilon*

*Yvonne Stone, Theta*

*Dr. Terri Showers, Lambda*

*Rebecca Wilson, Iota*

*Cheryl Townshend, Omega*

*Lorraine Johnson, Theta, MD President*

### Award Criteria Adjusted Due to COVID-19

*Sharon Darling, Chair, Chapter Support Committee*

**D**KG Maryland is still here and so is Chapter Support! Our lives have surely changed since our March Executive Board meeting, but our Mission and Purposes remain as strong as ever.

The Chapter Support Committee, composed of *Afreda Adams, Epsilon, Mary Makinen, Alpha Delta, Cynthia Downton, Alpha Alpha, Sheri Grim, Tau, and Sharon Darling, Nu*, finalized new Chapter Achievement Award criteria based on the 2019 criteria and input from chapters. We were all set to send it out to chapters when COVID-19 put a hold on our ac-

tivities. We know that some chapters are meeting virtually, some have had face-to-face meetings, and some have had no meetings. I am sure some chapters have not even installed new officers. Soon you will be getting the criteria that is in the process of being adjusted and adapted to our current situation. The saying, “We are all in this together,” is so true, but we are strong DKG Maryland sisters. If any of you need help, just contact one of us and we will do our absolute best to offer ideas and assistance.

## Congratulations to Iris Wingert!

**D**KG Maryland congratulates *Iris Wingert*, Omicron Chapter, on the selection of her photograph, “The Joy of Reading,” for inclusion in the 2020 Volume 86-4 issue of **The Delta Kappa Gamma Bulletin**.

We are so proud of Iris!

## Scholarships \$\$\$

**O**nce each biennium, members are able to apply for up to \$200.00 for personal growth and development activities. The **Mini-Grants** due dates are **November 1, 2020, February 1, 2021 and May 1, 2021**.

There are four **state scholarships** available of **\$1,500.00** each. Applications are due Friday, January 15, 2021. Please see the MD DKG website for application forms and instructions.

For additional information, contact the Scholarship Chairperson, *Jean Marie Hofstetter, Omega*, at [jeanmariehofstetter@gmail.com](mailto:jeanmariehofstetter@gmail.com)



## Wanted: State Treasurer

**D**o you enjoy working with numbers and computers? Do you like to be organized? Are you a team player who would enjoy working with a diverse group of sisters at the state level? Then you are just the person we are looking for. State Treasurers are appointed for a two-year period. The current treasurer, *Weezie Carey*, has been serving in this position since 2017. DKG Maryland needs YOU as the treasurer. This position is supported by the DKG MD Finance Committee and past treasurers. If you have questions or are interested in applying, contact: *Janey Snyder*, DKG Maryland State Finance Chair at 410-746-1751 or [janey Snyder1@gmail.com](mailto:janey Snyder1@gmail.com). Application forms are available at [www.dkgmd.org](http://www.dkgmd.org) and must be postmarked no later than **December 31, 2020**.

# 2020 DKG Virtual Event Articles

## How Art Can Build Community

Wendy Happel, Mu

The COVID – 19 pandemic has really tested our resourcefulness and adaptability. Our 2020 International Convention planned for Philadelphia, Pennsylvania had to be changed to a virtual event. The keynote speakers presented from the safe environment of their own home or office through web conferencing. These presentations were recorded and the videos will be available on the state website for one year from the event.

Jane Golden, American artist and director of Mural Arts Philadelphia, gave an energized presentation based on her experience working in the inner city of Philadelphia with young kids painting murals all over the city. The title of Ms. Golden's presentation was, "How can art build community?" She presented a slide show illustrating how community murals enrich all of our lives while helping to build community pride in Philadelphia

Upon moving to Pennsylvania, she had to shift her perspective to what Philadelphia really needed. She saw neighborhoods and communities in turmoil. The people of color were underrepresented. There were also areas of the city that witnessed police brutality.

In 1984, there was a blight of graffiti in the inner city of Philadelphia. With her experience as an adjunct professor of History and Practices of Mural Arts in Los Angeles, Ms. Golden had a vision of hope and joy for the community of Philadelphia. She believed that these areas of art and public spaces could provide benefits for the entire city.

Kids were being arrested for graffiti writing on public and community spaces. Jane Golden saw art thru this graffiti. She wanted to create a program where kids could highlight their artistic talent instead of being arrested and made to wash the graffiti from the walls.



*Jane Golden is building communities through art in Philadelphia.*

She believed that murals have power to make art accessible to everyone. She saw murals as a way to express community issues in another way. She wrote a grant and presented it to the mayor of the city. She felt that art could bring social change and highlight what everyone has in common. Her vision was one that was highly aspirational and extremely problematic. These murals combine public, private, social, civic, and ethnic issues while using art to create social change.

She worked to turn the negative energy of graffiti into something positive. Murals began a pathway for kids to show their artistic talent. What was needed was a program that would be welcoming to kids to showcase their talents and help make the city a beautiful place to live. She set up centers that offered classes in life drawing, watercolor and art history. There were no art programs in the schools. The center helped students develop an appreciation for art and culture through field trips to museums and meetings with public leaders. They learned to appreciate their community and where their families came from.

These kids worked in teams to beautify the city making a life change through collaboration and giving a valuable voice to the city as stewards and champions of change. The murals not only touched the people, but they showed the government

that the murals can be a voice of the community. "People can change communities," she stated. This created an anti-graffiti network for the city of Philadelphia where their artistic talents were channeled in a positive way.

Ed Rendell, the new mayor of Philadelphia, created an art component as part of the recreation department and in 1998 **The Mural Arts Program**, "a pro-art program," was started. Her staff was small and her budget was meager. The program became a 504 program obtaining private dollars. The hope was that individuals of different races would talk to each other thru art. What could art change? The program provided young people a safe place over time. As the program thrived it began valuing everyone's thoughts and ideas with the hope of creating leaders of tomorrow. Since its inception, the program has had over 2200 young people active in the program with 100 percent completing high school and 85 percent pursuing higher education. These kids came from public and private agencies. Some came from the juvenile justice system and others had been plagued by trauma.

Since the inception of the program there has been a waiting list for the program. The murals connected with big issues of the community, the public, and current events of the nation. They had an important message and vision for their community. They told the history of the city so that it would be remembered using technology. Depicted in the murals were civil rights leaders, people of inspiration of the community, artists, writers, and scientists, just to name a few.

Through the years, many programs within the mural project illustrated important social and health issues of the time. The **Porch Light** program is a language based mural program helping immigrants with different issues such as trauma, housing, behavioral health, mental health, immigration, addiction, and substance abuse - all dealing with the whole person and depicting what they have learned through the public art of murals.

**Color Me Black** engages the homeless to work three hours a day to paint while getting services needed throughout the city.

The **Kensington Storefront** program provides information on nursing: where to get beds, music, poetry, phones, banking and cooking. All of these help to develop resilience in life. They provides gifts and agencies to lead the community out of darkness.

The **Restorative Justice** program creates murals using artists who are in prison while helping them to navigate in and out of the prison system. There is an Artist-inResidence program at the District Attorney's office.

**The Guild** program creates murals that provide instruction for building homes, landscaping, parenting, financial literacy, and technology. They listen to find out what people need and put them to work with their hands by creating opportunities. One such program is teaching mask-making for use during this pandemic.

**Art in Action** has created murals dealing with the current pandemic. Pictures incorporating handwashing stations and other trustworthy public health issues can be seen in murals around the city.

Murals of the 21st century include public spaces, private interests, and bringing people together to see current issues in a new way. Where statues have been removed, murals are put up.

Murals ignite change by bringing people together to discuss issues of community and humanity. Issues depicted in murals include environmental justice, recycling, rebuilding, economics, trash, working together and making collective decisions about the community. Murals also address issues of not having women depicted in public art. Murals are created as visions of what has been learned. The creation of these diverse teams create not only art, but social change and massive transformations.

You can contact Jane Golden thru email at [jane.golden@muralsarts.org](mailto:jane.golden@muralsarts.org) You can see a map of the location of these murals at their website, [muralsarts.org](http://muralsarts.org)



## Art Ignites Social Change in Philadelphia

*Bonnie Brose, Theta*

During the 2020 DKG International Convention, held virtually this year, I was able to view the presentation by **Jane Golden** who is the Director of Mural Art in Philadelphia. Jane has put together a program to encourage students and adults to look at themselves and their city in new ways. The program started small in 1984 and has grown to bring in people from all over the city. They do this by creating marvelous murals.

When she was first brought in to discuss the need to rid the city of graffiti, there was no organization. She brought in young people who had been creating the graffiti and had them pledge not to do this any more so as to not become part of the justice system. With her talent for

painting, she started a variety of painting workshops. Young people learned art basics and eventually painted over their graffiti with murals.

Today, there are more than 4,000 murals in the city. Not one has ever been covered with graffiti. Over the years, her students have gone on to create good lives for themselves. They have changed attitudes. Her theory is that "art ignites social change." Her video is still on the website with others from the convention and well-worth the viewing. It is inspiring!

Might I suggest a field trip to Philadelphia? What a lovely trip that would be.

# 2020 DKG Virtual Event Articles

## Relationships: The Key to Building a Positive Learning Culture

Patty Simon, Mu

**Susan Perkins**, from Kansas, gave her audience a lot of great ideas for creating a positive culture in DKG chapters, in classrooms, and in society as a whole. Ms. Perkins is currently the DKG Kansas webmaster and editor of the state newsletter. She is an assistant principal at Goddard High School and had previously been a special education teacher, working with K – 12 students with learning disabilities, behavior disorders, and mild autism. Ms. Perkins knows the impact that a positive culture has on students, parents, and the community, and she did an excellent job of sharing her insights.

Ms. Perkins began her presentation by defining culture as “a set of norms, values and beliefs, rituals and ceremonies, symbols and stories that make up the personality of a group or building.” A culture can be positive or negative and is the primary indicator of success or failure of a group. She went on to describe a negative culture, which has the following characteristics: lack of purpose, lack of progress, hostile relationships, lack of sharing of ideas and materials, very few ceremonies, and a tendency to blame others for short-comings. The remainder of her presentation focused on the qualities of a positive culture.

The first characteristic of a positive culture is the **ability to work together**. This requires clear and consistent communication. In this world of technology, it is easy for some members to fall behind. To avoid losing anyone, lessons can be developed on how to use technology. Goals should be set with a vision in mind. Roles

and responsibilities should be clearly defined. It is important for all members to be included and feel supported. It is also important to have fun.

The second characteristic of a positive culture is to **role model**. The leader and all members should behave appropriately. It is natural to have conflicting ideas and opinions. One can be a good role model by expressing opposing views politely. Performing service to the community and to one’s chapter are also signs of a good leader.

In addition, it is important to build healthy relationships. A **positive attitude** is contagious and can go a long way in creating an atmosphere of love and support. One way to support others is to write them notes, expressing appreciation for what they do. It is also important to respect and set boundaries for others as well as oneself.

In order to have a positive culture, the whole group must **share the vision**. The members need to determine the vision and set the goals. By honestly describing the current reality, they can see where they stand. Identifying the key supports and roadblocks will enable the members to get around the roadblocks and be successful. Goals should be periodically reviewed in order to maintain focus. Then both big and small accomplishments should be celebrated. If necessary, goals can be adjusted so that they are challenging yet still attainable and worthwhile.

Moreover, the whole group must set the tone. To create a positive culture, the leader and members need to build a **sense of community**. They should see opportunities, not roadblocks. They should set guidelines and share their expectations. Consistency and reliability are extremely important qualities. If one commits to doing something, then she should do it. If she cannot, then it is better to be honest and say she cannot complete a certain task at that time, rather than allowing the job to go undone.

Finally, a positive culture should **praise and celebrate**. There should be an attitude of gratitude. Everyone wants to be appreciated, so, as mentioned before, celebrate big and small successes, and do so frequently. Have members tell about the good things they have done or experienced. Affirmation of achievements will encourage members to get and stay involved.

Ultimately, it is all about **growth**—how to grow one’s chapter, one’s students, and one’s staff. By keeping in mind the aforementioned characteristics of a positive culture, one can greatly impact society.

Ms. Perkins concluded her presentation with these inspiring words: ***Be you, be present, and be positive!***

Be you.  
Be present.  
Be positive!

- Susan Perkins



## DKG Next Committee Examines Core Values

Rhonda Bailey, Mu

The DKG Next Committee was tasked with identifying the core values of DKG using the Mission Statement and Seven Society Purposes as a guide. These core values are exemplified through the goals and work of International, Regional, State and local chapters. Below are the summaries of each value as they were presented virtually at the International Convention.

### Collegiality - Rebecha Catlett

Collegiality is defined as “synergetic and harmonious cooperation of a group of colleagues.” The speaker talked about how DKG is a great example of a culture of collegiality and asked each of us to reflect on the impact that our DKG colleagues have had on both our professional and personal lives. She also encouraged us to create an action plan within our chapter to promote and celebrate the tenets of collegiality.

### Global Emphasis - Evelyn Lugo

Ms. Lugo began by talking about the major events that have occurred in Puerto Rico within the last two years. First there was Hurricane Maria in 2018, then the removal of the governor in 2019, and finally a major earthquake in January of

this year. Throughout these events, DKG has been there to offer necessary assistance such as gathering supplies. Ending on a more positive note, she said that the changes in education due to the pandemic have brought opportunities to extend local communities to global communities and allowed us to not just be better educators but better people.

### Leadership - Jan Nerem

Ms. Nerem started by discussing the reasons behind the creation of Delta Kappa Gamma in 1929 and how 91 years later we are all the benefactors. As members of DKG we all have the ability to become effective leaders. Officers are trained, leadership is looked at from different angles, and over a thousand women have graduated from the leadership seminars. As schools and businesses began to shut down in mid-March, both leaders and members had to get creative and come up with a new look and a new format, “standing on the threshold of a new and greater generation.”

### Philanthropy - Dr. Kimberly Beckerdite

Philanthropy is defined as a love of humanity and the giving gifts of time, treasure and talent. As DKG members

we can share our time, talent and spirit of services, finding and refining philanthropic projects based on the changing needs of both our community and our membership. Examples of projects include creating SEE (Support Early Career Educator) Bags, collecting books and donating gift cards. Whatever project or cause a chapter chooses to support, connection is key to ensure the commitment and service of its members. Ms. Beckerdite ended with a challenge to, “Go out and serve your community and set goals of philanthropy. So, what will you do to go out and change your community?”

### Personal and Professional Growth - Jessica Sergent

Ms. Sergent spoke about the endless opportunities for both personal and professional growth through networking, workshops, conferences, conventions, and speakers. She shared her personal experiences, emphasizing that they have stretched her beyond her comfort zone which is the place for true growth. She ended by encouraging anyone considering future involvement within DKG to take the leap.

## Dr. Tarner on the Eight Elements of an Inclusive Organization

Joan Wiggins, Alpha Theta

Dr. Elizabeth I. Tarner of Virginia presented the “Eight Elements for an Inclusive Organization.”

We all belong to numerous organizations. Pick one and reflect upon its composition. Does it treat people fairly? Personalize individuals? Is there diversity among the members? And is the decision-making robust? Some of these traits may vary within the organization. However, they are necessary for an inclusive group. Inclusiveness will create a culture of unique ideas and ensure that each person feels included. You will certainly lose members and momentum within the organization if inclusion is not promoted.

As you look at these eight elements for an inclusive organization, see if your group is meeting or exceeding these standards:

1. **Sense of Identity** - This is evident in the Mission & Purpose statements.

2. **Desire to Learn** - Broaden your awareness of the individuals in your group.

3. **Commitment to Diversity** - Race, Ethnicity, Age, Experience, Personality, etc.

4. **Displays Courage** - Create a challenge and initiate change. This may be met with criticism.

5. **Cognizance of Bias** - You may want to take an assessment within your group to discover the levels of bias that may be present

6. **Curiosity** - Have an open mindset by asking questions and actively listen.

7. **Cultural Intelligence** - There must be evidence of opportunities to deepen your cultural awareness.

8. **Collaboration** - Work together to learn everyone’s similarities.

Try this exercise at one of your sessions and tabulate the results to check the inclusiveness of your group:  
*I feel excluded when* \_\_\_\_\_.  
*I feel included when* \_\_\_\_\_.

After the assessments, take action. Which one of these will you work on for your group?

- Embrace diversity in all aspects of planning, implementation and focus points
- Hold the leaders accountable.
- Survey your members.
- Review your Bylaws and Standing rules.
- Communicate relevant information.

Dr. Tarner’s presentation provided all the steps necessary to make our organizations inclusive so all members feel valued and appreciated.

# 2020 DKG Virtual Event Articles

## Overcoming Institutionalized Racism

Erica Bates, Theta

**O**lympia LePoint presented “Six Decisions to Overcome Institutionalized Racism using Science and Innovative Thinking.” Ms. LePoint suggested that if we want things to change, then the changes must begin in our own lives. Racism is present in the system. However, there is a way to change systematic racism through our presence and the decisions that we make. First, we need to know the root cause of racism in America. Africans were taken as slave labor. Through lies and false thinking, laws were established that indicated that people of color were not human. The lies that were embedded in the laws established a way of thinking. When people hold onto judgements, attitudes, or stereotypes that affect understanding and actions in an unconscious manner, implicit biases occur. Ms. LePoint indicated that our thoughts have energy and interactions happen with our thinking. The thoughts have power and the decisions that we make direct that energy which can impact our lives.

Everyone has the possibility to love their

life and attract opportunities with their electromagnetic decisions. Ms. LePoint referenced decisions that we make in our lives. The **faith decision** involves knowing your purpose. What is your purpose? **Self-identity decisions** challenge you to be courageous about knowing who you are. **Intent decisions** reflect on the events that occur in your life. Will the events influence you or will you influence the events? The **learning decision** applies to new thinking and the environment. **Resource decisions** require you to make decisions on how you will use your resources so that they will multiply. There is a story about a boy in the Bible. Jesus takes the resources that were given by the boy and multiplies the food. The **love decision** helps to determine ways to love and guides us to make better decisions. **Decisions direct our energy to ignite change in our lives.** In order to change our thinking, we have to make personal decisions to transform our thinking.

There are six decisions that we can make that will impact the educational system so

that people have a fair chance to succeed.

1. **Find your purpose.** Decide that your life and efforts have a purpose to promote diversity.

2. **Know your self-identity.** You have the ability to be inclusive and not divisive.

3. **Be intentional.** You can create policies that promote fairness and reject implicit bias.

4. **Be aware.** Learn about concerns that do not directly impact you and see how they relate to you.

5. **Utilize resources.** Redirect your resources to underrepresented populations.

6. **Love yourself and others.** Stop fearing the past and start loving your future.

Ms. LePoint concluded with the idea that the ability to change the future includes hope, fairness, equity, and gratitude. Remember that your own life decisions change your life and ignite life in other people.

## Your Health

### Personal Wellness through Yoga and Meditation

Dr. Beverly Eanes, Omega

**D**uring the 2020 DKG International Convention, **Cynthia Moore** did a presentation on “Personal Wellness through Yoga and Meditation.”

Cynthia has a quiet and playful presence. One can see that yoga and meditation bring her joy and she loves to share and bring that joy to others. She began by sharing the **Elements of Wellness** (University of New Brunswick): Emotional, Environmental, Intellectual, Occupational, Physical, Social, and Spiritual.

The three components in yoga and wellness are: **Body**, which is our past such as in our muscle memory that goes very deep; **Breath**, which is our present; and the **Mind**, which is our future.

Much of what she demonstrated can be done using a chair. She concentrated on the breathing techniques of meditation and the various positions in yoga. When she used standing positions she also did some gentle swaying and dancing.

As we continue in this time of trauma, attempting to endure the current pandemic and racial unrest, the need to maintain our wellness can certainly be understood. Muscle tensions from the past and fears which mean that we are facing an uncertain future, make it clear that we need to remember to be in the present in a way that will lead to our wellness. Practicing yoga and meditation may help us to do so.



## Children's Health

### Dr. Gross Gave Tips for Trauma Reduction

Sally Nazelrod, DKG MD Second Vice President; Xi Chapter President

Dr. **Karen Gross**, educator, author, policy advisor, and consultant, is a member of *Zeta Chapter* of the DKG District of Columbia State Organization. She was a speaker at the Virtual International Delta Kappa Gamma Convention on July 7. Her topic was: **How Trauma Affects Learning**. She spoke on the abundance of trauma, including the threat of the COVID-19 virus in our world and how that affects learning in our educational institutions.

Dr. Gross stated that professional development is not abundant and sometimes unavailable for teachers on this topic. She provided participants with resources that support trauma reduction in the classroom. Often, she stated, trauma symptoms in classrooms take away five **S Words**: *Structure, Stability, Safety, Subtlety*, and *Someone(s)* for the learners. Strategies to restore focus are four **D Words**: *Dialogue,*

*Diversion, Draw/Clay/Dance, and Dazzle/Delight.*

She shared the idea of a **trauma toolkit** for students which could contain special and often personalized manipulatives for students. The toolkit could include feathers, healing stones, crayons, sayings, playdough, lifesavers, instruments, paper markers, flexible toys, and other items. Students could create these boxes on the first day of school and visit them throughout the year.

Dr. Gross reminded the audience that our goal is to help children to become productive citizens, and that all of us need to be optimistic as we support the next generation.

You can view her full presentation which is recorded online on the DKG Convention 2020 website at <https://youtu.be/rN02Asz6h40>

Resources currently available for educators suggested by Dr. Gross include:

Karen Gross, *Trauma Doesn't Stop at the School Door: Strategies and Solutions for Educators PreK-College*, Teachers College Press, June 2020. Available for 15% discount and free shipping at [www.tcpress.com/karen-gross](http://www.tcpress.com/karen-gross) with code: DKG2020.

Karen Gross, *Tongue Twisters and Beyond: Words at Play* at [www.northshire.com](http://www.northshire.com). Available end of August \$6 per copy for bulk orders of 50 or more.

Edward Wang and Karen Gross, *The Feeling Alphabet Activity Set*. Available at the end of August as an online link for printing, low cost under \$5.

For additional information:

Website: [www.karengrosseducation.com](http://www.karengrosseducation.com)

Email: [karengrosscooper@gmail.com](mailto:karengrosscooper@gmail.com)

### "Quaranteams" and S.A.F.E. at Home

Cheryl Townshend, Omega

In a conversation with President **Lorraine Johnson**, I recently shared that I had participated in a webinar sponsored by Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) regarding the concerns that educators hold for the mental health of children during the pandemic. The topics covered were calming strategies, tips and tools for parents, and mental health tidbits. Of note were the items mentioned that were helpful to children as they contended with distance learning out of their homes. Some of the tools mentioned were items that could be provided by chapters to the schools nearby. A sampling of the tools mentioned were:

- **Earbuds** for use in cutting out background noise in the home during learning.
- **Baseball caps** for ADHD children who need to have some amount of assistance to focus. The visor on a cap appears to have a calming effect for children who tend to have trou-

ble maintaining attention.

- **Three-sided carrells** that can be used to create a private workspace on a dining room or kitchen table.

Other information shared that can be helpful to remember is that teachers and parents are encouraged to make time for **SAFE** at home: Social, Active, Fun, Effortful.

**Social** - Interaction with other children, Zoom or otherwise

**Active** - Time outdoors

**Fun** - Time doing things the child enjoys

**Effortful** - Chores, working as a family team to maintain a home environment that is inviting.

"**Quaranteams**" were encouraged if a family has several children who are trying to learn online at the same time. This is getting a small group of children who are of the same age to gather in a home with an adult who can supervise the learning

that is being presented by the school. This frees up the working parent. Chapters might have some retirees who are available to supervise such a group of children.

The presenter reiterated that every child needs to feel loved and protected. They need to be aware of and be able to express their feelings. They need to feel capable. Academic coaches that are provided by a chapter may be able to fulfill some of these needs by being available to the children as they continue to adjust to learning from home. Teachers are expected to continue teaching self-management, self-awareness, responsible decision making, relationship skills and social awareness through this time of concern for cultural responsiveness and equity. Chapters within the Society may have those members who are willing to take some of this responsibility from the shoulders of the classroom teacher and come alongside families in nearby communities. Just a thought!

## Chapter Updates

### Mu Chapter Stays Active

Allison Gradwell, Mu Chapter President

The COVID-19 pandemic has certainly proven to test our creative abilities and to stay focused on the important issues. I am happy to write that, at this time, our members have all stayed healthy and relatively active, doing a variety of activities. We meet virtually via Zoom, and while this is not optimal, just seeing each other has been a source of relief and fun. Here are a few things Mu has been doing since the pandemic began.

During our May meeting, we inducted our newest member, **Jessica Geleano**, via Zoom. We feel quite lucky to add another young teacher to our ranks.

Most of our members taught or are still teaching in Lansdowne, which is a low-income area of Baltimore County. Knowing how difficult it must be during this crisis for students in that area, we decided to donate \$300.00 to Lansdowne's Community School Coordinator to help fund gift cards for students' basic needs.

As a chapter project, it was decided early on to submit photos and stories that depict our thoughts and projects throughout this pandemic. We want to create a scrapbook of sorts to document how and what we all did in isolation. We will continue to compile our memories in hopes to be able to share them with generations to come.

It seems likely that we will not be meeting in person for some time; however, we look forward to continuing to meet via Zoom which will include a virtual museum tour, a book discussion, a guest speaker, and, as always, finding ways to support our children and teachers in the coming months.



Mu Chapter inducts their newest member, **Jessica Geleano**, 12th person on the screen, via Zoom.

### Alpha Beta Sent Cards

Carol Howard, Alpha Beta Chapter President

Unfortunately, COVID-19 kept us from having our in-person service meeting. We were going to tour the Sleep In Heavenly Peace facilities and hold our end-of-the-year planning meeting and orientation for new members. Instead, Alpha Beta Chapter has attempted to support and keep our sisters close by sending out "Thinking of You" cards as we look forward to when we can physically meet again.

### Alpha Chapter

Janey Snyder Alpha

Alpha Chapter has had two meetings using the Zoom app. The first meeting was in May. We met to check in on each other. We had a great social hour, which we all needed. Although some of us had connected by phone, it was a wonderful time of sharing and connecting.



Alpha Chapter welcomed new member **Kathy Bateman**

In the next few months, we will be meeting on Zoom for our book club. The next book will be Michelle Obama's "Becoming." Alpha Chapter is hoping to meet in September in person. We are planning to meet in a picnic area where we can social distance and, of course, wear our masks.

On June 24, Alpha met again on Zoom to install our 2020-2022 officers and to induct a new member, **Kathy Bateman**. Kathy retired from Baltimore County Public Schools after serving many years as a Special Education and Reading Specialist. Kathy followed in the footsteps of her grandmother, who was an elementary school teacher. Now her four daughters have followed Kathy into education careers as well.

Kathy keeps busy with her 12 grandchildren, volunteering with Araminta Freedom Initiative, and her church's children's ministry. She still finds time to enjoy reading, going to the gym for Zumba classes, hiking, and kayaking. Alpha Chapter members were excited to welcome Kathy into The Delta Kappa Gamma Society. We are anxious to meet in person so that she can be presented with her pin and certificate.

### Alpha Gamma Chapter

Lynn Mattingly, Alpha Gamma

On Tuesday, April 21, Alpha Gamma Chapter held a virtual meeting. It was led by chapter president **Jennifer Hlavka**. Approximately twenty members used Zoom to log in for discussions of the movie, "A Beautiful Day in the Neighborhood," in which Tom Hanks portrayed Mister Fred Rogers.

Prior to the meeting, websites were given to watch the movie or to review clips of specific scenes. Discussions followed, which included favorite snacks or refreshments, and revolved around Mr. Roger's masterful treatment of children's feelings and issues.

The members' feelings were also recognized as **Jennifer Hlavka** called out to each person to ask how they were doing during this pandemic. How are you coping and spending your time? What is working for you?

Membership in DKG allows a professional and personal connection with colleagues to continue even if this support and communication is virtual.

## Teaching Online

### Sharing Books On Zoom

Dr. Minnie Young, *Eta*, MD State Editor

When I started teaching online, one of my main concerns was how to get good books to my students in the Philippines. Exposure to good literature is crucial for these beginning readers. How do I go about sharing one story each day? With the students and teachers unable to go to the school library, or any library for that matter, what should we do? To my delight, I came across four excellent online libraries of children's books!

#### Online Children's Books Libraries

1. **Epic!** - With 40,000+ books in their collection, Epic is able to address many topics across different subject areas including Language Arts, Science, Math, Social Studies, Music, and Art. There are "Read-to-Me" books that will play audio for children. And best of all, I can set up classes and assign books to my students. I can also check which books each student has read. Teachers are eligible for a free account (Thank you, Epic!) You can check it out and sign up at <https://www.getepic.com/educator-sign-up/profile>
2. **Unite for Literacy** provides free digital access to picture-books with narration. These are short books of around 8-10 pages on a variety of topics. The books are also multicultural.
3. **TumbleBook Library** offers subscription to schools and libraries. Their collection of over 1100 titles includes animated talking picture books, chapter books, videos, non-fiction titles, graphic novels, playlists, and books in French and Spanish. TumbleBook Library, which is based in Canada, is currently offering discounts to schools. Our preschool teacher has a knack for picking up the funniest books and she has found a lot at TumbleBook Library.

### Native Knowledge 360°

Iris Wingert, *Omicron* and Dr. Minnie Young, *Eta*

Native Knowledge 360° (NK360°) is the National Museum of the American Indian's national education initiative to inspire and promote improvement of teaching and learning about American Indians. NK360° provides educational materials and teacher training that incorporate Native narratives, more comprehensive histories and accurate information to enlighten and inform teaching and learning about Native America.

#### Professional Development

NK360° provides webinars for teachers. The next one, *Native New York in Your Classroom*, is a free four-part webinar series. The series is designed for education professionals who teach about the Native Nations of New York State. Educators whose primary teaching focus is social studies, English language arts, or library sciences, and who work with students in grades 4-12 are encouraged to register. It will run every Thursday from September 24 to October 15, 2020.

Check out their collection at <https://www.tumblebook-library.com> School subscribers also have access to a rich collection of educational resources such as lesson plans, quizzes, educational games and puzzles related to literacy, comprehension, and language skills.

4. **Oxford Owl** - Based in the United Kingdom, Oxford Owl also offers access to free resources and eBooks to teachers and parents. You can set up a class account and give access to your students, too. One book in particular that I love available at Oxford Owl is *Winnie the Witch Stays Home* by Valerie Thomas and Korky Paul. Yes, it has to do with COVID-19. Perhaps you can view it at <https://www.oxfordowl.co.uk/api/interactives/30463.html> You may need to sign up first at [https://www.oxfordowl.co.uk/user/sign\\_up](https://www.oxfordowl.co.uk/user/sign_up)

#### Story Reading through Zoom

To share a book through Zoom, all you need to do is to open the book on your browser then hit **Share Screen**. It's one of the buttons at the bottom of your screen on Zoom. After you have started sharing your screen, notice that you will have a new button that says **More** with three dots above it (...). If you will be playing the book's narration, make sure to click on "More" then "**Share Computer Sound.**" I like to play the book's narration not only because they model the language, but they also usually incorporate music and sound effects.

For those who prefer to read using the tablet or phone, Epic! and TumbleBook Library also have apps you can download.

If you'd like to learn more about online libraries or teaching online, please send me an email at [drminnieyoung@gmail.com](mailto:drminnieyoung@gmail.com)

#### Online Lessons

Digital lessons focusing on essential understandings are available complete with videos, maps, essay articles, teacher instructions and student instructions.

#### Virtual Field Trips

These live and interactive programs led by a museum educator focus on American Indian history, culture, and contemporary lives. All programs are conducted over Microsoft Teams and can be booked through Microsoft's Skype in the Classroom website. Virtual field trips are FREE and should be reserved at least two weeks in advance. A minimum of 10 students is required to register.

Even if you're not teaching, perhaps you'd like to know more about Native Americans. The Frequently Asked Questions page is a fun place to start exploring NK360°. Go to <https://americanindian.si.edu/nk360/faq/did-you-know/>



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## Keep the Lights Burning

*Lyrics by J. Wiggins, 2007  
Composed for Maryland State*

Keep the lights burning sisters, flip the switch in your heart

Retain and reclaim to make Maryland State shine

If you keep the lights burning, sister

Keep the lights burning in you!

Strive to be present at Chapter meetings

Attend the events of Maryland State

We wear the key for all of Maryland to see

Now we'll keep the lights burning sister

Keep the lights burning in you!

