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Other committee chairs and complete committee listings are published in the chapter yearbook.

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Betty G. Ehlinger, Newsletter Editor

Theta Chapter News

Volume 3, Issue 4

November 2010

The Delta Kappa Gamma Society International Newsletter for Theta Chapter, Upsilon State Cedar Rapids, Iowa

Chapter News

Diana Robeson received the Office Max Teacher of the Year Award and received \$1000 in Office Max items, which included a cushy leather chair and digital camera!

At the November 9th meeting Theta Chapter met the goal of selling 75 Younker's Community Sale Coupon Books. Thanks go to **Mary Cra-ven** for organizing this event to benefit our Scholarship/Grant Funds. Plus, thanks to **Thann Daniel** for giving the final sales pitch at the meeting! Our Chapter now will be able to

share in the "pot" as well as keep \$375 in our treasury.

Donated box tops/labels for education were donated to Truman Elementary School following the November meeting.

Please remember these members with health issues. **Denise Alger** had stitches in her knee. **Judy Chihak** has back problems. **Kelly Panoch** is on bedrest awaiting a January baby.

Mary Ann Kucera is doing well after hip replacement surgery on November 3.

Carol Erickson, Millie Wendt and Char Zrudsky delivered RIF books to three Head Start classes.

Laura Wheeler is currently participating in Grant Wood AEA's Contemporary School Leadership Program.

Cindy West is traveling to Costa Rica in June with 19 students from Jefferson H.S. and 2 students from Washington H.S. Tami Loan, a Jefferson teacher, and Cindy's daughter, Alissa Sayer, will also be chaperoning the trip.

Deadlines, Important Dates and Plans

International: Check www.dkg.org for pertinent information

International Theme: Embracing our Vision— Designing our Future

State:

State Theme: The Magic of Teaching and Learning
Upsilon State will celebrate its 75th birthday in 2011.

State Convention: June 11-12, 2011 in Burlington.

Northwest Regional Conference: July 27-30, 2011 in Edmonton, Alberta, Canada

Local:

April 1, 2011: Deadline for Student Recruitment Grant Applications. Form is on Theta's website, as well as the evaluation rubric.

April 30, 2011: Deadline for Chapter Scholarship Applications. Form is on the Theta website.

Theta Plans for 2010-2011:

- Continue development of website for Theta Chapter
- Increase active membership and visibility within the community
- Involve members in new and continuing service projects
- Raise funds for recruitment grants for students going into education

Theta Chapter Meetings: 4:30-6:15 p.m. unless noted

Delta Kappa Gamma is an organization of key women educators.

Please note that program summaries are published in the Theta Program Booklet.

December 4th (Saturday):

Blue Toad, 88 16 Ave. SW, Cedar Rapids

Program: *The Magic of Teaching and Learning: "Silly, Sexy, Selfish and Sixty (+/-)"*

DKG Purpose: To unite women educators in a genuine spiritual fellowship
Time: 11:00 a.m.- ?
Fee: Order from the menu.

Contact Marilyn Lodge if interested.

December 5th: Moscow Ballet, Nutcracker @ US Cellular. Contact Michelle Anderson if interested.

January, February, March:

*All committees are encouraged to meet several times during the year.
DKG Purpose: To inform the members of current economic, social, political and educational issues so that they may participate effectively in a world society.

Time: One meeting is required. The first person under each committee will set up the meeting, meeting between January and March are suggested. Meet via Skype or Adobe Connect Pro or face-to-face!

March 5th (Saturday): Hand in Harmony 2701 1st Ave SE Suite 104, Cedar Rapids (www.myhnh.com)
Program: *The Magic of*

Teaching and Learning: "Massage Therapy for Health"

DKG Purpose: To unite and stimulate personal growth of women members in a genuine spiritual fellowship.

Time: 10 a.m. -?
Fee: \$5.00 for a 10 minute chair massage

March 15th: Cirque Viola @ US Cellular. Contact Michelle Anderson if interested.

April 12th: Initiation Dinner @ First Congregational Church, 361 17th Street SE, Cedar Rapids

Program: *The Magic of Teaching and Learning: "Celebrate the New and Old-Making History"*

DKG Purpose: To unite, honor and initiate women educators in a genuine spiritual fellowship
Time: 4:30-? p.m.
Fee: \$8.00 LJ's Catering: Potato Bar
Hostesses: Kelly Panoch, Lori Bruzek, Char Zrudsky

May 10th: "Cedar Rapids History Comes Alive" @ First Congregational Church, 361 17th Street SE, Cedar Rapids

Program: *The Magic of Teaching and Learning: "Cedar Rapids History Comes Alive" by Mark Stoffer-Hunter Historian*

DKG Purpose: To stimulate the personal and professional growth of members.
Hostesses: Emily Emonin, Thann Daniel, Denise Alger, Jennifer Hamel, Ann Nicholson



Cindy West made the wreath pictured above for the 2010 Upsilon State Convention silent auction. Theta Chapter added a Barnes and Noble gift card in keeping with a literacy/4th of July theme! Thanks, Cindy!



Theta Chapter donated over 40 mittens, scarves, hats and cold weather gear for students in need. These were delivered to Van Buren School by Betty Ehlinger. In the photograph above, Ann Nicholson and Laura Wheeler help sort the donations.

Program Book Changes

Laura Wheeler's home phone number is 396-0410.

Please change the last name of Alice DeVoe to Henline in your membership listing.

New Address for Mildred Middleton: 2903 F Ave. NW Cedar Rapids, 52405
New Phone: 390-6935.

Reserve Membership has been granted to Kelly Panoch for this year.

All meetings listed at First Congressional Church should read FIRST CON-

GREGATIONAL CHURCH. Address is correct.

Lisa Fry should be removed from the Membership Committee and added to the Legislation Committee.

Priscilla Pohlana has resigned, so please remove her from committees and membership listing.

Arthur School is misspelled in the listing for Mary Ellen Kaness.

For the March 5th program, the location is Hands in Harmony.

Please use the following email address for Lori Bruzek:

LoriBruzek@hotmail.com

Please send news about awards, accomplishments, and other items to the newsletter editor, Betty Ehlinger, bettyge@mchsi.com Newsletters will not be published again until March.

Dr. Anita Barta's Program



At Theta's November meeting, Professor Emeriti Anita Barta entertained members with her experiences in self-publishing her book, I Never Thought of That, based on the prompts for student participation that she used while teaching in the University of Wisconsin system. She was once awarded the Most Accessible Professor Award by UW-L students. Dr. Barta was inducted into the Wall of Excellence, received an Outstanding Professor Award from the Residence Hall and Student Activities-Student Life Office and was named Special Olympics Wisconsin Volunteer of the Year. Dr. Barta also gave copies of her book to attendees.



Theta Birthdays

November: Ann Nicholson, Katie Mulholland, Mildred Salisbury, Betty Stewart, Chris Evan-Schwartz, Marilyn Lodge

December: Dorothy Evans, Diana Robeson, Nancy Danforth

January: Ruth Ann Kelleher, Mary Ellen Kaness

February: Emily Emonin, Lisa Fry, Lori Bruzek, Jeanne Pinckney, Sharon Tauke

March: Mary Craven, Jill Olsen, Millie Wendt, Patti Kacere, Char Zrudsky

On-going Theta Chapter Service Projects

At each monthly meeting, bring a school supply for school students or faculty.

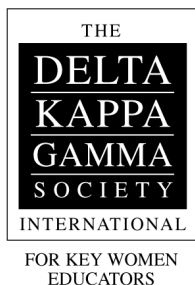
Bring your Campbell's Labels for Education, your Box tops for Education and your pop tabs to each meeting. These will be donated to local schools that are collecting for various projects. Contact Heather Feuerhelm if you

have questions.

If you are interested in becoming a Reading Pen Pal (reading the same book as a student and writing to kids about what they are reading), sign-up will be at the October meeting. Contact Heather Feuerhelm for details. Nancy Danforth is currently working with a student from North English

as part of this project.

Become a RIF (Reading is Fundamental) volunteer! Give Millie Wendt your name and phone number and you'll be contacted to assist with this public library program which gives books to students. Carol Erickson and Char Zrudsky are also RIF Volunteers.



The Delta Kappa Gamma Society International
Newsletter for Theta Chapter, Upsilon State
Cedar Rapids, Iowa

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Social Opportunities on December 4 and 5

Don't forget
committee meetings
during the winter!

Two Recipes served at the November Meeting Supper:

Easy Pumpkin Dessert

- 1 (29 oz) can pure pumpkin
- 1 (12 oz) can evaporated milk
- 3 eggs
- 1 c. sugar
- 1 tsp. salt
- 3 tsp. cinnamon
- 1 box yellow cake mix
- 1 c. chopped pecans
- $\frac{3}{4}$ c. melted butter

Preheat oven to 350 degrees. Mix first six ingredients well. Pour into a 9 X 13-inch greased pan. Sprinkle cake mix on top. Cover with pecans. Pour melted butter over the top. Bake 50 minutes. -*Barb Foss* Page 113, Delta Kappa Gamma Society, Upsilon State cookbook

Submitted by Heather Feuerhelm

Pasta Fagioli

(lower fat version of Olive Garden's recipe)

- About 2 c. dry pasta noodles (I used some shells and some penne)
- 1 pound super lean ground beef or ground sirloin
- 1 C. chopped onion
- 1 T. minced or chopped garlic
- 1 C. sliced celery
- 1 C. diced carrot
- 2 (14.5 ounce) cans Italian diced tomatoes (low sodium if available)
- 15-ounce can white beans, rinsed and drained
- 15-ounce can red kidney beans, rinsed and drained
- 15-ounce can low-sodium tomato sauce (regular sodium can be substituted)
- 2 (5.5 ounce) cans V-8 juice, lower sodium if available
- 3 C. low sodium beef, chicken, or vegetable broth

- 1 T. white or rice vinegar
- $\frac{1}{2}$ tsp. dried thyme leaves
- $\frac{1}{2}$ tsp. black pepper
- 1 tsp. basil flakes
- 1 tsp. oregano flakes
- About $\frac{1}{2}$ C. shredded parmesan cheese (optional)

Bring large saucepan half filled with water to a rolling boil. Add pasta noodles and cook al dente. Drain and set aside.

While pasta is boiling, brown ground beef in large pan. Once almost cooked through, add the onion, garlic, celery, and carrots. Stir mixture and let it cook together about 5 minutes.

Add remaining ingredients (except the noodles and cheese) – this takes a BIG pot. Stir, cover, and lower heat to simmer. Simmer for about 45 minutes. Stir in cooked noodles and continue to simmer about 15 minutes. Sprinkle about 1 T. grated parmesan cheese over each bowl, if desired.

Submitted by Nancy Danforth