



The Keystonian

The Delta Kappa Gamma Society International - Key Women Educators

Official Publication of Alpha Alpha State PENNSYLVANIA

Pennsylvania Highlights from International Convention



Leading with wisdom and passion, 45 delegates from Alpha Alpha State journeyed to the Windy City of Chicago to participate in the 2008 International Convention. Highlights included dissertation recognition of Tammy Cavanaugh, Ed.D. and Lynn Newman, Ph.D.;

Pennsylvania's invitation to the 2011 NERC in Hershey; musical participation by Shirley Newhart, Barbara Rankin and Sue Stamm; publication in the convention newsletter *Windy City Jazz*; PA's dues amendment proposal on the convention floor; the juried art exhibits; and the unforgettable Pennsylvania Night dinner!



Pennsylvania Night

All those ready for the NERC in Hershey, raise your hands! Looks like President Carolyn (center) and 1st VP, Susan Stamm are ready to go! State convention International guest, Drs. Trijny Schmitz du Moulin joined Alpha Alpha State delegates for the state's dinner celebration.



Dr. Murphy recognized

Dr. Irene Murphy addresses members at the Northeast Regional breakfast.

Wanna buy a rose?

Karen Ball (L) and Royce Boyd (R) sell rose-shaped Lucinda pins to raise funds for the 2011 NERC in Hershey, PA.



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NOTICE:
INTER-
NATIONAL
DIRECTORY
ON
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State President's Message

By Carolyn Sutton

What an honor to serve as president of Alpha Alpha State! It was a privilege to represent you on the Executive Board at the International Convention in Chicago. It was a time for growth, commitment and fellowship with sisters from around the world. There were a number of superb speakers on a variety of topics relevant to the personal and professional growth of educators.

I visited with the state presidents from Estonia and Denmark and was greatly impressed by their enthusiasm for our Society and its purposes. You know as educators, sometimes the best way to revitalize our energy in the classroom is to watch the faces of the kindergarten class. Those bright and shining faces are so eager to learn everything, experience everything. I felt that same way as I engaged in conversation with these new presidents about increasing chapter membership and promoting leadership opportunities.

Several changes to the International Standing Rules were proposed and voted on. The proposed amendment that most concerned Pennsylvania members dealt with the dues increase. There was discussion at our state convention in June, and I received several letters and emails. International headquarters staff had offered information on the rationale in print and on the website. In support of our members, Pennsylvania delegates proposed an amendment which would reduce the increase by one-half. The delegation from Pennsylvania and several other states supported this amendment. Thoughtful and serious discussion followed. That amendment failed and the original increase proposal was passed. You will find the dues amounts to be collected in Linda O'Connor's article. The results of all of the proposed amendments to the International Standing Rules can be found on the front page of the international website.

Dr. Carolyn Rants from Iowa was installed as the 2008-2010 International President. The theme of her biennium will be "From Vision to Action: Advancing the Society."

This July, the Pittsburgh area lost an outstanding educator to pancreatic cancer. While presenting the "last lecture" on the Carnegie Mellon University campus, Randy Pausch declared, "Each of us must decide: Am I a fun-loving Tigger or am I a sad-sack Eeyore? Pick a camp." I know that the chapter presidents of Alpha Alpha State are Tiggers. They are enthusiastic about beginning their biennium of positive change. They value the Society and the benefits that it offers. They are models of our mission statement; they are servant leaders. Papyrus wrote, "No one keeps enthusiasm automatically. Enthusiasm must be nourished with new actions, new efforts, new vision." In this season of colorful change, I urge you to take an active role as your chapter begins a new biennium. Nothing is accomplished by sitting on the sidelines. Attend meetings, invite another educator to join you, serve on a committee, contribute to the projects of your state and chapter, come to the Seminar of Purpose, and make a commitment to be with your chapter sisters at the 2009 state convention.

It is my hope that you will share your programs, meetings, and celebrations at the chapter level with the state organization by inviting us to be a part of your events and activities. Please keep me informed by sending a copy of your chapter's newsletter. It is also my personal goal to visit as many chapters that I possibly can during my biennium. My calendar is printed in this newsletter (see page 14); if your chapter has not yet contacted me about a state visitation, please do so soon. ■

The Next Challenge of Membership: *Project H.O.P.E.*

By Louann Shrader, Alpha Alpha State Membership Chair

In 1990 Alpha Alpha State enjoyed its greatest number of members statewide. With 4,600 members across Pennsylvania we could say that we were in our "glory days." Over the eighteen years since, however, our membership numbers have consistently taken a downward trend. Today, with 3,564 members, we find ourselves with over a thousand fewer members than back in 1990 - a number that could look bleak had we not had a very successful two years of "Membership Explosion." Over the two years of "Membership Explosion," the State brought in 388 new initiates. With the impetus of the commitment our chapters made for the "Membership Explosion" initiative, we are now ready for the next step, the challenge of **Project H.O.P.E.**

H.O.P.E., an acronym for **Honor the Legacy, Offer the Gift of Membership, Promote Passion, Envision the Future**, is Alpha Alpha State's vehicle to bring the state membership numbers up to the "glory days" of the past. With each chapter's and each person's commitment to that goal, we will be able to achieve H.O.P.E., and there will be much to celebrate. During the 2008-2009 year, Fall Area Conferences, chapter visits by the state, articles, and newsletters will espouse H.O.P.E. as an answer to our future growth. The bandwagon is set - jump on!

H for **Honor the Legacy** asks chapters to bring in a new member for any member a chapter may lose through death. It goes beyond remembering a deceased member through necrology ceremonies or making donations to scholarship funds in that member's name. It looks at the commitment of each member and pledges that that member's commitment and work in the chapter will not be in vain. Their commitment to the purposes of the Society and their efforts which helped the chapter grow are their legacy to the Society. It is, as the song says, a "Carry On My Song" initiative to honor each deceased sister and take over the reins which have been left to those members within each chapter.

The second part of the acronym is represented best by the following quote: "When someone shares with you something of value, you have an obligation to share it with others!" This Chinese saying reminds us of the 'O' in our acronym, **Offer the Gift of Membership**. Chapters are asked to commit to bring in three new members per year in addition to the new members brought in through honoring the legacy, a challenge,

indeed, but one within our reach. Opening our chapters to more diversity, tapping into districts without representation, and initiating more than once a year are all ways to meet the challenge of 'O' in our acronym. In addition, having everyone in the chapter, whether actively teaching or retired, responsible for membership will insure success, too.

P for **Promote Passion** may be the most challenging and difficult goal because it's all about attitude. It denotes excitement and calls on cheerleaders to lead the surge. We need to be those cheerleaders. As teachers we know that one of the hardest things to do with reluctant students is to motivate them, to make them feel excited about a new lesson or a subject, but we also know it is very possible with energy on our part. Excitement is catchy. Likewise, too, it will be within a chapter. Ways to promote passion include giving all members chapter ownership, even the newest initiates, by asking them to be responsible for a part of a chapter function or program or to help out in other ways. Other ways of promoting passion are to encourage members to go beyond the chapter to see the greater picture of the Society. Likewise, acknowledging member efforts in advancing the chapter are also small steps in promoting passion.

Promoting passion is a way to curb resignations. All too often members resign within their first couple years because the chapter may not have lived up to their expectations. Resignations are steps backward in successful member recruitments. Make a conscious effort to stop resignations. Talk face to face with members who may want to resign to find out why and be prepared to offer solutions to keep them as members of the chapter. Their recognition as key women educators brought them to each chapter; we don't want to lose them. If resignation is inevitable, leave it open-ended with the hope that the member will return when her circumstances change. And if need be, after resignation, keep in touch with the former member to keep the spark lit.

E for **Envision the future** will keep us focused on our long-range goals. Whether using graphs to show membership numbers or to promote attendance or researching the highlights of a chapter's past, promote a picture of how the chapter will look in the future, that is, what activities it will be involved in or the finances it will have available in reaching its goals.

Continued on page 6.

PROGRAM OF WORK

By Susan Stamm, Alpha Alpha State Program of Work Chair

Attending the International Convention in Chicago in July was truly a wonderful experience. To participate in the exhilarating fellowship with other Delta Kappa Gamma members from around the world, to be stimulated in my personal and professional growth, to become informed on important issues were all highlights of my week.

Considering all of the factors affecting membership in our Society today, we need to continually offer programs that are relevant, interesting and appealing to members to keep them involved and participating. In her workshop presentation *Leadership Blunders: Implications for our Society*, Dr. Beverly Helms outlined five big mistakes made in organizations which affect programming as well.

- The top down attitude
- Putting paperwork before people
- No room for opposition
- Success without successors
- Failure to focus on the future

In Delta Kappa Gamma, we say the member is the life blood of the organization and the chapter is the heart of the Society. But do we really practice that? Are we perpetuating the past? Are we slow to change and failing to incorporate research findings to make our Society more appealing, especially to younger members? If Delta Kappa Gamma is going to address the age gaps, are we aware of what younger members want in the way of programs and expectations made on them? We must hear and listen to the younger members and be willing

PERSONAL GROWTH AND SERVICES

By Nikki McWilliams

What a thrill it was to attend the Delta Kappa Gamma 2008 International Convention in Chicago in July! There was so very much to learn and to enjoy both from the personal viewpoint and from the Personal Growth and Services Committee's viewpoint. Many workshops offered opportunities for personal growth. Others offered our committee information which we could bring back to our fellow committee members.

For the first time this year, Delta Kappa Gamma is offering an online leadership course open to all members. This course is a phenomenal opportunity for both personal and professional growth. There are a range of 80 classes from which to choose. They will be useful for anyone whether you are teaching or retired. If you are a lifetime learner, they may be just right for you. If you wish to explore them further, go to the

to entertain and facilitate change to accommodate.

In Delta Kappa Gamma we must be willing to make the hard calls. Human nature avoids pain, and change is painful. Change in chapters, states, and at the international level is often avoided. As leaders, are we willing to take the first step?

Are we allowing for some opposition in our chapters? Do we invite into membership women who are mavericks, non-conformists, and independent thinkers? Dr. Helms stated that the older an organization is, the less room there is for the "entrepreneurially" gifted.

Dr. Helms compared the life cycle of organizations to that of a human. When a human reaches the age of eighty, death is near. In 2009 our Society will be eighty years old! In 1991, we had our highest membership-168,666. This year we have 113,480 members. Can we break this downward cycle, or is death inevitable for our Society? If we want to survive, we must utilize research about organizations, generations, and technology. We must change and LIVE.

We must all become involved with mentoring! Who challenges you? Who are you helping to develop? "How we pass the torch to our successors might just be the ultimate measure of our leadership success."

Finally, we must focus on the future. A successful leader's concentration must be on the future. We can learn from the past and present as we mold our future.

Yes, it was a stimulating week, but I came home realizing that there is much work to be done in our state if Delta Kappa Gamma is to continue to be the effective organization Dr. Annie Webb Blanton envisioned. ■

website at www.deltakappagamma.net. Click on *Resources* or *Links*, then on the *Leaders' Learning Suite*.

Another fun and informative workshop was one entitled "Embracing Laughter for Wellness" presented by Edna Thayer, coauthor of the book *A Mirthful Spirit, Embracing Laughter for Wellness*. Wellness, she shared, is not the absence of disease, but rather being satisfied and at peace with who you are. Joy and laughter help us feel this sense of functioning pleasantly, meaningfully and purposefully in our lives. She told us that laughter is a spark uniting the energies of healing. Dr. Dale Anderson in his book *Act Now* tells us that we feel the way we act. Therefore we need to purposefully seek ways that will give us joy and laughter. If we can't find ways, then we need to "fake it" until the ways open for us.

The 2008 International Convention was edifying, educational, and just plain fun. It was a great convention!

PROGRAM OF WORK

Alpha Alpha State Project Continues to Promote Literacy for All Children

By Gisele M. Siebold, Projects Committee

A Library Means New Life in Ethiopia

Nestled in a special corner, under the dining room table, tucked under a blanket in a window seat, or sitting outside under a favorite tree, were little girls with books. These little girls were all of you, fellow sisters, discovering the deliciousness of reading. Do you remember the first book that you asked your parents to read to you over and over again? Or can you recall a book that changed your life as a child or an adult? There is something special about books and about knowing how to read. For many children and adults on the verge of reading, it is about discovering the "secret language," deciphering the words on the page to hear and see the stories in their minds.

This is exactly what funding a library in Ethiopia will do - put books in the hands of hopeful, excited children who want to discover new worlds through reading, and help them decipher the



words in their own language. Books provide freedom for children - the freedom to learn, grow, and become educated in order to change their lives in positive ways.

With approximately 3000 active Alpha Alpha state members, it is within our reach to "plant a library" in Ethiopia, fully equipped with books and necessary resources. During President Carolyn's first year, many chapters have raised funds in creative ways. From basket raffles, to \$2 for Tea sales and spaghetti dinners, members have contributed to the dream. Please consider donating funds to make the wish of donating a library come true. For the small donation of \$2 per member, the possibility of a library could become a reality.

Let's help Ethiopian children create fond reading memories of their own. After all, *"work for others is the heaven that inspires our band!"* ■

Professional Affairs

By Judith Schaffer, Chairman

The approach of fall means attendance at Delta Kappa Gamma Society meetings.

Have you scheduled the dates with priority status on your daily planners?

Do you act like a professional during these meetings? Certainly we can all identify what NOT TO DO when attending a meeting, but often what we really need is a set of guidelines as to how to do this successfully.

A participant has a code of etiquette to follow which is just as important as the official leader's. Participants and leaders working in tandem produce good sessions! A PROFESSIONAL acts properly in all situations. Let's review proper meeting etiquette:

ARRIVE ON TIME - Always arrive a few minutes before the meeting starting time.

Be in your seat ready to begin!

This indicates respect for the person in charge and shows that you are organized.

BRING A NOTEBOOK AND PEN - This shows

that you are interested in the meeting even if you don't take a single note. Remember also your chapter handbook!

DRESS PROFESSIONALLY - Follow the designated dress code, if announced. The location - church, restaurant, school - may indicate proper clothing style.

BE POLITE AND ATTENTIVE - Participants NEVER engage in diversions such as sewing, reading, or playing games. Listen to what is being said! Never engage in cross-talk. Eating or drinking is allowed only if the person in charge permits. Be courteous to the person who has the floor.

FOLLOW CELL PHONE ETIQUETTE -

Chapter Presidents, make this announcement at the proper time. "Put your phone in vibrate mode or turn it off completely during meetings or official banquets."

IT SHOULD NEVER RING AND DISTURB THE SESSION!

THANK THE PERSON IN CHARGE - Don't rush out at the end of the session. Taking time to offer thanks is such a little thing, but it is good etiquette.

STATE COMMITTEE COMMUNICATIONS



NOTES From the State Treasurer

The 2008-2009 Dues and Fees are:

Active - \$51

(or \$50.40 for designated chapters). This includes \$40 International, \$10 State, \$1 (or \$.40) Scholarship. Chapter dues are added to this amount.

Reserve - \$26

(or \$25.40 for designated chapters). This includes \$20 International, \$5 State, \$1 (or \$.40) Scholarship. Chapter dues are added to this amount.

IRS Reporting:

All chapters must complete an e-Postcard for the IRS. This must be done by November 15, 2008. All chapter treasurers have instructions on completing the e-Postcard. Problems with the process may be reported to Linda O'Connor, Alpha Alpha State Treasurer.

Tax Deductible Contributions:

Question: When chapter members are contributing to different funds of The Delta Kappa Gamma Society International, do any of these contributions qualify as personal tax deductions?

Answer: Contributions to most Delta Kappa Gamma Society International or Alpha Alpha State funds do not qualify as personal tax deductions for the member. Since these contributions are used to aid the members of the Society, the IRS no longer allows them as deductions on individual income tax returns. Funds that are donated to the Society and used to aid non-members do qualify. These include the Delta Kappa Gamma Educational Foundation, chapter members contributing to grants given to local high school or college students, and contributions to projects such as *Ethiopia Reads* or *Teacher Training in Afghanistan*.

Be A Communication Thread in Alpha Alpha State's Tapestry!

By Barbara Clark, Chairman

Now more than ever it is imperative that each member be a communication thread in the weaving of Alpha Alpha's tapestry! Every member must become part of the communication network and keep the information flowing. We need each and every member to feel part of the Society and well informed about the activities of the chapter, state and international levels. Personal conversations, phone calls, chapter and state newsletters - both print and electronic - and International publications will all play a part in this communication thread.

In order to foster these lines of communications, Alpha Alpha State will recognize chapter newsletters at the 2009 State Convention. Guidelines were distributed at the 2008 convention, sent to chapters that were not in attendance (if an address for the Communications Chair or President was available) and will be reviewed at the Fall Area Conferences. If you have any questions please contact Communications Chair Barb Clark at clarkpsu@hotmail.com

Again it is more important than ever to keep in touch with ALL members of your chapter. You do not have to be the Communications Chair or sit on the committee to contact other members. Hopefully your newsletter - distributed either in print or electronically - reaches everyone, but all members can contact others to make sure they are receiving the information. Personal contact is one of the most powerful communication techniques we have to use!!

At the Fall Area Conferences, the Communications Committee will be disseminating information on preparing an electronic newsletter or website for your chapter. Please make sure your chapter Communications Chair or a representative is present to receive this vital information. See you at the conferences! ■

Membership: Project H.O.P.E.

Continued from page 3.

The year 2012 will be a momentous year for Alpha Alpha State. The state organization will celebrate its 75th birthday! It is our goal by that time to recapture 600 of those over 1000 members lost since 1990. Reaching that goal will take everyone's commitment to our growth. **H.O.P.E.**, the project, is the next step and the impetus to give us hope for a thriving future. ■

Alpha Alpha State Weaves a Rich Tapestry

By Patricia A. Shedlock, Corresponding Secretary

Recently back from the 2008 International Convention in Chicago, the Alpha Alpha State officers and committee chairmen gathered together once more to attend the Executive Committee meeting in State College, PA.

Carol Goodman opened the meeting with the inspiration. She challenged us to tell our story about Delta Kappa Gamma in three words. "Leaders Changing Me" was just one of the examples provided.

President Carolyn Sutton began the session by expressing her sincere appreciation for the bond of friendship, love, and sisterhood shared by the Executive Committee and Alpha Alpha members in all 63 chapters.

A letter from Jo Regenold, Chairman, International Personnel Committee, was read. It praised the quality of *The Keystonean* and the work of our editor, Terri Stetler, and praised Tammy Miller, Webmaster, for creating our informative web site. Alpha Alpha State was complimented on its challenging state project to cultivate literacy in Ethiopia.

Goals of the biennium were reviewed. We will continue to strive toward:

- Celebrating our heritage and legacy
- Facilitating communication and connection with members
- Increasing membership involvement and participation by having all 63 chapters represented at the 2009 convention
- Enhancing training opportunities for chapter officers and increasing the number of incoming chapter presidents at pre-convention leadership training
- Funding a children's library through *Ethiopia Reads*.

Projects Chair, Tracey Dusch, announced we have \$1500 toward our \$6000 goal to build a library in Ethiopia.

All committee chairmen were asked to update us on accomplishments from the first year of the biennium and share goals for 2008-2009. Highlights from these reports include:

A commendation to Karen Ball, Louise Garverick and Cindy Reynolds for entering the Juried Art Exhibit at the 2008

International Convention in Chicago. Karen won honorable mention for "Bicycle Built for...?", Kaleidoscope Photography. Louise won honorable mention for "His Dream,"

Mixed Media. Cindy submitted her watercolor piece



"Weaving Tapestry," created for and presented to President Carolyn at the 2008 state convention.

Carol Goodman, Historical Records Chair, was thrilled to announce that our state yearbooks, Women of Distinction albums and records are now housed in the Paterno Library at Penn State University.

Updates on the adoption of amendments to the standing rules and the dues increase at the international convention were shared.

Pennsylvania participants at the international convention promoted the 2011 NERC in Hershey by distributing pens, brochures and chocolate at the NE Regional Breakfast. Leading the campaign were Dr. Lyn Schmid, Royce Boyd, Karen Ball, Tracey Dusch and our own costumed chocolate kiss, Barbara Clark.

Wanda Keller was in charge of selling the specially designed 2011 NERC commemorative rose pin by Lucinda. One hundred pins were sold in Chicago.

Kudos to Barbara Rankin and Donna Houser for directing the beautiful music sung by the choir at state convention.

First Vice President and Program of Work Chair, Susan Stamm, announced the Purposeful Seminar will be held on April 24-26, 2009 at Bel-Aire Conference Center, near Presque Isle State Park, Erie, PA.

Second Vice President and Membership Chair, Louann Shrader, complimented chapters on rising to the challenge of the Membership Explosion. Alpha Alpha State added 388 new members. Louann presented the next challenge, Project H.O.P.E. H.O.P.E. is an acronym for Honor the Legacy, Offer the Gift of Membership, Promote Passion, and Envision the Future. The goal of this endeavor is to grow Alpha Alpha State membership by 600 by the year 2012. Alpha Alpha State will celebrate its 75th birthday that year.

Bea Habursky, Leadership Development Committee member, presented materials used to train in-coming chapter presidents in the spring of 2008. Training will continue for all chapter officers at Fall Area Conferences. The goal of the Leadership Development Committee is to support officers and build leadership teams at the chapter level. Materials to be used include a capacity matrix aimed at

developing skilled chapter leaders and encouraging high participation by chapter members.

The Alpha Alpha State Executive Committee is committed to continuing to weave the strands of leadership, membership, friendship, fellowship, and teamwork as we honor our membership in The Delta Kappa Gamma Society International. We will strive to produce a rich tapestry beautiful in design and color.

CHICAGO

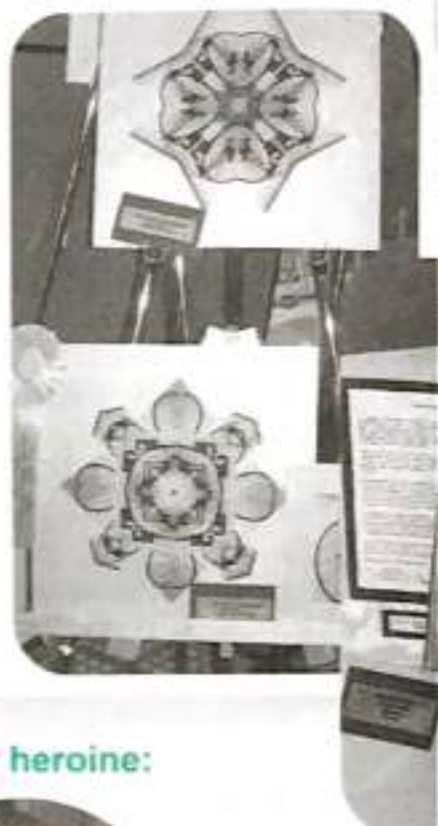


1 Get READY... (that means REGISTER!)

We're ready to go...Judy Schaffer, Tracey Dusch, Carolyn Sutton, Barb Emmer, and Barb Clark register at the International Convention in Chicago.

Pennsylvania Artists Display

(See page 7 for Cindy)



2 Get SET...

President Carolyn has everything under control!



And now the work begins!



President Carolyn and Judy Schaffer direct PA delegates to convention floor seating area.



3 GO! (On a tour, before all the business begins!)

You never know who you'll meet at an International Convention! Here Terri Stetler greets Kathy Rogers, her chapter president's 2nd cousin who lives in Chicago and was a guide for one of the CTA tours.

Our heroine:



Kay Stuart looks calm before amending the dues increase motion.



(L-R) Diana Sawin, CA, Reba Kanning (daughter of Jean Myers), OH, Linda, Illinois tour guide, and Jean Myers, PA, gather for a tour of Macy's and the Chicago Loop.

Illinois Night Fun:



PA members enjoy the entertainment during the Illinois Night celebration. Looks like Dr. Lyn (center) is getting her groove on!

Submitted with photos by Karen Ball, Barbara Clark, Tracey Dusch



HIGHLIGHTS

My in Juried Art Show

(Reynold's work)

Left - Kaleidoscopes
by Karen Ball
received an
Honorable Mention.



ise Garverick displayed
mixed media and won an
Honorable Mention.



Louann Shrader's
arms just aren't
long enough.
Louann and Kay
perform during
Pennsylvania Night.

Pennsylvania Night "Goings-on"

Surprise! Celebrating Florence
Sherwood's 80th birthday



Under the Tree:



The PA delegation poses for a group photo at PA Night.

Happy Networkers:

Expansion committee members, Alice
Hudak and Lu Page, Chairman, found
time in their busy schedule to do some
expansion networking.



Magnificent Musicians:



Sue Stamm and Barb Rankin sang in the chorus, while Shirley
Newhart played for the morning session on Saturday.



The Big Bang!

No, I'm not hyper-
ventilating!
Sue Stamm prepares
for the Membership
Explosion.

erni Stetler, and Kay Stuart. Page 1-PA Delegation-Photographs by Jim



THE LEGISLATIVE LINK

By Patricia Kardambikis, Ph.D.

Women's Health

What is the HealthyWoman Program?

The HealthyWoman Program (HWP) is a free breast and cervical cancer early detection program of the Pennsylvania Department of Health. It is funded by the Department of Health and through a grant the department receives from the Centers for Disease Control and Prevention.

What services can I receive through the HWP?

Free services for those meeting the eligibility standards include:

1. Clinical breast examination
2. Mammogram
3. Pelvic examination and Pap smear
4. Education on breast self-exam
5. Follow-up diagnostic care for an abnormal result

How do I know if I am eligible for the HWP?

You qualify for the HWP to receive free breast and cervical cancer screening and diagnostic services, including mammograms, clinical breast exams, pelvic exams, and Pap tests if:

1. You are 40 to 64 years old (or under 40 if you are symptomatic of breast cancer, require follow-up for an abnormal Pap test, or have not been screened in the past five years for cervical cancer)
2. You have no insurance, or limited insurance that does not cover breast and cervical cancer screening services
3. You have low to moderate income.

How do I apply for the HWP?

Call 1-800-215-7494. In a matter of minutes you will know if you are eligible.

What happens if cancer is detected?

If breast or cervical cancer is detected through the HWP, you will be able to receive free treatment through the Department of Public Welfare's Breast and Cervical Cancer Prevention and Treatment Program.

For more information go to www.dsf.health.pa.us.

HEALTH WATCH

For a list of drugs which can cause problems in people over 65 go to

<http://www.dcri.duke.edu/ccge/curtis/beers.html>.

You can also check for potential drug interactions by going to

<http://www.drugdigest.org/DD/Interaction/ChooseDrugs/1,4109,,00.html>.

It is a good idea to have your pharmacist and/or your physician check the medications you are taking to see if there are any potential problems with taking a mixture of prescription drugs.

Contact Addresses for Government Information

For on-line information on specific bills go to

<http://thomas.loc.gov/>.

U.S. Government Contact Information can be obtained through Congressional Switchboard 1-866-327-8670 (this is a toll free number). You can contact your Congressman and Senator through this number without paying long distance charges.

www.house.gov for members of the House of Representatives

www.senate.gov for members of the U.S. Senate

Information on how your congressman voted on key bills:

projects.washingtonpost.com/congress/110/bills

Remember

FIVE CONSTITUENT CONTACTS WILL CAUSE A LEGISLATOR TO PAY SERIOUS ATTENTION TO A GIVEN ISSUE.

RESEARCH

By Monique Lautenschlager, Research Committee Chairman

Are you keeping your chapter profile current?

The Alpha Alpha State Research Committee can assist your chapter in keeping your chapter profile current. In doing so, the committee designed a one-page form which summarizes the most important aspects of your chapter. It has been downsized from the 2006 survey form which your chapter should have completed. The new form was introduced during the Program of Work workshops at state convention. The survey form and updated version of the Research Committee brochure will be available at the Fall Area Conferences, if your chapter Research Chair, or designated representative, did not pick them up at convention. Chapter Research Chairs should return the survey form to Monique Lautenschlager, ASAP, but **no later than November 15, 2008**, so that the results can be tallied and ready for the 2009 state convention.

IRELAND FOREVER

By Judith Schaffer, 2007 Enrichment Grant Recipient

I had a dream! In October, 2007, Alpha Alpha State made it come true. There have always been two countries instilled in me from a love of reading that have fascinated me--Scotland and Ireland. Over ten years ago I got to tour parts of Scotland. Two years ago I started feeling the urge to fulfill my dream and finally visit Ireland. When my European Elderhostel catalog arrived with an INTRODUCTION TO IRELAND session listed, I began to explore my options. I applied for an Alpha Alpha State Enrichment Grant and was accepted.

Ireland has been listed as the friendliest country to visit. It's true! But one first has to learn to understand what the Irish people are saying. They definitely have the gift of gab. All 3.9 million of them love to talk and they talk very fast. If it's around Guinness Time and that is anytime, it's a real challenge. The Irish say a "Guinness in each hand is a balanced diet!"

My trip began and ended in Dublin. Everywhere you look you see towering construction cranes. Development in the big cities is booming. It is named the era of the Celtic Tiger! Flying cranes poised high in the sky are abundant. The locals say they should be named the national bird of Ireland. Subtle signs of rebellion against the British are still found throughout the Republic, even in its type of currency. The twenty-six counties making up the Irish Republic use the Euro while northern Ireland still utilizes the English pound sterling. Color abounds throughout Ireland, especially green. In Dublin the doors and businesses are painted in wild, bright colors. Why? Tradition says that when England's Queen Victoria died, all doors were to be painted black as a sign of mourning. The Irish people did the opposite and it is still a common practice today.

Many times I couldn't pronounce where I was visiting due to the Irish people's love of their traditional Gaelic language. Both Gaelic and English are taught in their schools on all educational levels. Road signs are printed in both languages, but the Gaelic listing is always first. In Killamey, I rode in a horse-drawn jaunting cart to tour its scenic national park. The driver was an elderly man who it was apparent had partaken of several pints of Guinness for his lunch, thus we could not understand a word he said. At the end of the ride he calmly walked over to a nearby shed and peed out in the open. It was a Kodak moment!

Outside Cork I climbed in the pouring rain up 100 slippery steps, to get to lie on my back getting drenched

Continued on page 12.



"FORWARD

MOVING

EVER"

By Bridget Mayak,
Enrichment Grant Recipient

These three little words have had a huge impact on my life!

I am so grateful for my 2007 Alpha Alpha State Enrichment Grant. This grant has enabled me to take part in various pottery and sculpture classes at Touchstone Center for Crafts, as well as in other far-reaching and ongoing events.

Located near Farmington, PA, on 150 acres of wooded surroundings, this scenic campus is a perfect setting for creative expression and rejuvenation. Founded in 1972 as the Pennsylvania Crafts Council, its mission was to foster interest in traditional mountain crafts. Touchstone's mission has evolved and expanded into an organization whose range includes not only the traditional crafts of our region, but contemporary and state-of-the-art techniques in disciplines such as blacksmithing, sculpture, painting, ceramics, photography, fiber arts, jewelry/metals, glass, drawing, and basketry. Some of North America's finest artists and craftsmen teach more than 100 week-long and weekend classes that are offered in this three season craft school.

My classes this season included Metal Sculpture, Intermediate Throwing, Hot Metal/Hot Clay, Alternative Raku, Pinch Pots and Pit Firing, and Wood-Fired Pottery. Each class was intense, informative, interesting, and fun! The instructors were as gifted in their teaching methods as they were in their own individual art disciplines.

Wonderful things happen at Touchstone. Students can devote their whole time to the creative process without the distractions that occur in their "real lives!" Lifelong friendships are formed with people from across the nation who also share a passion for art. Ideas are exchanged, work is validated, and students are challenged to be better than they ever anticipated.

I would like to share three more exciting things that happened to me as a direct result of Delta Kappa Gamma's generous Enrichment Grant.

Because of my being able to enroll in so many classes at Touchstone, I affectionately became known to all as the "student who couldn't stay away!" I got to know the staff, and they got to know me. It was a huge honor when I was asked to "fill in" and teach for two

Continued on page 12.

A Wise and Passionate Adventure - The Seminar of Purposeful Living

The twenty-second biennial Seminar of Purposeful Living at Dubuque, Iowa was woven with dreams made in the past and dreams rolling into the future. This small town on the Mississippi River steeped in history and tradition was the setting for Mark Twain's river boat stories, the iron mining rush of the 1830's, civil war dramas, architectural restorations, and landscapes that resemble much of northern Pennsylvania with its corn fields, farms, and wild flowers bordering the 2 lane highways. Dubuque is a place where life slows down and dreams can be heard.

A short ride across the four span bridge east to Galena, Illinois gave way to more adventures. Swelling spring waters of the Mississippi River rush back into the Galena River where huge iron flood gates save the hillside town from disaster.

As you walk the streets or ride the trolley around town you are taken back into the early 1800's, as the shops were small and quaint. As American as apple pie, Galena's midwest folk preserved the charm of churches, the town hall, railroad station and the home of President Ulysses S. Grant. The Galena Public Library built in 1894 and funded by Andrew Carnegie had a rule that no anarchistic, atheistic, or immoral books were to be tolerated.

Do you recall the town Dyersville, Iowa? Most of us visited its townsfolk in the movie, *Field of Dreams*, with Kevin Costner. Our Delta Kappa Gamma sisters sat on the bleachers while some walked the bases or wandered into the outfield corn rows looking for those "hall-of-famers." A short stop at the Basilica of St. Francis Xavier was a chance to see this architectural spectacle



Pictured (L-R) are Grace Schauer, Carolyn Sutton, Joan Roy, and Judy Schaffer.

towering over the small town.

This year's Seminar of Purposeful Living was much more than history, lectures and tours. As always, when Delta Kappa Gamma sisters gather, there is a loving atmosphere surrounding women teachers exchanging warm greetings and enthusiastic conversations. This is an opportunity to share our dreams and life stories with our international sisters. It's like a

family reunion and vacation all rolled into one. Once you have gone, you don't want to miss another.

Alpha Alpha State was proud to report to the Education Foundation that the monies granted for the Gettysburg Experience last spring was greatly appreciated and enjoyed by a record attendance. Pictures of the workshops were flashed on the screen while President Carolyn gave a detailed report. The international Society continues to hear about what Pennsylvania can do.

Now, for detailed stories of travel, fun and frolic, you need to check with Carolyn Sutton, Judy Schaffer, Joan Roy and myself, Grace Schauer. We had a great time.

(Contact Grace at her new email: schauer@hughes.net)

Ireland Forever Continued from page 11.

to kiss the Blarney Stone. I actually had to pay to do it! Hopefully I received the gift of Irish eloquence. Each place I visited and person I met was a memory to cherish. I had crack (that's fun) with LINDA HOLMBERG who was a Delta Kappa Gamma sister from Gamma Psi Chapter in California. She was part of the elderhostel group.

Thanks again to the Scholarship Committee and Alpha Alpha State, plus each one of you for giving me the opportunity to Make My Dream Come True. The Ireland trip will remain with me forever!

"Forward Moving Ever" Continued from page 11.

weeks in the children's studio.

Recently, I was asked to serve as the Studio Manager of the whole children's program! This enables me to design the programming, refurbish the studio, and teach the children's classes at Touchstone.

While at Touchstone, I was also encouraged to submit my clay work to an organization called "Handmade Along the Highway" whose mission is to link local artisans with unique lodging partners and the marketplace. I was juried into the program, and now am selling my work in various locations.

(www.handmadealongthehighway.org)

The 2007 Enrichment Grant has impacted me in so many positive ways. My experiences at Touchstone have become the mark from which I determine the genuineness and value of my work as a student, a teacher, and an artist. Thank you, Delta Kappa Gamma, for helping me to pursue my passions and in our quest "Moving Forward Ever!"

CHAPTER NEWS



THETA

In March of 2008, Theta Chapter awarded grants to five deserving female students to help further their pursuits of educational excellence. The recipients (L-R) were Nicole Lober, Elisa Egan, Kellie Meyer, Andrea Sisk, and Chante Henze. The students were presented with their awards at Theta's annual benefit which was held this year at The Club at Nevillewood. The Benefit celebrated "Pittsburgh: Someplace Special," and the attendees sported Pittsburgh-themed apparel. The entertainment highlighted the work of Pittsburgh Public's School for the Creative and Performing Arts, with several students performing songs from their spring production of Children of Eden. The benefit is held annually by Theta to raise funds to support women majoring in education.

Submitted with photo by Janice Ballinger

ALPHA PI

Janet Paterra,
(L) Alpha Pi
President,
Lauren Ruffing
(R) recipient
of Dr. Fehr
Educational
Grant



Duquesne Student Wins \$1500 Fehr Grant

The may meeting of Alpha Pi Chapter was held at the Grand Concourse restaurant in Station Square, Pittsburgh. The program was presented by Maggie Winter, assistant director of South Hills Interfaith Ministries. Ms. Winter spoke about all the opportunities for volunteer work with her organization. Every fall Alpha Pi Chapter donates dozens of new backpacks filled with school supplies for SHIM children.

Alpha Pi was pleased to award the Dr. Lillian Fehr Educational Grant of \$1500 to Lauren Ruffing, who has completed her junior year at Duquesne University as an elementary and early childhood education major.

The late Dr. Lillian Fehr was a long-time teacher in the Pittsburgh Public Schools and a member of Alpha Pi Chapter. When she died, she endowed the Fehr Fund which makes the annual award possible.

Submitted with photo by Joan Wylie

ETA Awards Beulah Frock Music Scholarship and Anna Mary Melhorn Recruitment Grant



Pictured (L-R) are Paula Trayer, Mary Frantz and Mildred Kahley during the presentation of the Beulah Frock Music Education Scholarship. This award was established by Eta Chapter with a bequeath from Beulah Frock, a former member of Eta and a music educator from York County. This year's winner, Mary Frantz, is a graduate of Spring Grove High School and a student at Lebanon Valley College.

Submitted with photo by Paula Trayer



(L-R) Mil Kahley, Andrea Miller and Paula Trayer take time out for a photo op.

The Anna Mary Melhorn Recruitment Grant was again awarded to Andrea L. Miller, a student at Shippensburg University. She is majoring in Elementary Education and has been employed during the summer at Small Steps Day Care School as well as serving as a church camp counselor. In Andrea's words, she states, "My main goal as a counselor is for my words and actions to provide them with an example of a positive role model."

Submitted with photo by Mildred Kahley



NERC NOTES By Dr. Lyn Schmid

Over 100 ΔKT Lucinda Pins were sold by hard-working Pennsylvanians at the 2008 International Convention in Chicago. The competition was stiff as many states, chapters, and private vendors had wonderful wares to sell. Lucinda's life story truly encouraged the sale of the pins. Many who came to the sales table heard it for the first time, and others were eager to buy a pin since they already owned a Women Pin, or a Literacy Pin made by Lucinda. The 2011 NERC Committee appreciates those of you who gave up part of your convention time to staff the Lucinda Pin sales table!

Upcoming opportunities to purchase pins will be realized at the 2008 State Fall Area Conferences in Johnstown on September 20th and in Wilkes-Barre on October 25th. An order form is posted on the state website. Your purchase of a pin will support the amenities for which Alpha Alpha State is responsible at the Hershey Conference.



During the Northeast Regional Breakfast in Chicago, all Pennsylvania delegates participated in an "Invitation" to the 2011 conference. Hershey "factory workers" wearing special paper hats passed out Hershey Kisses, Brochures and Hershey pens! Our own "Hershey Kiss," Barb Clark of Psi Chapter dressed in appropriate costume and blew kisses to the audience. One lucky brochure awarded a giant Hershey Bar pillow to a member from New York state. Enthusiasm and momentum are building for this wonderful opportunity for Alpha Alpha State to shine in 2011. (Look for the 2011 NERC assessment form on the state website - www.deltakappagamma.org/PA)

WOMEN OF DISTINCTION UPDATE

The *Keystonian* Editor regrets the inadvertent omission of the following distinguished women whose names were missing from the list of awardees as printed in the summer issue of *The Keystonian* on page 9.

Cheryl Walter	Upsilon Chapter	Carlow University Alumni Service Award for Education 2007
Annetta Wells	Nu	PASR Outstanding Volunteer Lebanon County
Mae Wingenroth	Chi	National Community Award Lititz Springs VFW Post No. 1463
Deborah Yarger-Reed	Beta Kappa	Juried artist for the Adams County Juried Art Exhibition.

President's Schedule

October 2, 2008

Sigma Chapter Visit

October 16, 2008

Alpha Delta Chapter Visit

October 17-18, 2008

Program of Work/Membership
Committee Meetings

October 25, 2008

Area Conference, East Mountain Inn &
Suites, Wilkes-Barre

December 6, 2008

Beta Xi Chapter Visit

NOTICE!!!

Corrected contact for Jackie Esposito
at the Paterno Library...

jxe2@psulias.psu.edu

RULES REMINDER

Proposed amendments to the Alpha Alpha State By-Laws and Standing Rules must be in writing and submitted to the Rules Committee by SEPTEMBER 30, 2008.

Please send to:

Jeannette Thomas
3321 James Buchanan Drive
Elizabethtown, PA 17022

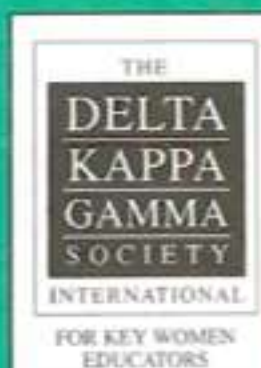
ATTENTION: Past Recipients of The Woman of Distinction Award

A special tribute pin was designed and presented to the current 2008 awardees. If you are a past recipient of this award in the Professional Affairs database, you are eligible to purchase and wear it proudly. The cost is \$5.00. Pins will be available at the fall area meetings and at the 2009 state convention. Contact Judith Schaffer at these events to purchase yours.

The Keystoneian
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**promotes professional and
personal growth
of women educators
and excellence
in education.**

DEADLINE FOR THE KEYSTONIAN November 1, 2008

Lois I. Cowan

October 15, 2007

Lois was an active member of Beta Xi Chapter, arranging programs and reservations over many years. Professionally, she taught at all levels from one room schoolhouse to high school Home Economics.

Esther W. Hazen

December 21, 2007

Esther was a 40-plus year member of Alpha Gamma Chapter, serving the chapter in various capacities over the years. Professionally, she was a dedicated public school teacher.

M. Jane Bratton

January 19, 2008

Jane was a charter member of Beta Xi Chapter serving as Historical Records Chair. She was also an active member of the PSEA State Instructional and Professional Development Council. Professionally, Jane taught fourth and sixth grades in the State College Area.

Kathryn D. Oyler

May 28, 2008

Kay was past Chapter President and 54-year member of Omega Chapter. Kay also served in

In Memoriam

*Every good life
leaves behind
the fiber of it
interwoven
forever
in the work
of the world.*

John Ruskin

other officer positions as well as on various committees. She is remembered for her many inspirational readings that she wrote and shared with the chapter. Professionally, Kay taught all grades, first through ninth.

Linda L. Powell

May 31, 2008

Linda, a member of Alpha Gamma Chapter, served the chapter as First Vice President and as Historian. Professionally, Linda, a dental hygienist, was the recipient of many awards in the field of school dental hygiene.

Peggy Ann Smith

June 17, 2008

Peggy, a member of Alpha Beta Chapter, served the chapter on many committees, including membership and was valued as a mentor to many members. Professionally, Peggy was a mathematics teacher, teaching in the Bedford County Area prior to retirement.

Grace S. Snyder

July 7, 2008

Grace was a faithful member of Alpha Psi Chapter, attending meetings and serving the chapter, as she was able. Professionally, Grace taught Kindergarten for many years.