

# Delta Gamma News

*THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL*

Delta Gamma Chapter

Region V Eta State

Durham County, NC

Volume 28 Issue 2 November 6, 2015

## Delta Gamma President's Message

Dear Chapter Members,

This time last year, my husband and I had recently returned from a foliage tour up and around New England. We marveled at the beautiful autumn leaf colors and now we are enjoying the beauty of that change here in North Carolina.

Change is the way of nature and the cycle of life is necessary. Sometimes, though, change is hard. Looking in the mirror and wondering where that "old woman" came from ; watching our loved ones grow, move away, or age ; trying to keep up with technology - these changes can be challenging and unwelcome.

*I think Delta Kappa Gamma members focus on change for good.*

I am so proud of our chapter for making a difference - a change for good in the lives of others. We support Schools For Africa and award teacher grants. We collect school supplies and food for children in need. We gave donations of gift cards and money to a local orphanage. We volunteer or donate in community settings like Crayons2Calculators, Book Harvest, and Rebound. We change our personal body of knowledge by reading and discussing books and listening to informative speakers. We learn about our community and what it offers by visiting local museums and universities. We visited a local history hub and learned from local history buffs and tours.

I hope Delta Kappa Gamma, Eta State, and Delta Gamma have changed your life in a positive way. I know that they have changed mine. I have stretched and grown, learned and been encouraged. I know we will continue our tradition of changing lives for the better as we bring in new members and continue to enrich the lives of our current members. Invite a prospective member to one of meetings. Call a current member that you haven't seen in a while and offer them a ride to our next function.

*"Be the change you wish to see in the world," Mahatma Gandhi*

Elaine Russell, Co-President



## NC Eta State President Sheila Groves' Message

@SheilaVGroves1 (Twitter)

<https://www.facebook.com/groups/EtaState/> (Facebook)

svgeta97@gmail.com (email)

### *Something to think about...*

Member recruitment and retention are responsibilities we all share – something to be aware of year round, not just when the membership chairman asks for recommendations. So, dust off your Elevator Speech and be ready to share information when a *teachable moment* occurs. Share your pride in the work of DKG with other members and non-members. Enthusiastic, well-informed individuals project a positive image. Your positive voice can...

- build relationships and make connections
- communicate opportunities for leadership, personal growth, and professional development available through the Society
- generate enthusiasm for DKG programs and projects
- motivate others to join with you to make a difference in education

### **Are you a positive voice for Delta Kappa Gamma?**

#### **Take the International Survey**

International has recently posted this notice about a membership survey on the website:

“A sub-committee of the International Administrative Board would like member feedback regarding membership components (classification/types, invitation and initiation) that could impact membership growth in the future”.

“Please respond to the questions based on your own personal experience but with a focus on the future of DKG.” The link to the survey can be found at:

<https://www.dkg.org/content/membership-dkg-survey>

Weigh in on our membership categories (active, reserve, honorary) and make suggestions. Maybe you have other ideas for categories. The survey is only three quick questions!



## Delta Kappa Gamma Programs and Calendar Delta Gamma Chapter, 2015

### Delta Kappa Gamma Programs and Calendar

**Event:** *Holiday Brunch at the Nasher MuseumCafé \**

**Date:** Saturday, December 5, 2015

**Time:** Brunch seating for members and guests is 11:00 AM.  
The museum will be open from 9:00 AM until 5 PM for those wishing to enjoy the museum's exhibits before or after brunch.  
There is no charge to enter the museum's café. However, touring the museum will cost \$5.00 for non-members of the museum.

**Location:** The Nasher Museum of Art at Duke University  
2001 Campus Dr, Durham, NC 27705

\*Note: Bring a friend, or come alone, as we spend time together. Bring gently used children's books to be given to children served by *Book Harvest*.

Browse the menu and explore the December exhibits at: [www.nasher.duke.edu](http://www.nasher.duke.edu)

### **Holiday Brunch at the Nasher MuseumCafé , an Update from Sandy Poston:**

Mark your calendars for our annual holiday brunch at the Nasher Museum Café on Saturday, December 5, 2015! Brunch seating for members and their guests is 11:00 AM. However, the museum will be open from 9:00 AM until 5:00 PM for those wishing to enjoy the museum's exhibits before or after brunch. Other than the cost of the meal you purchase, there is no charge to enter the café. Touring the museum will cost \$5.00 for non-members of the museum.

We will be collecting new or gently used books for children of all ages (as well as adult titles) for *Book Harvest*. There will be a box to deposit your books into.

You are welcome to bring a guest to the Holiday Brunch but please acknowledge if you plan to attend *and* the number of guests accompanying you when you RSVP to Sandy Poston [email4sandy2@gmail.com] for the Holiday Brunch by November 27, 2015.

The Nasher Museum is located at 2001 Campus Drive, Durham, NC 27705. Specific driving directions will be sent a week before the event.

If interested, you can browse the café menu and explore the December exhibits at:

[www.nasher.duke.edu](http://www.nasher.duke.edu)

Sandy Poston



Update on January Meeting from Sandy Poston:

### January 23, 2016 meeting

Go ahead and mark your calendars for our January 23, 2016 book discussion with Gerry and Ann: *Being Mortal: Medicine & What Matters in the End* by Atul Gawande. We will once again meet at Croasdaile Village Retirement Community.

We will also collect *Schools for Africa* donations at this meeting. Don't worry if you haven't gotten your collection bottle! At our first meeting Sandy Poston handed out collection "baggies" with labels *It's "In the Bag" for Schools in Africa*. No fancy container needed! Anything: bags, bottles, cans, or anything you can drop change into and bring to the January meeting! After all, *your* donation will make a difference. But, when we *all* donate, we make a *bigger* difference in children's lives in 13 African countries.

For more than 65 years, UNICEF has worked to provide every girl and boy around the world with an education. Today, thanks to support from partners like **Delta Kappa Gamma Society International**, more than 21 million children are already benefiting from child-friendly schools, norms and interventions, increased access to quality education, improved physical and learning environments and enhanced teaching!

### It's "In the Bag" for Schools in Africa



Delta Gamma Chapter Eta State

Delta Kappa Gamma is helping secure a better future for African children through contributions to *Schools for Africa*.

If you like, cut this label out and tape or glue it on your SFA donation container.

Please turn in your donations by **January 23, 2016**





children first.

\*\*\*\*SINGLE-PIECE

Friend  
DKG - Delta Gamma Chapter, NC  
315 Purefoy Rd  
Chapel Hill, NC 27514-4858

April 6, 2015



Dear Friend,

Thank you for your thoughtful contribution of \$260.00 to the U.S. Fund for UNICEF, processed on Tuesday, March 31, 2015, to support UNICEF's Schools for Africa program.

The U.S. Fund for UNICEF thanks members of The Delta Kappa Gamma Society International (DKG) for supporting our humanitarian work on behalf of the children of Africa to increase access to quality basic education. Every child has the right to an education. It changes lives and breaks the cycle of poverty that traps so many. UNICEF works tirelessly to ensure that every child—regardless of gender, ethnicity or circumstances—has access to a quality education.

The United Nations Children's Fund (UNICEF) works in 190 countries to save and improve children's lives, providing health care and immunizations, clean water and sanitation, nutrition, education, emergency relief, and more. The U.S. Fund for UNICEF supports UNICEF's work through fundraising, advocacy, and education in the United States. Together, we are working toward the day when every child has a safe and healthy childhood.

UNICEF fights for the survival and development of all children, in all situations, all of the time. There has been substantial progress: the annual number of under-five deaths dropped from 13 million in 1990 to 8.8 million in 2008. But still, 17,000 children die each day from preventable causes. Our mission is to do whatever it takes to make that number ZERO.

Once again, please accept our most sincere thanks for helping UNICEF ensure access to basic education for all children through the Schools for Africa program and for sharing in our mission to do whatever it takes to save a child.

Sincerely,

Caryl M. Stern  
President and CEO

# Delta Gamma Chapter Minutes

## Delta Gamma Chapter Meeting – Saturday, September 19, 2015

Attendees: Gerry Larson; Sandy Poston; Theresa Wahome-Tate; Elaine Scagnelli; Elaine Russell; Nancy Anderson; Nancy Swanek; Kim Mayo; Delores Ali; Rita McMillan (Joint meeting)

Joint Meeting Summary: This Delta Gamma Chapter meeting followed the annual joint Delta Kappa Gamma meeting on Saturday, September 19, 2015 at Mount Sylvan Church. Members from the 4 local chapters enjoyed a light breakfast, fellowship and an inspiring program. Gerry Larson gave an update on the most recent \$200 teacher grant winners; four of them were able to join us for the meeting to introduce themselves and answer questions about their grant projects. Following the upcoming November 1, 2015 deadline, the committee will again select the 2015-16 grant recipients from an amazing pool of **local First, Second or Third year teachers**.

Several members from the joint chapters received a red rose during in recognition of their 30 years in Delta Kappa Gamma. The highlight of the meeting was the presentation by Eta State First Vice President Connie Savell. She provided an update of news from Eta State and then shared information on the scholarship and educational opportunities available to Delta Kappa Gamma women. She was impressed with the collection of backpack buddy food items and school supplies from Delta Gamma, Beta Iota, Eta and Beta Kappa chapter members gathered for local school children. She encouraged us to continue to embrace these projects and expound on them during this biennium as recommended by the Executive Board under the leadership of current Eta State President, Sheila Groves.

Delta Gamma Chapter Meeting : The meeting was called to order by Co-President Elaine Scagnelli. For inspiration, she encouraged members to “imagine, inspire and ignite” as we create the future and move forward! She also read Paula Fox’s inspiring poem, *Heart of a teacher*.

We dispensed with the reading and approval of the minutes of our last business meeting in the absence of the Secretary. Kim volunteered previously to record the minutes for today’s meeting. The minutes of the last meeting will be read and presented for approval at the upcoming October 2015 meeting.

Treasurer Joan East was not present due to a death in her family. Instead, Elaine Scagnelli was collecting the \$5 breakfast donation and any other monies submitted in Joan’s absence. She also shared a reminder to members to donate to the teacher grant fund and pay the annual dues of \$79 before the late October deadline. You may also mail your dues to Joan East.

### Report of officers:

1. Co-President Elaine Russell shared updates from Eta State and focused on the *100 Challenge*. We had 100% participation from Delta Gamma pledges. Eta State challenge pledges across the state made it possible for the North Carolina DKG Organization to begin as a non-profit and commence with awarding scholarships!! A total of \$1000 will be awarded for grants this year, paid out in amounts ranging from \$50 to \$250. The application is available online at the Society’s site. Chapters/groups and individuals are encouraged to apply!! Elaine Russell will send members links to this information later in the week. There is also a newsletter which will now be available to inform members of happenings with the fund, etc. She shared the First issue of the newsletter during the meeting. The Grant categories are: (1) Continuing education for professionals or growth and (2) Projects to advance literacy or learning in a school or community. This year’s applications are due by November 20!!! Delta Gamma members discussed the possibility of creating a chapter project, i.e., beginning teacher grants because according to Connie, we can expand on what we are doing. More will be shared in future meetings about this opportunity.

Minutes continued...

Co-Presidents Russell and Scagnelli thanked members for all of the help given during last spring's Eta State Convention!!! We did a great job in all aspects of the convention in Chapel Hill!!! This year, the convention moves to Winston-Salem.

2. Elaine Scagnelli reported on the annual Executive Board Meeting held on the campus of Elon recently which was attended by our two "Elaines". Regional Director Carolyn Vincent was also there and met with them as a region. Our chapter received recognition and the distinction of EXCELLENCE for the chapter newsletter and website. Nancy, Claire and others who may have helped with these communications are to be congratulated for their work! In late winter, our Chapter Achievement form was completed for evaluation and we were informed that we had increased to EXCELLENCE. We are a healthy chapter!! Chapters are now encouraged to increase their social media presence by possibly including a Twitter account or Facebook option. Elaine Russell mentioned that she has already established a Facebook page for Delta Gamma, but more work has to be done. Some members expressed an interest in setting up a twitter account. More to come on these activities.
3. In Legislative news...The state budget was FINALLY passed by the House and the Senate and was signed by our Governor a few days ago. Highlights of this budget:
  - i. Teacher assistants are restored;
  - ii. \$750 bonus to be given to teachers;
  - iii. Driver's Ed is restored. Delores shared that this is a link to providing other opportunities to our students, especially the high school students. While we are all concerned with teen drivers and their safety, we need to think about the socioeconomic impact—engagement of our students after school and taking advanced or other courses at local community colleges, etc. These students may have no transportation for that continued growth. There could be a "dangerous" gap for the students!!! This is a rather rural community and driver's schools are expensive!!!!

Driver's education may have been passed off to the community colleges which are not ready to meet this need, and these community colleges are mostly at a distance from schools and communities with large numbers of students needing the training. Members were encouraged to be proactive about contacting Legislators. (Elaine Jenkins is our liaison.) In addition, we should continue to be alert and vigilant on these issues.

4. Sandy Poston reviewed the fantastic programs planned for the year (and originally shared in the Chapter's newsletter). Upcoming in 3 weeks, a lemur tour is planned in October, and we will have a room for our meeting afterwards. We will be asked to pay the group rate of \$8 per person. Members are encouraged to bring a guest. Sandy needs a "head count" by next weekend. Watch for an e-mail from her. (If you view the online version of the chapter newsletter, you can see hotlinks to additional information on the programs.) Sandy mentioned that you may want to check the website for a toy you can bring for the lemurs!!!

We can then go to Erwin Road for lunch. As you RSVP you will be asked your preferred lunch location: Friday's; Firehouse Subs, Nosh or Another Broken Egg. Wear your walking shoes!!!

Minutes continued...

Sandy Poston used comments from others to build this year's programs. For example, our scheduled visit to the Carolina Ale House was a good suggestion because of its central location. For those members with transportation issues, we may be able to coordinate rides. Members should contact Sandy if they have travel issues.

Our Holiday Brunch is scheduled for the Nasher Museum in December. The cost to tour the museum is \$5.00; it is free to members. Our meeting at Book Harvest was very popular and was therefore added to this year's programs again. Bring books when we meet there!

The book discussion meeting in January 2016 will focus on a non-fiction book by Atul Gawande, a practicing physician. The title of the book is ***Being Mortal***, and it is available in various formats. It deals with issues that touch all of our lives. Gerry Larson and Ann Wilder recommend it and will lead the discussion. At this meeting, we will also turn in our ***Schools for Africa*** donations! (Instead of the "Thirsty for Learning" juice bottles, this year we are collecting the change in ziploc bags!) Fill it and bring the ziploc to the January meeting. Sandy distributed the bags to those attending today's meeting. There will also be a "hobby share" opportunity at this meeting as well. There will be 2 opportunities to share what interests you at our meetings this year – January 23, 2016 and/or the March 2016 meeting! Sandy has the sign-up sheet. Gerry feels that meetings should be limited to 2 hours and hobby sharing should be its own meeting so that there is more focus on member interests. There will be further discussion on this and possibly we will gather the ideas this year and change the meeting time/format for next year. Sandy shared opportunities for volunteering, i.e., at Book Harvest and with Crayons to Calculators. Volunteers are asked to be there by 3:45 p.m.; We will be volunteering on Tuesday, October 27 from 3:45 p.m. until 6 p.m. Julie Marshall (formerly DPS) works there; there is a very "scheduled" time for elementary giveaway on that day. It is located on Holloway Street near the Durham Public Library.

Delores and Gerry will be Delta Gamma's new Co-second Vice Presidents, since Mary Fletcher is not able to serve at this time. They brainstormed volunteer opportunities and activities which will allow chapter members to just socialize. We need to recruit new members!!! Gerry recommended we consider using the DKG Prospect Card (outlined in the newsletter). If you have names of potential members, you may give names to Gerry and Delores NOW versus in February. Officers will try to provide social opportunities to meet with potential members and/or invite them to attend upcoming socials and scheduled activities! Our Delta Gamma Chapter challenge is to initiate 4 new members this year!!!

Gerry gave a thorough presentation during the joint meeting part of today and reminded members again to share applications and other information about the teacher grants; the due date is November 1, 2015.

Delores had the opportunity to attend the DKG Leadership Conference which focused on confronting reality head on! There was also discussion of intergenerational approach so that all have a chance to grow and be active. Some attendees were not members of DKG. She felt it was a very beneficial conference. The conference was held at William Peace University in Raleigh over 3 days. Another important point shared was for DKG members in Eta State to be sure to visit headquarters and support it!!

Theresa Wahome-Tate spoke about the upcoming biennium report; state officers are asking that we design and offer programs that embrace the goals of DKG and make sure we have events/activities which support the goals. The chapter must report qualitatively and quantitatively. Kim suggested that she set up a *Google Doc* to keep track of the activities and hours, etc.

In member updates, Bet Lawson's husband was at Hillcrest, but is now at home. Please remember them! Doris Schomberg is at Croasdaile in rehab now as of 2 days ago; she had open heart surgery and was recuperating nicely then broke her femur and had to return to the hospital to have pins inserted. Her address was shared in the newsletter. Barbara Fish is in Baltimore.

Financial reports are available in the September newsletter. Joan East will address financials when she returns during our next meeting. And...because of the short time between this meeting and our next, there will be no October newsletter; the next one will be completed for our November meeting. Our Proposed budget for the year was printed on the back of the agenda. Members reviewed it prior to voting to accept or reject it. The motion to accept the proposed budget as printed was made by Theresa Wahome-Tate; it was seconded by Nancy Anderson. The motion was passed.

The members participated in the installation ceremony for Delores and Gerry as Delta Gamma's Co-Vice Presidents and congratulated them for work they have done in this role already and for what they will do to further our work with Delta Kappa Gamma.

Our meeting was adjourned at 11:18 am. The next meeting of Delta Gamma Chapter will be October 3<sup>rd</sup>.

Respectfully submitted by: *Kim Mayo*



**Delta Gamma Financial Statement  
September 10, 2015 – October 31, 2015**

**General Fund, BB&T Checking Account**

Beginning Balance	<b>\$595.44</b>
Receipts:	
19 dues @ \$79, 3 dues @ \$34, 7 food @ \$5.00, extra \$11.00	\$1649.00
Grant contributions	\$415.00
Beta Iota share of expenses for 9/19 joint meeting	\$42.20
Eta share of expenses for 9/19 joint meeting \$51.11, Overdraft fee share \$9.00, Refund of \$10 (food 2@\$5)	\$70.11
Total Receipts	<b><u>\$2176.31</u></b>
Disbursements:	
Transfer to SECU Grant Fund	\$415.00
Reimbursement J. Umbarger for 9/19 mtg. expenses	\$28.84
Reimbursement N. McDuffie for 9/19 mtg. expenses	\$21.48
Reimbursement D. Burke for 9/19 mtg. expenses	\$29.52
Reimbursement E. Scagnelli for 9/19 mtg. expenses	\$44.53
Reimbursement T. Bell for 9/19 mtg. expenses	\$12.22
Reimbursement E. Scagnelli for Elon Mtg. 9/12	\$21.00
Reimbursement E. Russell for Elon Mtg. 9/12	\$21.00
Eta State Headquarters Fund from 4 chapters 9/19 Mtg.	\$50.00
Total Disbursements	<b><u>\$643.59</u></b>
Balance in Checking:	<b><u>\$2128.16</u></b>

**SECU ACCOUNTS, opened July 15, 2010**

**Share Account**

Opening Balance	<b><u>\$26.17</u></b>
Interest, September	\$0.02
Balance	<b><u>\$26.19</u></b>

**Reserve Fund, Money Market Account**

Opening Balance	<b><u>\$1924.07</u></b>
Receipts:	
Dividend, September	\$1.74
Total Receipts	<b><u>\$1.74</u></b>
Disbursements:	\$00.00
Total Disbursements	<b><u>\$00.00</u></b>
Balance	<b><u>\$1925.81</u></b>

**Grant-in-Aid Fund, Money Market Account**

Opening Balance	<b><u>\$1887.12</u></b>
Receipts:	
Dividend, September	\$1.81
Contributions Transfer from BB&T	\$415.00
Contribution	\$175.00
<b>Total Receipts</b>	<b><u>\$591.81</u></b>
Disbursements:	\$00.00
Total Disbursements:	<b><u>\$00.00</u></b>
Balance	<b><u>\$2478.93</u></b>

## Change in Delta Gamma's Bank Accounts

Earlier this Fall the State Employees Credit Union notified us of a change in its policy. No longer would they be recognizing organizational accounts. We are asked to close out our accounts with them by the middle of November.

Back in the early 90's, then treasurer Rosa Small moved Delta Gamma's accounts to BB&T. In 2010, I opened three accounts at the SECU: a share account, a Money Market Account for the Grant Fund, and a Money Market Account for the Reserve Fund. I did this because we received much better interest/dividend income there. However, since there was no monthly service fee at BB&T, I kept the checking account with BB&T which turns out to have been a good move. Any bank I've talked recently has a monthly service fee of \$8 - \$10, sometimes less depending on how much you keep as a balance.

So later this month I will be moving Delta Gamma's monies at the SECU back to BB&T to two Money Market accounts. We had been earning interest of about \$38 - \$40 yearly at SECU. That will drop to about \$10.00 given the current interest rate at the banks.

Joan East, Treasurer

Joan shares a note from Mary Fletcher:

Dear Delta Gamma Sisters,  
Thank you very much  
for your support.  
My husband William  
was diagnosed with  
MDS in 2009. We knew  
it was serious and  
there would be a tough  
road ahead. Everyday  
was a challenge for  
him, and yet he  
always saw the  
sun shine,

a flower bloom, always  
a new day for him -  
and there was still  
room in his heart to  
help me stay strong.  
And I thank the  
great spirit of life that  
we had the year in  
Virginia to share his  
last moments of  
life on earth.  
I have no plans - other  
than to wake up in our cabin  
where we shared so many  
beautiful moments -  
Thank you again for your  
kind thoughts - Mary



*“ Create the Future – Imagine, Inspire, Ignite”*

*85 Years and Beyond: Advancing Key Women Educators for Life*

**Donation Challenge for Headquarters\*: Message in Eta Data, October 15, 2015**

Chapters are asked to support Headquarters with a \$2.00 contribution per member. The donation helps meet basic expenses of maintaining Headquarters but does not cover all the costs each year.

Supporting Headquarters would not be a problem if every member donated \$2.00 or \$3.00 each, but only a small fraction of our chapters contribute!

Let's step up and support our Eta State Headquarters! Donations of at least \$2.00 by every chapter member are worth **30 points on the Chapter Achievement Award form!** Send donations to:

Eta State Treasurer, Ruth Jones  
3607 Wyneston Road  
Greenville, NC 27858

\* See the October issue of Eta Data for full article...

**Eta State Convention Theme Announced, Breakout Sessions Presenters Wanted**

“Create the Future: Imagine” will be the theme for the 2016 Eta State Convention to be held April 22-24 in Winston-Salem. A video invitation to the convention was presented at the Executive Board meeting in Elon in early September.

Breakout session applications are now being accepted. The four strands for topics will be **Technology, Teaching & Learning, Personal Growth, and DKG Society**. A proposal form is posted on the Eta State website at <http://www.deltakappagamma.org/NC/2016WorkshopForm.pdf> and should be submitted by January 25, 2016. For more information, contact Connie Phiifer Savell at [mcdpm59@gmail.com](mailto:mcdpm59@gmail.com), (704)-477-0450, or 206 North Roxford Road, Kings Mountain, NC 28086.

Hotel registration for the Marriott is also on the website convention page at <http://www.deltakappagamma.org/NC/2016Convention.html>. Rooms are \$119, single or double, plus taxes. Deadline for the group rate is March 22, and as in the past, rooms will go fast so register early. It speeds the check-in process if you will put both names on the registration. There is a charge for parking in the city deck.



## GRANTS in PROGRESS

Our 4-chapter Teacher Grants Committee will meet Nov. 10 to review applications for ten \$200 2015-2016 *Beginning Educator Grants*. As of Oct. 30, 15 applications have been received from elementary, middle and high school teachers in 8 Durham Public Schools. Grant recipients will be notified by December 1. Each recipient will be given a personal check from the designated chapter at individual faculty meetings in December. Our Delta Gamma chapter will award four grants. Let Gerry know if you'd like to participate in one of these December presentations - a very rewarding experience! ([geraldine.g.larson@gmail.com](mailto:geraldine.g.larson@gmail.com))

The newly established Delta Kappa Gamma Educational Foundation of North Carolina is offering up to \$250 for two types of grants: Learning/Literacy or Continuing Education for Personal or Professional Growth. The 4-chapter Teacher Grants Committee has submitted a Learning/Literacy Grant application requesting additional support for our *Beginning Educator Grants* program. As the number of applicants for our *Beginning Educator Grants* grows each year, additional sources of funding are needed to support more teachers. Hopefully, we'll have one additional grant to offer next year!

Gerry Larson

# Delta Gamma Member News

New Address:

Dolores (Dee) Gidney  
125 Morningside Drive  
Durham, NC 27713

Doris Schomberg is  
back home again!  
Going to Rehab 3 times  
a week and doing well!  
Has to be that Wisconsin  
"farmgirl resilience"!!

WHISH ... 10,000 Steps!!

(see Sept. Newsletter)

Joan East has joined me in  
walking 10,000 steps per day!  
We are working on it and on  
most days accomplish the goal!

Join Us!!

Nancy Anderson

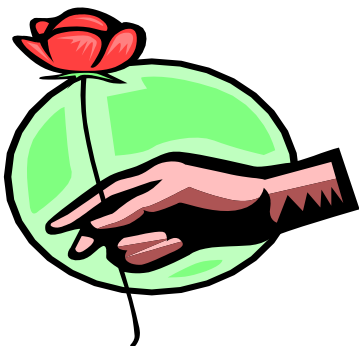


# Member News



Wonderful surprise that my grandson, Joshua Lewis, who has been working overseas a long time, rented a car, and drove 4 hours to come see his Mom, Judi Miller, Grants Manager for Duke, Department of Aging, and his "aging, aged" grandmother,

Sue E. Miller



**Joshua earns the “Rose” for this great family picture and visit!!!**



## Saguaro National Park in Arizona

The amazing, gigantic Saguaro cactus is the chief attraction at Saguaro National Park just outside Tucson, AZ.

Each saguaro has its own individual shape - with or without "arms." This unique North American Sonora desert inhabitant can slowly grow, over 150 years, to more than 70 feet. Despite its long spines, the saguaro offers refuge to nesting birds and a fruit prized by Native Americans.

Saguaros stand like silent sentinels along rocky ridges, slopes, and valleys, towering over neighboring desert vegetation - a remarkable sight!

Gerry Larson



# Member News ... continued...



Here is a photo taken on my recent trip to Cuba. My friends (L to R, Page Crocker, Gretchen Cooley, me and Janice Stratton) and I had just taken a ride in one of the classic cars that are ubiquitous in Havana. As part of our visit, we were taken on an hourlong ride around Havana in one of the old cars that are lovingly maintained by their drivers.

The photo was taken at the Plaza de la Revolucion, the huge open place where Fidel Castro gave his hours-long speeches when he was in good health. The memorial behind us honors Jose Marti, Cuba's national hero. In fact, he is always called by one long word: JoseMartiournationalhero.

This was my second trip to Cuba in the past year and a half. I am determined to learn as much as I can about the Cuban people and culture before the invasion of McDonald's and Starbucks. I continue to be fascinated by the resiliency and ingenuity of the people, despite their many hardships, and the place of the arts, especially music, in Cuban culture.

Barbara Fish

Nancy, I don't know how to put in accent marks, but these words should have them:

Revolucion, above the second o

Jose, above the e

Marti, above the i

All of the accent marks should slant from northeast to southwest, like this /... BF

I could not figure it out .. Readers must do this until I find out how my program works!! Any suggestions appreciated. Nancy Anderson