

**The Delta Kappa Gamma Society International
Alpha Kappa - Florida
Mission Statement**
**The Delta Kappa Gamma Society International promotes professional
and personal growth of women educators and excellence in education.**
Newsletter May, 2024
Prepared by Connie Lewis



President's Message – Monica Hayes

Dear Sisters of Alpha Kappa,

As my biennium draws to a close, I find myself reminiscing about my 7 years as a member of this esteemed association. I have come to know some of you very well and the support I've received has been most inspiring.

I came into the position with lots of thoughts about things I would do differently. The culture of Alpha Kappa is steeped in tradition, and it very quickly became clear that I would have to adjust my vision for the next two years.

Special thanks to Rhonda Work who'd call and subtly and gently ask about something, or infer a reminder about something else. Connie Lewis was invaluable as she offered to keep the members' list accurate and to send out all the notices and reminders. Susan Vinson helped beyond measure because she offered to drive the 5 hours to meetings at Lake Mary. Last, but certainly not least, a heartfelt thanks to Gale Workman. I am a member because of Gale. Gale listened and when my goal of having us mentor young teachers went nowhere, Gale resurrected the idea and now sisters are volunteering to mentor university students.

I've learned a lot, and I'm grateful for the opportunity to have had this experience. I didn't get to do/bring about all that I wanted to, but I did get to be who I am, a servant leader, and proud of it. I promise to do my best to represent Alpha Kappa well as the new District 1 Director.

Hugs to you all.

Monica

Calendar of Events

- **June 16-19, 2024, Leadership Seminar, Orlando Marriot Lake Mary, registration details in Florida Rays**
- **September 20-21, 2024, Florida DKG Fall Workshop, Orlando Marriott Lake Mary**
- **July 11, 2024, 11:30 a.m. Summer Social, Momo's Pizza, 1641 W. Pensacola St.**

Spring Leadership Conference

Congratulations to Patte Casey, Patricia Scott, Josephine Sondossi, and Stacy Thompson. They have been awarded the privilege of attending the Spring Leadership Conference. Congratulations to each of our members. We know you will represent us well and learn much while enjoying the company of sisters from other areas of the State of Florida.



DKG Foundation – Women Honor Women - Congratulations to Rhonda Work and Nancy Rosenbaum – each was awarded a lovely hydrangea pin that stands for gratitude and heartfelt emotion.



Nora even wore her rose dress to celebrate Mommie.



Gail Workman explained that the Women Honor Women project encouraged members to make a donation in the name of a member who has made a difference. Gail read her nomination letter for Rhonda Work explaining many ways that Rhonda has made a difference in DKG and the community. For the nomination, DKG sent a pin in the shape of a hydrangea.

Stacy Thompson presented the second Women Honor Women Award to Nancy Rosenbaum who also received a hydrangea pin. Nancy Rosenbaum joined Alpha Kappa in 2017 and served as president for the 2020-2022 biennium. She has also served on the Big Bend Coordinating Council, and at the state level as our Educational Excellence Representative. Currently she is Past President and attends the Alpha Kappa Board Meetings. She was awarded a scholarship to attend Space Camp in Huntsville, AL.

Mentoring Lundquist House Members – an enriching experience.

Several members of Alpha Kappa have mentored members of the Lundquist House. Mentoring takes many forms based upon the mentees' needs. It is a wonderful experience for both the mentor and the student.

Many relationships between the two last for a long time and enrich both individual's lives. You do not have to be an expert you just need to listen and care. Often you can direct them to vast resources that may help them to reach their goals. If you get involved you will find it is a very rewarding experience.

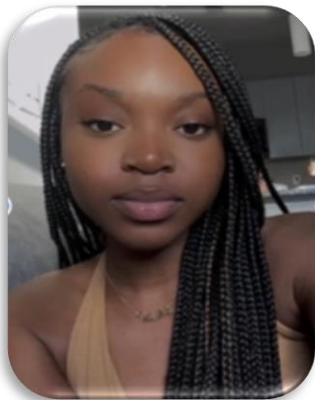


Karina Portillo, originally from Los Angeles, CA but with seasoning from El Salvador, completed her third year in the BA Social Work program at FSU. We are enjoying getting to know one another as we partake of foods we both savor. Sometimes Karina picks the venue and sometimes I do. One of the most interesting times was when she suggested an eatery in College Town. Talk about culture shock. The food and the conversation were great, and I had the best hot sauce ever! Karina

will spend about a month this summer in the Czech Republic as part of a Social Work Study Abroad Program. I can't wait for the pictures and the commentary.



On the right is **Ely Bor**, a Lundquist resident Gale Workman has mentored since 2019. They met at an AK potluck dinner. Ely and Gale continue to communicate regularly, although she graduated from FSU in 2022 and works for an engineering firm in Connecticut.



In 2022, Gale Workman invited **Rebeckah Anestin**, a junior at FSU living in the Lundquist House, to meet her for mentoring. She continued to meet with Rebeckah in her senior year, when she moved to an apartment. She graduated Spring 2024. The headshot at the left of Rebeckah is the photo she submitted to our AK roster of Lundquist residents in 2022. I contacted her because she told AK she would like a mentor.



Meet **Sonia Pitta**, a new Lundquist house member. She is from India and has only been in the US for about 5 months. Connie Lewis is mentoring her. She is a delightful person and a master's student in Data Science. The picture reflects our

trip to Lake Ella where we enjoyed a delightful lunch outside and Sonia fed the duck that came to join us at our table. After our lunch, we went to Publix and shopped to "Pack the Pantry". What fun we had! We are enjoying learning about each other's countries.

Members of Alpha Kappa celebrate the 4 Lundquist House Members who were graduating this semester. The event was held at Cava's Restaurant.



Help “Pack the Pantry” at the Lundquist House These items are needed regularly as they are used up quickly. Please do not leave items at the house for fear that they could be taken by porch pirates. If you purchase from Amazon, you can mail directly to: SSF office is: Lundquist House, % Southern Scholarship Foundation, 322 Stadium Drive, Tallahassee, FL 32304. You may also contact Nancy Watson to arrange to take the goods to the house.

Canned & dry goods

- ◦Pasta (spaghetti, oven-ready lasagna)
- ◦Cereal (Frosted Flakes, Special K, Honey Bunches Almond)
- ◦All-purpose flour
- ◦Beef broth
- ◦Breakfast bars/frozen food

Paper goods

- ◦Plastic bags (gallon, sandwich)
- ◦Plastic utensils
- ◦Trash bags

- ◦Plastic wrap

Cleaning supplies

- ◦Clorox wipes
- ◦Disinfecting spray
- ◦Toilet bowl cleaner
- ◦Bleach
- ◦ Toilet bowl brushes
- Pine Sol

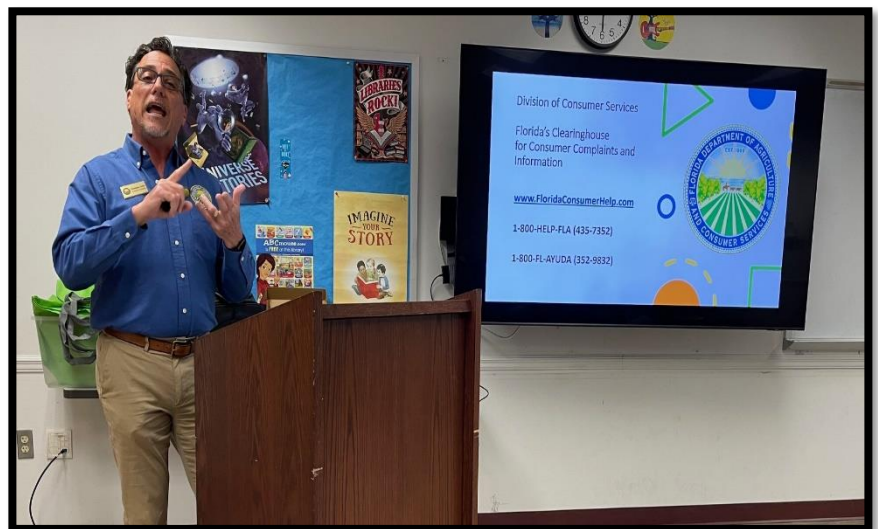


Program on Avoiding Scams, March 26, 2024

Chris Green, the Public Relations Manager at the Florida Department of Agriculture and Consumer Services, Division of Consumer Services, presented the program. He gave us some great tips to avoid being scammed.

Examples of scams

- Do not answer the phone if the number is one you do not recognize.
- Be alert to any calls that are unsolicited and telemarketers who demand immediate action. Do not allow them to send a “runner” to pick up your money. That would mean you have to give them your address.



- Using a credit card rather than cash, will allow you to dispute charges if you did not receive what you ordered.
- Avoid giving personal or financial information over the phone unless you know the source and trust it.
- Check out a charity before giving. It may be bogus. Check to see if what they are asking for, is tax deductible. Also, know how much will go to the charity and how much is retained for administrations.
- Elderly are vulnerable to scams. One way to avoid bogus calls, have the elderly get a private number.
- Free trial offers require giving out your credit card number; after free trial is over, your card can/will be automatically charged, can be difficult to cancel.
- Imposters are very clever, and practiced in scamming. Beware of calls from someone who says they are a grandchild, etc. (the voice could sound the same), and are in trouble, need money for bail, etc. Think first. Check on that person before acting. If the caller will not give you a call back number, it probably is an imposter.

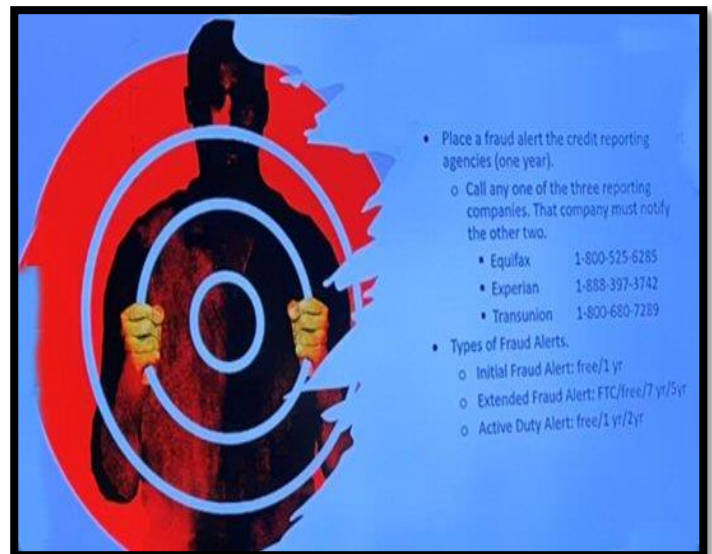
Identity Theft – All it takes is a name and a social security number to open a bank account, get credit cards, apply for a loan or even rent a place to live. If you are a victim of identity theft it is very inconvenient to “get your life back.” Protect all your information that could lead to having your identity stolen i.e. , ssn, bank acct. info, credit cards, passwords, etc. All of this information should be safely stored. Also, when using a credit card at a store, be sure not to let it out of your sight. The machine and employee should use it in your sight.

Protect Yourself – verify information, research organization, free trial offers, talk to someone you know before you invest. . .slow down and think before you spend.

Educate Yourself before getting scammed. Call **1-800-HELP-FLA (435-7352)** the Consumer Assistance Center or visit the online Check-A-Charity tool at **FloridaConsumerHelp.com**. Register complaints here too. The Florida Department of Agriculture and Consumer Services functions as the state’s clearinghouse for consumer complaints.

Other Cautions: Be sure the company or individual that you are dealing with is licensed. Do not let someone in your home who you are not expecting without showing ID first, even if they are in uniform. Protect yourself. Be aware of your surroundings when away from home. Take care to keep your information that you carry with you in a safe place. Ladies, be careful where you put your purse. Do not make it a temptation for thieves.

Good News for Protecting your child’s personal information – Create a credit



report for your child and freeze it through one of these agencies: Equifax, Experian, and TransUnion. Your child's account/credit will be protected until you plan to use it.

For more information on scams, the sites to the right, will give you more information. Put the name of any of one of them into your computer search window to learn more about scams. Chris Green recommends The Perfect Scam but each one of them will give you views on various ways people are scammed. Stay safe and informed.

Disaster Preparedness Program, April, 25, 2024

The program was held at the Leon County Emergency Management facility on Easterwood Drive near Tom Brown Park. Members were admitted by Security began a tour of the facility. The program followed the tour after which a brief business meeting was held.

An interesting and informative discussion of how the Emergency Management teams of the City of Tallahassee, and Leon County work together in the Emergency Operations Center to handle emergencies, such as extreme weather events, fire or water disasters, etc. Both the city and the county Emergency Management Operations work out of the Easterwood Drive Building.



When an emergency arises representatives from the schools, electric companies, representatives from the lodging and food industries, and others gather at the building so they can quickly work to manage resources to meet the challenges of the situation. In the off season or between emergencies, the members of the Emergency

Management teams work to provide community education on how to get ready for an emergency (i.e., building bucket of supplies that may be needed, making a plan for what to do and where to meet in an emergency.

STAY INFORMED & BE PREPARED



For more images of all Alpha Kappa events go to our Facebook Page at <https://www.facebook.com/DKGFLAlphaKappa/>

Founder's Day Meeting

AK members represent us at Founder's Day, May 11, 2024 at St. Stephen Church

Monica Hayes welcomes members.

Chapter Presidents present Program.



Sarah Watters, District I Director, addresses group. Rhonda work addresses new officers.



Alpha Kappa Sisters Attending Founders' Day

Our Summer Social – Looking Forward to Seeing YOU There!



DKG- Alpha Kappa



SUMMER SOCIAL

Momo's Pizza
1641 W Pensacola St

Thursday, July 11
11:30am



**BRING A PHOTO OF YOURSELF IN COLLEGE
BRING A PROSPECTIVE MEMBER**