



DELTA KAPPA GAMMA, CA STATE, AREA III

ZETA ZETA NEWS

Mission Statement: The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

Vision Statement

**Key Women Educators
Impacting Education
Worldwide**

Presidents' Message

Read Carol and Carmen's message on page 2.

Featured Member!

See page 3 to read about featured member, Helen Rees!

F.Y.I.

See pages 6 -8 for things you need to know!!!

FOR MORE INFO:

www.dkg-zetazeta.org
<http://www.chistateca.org>
<http://www.dkg.org>
<http://www.dkg-ca3.org>

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Upcoming Zeta Zeta Meeting

Our January meeting will be held at Crow Canyon Country Club, on Wednesday, January 20th. The menu choices are 1) Grilled Salmon Florentine, roasted red potatoes, fresh seasonal vegetable OR 2)Vegetarian Puff Pastry. Spring salad of baby greens, artichoke, sliced toy box tomatoes with raspberry vinaigrette, warm rolls and butter, and coffee, tea, or iced tea will be included. Parking is complimentary.

5:30 Social!

6:00 Dinner + meeting!

Please send your \$35.00 to **Denise Dolan**, by **Monday, December 11th**. Her email is denimbd@yahoo.com, and her phone is listed in the directory. Remember, Denise has to have your reservations **eight** days in advance, as there may be no last minute numbers added. She must have your verification via email or phone even if she hasn't received your check. Once you verify that you are coming, you are responsible for the \$35.00.

Christine Deane, Contra Costa County School Board member, will be there with a guest, **Janet Hahn**, who is ROP's Coordinator. Janet will give a presentation on *Career Paths and Opportunities for Kids Today*. *Come, eat, and enjoy!*

RAFFLE CONTRIBUTORS:

November: Pat Hansen, Valerie Kellner, Kit King, Mary Anne Kolda, Roseann Krane, Shelli Kravitz, Pal Lowe, and Eldene Lucchese

Each raffle contributor should bring a \$10.00 gift of their choice or \$10 in cash, all WRAPPED, so the winners will not know what they are picking until it's unwrapped.

A MESSAGE FROM YOUR PRESIDENTS!

It is that time of year, when we need to stop all the rushing and shopping, and take time to breathe and reflect on all the gifts that we each have in our lives. Being mindful and at peace within ourselves is very important. It improves our health and our outlook on life. Taking a few minutes each day, of relaxing, closing our eyes, reflecting and breathing deep will help reduce stress and perhaps even lower our blood pressure. It will put us in a more positive place in our lives.

Some schools and their staff are teaching the art of mindfulness to their students. Students are welcomed to school with a chance to practice mindfulness exercises which focus on positive thoughts and actions. For some students, school is the only safe and calm place in their lives. How can teachers teach their students, if they are arriving at school filled with anxiety and fear, because of home or situational issues? Classrooms need to be filled with love, hope and acceptance.

As members of DKG, California State, Zeta Zeta Chapter, we have the opportunity to help our teachers and classrooms by volunteering. Some of our members are volunteering in schools year round or only for a few hours each month. This is our THAT program (Teachers Helping Another Teacher) Other members are volunteering at *Shepherd's Gate Shelter* in Livermore by reading and helping mothers and children have a peaceful moment. The *Angel Program* and *Backpacks for Kids* in Foster Care brings a bright light to children who need our care. Volunteering always brings out the best in us and fills our hearts with gratitude for our rich lives.

We are so grateful to all the Zeta Zeta members for making a difference in so many ways. Our chapter is strong and vibrant because everyone is so willing to lend a helping hand.

Our next chapter meeting is Wednesday, January 20, 2016 at Crow Canyon Country Club. **Christine Deane**, Contra Costa School Board Member, will bring a guest, **Janet Hahn**, ROP Coordinator who will give us some information on career paths and opportunities available for Kids today. Please bring a perspective Zeta Zeta member with you, if possible.

Remember to send your \$35 dinner reservation to **Denise Dolan**. She needs



a positive dinner count, at least by January 11th. No last minute reservations allowed at the "CLUB" No shows = We still have to pay. Sorry, but great location and food!

Wishing all our Zeta Zeta sisters ---

Happy Holidays!

Carmen & Carol



Purposes of Delta Kappa Gamma

1. To *UNITE* women educators of the world in a genuine spiritual fellowship.
2. To *HONOR* women who have given or who evidence a potential for distinctive service in any field of education.
3. To *ADVANCE* the professional interest and position of women in education.
4. To *INITIATE*, endorse, and support desirable legislation or other suitable endeavor in the interests of education and of women educators.
5. To *ENDOW* scholarships to aid outstanding women educators in pursuing graduate study and to grant fellowships to women educators from other countries.
6. To *STIMULATE* the personal and professional growth of members and to encourage their participation in appropriate programs of action.
7. To *INFORM* the members of current economic, social, political, and educational issues so that they may participate effectively in a world society.

FEATURED MEMBER

HELEN REES

Helen earned a BA in History at University of Michigan, and attended Boston University where she received a M.ED in Education. She was a teacher of History in 8th grade, a department chair for a private school (K-12) in Florida, and Dean of Students at the same school. She moved to Rossmoor with her husband, Dave, after retiring in 2006, to be by her two daughters and their children. Her husband passed away in December two years ago.

Helen joined Sigma Chapter in Dade County, Florida in the mid -90's, and transferred to our chapter 1 and 1/2 years ago after spying a DKG license plate on our own Jeanne Gelwicks' car.

She has two daughters and three grandchildren (Oliver (6), Dylan (4), and Lola who is three years old. Helen has volunteered at their school in Florida and taught Sunday School at church. Now she is busy taking care of her grandchildren twice a week.

Helen loves to read, explore the Bay Area, and travel. She is interested in community service programs for students, and hopes to volunteer in some manner when her grandchildren all reach school age.

We are so glad that Helen joined our group. She is a lovely lady, and we treasure her friendship. Introduce yourself and get to know her. You will be glad you did!



DKG Zeta Zeta Chapter Backpack Project for VESTIA

(Call Charlene will pick up any last minute donations of backpacks and school supplies before we deliver them in mid-January. Call her at the phone number given in the email in which you received this newsletter.)

School Supply Shopping List

Elementary School Age K-3

1. Back pack (please, no Blue or Red due to gang affiliation)
2. Pencils, Eraser & Pencil Sharpener
3. 1 box of Colored markers
4. 1 box of Colored pencils
5. 1 box of Crayons
6. Scissors
7. Glue Sticks
8. Ruler
9. Pencil Box
10. Dictionary (optional)
11. Three Ring Binder
12. Binder paper (wide ruled)
13. 2 folders
14. Book, new or lightly used
15. Small toy



Grades 4-8

- | | |
|--|----------------------------------|
| 1. Back pack (please, <u>no Blue or Red</u> due to gang affiliation) | |
| 2. Pencils and sharpener and eraser | |
| 3. Pens (black, blue and 2 red) | 12. 2 or 3 Pee Chee type folders |
| 4. Highlighters (one yellow, one other color) | 13. 2 glue sticks |
| 5. 1 box of colored pencils | 14. Ruler |
| 6. Zipper pouch | 15. Book |
| 7. Spiral notebooks (3) | |
| 8. Paperback dictionary and thesaurus (optional) | |
| 9. Three Ring Binder | |
| 10. Binder paper (college ruled) | |
| 11. Simple business calculator | |

Zeta Zeta Professional Lending Library

In our Professional Lending Library watch for two new titles, reviewed in the recent DKG Bulletin Collegial Exchange: *With a Little Help from Our Friends - Creating Community as We Grow Older* and *The Human Age - The World Shaped by Us.*)



Two Bucks a Book

Bring your favorites, and be sure to check out the wide selection of titles at our **Two Bucks a Book** table.

Questions? See **Carly Owens**.

PAY IT FORWARD LITERACY ENRICHMENT PROGRAM

Many thanks to those of you who have donated books, toiletries, and other personal items for the residents and children of **Shepherd's Gate Women's Shelter** in Livermore. Recently, **Donna Bell** and **Kit King** went out to read to the children and *with* the women. They gave each woman a bag filled with some of the toiletries you have donated. The children were equally charmed by the stories, gifts, and game. They each got

to choose from a frog or a dog stuffed animal. (Not pictured)



eleale



"Angel Project"

Thank you to all of you that participated in the "Angel Project". Thirty-three gifts were delivered the first part of December to VESTIA (Volunteer Emergency Services Team In Action). A picture of the gifts that DKG gave and Thank You notes from some of the recipients will be forthcoming. *Marilyn*

FOR YOUR INFORMATION:

This invitation from California State Delta Kappa Gamma was sent out via email. It's a very good marketing tool to read and share with others. Go to the Cal State website, < <http://www.chistateca.org> > click on HOME, and then click on iConnect. You will be put on their mailing list.

i-Contact inspires! [Join iContact by filling out the simple enrollment form](#)



DKG California December 23, 2015

www.dkgcalifornia.org

Happy Holidays!

The DKG California emails have been sending good news about our organization for almost one full year. In this year we have acquired four hundred twenty-two subscribers and received much positive feedback. We are grateful for all who read our weekly emails and wish you a wonderful holiday season.

We have a goal for the new year to reach at least one thousand recipients. Our request is that you tell your DKG sisters about DKG California emails and enroll your friends. Our messages are inspirational, informative, and engaging. Our intention is that all California members know about the success of our Chapters, members, and programs and the opportunities that the organization provides.

You may recall how easy it is to enroll by going on the [California State Website](#) and entering your name, email address, Chapter and area. Share our good news with a friend this holiday season!

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

Leading Women Educators Impacting Education Worldwide

Beware of Investment Fraud!

Zack McDowel, Communications Specialist for the Better Business Bureau, spoke to Zeta Zeta at our November meeting. He gave us some tips on what to look for in popular, trendy, and current investment scams. Zack told us that recent research has shattered the stereotype of investment victims as mainly older, isolated, frail, and gullible people. He told us that instead most often a prime target for investment fraud fits the following profile:

- Usually a male 50+ years of age
- Self-reliant when it comes to decision making
- Optimistic
- Above-average financial knowledge and income
- College-educated
- Experienced a recent health of financial setback
- Open to listening to new ideas or sales pitches

Surprising, isn't it?



Common tactics include:

- A. **The "Phantom Riches" Tactic** - dangling the prospect of wealth, enticing you with something you want but can't have. "These gas wells are guaranteed to produce \$6,800 amount in income."
- B. **The "Source Credibility" Tactic** - trying to build credibility by claiming to be with a reputable firm, or to have a special credential or experience. "Believe me, as a senior vice president of XYZ firm, I would never sell an investment that doesn't produce."
- C. **The "Social Consensus" Tactic** - leading you to believe that other savvy investors (friends, or neighbors) have already invested. "This is how ____ got his start. I know it's a lot of money, but I'm in - and so is my mom and half of her church - and it's worth every dime."
- D. **The "Reciprocity" Tactic**- offering to do a small favor for you in return for a big favor. "I'll give you a break on my commission if you buy now - half off."
- E. **The "Scarcity" Tactic** - creating a false sense of urgency by claiming a limited supply. "There are only two units left, so I'd sign today if I were you."

Zack gave us these tips to protect ourselves:

1. **EXIT STRATEGY:** End the conversation with a "NO." Simply tell the person that you are not interested, or that you never make investing decisions without first consulting _____. (spouse, attorney, or accountant.) Knowing your exit strategy in advance makes it easier to leave the conversation once the pressure starts rising.
2. **ASK QUESTIONS:** A legitimate investment professional must be properly licensed, and his or her firm must be registered with the Financial Industry

CONTINUED ON NEXT PAGE

Regulatory Authority (FINRA), the Securities and Exchange Commission (SEC) or a state securities regulator - depending on the type of business the firm conducts. Ask them which one, and check the seller's background. Visit Better Business Bureau at www.bbb.org for more information.

- 3. CONFER WITH EXPERT:** Talk to someone first. Take some time to consider. It's always a good idea to discuss financial decision with family or a trusted financial professional.

Be sure and take your name off solicitation lists. Listed below are some of the ways you can do this:

Telemarketing Calls: www.donotcall.gov or call toll-free (888)382-1222

Direct Mail and Email Offers www.dmchoice.org

Credit Card Offers www.optoutprescreen.com or call toll-free (888)567-8688

Online Cookie Collecting www.networkadvertising.org (Online advertisers use "cookies," which are small data files that track information about you, such as your Web browsing patterns and items you've put into online shopping carts.)

Most legitimate businesses - including securities firms - will honor your request. So, if you receive a solicitation after taking these steps above, you should be all the more skeptical of any offer.

This and more information can be gleaned from resources that are available through a publication put out by the Better Business Bureau entitled, *Fighting Fraud 101: Smart Tips for Investors*. Thanks so much to **Valerie Kellner** and **Donna Bell** for bringing **Zack McDowel** to speak with us. It was a very informative and interesting evening!

