



North Central AΔK Network

to

Excellence, Enthusiasm, & Encouragement



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"Lifting Up AΔK Through Excellence, Enthusiasm, and Encouragement" 2018 North Central Regional Conference Winnipeg, Canada-Mary Ann Gerdes IVP

Greetings NCR Sisters,

Words cannot express how appreciative I am of each sister and the part she played in helping in any way with the regional conference. Wow, what an enthusiastic, energized group of 236 Alpha Delta Kappa sisters who were inspired by speakers and learning session presenters, supported our regional altruistic project, connected with sisters, and were energized about Alpha Delta Kappa. Yes, the Manitoba sisters of 64 strong did an outstanding job in showcasing their province filled with traditions and customs for all to experience. Countless hours of preparation and work took place starting over two years ago when Manitoba sisters found out they would be hosting their first regional conference. They truly wanted to leave a lasting impression on every one of you who attended the conference. I was so blessed to have Jean Hyrich and Arlene Billeck to serve as my Co-Chairs. They altered their vacations and devoted their efforts totally toward the regional conference planning. The command post, which was set up in Jean's basement, served the many meetings where the steering committee of nine other Manitoba sisters met for detailed planning. No stone was left unturned to give each sister the true experience of "Friendly Manitoba" and the exposure of traveling to Canada. Thank you, again, Manitoba sisters. Job well done!!



For those of you who were able to attend the North Central Regional Conference, I am sure you will hold treasured memories which you will be sharing with your chapter members. It takes a village to teach a child and it takes regional officers and committee chairmen and members, learning session presenters, choir members, assistant sergeant-at-arms, and volunteers in every way to pull a regional conference together. Thank you to each one of you who took the time and money to make the trek to Winnipeg and

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experience the 2018 North Central Regional Conference. I hope that you found the training and networking valuable and will take ideas gathered to use them in your chapter, school, or other areas of your endeavors.

I look forward to seeing each of you at International Convention next July, but remember that I am just an email, or a phone call away and am looking for you to share opportunities and ideas that you are doing in your chapter. Sorry for the delay in this newsletter but have been challenged with computer problems which has been resolved by me having a new email address. Please note my new email address: imagerdes@gmail.com (I is like in Larry not a number)

Your Alpha Delta Kappa Sister,

Mary Ann Gerdes, NCR 2018

2018 North Central Regional Conference Reflections

Red River Valley Soirée Reception

Tuesday evening, July 10th
 A fiddler's jigging music, traditional music of the Canadian Metis, could be heard in the summer breeze as the opening of the 2018 North Central Regional Conference convened with a Red River Soirée Reception for all members and guests on the rooftop around the outdoor swimming pool. Thrilled with the outpouring of registrations of 236 sisters, it became apparent that the location needed to be changed. For those who found the steps too many, balcony seating was made available for anyone asking. Sisters and guests were treated to Manitoba snacks which included buffalo stix, Mixed Berry Granola Minis, dark chocolate covering soft fruit centers, and more. What a wonderful way to kick off the opening with the enjoyment of visiting with sisters and guests from across North Central Region and Dr. Ellen Roderick, PIEC, Maryland, and Melba Priestly, PIP, and Gilda DeMott, both from Georgia.

**Morning Fitness Walk**

Early risers were seen taking the fitness walk, starting at 6:15 every morning, led by Manitoba gals who had planned a different route each day. Sisters learned interesting information about the buildings that they passed, including their history. This helped sisters to feel invigorated as they started off the day. It also helped as well, to burn off some extra calories from all the delicious food.

First Timers

Iowa Phi and Iowa Alpha Zeta Chapter members hosted the First Timers activities. A rosebud theme was used. There was an activity where the First Timers worked in groups of three to answer some questions relating to roses. Manitoba sisters had made favors with a votive candle to look like a rose. Single silk rose corsages were given to the First Timers to wear throughout the conference, so people would greet them and welcome them as First Timers. Those on the committee also wore silk rose corsages so that they could seek out a sister to answer their questions during the conference.

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Opening General Session

Opening session was not without its awaited surprises with the formal opening of the conference and many sisters getting their pictures snapped with a real Canadian Royal Mountie. Yet, there was more! An English bag-piper dressed in her Scottish kilts led the procession of North Central Officers into the Delta Grand Ballroom. The traditional way of opening all meetings is with the reading of the following proclamation. “Please know that Winnipeg and its surrounding area is located on Treaty No.1 territory and the traditional homeland of the Metis.” The parade of states and provinces followed with the “Celebration of North Central” by the sharing of NCR pass history and the changes which have resulted. International Chapter members from NCR, Jan Cook, Linda Hughes, and Ann Quinlan, introduced each state and province in the order in which they joined NCR with interesting facts. This was just the beginning of North Central Region sisters experiencing the culture and traditions of our Manitoba sisters.



Regional Conference Challenge

High fives could be seen given throughout the regional conference as the conference attendees were sharing, congratulating, and encouraging positive interaction with focus on seven goals. They were:

1. The opportunity to experience a new country and learn of Manitoba’s customs and traditions.
2. Growth in learning more about Alpha Delta Kappa opportunities and leadership responsibilities.
3. Inspiration for personal and profession enrichment afforded to each of us from the learning sessions which will lead to new avenues.
4. Better understanding of how history has been changed by people who were willing to stand up against human suffering in our world.
5. Sisters experiencing the bigger picture of Alpha Delta Kappa by attendance at regional conference and becoming acquainted with new sisters.
6. A deepening of our understanding and appreciation of what an impact our organization has had all over the world in our world understanding projects - currently the project in Haiti - T.E.A.C.H.
7. Encouragement to reach out to educators or future educators by offering membership in Alpha Delta Kappa to work for growth of our chapters.

Keynote Speaker: Mark Essay—“Live the Big Life”

Sisters were engaged through active involvement and laughter as Mark Essay, a 24-year high school English educator, shared about his experience working with students and fellow teachers. He invited us to explore our personal leadership style and shared that his life song, which helps to keep him energized, is “Crazy in Love” by Bionce. He reminded us that life sends us messages all the time and it is up to us how we respond to these messages. We were encouraged to discover how to use our strengths to get the maximum involve-

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ment and participation from our students or adults in group situations. He challenged us to look at things differently and have a backup plan. We were reminded to remember there are “cat” or “dog” personalities and this will affect how we deal with situations. His key message was to recognize what makes your blood boil. Usually, it is something that is in opposition to your familiar method of functioning in the world. Don't respond but keep your focus. When we are engaged in learning, we need to recognize that not everyone comes from the same background or life experiences. Children learn in the moment, while adults learn through reflection.

Mark encouraged us to use simple instructions, connective stories, repetition and fun to relay our message. This will help us engage and capture students in the learning experience. Simple strategies that engage the student enables the student the ability to cope more effectively with stress. Life sends us messages all the time. Consider what you do with these messages. Sisters were reminded, “Remember that there are children/people out there who are better people because of you.” Enthusiasm is contagious, and, as leaders, we need to emulate this because people will respond.

Manitoba Social

Fun, laughter, food, and fellowship were just some of the components of the Manitoba Social. Music was played throughout the event as sisters learned more about the traditions of the social which is used to help raise money for charitable benefits and, prior to a wedding, to help with expenses.



CAN-AM raffle tickets were sold where sisters could buy a sheet of tickets or you could be in the 50/25/25 drawing which consisted of you paying \$5.00 and the number of tickets were determine by the length of your arm. The tickets were all placed in a white bucket and at the end of the social a drawing was held. Half of the money raised went for the regional conference altruistic project, STATUS4, and, if you happen to have your ticket drawn, you received one-fourth of the proceeds collected which was over \$200. Now, that was not all because the Manitoba sisters lead the group in line dancing to a variety of old and classic songs.

Learning Sessions

Thirty-four learning sessions took place Wednesday through Friday morning with sisters having the privilege of attending four different sessions of their choice. Sessions were designed to give sisters the choices in Professional Growth, Personal Growth, and Alpha Delta Kappa Leadership Development/ Training. Excellent reviews were shared in the evaluation forms from sisters. Please check out the regional website on International website for an electronic copy of the handouts which were given to sisters attending the learning sessions. Even though you may not have been able to attend the session, you can certainly download a copy and glean from the information. **Learning sessions handouts which presenters have turned in to Mary Ann are listed on the North Central Regional website completely on 9/7 under regional conference-learning sessions. You may click on the live link and print off any of the material which you find that you would like to have a copy.**

English Tea

What a more fitting way than to have an English high tea experience in recognizing our special golden, sapphire, and silver sisters. Nine golden sisters were seated at special tables. Beautiful tea cups of all patterns and designs graced the tables as sisters were served scones with strawberry jam and clotted cream with assorted dainties and, of course, English tea. Alice Guest shared information about an English tea, followed by Susan Rodda and Judy Rine presenting a special program of recognition for our new special sisters. Dainty, decorated petite fore boxes representing petite fore cakes with specially hand-made jeweled keychains were presented to every honored guest while Iona Taylor, a sixth grader, played her harp.



Canadian Museum of Human Rights

Over 200 sisters and guests loaded up onto charter buses and traveled to the Canadian Museum of Human Rights where guests experienced 90-minute small group guided tours through the many galleries. Each gallery had a theme, the first being “What are Human Rights?” followed with a few others such as “Examining the Holocaust,” “Turning Points for Humanity,” “Breaking the Silence,” and “Actions Count.” Sisters viewed the Garden of Contemplation which is made of volcanic stone that is the only stone found throughout the world. Rising out of the top of the building is a glass elevator call the Tower of Hope. When the tower is illuminated, it becomes a beacon of enlightenment the goal of the human rights journey.

Invitation to International Convention

Circle your calendar, July 17-20, 2019, for International Convention in Minneapolis, Minnesota at the Minneapolis Hilton Hotel. Susan Pelchat, International President, along with Estelle Winiecki, Convention Chairman, and Sherri DeLaHunt, Convention Co-Chairman, extended the invitation to all North Central Region to come and attend the Minnesota Extravaganza. North Central Sisters, be prepared to extend a hand in helping our Minnesota sisters and support them in their efforts. Don’t forget to register early!! See you next July in Minnesota.

Regional Conference Altruistic Project-STATUS4

Thank you to the outpouring of sisters, chapters, states, and provinces providing CAN-AM with eighty-two raffle items, as well as four quilt items, which were given out at the beginning of the evening session on Friday. August 7th, the 2018 NC Regional Conference Steering Committee presented a check to Kevin Gibson, CEO of STATUS4, in the amount of \$6,056.83 Canadian dollars. These funds will be used in helping to provide free music and art experiences and programs for under-served and at-risk Manitoba youth and children. THANK YOU, NORTH CENTRAL REGION ALPHA DELTA KAPPA SISTERS, for your support!!

Manitoba Regional Luncheon

Luncheon Speaker, Susan Pelchat, International President, shared in her address to North Central Region sisters the need to be “Leading for the Future.” Susan offered the following keynote thoughts:

1. Everyone makes mistakes. Learn from them and move on.
2. Talk up Alpha Delta Kappa. Communication is the key.
3. All sisters need to offer for office. You will make mistakes, learn new skills, and move forward in your experiences.
4. Those who don’t remember the past are condemned to repeat it. Be mindful of your beloved organization and what’s happening with membership.
5. Never give up on what it takes to accomplish your goal. Do what it takes to sustain Alpha Delta Kappa.
6. It is a role of every leader to prepare future leaders for change.

7. Show the joy of Alpha Delta Kappa and share it with others.
8. Thrive in style!
9. A thriving Alpha Delta Kappa is our legacy to present to the next generation.

Special Awards and Recognitions

Distinguished Program Awards submissions for August 2016-June 2017-Alice DeHoff, Indian Alpha Zeta

<u>Illinois</u>	<u>Indiana</u>	<u>Iowa</u>	<u>Manitoba</u>	<u>Michigan</u>
Theta	Xi	Beta	Beta	Alpha
Mu	Tau	Epsilon		Delta
Xi	Chi	Zeta		Phi
Alpha Theta	Alpha Beta	Iota		Alpha Kappa
Alpha Kappa	Alpha Gamma	Kappa		Alpha Upsilon
Alpha Psi		Tau		Beta Alpha
		Phi		Beta Nu
		Alpha Zeta		Beta Pi
				Gamma Alpha
<u>Minnesota</u>	<u>Nebraska</u>	<u>Ontario</u>	<u>South Dakota</u>	<u>Wisconsin</u>
Alpha	Beta	Tau	Alpha	Zeta
Kappa	Epsilon	Psi		Gamma Delta
Xi	Theta			
Phi	Lambda			
Alpha Alpha	Nu			
Alpha Theta	Alpha Nu			
Alpha Phi				

Minnesota Alpha Alpha Chapter was named the 2017-2018 Distinguished Program Award Winner for North Central Region.

Regional Mini-Scholarship Winners-Sharon Copt, Minnesota Alpha Alpha

Fall Regional Mini-Scholarship
 Connie Barbaglia, Iowa Pi
 Poppy Ann Graham, Illinois Alpha Phi

Spring Regional Mini-Scholarship
 Poppy Ann Graham, Illinois Alpha Phi
 Mary Petron, Minnesota Phi
 Nicole Putnam, Nebraska Alpha Nu

Regional Scholarship Winner \$1500
 Christina Kloch, Nebraska Alpha Zeta



Excellence in Education Presentation-Lisa Roeske, North Dakota Delta

Lisa Roeska, North Dakota Delta, Excellence in Education Chairman, introduced to the audience the state and provincial Excellence in Education Award winners. Lisa shared that these women are truly an amazing group, with many professional accomplishments and contributions to education. Each state and provincial winner was presented with a certificate and pin with a short bio presented by committee members Chris Larsen, South Dakota Zeta, and Karen Hurst, Illinois Alpha Theta. Lisa had also prepared a Powerpoint on each sister and some of her accomplishments. The following sisters were recognized.

- State/Provincial Award Winners
 Cheryl Thornton, Indiana
 Karen McDonald, Illinois
 Diane Sande, Iowa
 Sheila Stark-Perreault, Manitoba

Excellence in Education Presentation-Lisa Roeske, North Dakota Delta (cont.)

Melinda Cucinella, Michigan
Laurie Conzemius, Minnesota
Ann Feldmann, Nebraska
Lisa Roeske, North Dakota
Denise Palmer, Ontario
Lynette Busch, South Dakota
Beth Smith, Wisconsin

Mary Ann Gerdes announced the Excellence in Education winner for North Central Region as Beth Smith from Wisconsin who will be representing our region at International Convention in Minneapolis, Minnesota. Beth was presented a check from NCR and Susan Pelchat, International President, presented to Beth a plaque from International Chapter. Yes, everyone of these sisters are winners and congratulations to them all. Thank you to chapters and sisters who made the nominations.

We Built a School in Haiti-Susan Jacob

Susan Jacob, North Central Region World Understanding Chairman, shared with sisters about the previous world understanding projects which included the three schools in Vietnam, the school in Peru, and the bookmobile on the Lakota Sioux Indian Reservation by Faith, South Dakota. Susan told about the most recent World Understanding project which was T.E.A.C.H. Alpha Delta Kappa sisters attended the dedication of the secondary school building that Alpha Delta Kappa sisters helped to build this past March in Haiti.

World Understanding Projects and Voting. Communication Central, and Early Career Teachers (3-7 years of teaching) and New AΔK Members (1-7 years)-Sandy Wolfe

Sandy Wolfe, International Representative to North Central Region Conference, presented the three world understanding projects which all sisters were to vote on by August 1st. Sisters could have voted online, by paper ballot, or at the regional conferences. The projects were:

- 1) Project C.H.E.A.R. (Making a Children's Home with Education and Agriculture a Reality in Tanzania)
- 2) Project Sewing Seeds of Hope
- 3) Project TEACH TOO

At the end of the voting, sisters had the opportunity to visit with any of the International Chapter members regarding any questions, concerns, or triumphs which they wished to share. At the end of Communication Central, Sue Pelchat met briefly with all early career teachers who had three through seven years of teaching experience or members of Alpha Delta Kappa members who have been members for one through seven years.

Omega Service-Mary Ann Kaufman

Mary Ann Kaufman, Illinois Eta, NCR Chaplain, presided at the Omega Service of remembrance of 186 North Central Region sisters who joined the Omega Chapter from April 16, 2016-April 16, 2018. Mary Ann opened the service with the reading, "The Train." The NCR choir sang two different songs, "People Come Into Our Lives" and "Standing Tall," directed by Christina Kloch, Pro-tem Music Director, accompanied by Elizabeth Hodtwalker. A candle lighting service was held where a candle was extinguished for the Omega sisters of each of the states and provinces for North Central Region. A banner for each state and province was given to the state/provincial president and president-elect to take back to their state. Mary Ann shared thoughts about "Caring is Sharing."

Alpha Delta Kappa Collegiate Club-Lynette Varner, AΔKCC Sponsor

Lynette Varner, AΔK Collegiate Club Sponsor at Ball State University in Muncie, Indiana, shared the progress being made since the chartering/initiation on March 15, 2016 of 25 young men and women charter members.

NCR Membership Report-Jane Thompson

2016-2018 **S/P/N Membership Consultants** received **Membership Service Awards** for demonstrating outstanding dedication to membership development:

Pins:

Patricia Manues, **Iowa**

Valerie Johnson, **Illinois**

Barb DeGortari, **Indiana**

Ellen Paxton, **Manitoba**

Ann Ainslie, **Michigan**

Ruth Tschanz, **Wisconsin**

Certificates:

Janella Knierim, **Indiana**

Phyllis Kieser, **Minnesota**

Sarah Wollitz, **North Dakota**

Donna Snowdon, **Nebraska**

Linda O'Grady, **Ontario**

Lisa Weier, **South Dakota**

Membership Campaign Award Certificates for initiating/reinstating 1-3, 4-6, and 7 plus new members, thereby enhancing personal and professional development in the chapter, earning recognition for the chapter's recruitment efforts and strengthening Alpha Delta Kappa.

Iowa 1-3 Beta, Gamma, Zeta, Xi, Sigma, Phi, Alpha Beta, and Alpha Zeta

Illinois 1-3 Lambda, Mu, Xi, Alpha Theta, Alpha Kappa, Alpha Nu, Beta Pi.

Indiana 1-3 Mu, Alpha Beta, Alpha Upsilon.

Manitoba 1-3 Beta and Zeta

Michigan 1-3 Alpha, Gamma, Alpha Upsilon, Alpha Phi, Beta Gamma, Beta Nu, Beta Upsilon, Beta Chi, Gamma Alpha, Gamma Zeta.

4-6 Beta Mu

Minnesota 1-3 Gamma, Psi, Alpha Rho, Alpha Phi

North Dakota 1-3 Gamma, Delta

Nebraska 1-3 Epsilon, Theta, Mu, Pi, Rho, Sigma, Upsilon, Chi, Psi, Alpha Eta, Alpha Theta, Alpha Iota, and Alpha Nu. **4-6** Zeta and Alpha Zeta

Ontario 1-3 Epsilon, Rho, and Psi

South Dakota 1-3 Alpha

Wisconsin 1-3 Zeta, Omicron, Chi, and Psi

2018 Membership Campaign

13 Chapters won the vouchers in the drawing to be used towards 2019 International Convention: **Iowa** Xi, **Illinois** Alpha Nu, **Indiana** Alpha Beta, **Manitoba** Zeta, **Michigan** Beta Mu, **Michigan** Beta Chi, **Minnesota** Alpha Phi, **North Dakota** Delta, **Nebraska** Chi, **Nebraska** Alpha Zeta, **Ontario** Psi, **South Dakota** Alpha and **Wisconsin** Omicron

Nebraska Alpha Zeta initiated/reinstated the most new members (6) during the 2018 Membership Campaign in the North Central Region.

Nebraska Alpha Delta Kappa had the highest level of participation in the 2018 Membership Campaign in the North Central Region with **37** new members/reinstatements.

The North Central Region initiated or reinstated a total of 60 new members/reinstatements during the 2018 Membership Campaign!

Seven Pearl Chapters for 2017-2018- 41

Iowa Beta, Gamma, Zeta, Sigma, Phi, and Alpha Beta

Illinois Lambda, Mu, Xi, Alpha Theta, and Beta Pi

Indiana Mu, Chi, Alpha Upsilon, and Beta Epsilon

Manitoba Beta

Michigan Alpha, Alpha Kappa, Alpha Sigma, Alpha Upsilon, Beta Theta, Beta Nu, Beta Upsilon, and Beta Chi

Minnesota Alpha Alpha, Alpha Theta, Alpha Rho, Alpha Upsilon, and Alpha Phi

North Dakota Beta

Nebraska Gamma, Epsilon, Zeta, Theta, Mu, Rho, and Upsilon

Ontario Sigma and Upsilon

South Dakota Alpha

Altruistic Report-Eileen Noll

NCR has 4,477 members in 186 Chapters in our region. Reporting in a timely manner during the 2017-2018 year were 178 chapters. That is 96% of the chapters in the North Central Region submitting their Altruistic Reports.

Our total service hours of volunteerism this year were 191,268 hours. We gave away monetarily \$807,767, other items totaling \$399,489 were given away, and scholarships were awarded for a total of \$133,333. The grand total

was \$1,340,589.

Certificates were handed out to states and provinces that had 100% of their chapters reporting in a timely manner. They were: **Iowa, Manitoba, Michigan, Minnesota, Nebraska, North Dakota, South Dakota, and Wisconsin.**

Manitoba received both certificates for the **Highest Hours Per Capita** and **Highest Dollars Per Capita**. You may find listed on the North Central Region website a list of all the North Central Regional Altruistic activities for 2018.

Invitation to 2020 Regional Conference

Sisters were treated to the Gorgeous Girls of Michigan Style Show showcasing Michigan and what this lovely state has to offer. Circle the dates of July 19-22, 2020 for North Central Regional Conference in Frankenmuth, Michigan at The Bavarian Inn Lodge. Brochures and Michigan pins were handed out to sisters.

Canadian Banquet

The banquet started off with Kathryn Brown, Ontario Provincial President, giving a toast to the Manitoba sisters for a lovely 2018 North Central Regional Conference. Alice Kranig, a member of Wisconsin Omicron Chapter and her husband, Larry, from Monroe, Wisconsin presented to the Manitoba Executive Board a fly-fishing rod in the Alpha Delta Kappa colors to be auctioned off at a fund raiser for an altruistic project for Manitoba. Posted on foam boards were the winners of the CAN-AM raffle items which sisters picked up before and at the beginning of the banquet.

North Central sisters and guests enjoyed a delicious meal followed by a wonderful night of music and entertainment by Mr. Fred Penner, singer/songwriter, composer, actor, writer, author, and TV host. He is a four time recipient of the Parents' Choice Award and Juno winner. Mr. Penner delivered a simple, yet powerful message. "Never underestimate your ability to make a difference in the life of a child."



Thank you North Central Region Alpha Delta Kappa Sisters for your donations of CAN-AM raffle items and money to make possible the presentation of \$6,056.83 (Can) to Kevin Gibson, CEO of STATUS4 by the 2018 North Center Steering Committee.

August 2018

Dear Sisters,

What a wonderful summer this has been.

My Alpha Delta Kappa travels took me from little ol' Torrington, Connecticut to Montgomery AL, Anchorage AK, Winnipeg MB, Dallas TX, Baltimore MD, and Providence RI. Don't ask me which was my favorite venue or which was my favorite convention. At each stop I had experiences I never would have had were it not for the kindnesses of our sisters and the wonderful planning of our IVPs and their committees. Each experience was like a new toy: entertaining and delightful.

Events like regional conferences are like Thanksgiving Dinner. You plan and prepare for a week, and the meal's over in twenty minutes. With our conferences, the planning began last July and lasted throughout the year to bring us exciting and satisfying experiences. And it was all over in three short days.

What will you remember most from your regional conference? I will remember the exuberance of the early educators with whom I met, the enthusiasm of SPN leaders at our gathering, the wonder on the faces of first timers, the determination of our membership teams, and the smiles and laughter that surrounded so many wonderful meals and meetings together. And I'll remember the satisfied looks on the faces of the planners when everything came together, seemingly without a hitch.

Do you remember an amazing speaker at your conference? A wonderful cultural event? A "taste" of the region? An Evening of Entertainment? Singing? Memories of sisters who have passed? Great workshops? Dining together in sisterhood? These are the things I'll remember best from this summer. I enjoyed my time with each of you, in each region, and at every event I could attend. To use the vernacular, I had a blast, and it was awesome!

From Simple Reminders. "The best things in life are the people you love, the places you go, and the memories you make."

Thank you for a wonderful summer of sisterhood, travel, and memories to sustain me for years to come. Next stop, Minneapolis, MN... July 17-20, 2019.

Love,
Sue

Susan G. Pelchat

Alpha Delta Kappa Int'l President

ENERGY, OPPORTUNITY, IMPACT

Alpha Delta Kappa, Changing the World Since 1947

<http://www.alphadeltakappa.org>

