

IL IN IA MB MI MN NE ND ON SD WI

LIGHT NEW HORIZONS

OPPORTUNITY COURAGE GROWTH

NORTHERN LIGHTS

Volume 1, Issue 3

"Love is not patronizing, and charity isn't about pity, it is about love.
Charity and love are the same - with charity you give love,
so don't just give money but reach out your hand instead."
Mother Teresa

Dear Sisters,

This is the season when our hearts and thoughts turn to acknowledging those who touch our lives. There are so many on our list; family, friends and those less fortunate. The list can become endless.

I would like you to take a moment to pause and reflect on the 'infinite possibilities' that are available as we make our list of everyone that we wish to recognize this holiday season. Is there someone in your circle of Alpha Delta Kappa sisters who could use a tiny bit of your generous spirit? Is there a sister who is still working? Is there a sister who has young children? Is there a sister who is the caregiver for an aging parent or loved one? Is there a sister who could use a helping hand in meeting challenges?

Perhaps you could offer to give her a batch of your famous holiday cookies. What a stress reliever that might be. Why not offer one or two hours of your personal time to look after her charge so that she can make a small dent into her shopping. Could you offer to pick something up for her? Could you bring a casserole to help lessen one of her many chores? There are so many small things that are within our grasp. So much that we could offer that would make such a difference to those who are overwhelmed at this time of the year.

As we strive to make Alpha Delta Kappa flourish in a world that changes with every click of an electronic device, we must never forget the power of a simple act of kindness. These are the events that live in the heart long after the lights go out on any grand or exciting occasion. Lessening someone's workload is a selfless act that is a true testament of our sisterhood.

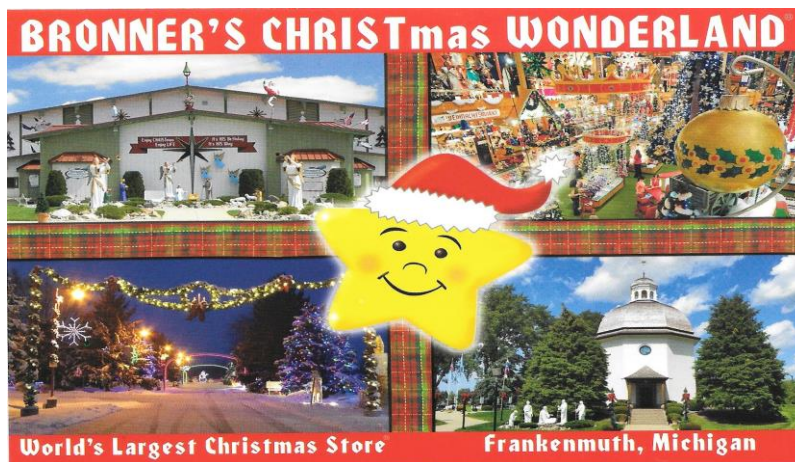
I want to take this time to wish each and every sister in the North Central Region, and all of the other regions within Alpha Delta Kappa, a safe and happy Holiday Season.

*With sisterly affection,
Roberta*

Willkommen to Frankenmuth, Michigan!

The 2020 North Central Regional Conference is July 20-22 at the Bavarian Inn Lodge in Frankenmuth, Michigan. Roughly 20 years ago Michigan hosted a regional conference at Mackinac Island. Some of you were there to enjoy all the unique amenities of our exceptional island gem. Now the opportunity to experience another Michigan gem is being extended to you. For some of us this may be the last chance to attend a regional conference in Michigan!

Built on tradition. Made for memories. In Frankenmuth, that's not an expression, it's a promise - a promise to welcome visitors with Bavarian hospitality regardless of the season. A promise that guests will enjoy the small-town moments and find the simple joys of life around every corner. Frankenmuth IS the perfect destination to refresh, renew and recharge. It is another Michigan "gem" city.



This quaint little city is a vacation destination. Families are welcome. There is much to do in the city where Christmas is celebrated all year long.

Michigan sisters invite you to:

- Shop at Bronner's, the largest Christmas store in the world
- Dine at Zehnder's and Bavarian Inn restaurants to experience their world - famous chicken
- Tour the Cass River on the Bavarian Belle Riverboat
- Rent a kayak or aqua cycle on the Cass River
- Find adventure with waterparks and zip lines
- Raise a glass at Michigan's oldest and largest winery - St. Julian's
- Explore Frankenmuth Historical Museum and Michigan's Military and Space Heroes Museum
- Tee up at Fortress Golf Course
- Check out the numerous unique "mom and pop" shops
- Discover the charm of the River Place Shops
- Relax on a horse-drawn ride with the Fantasy Carriage Co. or the Frankenmuth Carriage Company

There is so much to do in just three square miles!

Wir hoffen, Sie auf der Konferenz 2020 zu sehen.

(We hope to see you at the 2020 conference.)

Anita Mosely, 2020 Regional Conference Chair



Why not request that mittens replace gift tags under the family tree this year? #FamiliesforFrankenmuth! Take a photo and send it to us! Read all about **Mittens for Detroit** in our last issue!



Booking Your Flight?

Make certain that you book to the airport in **Flint, Michigan**



Call for Learning Sessions Presenters

Learning Sessions
Presenter's Submissions Due:
 Online with a link or email to kludwig4532@woway.com.

Forms in different formats have been sent to S/P Presidents and Chapter Presidents enabling online or email applications! Sessions are 45 minutes in length.

Bavarian Inn Lodge Room Rates:

- \$119.00- standard room
- \$129.00- premium double or king
- \$194.00 - suite

Release Date: January 20, 2020

Website link:
<https://lodgers.bavarianinn.com/>

Group Number: #12R29J

Mary Ann Gerdes, Regional Membership Consultant

Margaret Nieradka, Ontario Sigma Chapter member, has been busy helping to recruit members for her chapter, and Margaret offered to share some of her strategies which she has found to be successful. Review the ones you feel which will help you the most in reaching your membership goals. Mary Ann

How Do I Recruit a New Member?

After every presentation I have made, without exception, this question has been asked.

Based on International and chapter programs, here are ten tested ideas to help you succeed!

1. **MAKE THE CALL:** Are you worried about how to make that initial telephone call to a prospective member? There's a page for that! (MDM) Pages 34 and 35 provide tips on types of communication as well as a telephone script and supportive advice! (Membership Development Manual can be downloaded under Documents and Forms, Guiding Documents)
2. Communicate our value by targeting the interests of the demographic. If the person is millennial, they are likely to value altruism, world understanding, and outreach. Our international schools are a great example for sharing. Our work with Saint Jude's Children's Hospital enables them to reach across borders to help children. Both charities have an International impact. Our chapter supports Kiva, an international microloan organization which has been popular with all demographics.
3. Emphasize the value-added components of our organization in a personal way. Instead of just saying, "We have scholarships for members: say, "A member of our chapter got a mini scholarship and spent only \$5.00 on a course!"
4. Mentorship and career support are an especially valuable component of Alpha Delta Kappa. Personalize this feature by giving examples from your own chapter. Perhaps a retired member is volunteering in the classroom of a practicing member. Is there a mentorship program in your chapter where a member will mentor an incoming officer or chairman? Did a member seek job interview advice and preparation? Prospective members relate to and remember real-life situations. We are like a living, breathing, library of educational resources, readily available to all who accept membership.
5. We honor our past while we strive to be modern. Tell the story. I always relate the struggles of our founders to my mother who is 98 years young. She is fond of telling the tale of her difficulty in getting her first independent bank account in the 1960s without having my father sign for her. Imagine the strength of character it must have taken for our founding sisters to initiate this venture in an even earlier era. Help new members to understand the story behind our traditional rituals.
6. Share our international structure. There are opportunities to connect with and learn from educators across the globe. Do you have a story about meeting sisters from another country? Have you forged long-distance friendships? While visiting Brisbane, Australia, I was able to meet with the local AΔK chapter and brought back a box of "TIM TAM" chocolate cookies to share with my chapter!!
7. We are always evolving. If you have a page on social media, refer to pictures of a specific chapter event or series of events during your conversation. Some prospective or new members do not use email (for example) and rely on the Twitter or Instant Messenger platform. Watch the change in attitude when you message a prospective member to look at your chapter Twitter account!
8. Start a Facebook account for your chapter. Then search for other states or countries and make connections. Refer to those connections when you speak to a potential member. My personal example is that Ontario, Canada, is now following Virginia on Facebook. Conversation is not just for conventions anymore!
9. Have some statistics on hand for those who respond to numbers. The first page of the international website outlines both monetary gifts and volunteer hours over the last two years. Additionally, we are all proud of the two million dollars in scholarships provided by Alpha Delta Kappa.
10. Remember the intangibles. Any new meeting attendee will notice the big hugs, the smiles, and the powerful connection that illuminates the event wherever it takes place. One of our new members put it this way, "I love to be in a room with intelligent and caring women who believe they can make a difference." And remember.... what happens in the meeting, stays in the meeting" ...a good safe feeling for everyone.

Check out other ideas from the International site to interest new members.

https://www.alphadeltakappa.org/ADK/Meetings/Recruitment_Ideas.aspx

Margaret Nieradka

Ontario Sigma

Jane Lindsay

Ontario Sigma (Editor)

NCR Committee Chooses Altruistic Project

Frankenmuth, Michigan is the location of the 2020 NCR conference. The NCR conference committee has chosen the **Mustard Seed Shelter** to be the conference Altruistic Project. The shelter is located in the nearby city of Saginaw. Michigan Alpha Sigma chapter, also located in Saginaw works each year in partnership with the Saginaw County Association of Retired School Personnel to provide monetary donations, gift cards and presents at Christmas for the women and children housed at the shelter. Director Amy Bartels Roe shared the following information about the shelter:

Since its founding in 1995, Mustard Seed Shelter has welcomed more than 1,000 women and children, providing emergency shelter to more than 50 individuals per year and assisting more than 90 each year with permanent supporting housing in our community. Guests are provided an opportunity to participate in weekly support group meetings with staff and/or professional volunteers and create a plan to improve their overall situation which can include obtaining medical services, gaining money management skills, completing education, receiving job training, etc.

Because of our small home environment, we have the opportunity to help women rebuild their lives by helping them address both their crisis situation and the core reasons that led to their homelessness. We work hand in hand with our guests, helping them access the services they need to turn their lives around.

Because of the way that we fund our day to day operations, which include no government funding, we are able to have our guests stay with us for as long as they need to and are making progress. This is VERY important, as we have learned, and all know that years of dysfunction and brokenness cannot be healed in a set amount of days.

Located in a former church rectory, The Mustard Seed Shelter can house 15 women and children who are homeless. An expansion currently underway will add more space that is handicap accessible.

The links include an article with testimonials from women whose lives have been helped by this caring organization and a video news story about the shelter's expansion.

What Does The Mustard Seed Shelter Provide?

- Recovery and crisis resolution support groups
- Individual counseling sessions
- Life skills support group
- Parenting skills training
- Mental health assessments and treatment referrals
- Assistance with goal planning
- Money-management services
- https://themustardseedshelter.org/wpcontent/uploads/2017/09/SAGFall2016_mustard-seed-article.pdf
- <https://www.abc12.com/content/news/Mustard-Seed-Shelter-expanding-to-serve-more-homeless-women-in-Saginaw-511263222.html>

UPCOMING DATES

- | | |
|--------------------------|--|
| January 1 st | International Dues Report H-138 |
| January 1 st | Membership Campaign begins |
| January 15 th | H-142 S/P/N President's Report due to Regional IVP |
| January 31 st | Dues Deadline * |
| January 31 st | Regional Professional Development Scholarship Deadline |
| January 31 st | Annual S/P/N Membership Consultant Report due |

*** Please remember that the H-138 is due at International Headquarters showing receipt of membership dues being paid by January 31st. This qualifies your chapter for one of the seven pearls!**



Wishing you a safe and healthy Holiday Season.

Kathleen Buligan
4 Year International
Executive Board Member

Roberta Casabon
International Vice



Alpha Delta Kappa North Central Region 2019 – 2021 Leadership

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