

Blue Hen Flyer

Special points of interest:

- Delaware State Conference is coming.
- Colleen Davis Delaware State Treasurer to speak at the DKG Conference.
- Message from President Sue White.
- 45 Minute Mindfulness session with Sarah Goldring
- Delta News and pictures
- Epsilon looking forward to sunny days
- Membership Announcement
- Focus on the Arts
- Conference registration form and information
- Sue Mulhern Conference speaker
- Beta News

Delaware State DKG

Delaware State DKG 2022 Conference is Coming

DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

DELAWARE STATE ORGANIZATION

Moving Forward Together

Foster an inclusive environment

Open all lines of communication

Reach out by mentoring new members

Watch for opportunities to develop leaders

Attract new members

Ramp up marketing and social media

Diversify membership



Sign up now
we need
YOU!

SATURDAY, April 30, 2022

MAPLE DALE COUNTRY CLUB DOVER

Impact of Stress - How to Recognize it in self and others

Strategies for self help and self compassion

Financial Literacy workshop



Colleen Davis
 State Treasurer
 Financial Literacy
 Speaker

Colleen Davis was elected Delaware State Treasurer in 2018. She grew up in Sussex County where she currently resides with her husband, Anthony, and their 3 children (Liam, Desmond, and Margaux).

Colleen is a graduate of Indian River High School where she started the girls' soccer team and continued to coach soccer in youth programs over the years. She went on to receive her Bachelor in Science Degree from Philadelphia University and a Master's degree as a Physician Assistant, specializing in Neurosurgery. She later obtained her Certification in Public Finance. Colleen practiced Neurosurgery and Emergency Medicine in Delaware for 18 years, next becoming a consultant supporting hospitals in restructuring their financial platform and improving patient needs and care. (Continued next page.)

Continued from page 1

She is also a member of several clubs including the Southern Sussex Rotary, Hands International Team of medical providers that participate in humanitarian efforts all over the world, Congress of Neurological Surgeons, American Academy of Physician Assistants, National Association of State Treasurers, and the Soccer Hall of Fame.

As Treasurer, Colleen is a member of several boards including: Cash Management Policy Board, Delaware Economic and Financial Advisory Council (DEFAC), Board of Pardons, Agriculture and Land Preservation Board, State Employee Benefits Council. She is also the Vice President of NAST Northeast Region, Chair of the Banking Committee, Member of State Debt Managers Network and many more.

Message from President Sue White

Spring is in the air! And do you know what that means? Our Delaware State 2022 Conference is right around the corner! The conference will be held on Saturday, April 30 at the Maple Dale Country Club in Dover. Don't miss out on all this conference has to offer! Workshops will be on early intervention of burnout, self-care through stress-reduction and relaxation, and financial literacy. A "Women in the Arts Exhibit" will also be featured. If you haven't already registered, please do so today. Starting March 1, be sure to play DKG Puzzle Mania each week leading up to the conference. You may be a lucky winner!

Through my participation in state committee meetings and attendance at chapter meetings, I can see firsthand that we are DKG Delaware strong! To continue this strength, I encourage all members



to consider taking on leadership positions in their chapters. This shouldn't be a scary thought; seasoned leaders are here to support you. By accepting a leadership role, you can ensure that our state organization is growing and continues to move forward. The chapter presidents for the 2022-2024 biennium will be trained at our state conference by the leadership development committee.

We have recruited new members by reaching out to building and district teachers of the year. This is awesome! Please reach out and mentor these new members; we want to retain our new as well as our seasoned members. Keep in mind, as I emphasized in my greeting in the fall newsletter, each member is responsible for membership. This is a key message that was presented at the international July conferences through a

speech given by Nita R. Scott, International Membership Director, titled “Take the Reins and Let’s Get Going.” In her presentation, Nita said, “Each member needs to take her role of moving this organization forward seriously... Take the reins; we have work to do.” She challenged each member to recruit one new member. Let’s make DKG Delaware a proud frontrunner with this mission!

The DKG International Convention will be held in New Orleans on July 12-16. Join other DKG members from around the world. Take advantage of this opportunity to connect and collaborate with other members from around the world to plan for DKG’s future. Every member counts in DKG! Attending the convention is certain to be a rewarding experience. Visit www.dkg.org for more information.

Please continue to embrace our state theme – DKG Delaware: **Moving Forward Together.**

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I appreciate each one of you for the energy and passion you give to DKG.

With DKG Love,

Sue White

Stay connected with our organization through all of our multimedia - Facebook, Instagram, the Blue Hen Flyer, and our website.

What mindfulness is, how to integrate mindfulness into daily life, flexibility and strength poses, breathing techniques, and other relaxation skills will be presented at our 2022 conference.

Sarah Goldring began working as an Extension Agent for the University of Delaware Cooperative Extension in 2011. Her work in Extension focuses on personal wellbeing, mindfulness, community and individual health, and health literacy.



She has a Bachelor’s degree in Dietetics and a Master’s degree in Health Promotion from the University of Delaware. Sarah has studied Health Coaching through both the Well coaches and the University of Delaware programs and is a National Board Certified Health and Wellness Coach (NBCHWC).

Get Experience in Mindfulness is an interactive stress management program. After the program, participants will be able to walk away with mindfulness skills that they can easily use on their own.

DELTA CHAPTER NEWS

Delta Chapter members have been keeping busy with meetings and activities. In November, we participated in “Game Night” to keep our minds sharp. Sequence, Scrabble, and Set were the favorites for the evening.



For fellowship during the holiday season, members attended a dinner at Capers and Lemons and took in the

beauty of Longwood Gardens.



Dr. Joseph Jones, Superintendent for New Castle County Vocational-Technical School District, was the guest speaker for Delta’s January’s Zoom meeting (postponed from November). Dr. Jones gave an interesting and informative presentation on the topic “The Future of Vocational Education.”

At February’s meeting, members discussed the book The Last Bookshop in London – A Novel of World War II by Madeline Martin. We shared thoughts about the book, which is a historical fiction on love, friendship, and survival during the war. The setting of the book prompted some to recall personal stories of family members who fought in WWII and what it was like to live during that time in the U.S.



Our guest speaker for March will be Barbara Lewis. Barbara, a restorative justice advocate, will address the personal toll that the death penalty places upon the families of death row inmates. In April, we will have a workshop on fitness, assemble gift bags for early career educators to be distributed to teachers at Howard High School of Technology, and break bread at Vita Nova at the University of Delaware. We will finish the school year with our annual potluck dinner and scholarship fundraiser in May.

Delta Chapter has supported the homeless at the Friendship House in Wilmington this school year. We also have plans to “Adopt a Future Educator.” We are going to adopt a high school senior who plans to major in education and follow the student through her college years. We will provide a support system, funds for college books, and invite her to chapter meetings and activities.



Jahsha Tabron 2022
Delaware State
Teacher of the Year

“As a special education teacher, I have witnessed the power of inclusive classrooms. Inclusion erases educational barriers, embraces diversity, develops resilience in students, and fosters their perseverance,” Tabron said. “Teachers, our ability to persevere and succeed is dependent on the communities we build; we cannot and should not do this alone! Our greatest resource is each other.”



Jasha will be at our 2022 DKG Conference and will speak with us about her classroom experiences and platform.

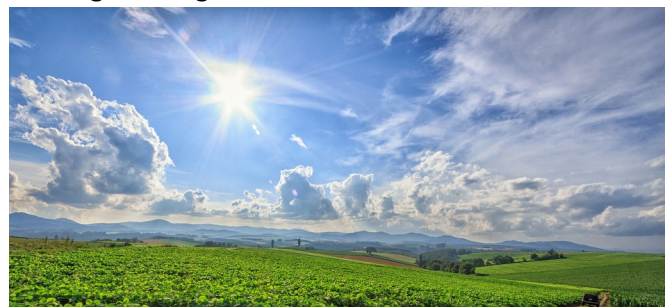
Epsilon Chapter members enjoyed the opportunity for an in-person meeting in October. We were able to pick up our updated chapter yearbooks and to catch up with events and news from our DKG sisters. Thanks to the wonders of Zoom, we also gathered online in September, December, and January. Our ongoing projects and membership activities continued in spite of the Covid-19 cloud!

Although we have not been able to resume our long-standing sale of pecans and other nuts, we continued to support our grants-in-aid program for college students through the online What-a-Crock fundraising program plus participation in the annual Boscov's Friends Helping Friends coupon day. These two projects increased our balances available by over \$600!

In December, our members supported the Holiday Assistance Program of Wilmington Manor Elementary School by purchasing items on lists provided by the school to be distributed to families of students in the school. Epsilon member Jen Porter coordinated this effort. Other members ordered items online to be delivered to her, and she also accepted cash donations to purchase additional toys and clothing.

At our online January meeting, we were delighted to meet a guest who had “found” us through the DKG web site. She is a teacher who recently relocated to Delaware and had been urged by a relative in Maine to look for a DKG chapter. We are connecting her with the online orientation session currently being set up for later in March. From Pat Taylor

We're looking forward to sunnier days and more in-person gatherings as 2022 unfolds!





Membership Announcement!



Delaware State Organization I challenge each local chapter to cross off one action from the list below before our State Conference!

(Email Kharaconlon@gmail.com once you have completed the challenge!!)

- ⇒ Have a recently joined member read the opening message at your meeting
- * Reach out to a local female administrator and invite them to join a meeting to see what your chapter is about
- Invite your prospective new member(s) to bring a friend to your next meeting
- ◇ Instate a "Sister-System" for where a 1–3-year member is paired with an experienced member to communicate throughout the year and remind one another about meetings (this can start with a single pair and grow from there)

Delaware State Conference filled with great speakers.



*Sue Mulhern
Assistant Director of Advocacy &
Education
National Alliance on Mental Ill-
ness (NAMI) Delaware*

Sue Mulhern is the Assistant Directory of Advocacy and Education for the National Alliance on Mental Illness in Delaware. She creates and teaches mental health related programs for community groups, educational institutions, businesses, and faith communities. Sue is a certified instructor for multiple NAMI, Mental Health First Aid, and Suicide Prevention Programs.

Sue was an active volunteer with NAMI Delaware starting in 2017 after she experienced her own mental health crisis that resulted in her taking months off from her corporate job. Upon returning to work, she recognized the need for more open, honest conversations about mental health conditions (specifically in the workplace) .

Feeding Your Flame: Addressing Signs of Burnout and Prioritizing Educator Mental Health & Wellness will be Sue's topic at our conference.



Focus on the Arts

Calling for members of Delaware State Organization to share their passion for the arts! In April during the DSO Spring Conference in Dover members will have the opportunity to display their creations. The gallery will display literary efforts, two and three dimensional art, performance art, photography, and crafts.

How? Contact Terry Flood Kopple, tkopple001@comcast.net to get the specifics. We need to know who will be showing their items by March 31st.

Terry is prepared to help showcase every members' work during the conference.

When? The DSO DKG conference is on Saturday, April 30, 2021. The planning committee will need to know space requirements prior to the conference; therefore, make the contact by March 31st.

Saturday, April 30, 2022 will be the DKG Conference the planning Committee needs to know by April 8 who is coming. Please mail this form to Nancy Vaughan at 509 Dyke Branch Rd. Dover, DE 19901-1548 with a \$40 check made payable to:

Delaware State Organization of DKG Society International.

Name: _____

Chapter: _____ Phone: _____

E-Mail: _____

The lunch entrée will be Chicken Marsala. Please list any special dietary needs:



Delaware State DKG

Chapter Use for Sharing Our Society

When your Chapter supports a community event, gives books to a local group, gifts early career educators, visits a local school, or shares information about Delaware State Organization (DSO) Delta Kappa Gamma consider using the following piece. We need all members and their Chapters to get the word out about our society!

Delaware State Organization

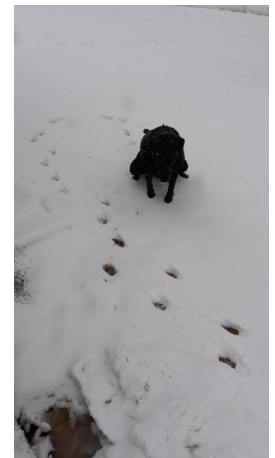


INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS
DELTA KAPPA GAMMA™

Visit our website:

<https://deltakappagamadelaware.weebly.com/>

Delta Kappa Gamma Society International is an international society that recognizes and supports outstanding women in education. The Society has more than 60,000 members, 2100 chapters, 77 state organizations in 17 countries belonging and including nearly 106 members in Delaware. Members can apply scholarships and grants, attend professional workshops and conferences, and enjoy the opportunity to network with women who share their commitment to excellence in education. dkg.org



Beta Snow-a-plooza



Beta zoomed their February meeting.. We had a great meeting with a wonderful speaker Gloria Ho, a district social worker. She helped us all in relaxing and getting in touch with ourselves to try and relieve stress. There were 16 of us with home cups of chocolate, coffee or tea. After the meeting we played Winter Bingo and Sue and Terry went home winners. We also played a Quarantine Scategories game, Shorel and Peg were our winners.

We RSVPed for the meeting with snow pictures. It was really fun.

