



ETAGRAM

The Delta Kappa Gamma Society International



President's Message

"We must find time to stop and thank the people who make a difference in our lives." – John F. Kennedy

My goal was to have this Etagram published on February 1st. Obviously we are far past that date! Working teachers finished writing and distributing their student achievement reports, articles trickled in, the format was established and the Etagram was ready to go – except for the President's Message. I was busy, but I was also ruminating about the perfect thing to write. Not a good combination for being productive.

Then I reminded myself of a goal I'd set; not all of my products need to be perfect, often "good enough" will do. While "good enough" is all well and fine, not perfect made me a bit grumpy (yes, I get grumpy). Then I reminded myself of another; when you're feeling unhappy, change your attitude to gratitude.

Eta sisters provide much for which to be grateful! Peggy Heath and her membership committee have established a wonderful timeline in which to welcome our new members and they have lovingly memorialized a member we lost. Cheryl and Barbara have coordinated their volunteers and provided welcoming hospitality at all of our gatherings. Barbara B and her team responsible for awards and scholarship have chosen Eta sisters to honor for their service, and have plans for future honorees as well. Karen E and her team have plans in the works for fun fundraising in support of our society's mission. Although the pace has been slow due to the largess and confidentiality required of our local school district, Louise and her committee members are persevering towards our chapter's goal of assisting educators in the classroom, whether they be early career or experienced teachers. Nancy and her faithful helpers will soon be reading and comparing to find our always-stellar grant recipients. Cathy, Shelley, Camille, Ruby and Julie D navigate the flow of chapter and state communication. Alida and Karen H are always there to help me with my forms, due dates, questions and wonderings. Tina maintains chapter finances and goes above and beyond in her role as treasurer. Finally, this late Etagram message wouldn't even happen without Shannon sharing her talent and time to produce our fabulous Etagram!

Thank you Eta Sisters one and all, for making a positive difference in our lives!

Kris D.

**DKG promotes professional and personal growth of
women educators and excellence in education**

Upcoming DKG Events

Chapter Meetings

May 11th – BARK Fundraiser at Barnes and Noble
June 3rd – June Tea at the home of Alida S.

California State/Area Events

Area XII Conference on **April 22** at The Grand in Long Beach

DKG California Convention on **May 5-7** at LAX Marriott in Los Angeles

Legislative Study Session on **June 20-22** in Sacramento

Southwest Regional Conference on **July 4-6** in Honolulu, Hawaii

ETA Chapter Goes to the Theatre!

By Alida S.

Eta members participated in another fun filled “November Social”. Sixteen members and guests started the evening with a great dinner at the Crooked Duck restaurant on PCH and Clark Ave. The service was great and the conversation even better!

After dinner it was a short walk to the Long Beach Playhouse. We had front row seats to a great show that kept us laughing from start to finish. Good food, good show and even better company: it was a great way to spend an evening with ours sisters!



Don't Dress for Dinner

Chapter Philanthropy

Our Eta sisters have been busy during the last few months helping to bring joy to Long Beach's smallest citizens. At our December brunch we enjoyed time together catching up while being entertained by duo Jeff and Mary Denk. Eta Chapter members and their guests donated 94 books to entertain and help children to dream. Along with the books, we donated 88 stuffed animals for the children to snuggle with. The donation was received with great appreciation from "For the CHILD". Families unable to buy gifts for the holidays were given the opportunity to shop, through the donations at no cost, to assure that their little ones would have a special holiday. We can all agree with the quote from "Winnie the Pooh" they sent in their thank you note sums it all up, "*Sometimes the smallest things take up the most room in your heart.*" In January, we continued our community service with our annual Jarred Box collection. Members filled 60 boxes with toys, art supplies and games for the children at Millers Children's Hospital. Included this year was a donation of 16 boxes from 2nd graders at Longfellow Elementary. The students worked on the boxes as part of their Kindness Project. As the students went shopping through the donated items to fill the boxes they carefully considered what each recipient might like to have when they opened their very own box. Students wrote narratives about their experience. In their writing, they described the feeling of participating in this experience; "delighted," "proud," and "excited" to think about how the children's faces would look when they opened their box." It was a very sweet day to see children joyfully share with children they would never meet. Thank you Eta sisters for bringing joy to the children in our city.



*Reaching
Beyond Ourselves*

Travelling Sisters

The Eta Sisters that attended the January meeting traveled to three continents without having to update their passports, get any shots, or go through the hassle of packing their suitcases. Our tour guides for the evening were Masumi Hogan, Julie Drysdale and Louise McCormick.



Masumi took us to Japan by showing us pictures of her newly acquired condo in Tokyo. Our mouths were watering when we saw the dishes that she and her sister prepared for the celebration of the New Year. Next, we travelled to a manor house in Devon, England with Julie. This trip was one of three European vacations that the Drysdales and a large group of friends have taken together. Her pictures captured the scenic English countryside beautifully. Our last stop was an African safari with Louise. Through her pictures, we visited Kenya and Tanzania and the many animals that reside there. She raved about their tour guide's knowledge of the animals and the areas they visited. Louise remains in contact with him via email.

We all enjoyed our trip with our travelling sisters and we didn't suffer from jet lag!





**Save the Date !!!!!
April 22, 2017
Delta Kappa Gamma
Area XII Golden Rose Recognition
“Aloha! Sisters of Distinction”**

You are invited to attend the DKG California State Area XII Spring Conference at The Grand Event Center located at 4101 East Willow Ave., Long Beach, CA 90815. The Golden Rose Ceremony and Recognition honoring a distinguished member from each chapter will include breakfast, a silent auction, and entertainment. We hope that the date will be on your calendar to make this a special morning of fun and friendship.

Cheer On Our Ohana!

Our Golden Rose recipient and THREE of our very own Eta members will be awarded Area XII Awards during this wonderful day of celebration. It's not too late to be included-Make your reservations by mailing (she needs it by April 1) Tina N your check for \$26. Please remember to include your breakfast choice of A for eggs or B for vegetarian in the memo line.



Be sure to sign up for the DKG California Highlights! This is a weekly publication that comes directly to your email. Visit www.chistate.org to sign up.

Also, have you seen the newest edition of California Connections? Our very own Julie D is the editor. This is sent out to your email address. We received our latest edition in March

Happy Birthday Wishes to Our Sisters!

December: Ann D., Cathy L., Margaret C., Linda A., Alison R., Harper K.

January: Judy S., Miep V., Barbara J., Linda F., Dora B.

February: Leslie J., Charlotte N.

March: Shelley F., Sara F., Barbara F., Emiko F. Chris G.



Upcoming Due Dates by Judy S.

APRIL

04/01- **THAT Hours:** the deadline to report THAT hours for current year. Hours reported after this date will be designated for next year. Your hours will not be lost.

04/01: **Area XII Spring Conference:** at The Grand, Long Beach, 9 AM reservations due to Tina N.

04/10: **Convention Registration:** to be held May 5-7, Los Angeles

04/15: **Legislative Study Session Award:** award to pay for registration for the Legislative Study Session

04/16: **Order of the Rose:** application for recognition of chapters for membership growth of three or more members

MAY

05/15: **Legislative Study Session:** early bird registration for the Legislative Study Session in Sacramento, a ten-dollar savings

JUNE

06/01: **Continuing Education Award:** award to help pay for classes, workshops, seminars, conferences, or professional development training

06/05: **Legislative Study Session:** early bird registration for the Legislative Study Session

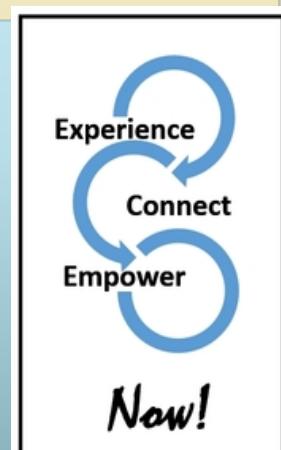
JULY

07/15: **Form 15 Area Treasurers:** fiscal year report for the Finance Committee

07/15: **Form 15 Chapter Treasurers:** fiscal year report for the Finance Committee

Have you registered for the California State convention in May 5-7 at the LAX Marriott? Visit <http://www.chistate.org> for online registration and link to hotel reservations.

- Be transformed by guest speakers
- You will be enlightened by professional development and personal growth sessions
- You will meet new friends and reconnect with past convention pals
- BUT the most important reason is to be a part of Eta's conga line as we welcome our very own Julie D to her new role of California State President



Getting Up on the Right Side of the Bed Every Day
Leadership Retreat in Sacramento January 14-15th
By Shannon R.

This was my first leadership retreat and I can say with certainty, it won't be my last. What an inspirational weekend. The backdrop for this weekend was our capital city of Sacramento. Eta chapter was so well represented; we had eight members seeking out the secret of making it a good day, every day. Our presenter was Helen Horyza, President of Elevate, and Inc. This wasn't the first retreat she has done for DKG. She prepared this one just for us. She included some wonderful TED Talk videos, some thought-provoking questions we had to grapple with and some fun group work- we even had some homework!

Some highlights:

- We have the ability to experience natural happiness and we can manufacture happiness with the same effect on mind and body. See the following link to find out more: Dan Gilbert, The Surprising Science of Happiness
https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy
- When giving feedback, to use T.S.P: Truthful, Specific and Positive. What a powerful tool to use in your everyday life.
- Begin the day by reminding yourself of your top three values
- Think about the objective of your actions and what is it going to look like when you are done?
- Get to know names- when you call someone by his or her name, it creates a meaningful experience for everyone.
- How we define leadership will influence ourselves and the people around us. Find your "lollipop" moment. Watch this TED talk and be inspired: Drew Dudley, Everyday Leadership: https://www.ted.com/talks/drew_dudley_everyday_leadership
- How you see others or experiences creates needs. Watch this emotional example of how this plays out in life: Jim Ferrell, Resolving the Heart of Conflict:
<https://www.youtube.com/watch?v=YyhOT3jCcR4>
- Watch your body language- it is sending a message to others without realizing it. Watch this TED talk to find out what you are saying: Amy Cuddy, Your Body Language Shapes Who You Are:
https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are

This retreat was a way to encourage ourselves to be better; to take a look at who we are and what we want, all in a safe environment with sisters we've known for years as well as newly acquainted sisters. Mark your calendar for next January 20th retreat in Orange County. There are scholarships available through California State to cover the cost of registration.