

Theta State News

New Mexico

Delta Kappa Gamma Society International

July 2018

Mission

*To Promote
Professional
and Personal
Growth of
Women
Educators and
Excellence in
Education*



President's Message

Key Women Educators,

'Simply Southwestern' was a fantastic state convention. I was so blessed by the attendance from members across our great state, the visit with Nita Scott, Executive Director, International representative and by the wonderful breakout sessions on and off the Dona Ana Community College campus. Thank you to all who participated.

As you all know by now, Theta State is in the middle of a revitalization plan. I have met with state officers and had conversations about the health and vitality of chapters. We are in the process of assessing areas where growth and development may be needed. I was invited to attend a workshop at International Convention on state/chapter revitalization plans and hope to enrich my knowledge and understanding of 'next steps'. I would also encourage all chapters to check out the resources on International website, "Chapter self-assessment". I'd be happy to send this information electronically if need be. Just let me know what help I can provide. Another action at the state level is 2nd V.P Pat Graff, membership chair, has issued a challenge to each chapter to grow their membership by 10%. Pat and I have created a membership committee that expands the entire state and we think this will provide chapters with the support that is needed to meet and possibly exceed the challenge. One more state action to support chapters was recently held in Hobbs, by Kay Hannum, Leadership seminar chair. Kay structured the three days of training around a jigsaw puzzle. "Putting the pieces together- simple" provided chapter officers with a clear vision of their responsibilities at the chapter level and the resources that are available from state and international. I do believe that we "Theta State" members are the Key women educators who can and will grow, strengthen and continue to honor other women educators with membership.

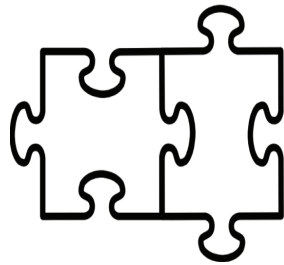
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International Convention is in Austin, Texas on July 16-20. There are over 120 proposed amendments to the constitution and standing rules and this is the time for you to let your voice be heard-- you are a valued member of our society. I currently have a list of 19 members planning to attend and I'm excited to see Theta State so well represented. Remember, state group picture is scheduled for Wednesday, July 18 at 4:35 p.m. Site 1.

I still hold to 'Keep it simple, Sisters', and will add 'You are an Essential Piece'. I am honored, blessed and truly humbled by the opportunity to serve as Theta State President.

With love and respect

Ella



Thank you to these women for all their hard work on the Theta State Convention!



Omega Chapter members Left to Right: Alice Morris-Jones, Hannah Monsimer, Dr. Bernadette Montoya, Barbara Jewett, Cynthia Smith, Sharon Sevachko and Sharon Stepro. Photo by Susan Swope

Theta State Convention Memories



Front: Ella Kelly, and Shawna Denny

Back: Nita Scott Executive Director and International Representative

Necrology

Pat Graff and Ella Kelly lead a coral reading as part of the program to remember four sisters.

Members from the chapters spoke about each sister and a white rose was taken to be given to the family or for the chapter to use in their own ceremony.



Carmen Pennington speaking during the Necrology.

Photos By Susan Swope

All reports that were filed are available on the Theta State Website. <https://thetastatenmdkg.weebly.com/>

Share your thoughts, pictures, and activities via our new sites:

Email: thetastatedkg@gmail.com

Twitter: @thetastatedkg

Instagram: thetastatedkg

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Next Theta State News Deadline: September 1, 2018

Educators Recognition Awards

These awards honor key women educators, who have been selected by chapters, as exemplary professionals.

Gamma Chapter: Violeta Djordjevee and Peggy Jackson

Epsilon Chapter: Cheryl Holland and Cindy Lee

Kappa Chapter: Diana Hamilton

Upsilon Chapter: Claresia Montoya and Rachel Rodriguez

Omega Chapter: Terry Mount and Ellen Sage

Alpha Delta Chapter: Priscilla Brower



Peggy Jackson.

**Clara Enriquez, Claresia Montoya
and Sharon Palacios.**

**Debora Varela
and Priscilla Brower**



Dianna Hamilton and Shawna Denny.

Cindy Lee, Jan White and Cheryl Holland



Yvette Moore, Terry Mount and Ellen Sage

Photos By Susan Swope

Theta State 2018 Achievement Award Winner

Ginny Hill



Virginia (Ginny) Hill has been a member of Psi Chapter since her initiation in 1984. She has served as chapter president, first vice president, and as a member or chair of numerous chapter committees. Recently, she served as TS Scrapbook chairman. Ginny holds an MA from UNM. She retired from teaching in 2007 (but did not stay retired). Ginny's enthusiasm is contagious. She is a member of several organizations and enjoys caring for her granddaughter, making jewelry & cards, reading, and yard work. Virginia (Ginny) Hill was the Theta State Convention Chairman held in Grants at the Senior Citizens Center in 2016. She currently serves Theta State on Nominations for Northwest Region. Ginny always serves gladly and graciously.

More about Ginny

Virginia Marie Dayhoff Hill

I was born the day after [Thanksgiving](#) in Portland, Oregon, to Richard and Patricia Dayhoff. On the day I was born the rain had stopped after four days, so my mom always said I was her sunshine. My older sister had been born 18 months before me.

The September after I was born, my dad started at the School of Mines in SD. During the time we were in SD, both of my brothers were born. After living there for four years we went to California for two years where my dad got his Master's Degree. I started kindergarten in Stanford Village.

In February of 1953, we moved to Albuquerque. We lived in the same house, and I attended four different elementary schools. My younger sister was born when I was nine. Up to the time I was 12, I had always wanted to be a nurse. I wanted to help children. After I saw a teen-ager fall and cut open his knee, I decided I wouldn't make a good nurse because the blood was too much for me. So my mom asked me what I wanted to be and I said a teacher so I could work with children. I never strayed from that course. I graduated from Sandia High School in 1965. I then attended UNM where I earned a BS in Elementary Education.

In 1971 I married David Hill. We had met each other at UNM right after we graduated from High School. Even though we graduated from Sandia in 1965, and had some of the same friends, we did not meet until then. I continued with my education and David joined the Air Force. After he got out of the service we started dating.

I started my teaching career at Alamosa Elementary school teaching 2nd grade. I taught for four years. In June of 1974 our first child, Joshua William was born. He was born at 1:40 AM. I was so excited I could not sleep so I was listening to the radio. I decided to call the radio to share my great news; the DJ put me on the air and I announced to all of Albuquerque that Josh was born. Later that day when David called to tell people of Josh's birth, some of them said "Oh I know, I heard it on the radio."

At that time I became semi-retired. We had decided I should stay home and take care of our children. During that time, our daughter Allison Marie was born on [September 22, 1976](#). A year later David graduated and got a job in Grants. So we moved to the Grants area. In September of 1978 we had a third child, Zachary David.

I returned to work in February of 1980 where I started teaching at Bluewater Elementary. In 1986 I received a MA in Elementary Education. I taught at Bluewater for 26 1/2 years and decided to retire. That retirement lasted only one year. I decided to return to teaching. I taught another 3 years: 1 1/2 years each at Mt. Taylor and Mesa View. I retired for good in 2010 after a total of 33 1/2 years of teaching.

Since then I have been active in Delta Kappa Gamma, Retired Educators, teaching [Sunday School](#), volunteering, and Red Hatters. My latest endeavor has been taking stained glass classes. One of my greatest joys is to be a Grandmother (Grammy). I have three Grandchildren: Oliver 21, Annalea, 12 and Alexandra 1.

Congratulations!

THE THEME FIT THE OUTCOME

by: Carmen J. Pennington, Alpha Delta & TS Parliamentarian

The Theta State Leadership was held at Hobbs, New Mexico, June 7 – 9, 2018. It was informative and fun. The Theme was, “Putting Pieces Together – Simple,” “You Are an Essential Piece.”

Attending so many Leadership Seminars, one tends to believe that you have heard everything. Not true. Kay Hannum, the chairman of the Leadership Seminar, and her Committee from Hobbs did an outstanding job with the Seminar. The food was delicious, the goodies were filling, the church fellowship hall was so nice, and it was great visiting with my TS sisters.

Thanks to: Sue Gatewood for making the colorful potholders with the theme embroidered on it as gifts for each of us. Joe Clarkson for leading us in songs throughout the seminar. Lissa Crombie for taking many pictures for the Facebook. All the members for sharing ideas, and suggestions about membership, programs and inclusion of all members within the chapters. and the presenters for making copies for everyone’s notebook to be able to refer to at any time.

I especially want to take this opportunity to Thank the Albuquerque Parliamentarian Unit for donating “Robert’s Rules of Order Newly Revised in Brief,” to each Theta State Chapter. Those officers unable to attend the Leadership Seminar will be given their chapter copy at the Executive Board Meeting/Fall Luncheon that will be held November 3, 2018 at the Albuquerque Marriott located on Louisiana in Albuquerque.

Friday evening, we attended the 9-5 Musical which was enjoyable. The Seminar ended with Ella Kelly, Theta State President, celebrating the Leadership of each DKG educator in attendance, and Kay Hannum added the finishing touches of the closing of the Seminar with “You Are an Essential Piece.”

Carl and I ended our trip by going to the Guadalupe Church in Hobbs and saw the statue of Our Lady of Guadalupe crying. Many people were there praying. It was moving.



Thank you,
Kay and the
leadership
committee, for
a great event!

Everyone
learned so
much!

Left to Right Back Row: Yvette Moore, Susan Swope, Lissa Crombie, Taura Mangone, Maribel Martinez, Cindy Downing, Melody Bassing, Carmen Pennington, Betha Cantu Font Row: Barbara Shirrod, Joe Clarkson, Pat Graff, Ella Kelly, Kay Hannum



Left to right: Debora Varela, Amanda Matray, Barbara Thomson (Initiate), Sharon Wilson, Melissa Blaine, Carmen Tapia, Lourdes Ruiz, Carmen Pennington, and Priscilla Brower.
Photo Submitted

ALPHA DELTA INITIATE SURROUNDED BY AD SISTERS

Alpha Delta Chapter held their Initiation and Potluck Luncheon on January 20, 2018, at Amanda Matray's home. Alpha Delta's initiate is Barbara Jean Thomson. She is a Special Education teacher at Mark Twain Elementary School in Albuquerque, New Mexico.

Barbara has been teaching for 27 years. She is Chairman for the Committee on Political Education; the negotiating team; head Special Education Teacher; Instructional Council Chairman; Teacher mentor, and Student Teacher. Barbara is involved in many community activities as: ATF/AFT; Neighborhood Association in charge of the EHNA Facebook; Neighborhood Watch/Safety, and Political activist/volunteer.

Alpha Delta is excited to have Barbara Thompson as our Alpha Delta sister. She brings so much enthusiasm and knowledge to our chapter.

Submitted by Carmen J. Pennington, Alpha Delta Membership Chairman

Membership Initiative Work Continues

Five different topic-specific task forces “met” electronically across Theta State in New Mexico for the past few months and generated many ideas and possibilities to help build Delta Kappa Gamma membership. More than 25 DKG members participated in the email “chains” on such topics as recruiting and initiating members, supporting struggling chapters, increasing communication, and building leadership opportunities for members.

Results from this dialogue were shared with several Theta State officers and developed further. A full list of recommendations will be presented at the Theta State convention in Las Cruces in April.

“We are so grateful to all of those dedicated members who took the time to share their ideas and suggestions, which we will use to build a sustainable membership action plan to keep Delta Kappa Gamma in New Mexico a relevant and active voice for leading women educators for many years to come,” said Pat Graff, Theta State 2nd vice-president.

Membership Tips Offered

These are a few of the suggestions made through the Theta State Membership Initiative Task Force. Why not consider one or more of these as possible ways to build our DKG membership?

Establish a chapter “mentor” program where each new member is “adopted” by another current member for the entire first year so that more DKG learning and positive impacts can occur. Many newly initiated members often leave after a year, which suggests that somehow they did not feel that DKG was important enough in their lives to continue paying dues. Having a close personal contact during this crucial first year can make all the difference!

Survey ALL chapter members about which programs and activities mean the most to them. Ask if they have new ideas. Then implement some of the member ideas into each year’s program planning. Chapter programs need to be dynamic and relevant to chapter members, and a member survey will help program planners with ideas and activities.

Create an advocacy plan for each chapter that includes ways to keep members informed about important issues in the community, without being partisan. Find resources within each chapter or in the state who can do this for us. DKG members are busy ladies, and having someone in the chapter who can bring attention to key issues and topics will be seen as an important benefit to membership.

Pursue service opportunities in the community, especially those that support teachers and students. There are many activities for which DKG members can offer help, Define the chapter’s parameters regarding time and commitment, and then seek out a few new service opportunities.

Communication matters! Devise a specific plan for the chapter that meets the communication needs of all members. Never assume that one kind of communication will work for each member. Build a committee to implement this plan, and use communication often to build sustained interest and involvement in the chapter.

As Theta State’s Membership Recruitment and Retention efforts continue, leaders and members will continue to consider these and other recommendations in the work in New Mexico.

Challenge To ALL Theta State Chapters: Membership Initiative Continuing

by Pat Graff, NBCT, Theta State Second VP for Membership

NBCT -- National Board Certified Teacher

Here is a CHALLENGE for all Theta State chapters to help support the state's ongoing membership initiative:

We ask EACH chapter to increase its membership roster by 10% during 2018-2019. This can be done through recruiting new members, reaching out to former members and reinstating them, and/or selecting an outstanding woman to be an honorary member of Delta Kappa Gamma.

In concrete terms, this means the following "new member" goal has been set for each of the following chapters:

Beta- 1 new member

Gamma- 3 new members

Epsilon- 2 new members

Kappa- 3 new members

Lambda- 1 new member

Upsilon- 1 new member

Psi- 4 new members

Omega- 1 new member

Alpha Delta- 2 new members

Alpha Epsilon- 2 new members

Alpha Theta- 3 new members

Alpha Iota- 2 new members

Alpha Lambda- 2 new members

At the recent State Leadership Meeting, held in Hobbs in June, chapter presidents and others worked on ways to build the state's membership numbers. Each person was asked to list answers to the following prompts:

1. Name an under-represented group in your chapter.
2. Name one specific individual YOU KNOW who is an outstanding female educator who should be invited to membership.
3. Name a "pie-in-the sky" female leader in your community who should be invited to honorary membership

These lists were shared and participants then had the beginning of a prospects list for recruiting this fall.

Think about it: If each chapter increased its membership by 10% this year, and the next few years, we could quickly revitalize Theta State! It's important to think about this process in simple, personal, locally-based steps if we are going to succeed. Let's do it!

If new chapter presidents need additional resources or ideas for implementing invitations, orientations, and initiation procedures, please feel free to contact Pat Graff at PGraff@aol.com, Theta State second VP and membership chair.

Gamma Chapter News

New Member Initiated

Fateesha Graff, a student nursing supervisor and recently appointed head of education and training at UNMH's Pediatric Intensive Care Unit, was initiated as a member of Gamma Chapter in Albuquerque.

Graff, who has been a nurse in UNMH's PICU for a decade, recently completed her master's degree in nursing education. She looks forward to connecting other nurses in education with Delta Kappa Gamma activities and organizational values.

Graff is the daughter-in-law of Gamma member Pat Graff. Welcome to Delta Kappa Gamma, Fateesha!



1.

1. Fateesha Graff lights her candle during the Gamma initiation ceremony. Long-time Gamma members Jean Flanagan, Katherine Stewart, Jane Garrett, and Patsy Carmichael participated in the ceremony. *Photo by Asher Graff*



2.

2. Fateesha Graff, the newest member of Gamma chapter, shows her red rose and initiation certificate. Graff was initiated May 12, with her husband and three children attending. *Photo by Asher Graff*

Gamma Chapter in Albuquerque hosted a well-attended holiday brunch on Dec. 9. Ella Kelly, State President, was the featured speaker. The event was at Vick's Vittles in Albuquerque

In January, the chapter met and heard from Tom Solomon, co-director of 350 New Mexico, who talked about fossil fuels and the ecosystem.

Gamma members were involved in planning for the Central Coordinating Council's annual February luncheon, held Feb. 10 at the Best Western in Old Town. Two authors—Susan Kent Reed and Dr. Sharon Wilson—talked about their publishing journey and sold several books. Reed wrote *Beatrice, the Hip Hop Bee*, a children's book about the importance of bees to our ecosystem, and Wood wrote *A Perfect Trip to Italy in the Golden Years*, a guide to those planning longer trips to Italy that are slower paced.

Dianna Valdez ably chaired the event as chair of the Central Coordinating Council. Jeannette Vigil did support work as well. Four other Gamma members— Claesia Montoya, Jean Flanagan, Mary Fugate, and Pat Graff— attended.

Gamma is currently working on eight potential new members. An orientation dinner and program will be offered in the next few weeks and initiations will be held soon if all goes well.

2018-2020 Officers Elected for Gamma Chapter

New officers for the 2018-2020 biennium were elected and installed at Gamma chapter's May meeting. The new officers elected are as follows:

Pat Graff, NBCT- President

Katy Hammel, NBCT- Vice-President

Taura Mangone- Recording Secretary

Alice Wesner- Corresponding Secretary

Dianna Valdez- Treasurer

Jeannette Vigil- Parliamentarian

Evelyn Sanchez, NBCT- Immediate Past President

A special thank you to Gamma's outgoing officers who are not serving in the next biennium: Kat Graham, NBCT, vice-president, and Mary Fugate, Recording Secretary. Evelyn Sanchez, immediate past president, also did a tremendous job leading the chapter for the past biennium. Their hard work on behalf of Gamma is much appreciated.



Gamma officers, past and present, celebrate the officer installation for the 2018-2020 biennium. Participants are, from left, Mary Fugate, outgoing recording secretary; Evelyn Sanchez, NBCT, immediate past president; Dianna Valdez, treasurer; Jeannette Vigil, incoming parliamentarian; Taura Mangone, incoming recording secretary; Pat Graff, NBCT, incoming president; and Jean Flanagan, outgoing parliamentarian. Photo by Fateesha Graff

Gamma Chapter Red Roses

At the final spring chapter meeting for Gamma, TWO scholarships for \$500 each were awarded to current Gamma members.

Katy Hammel, NBCT, received her \$500 scholarship to help her finish her work in the APS-UNM principal training program. **Taura Mangone** will use her scholarship to support her studies with TESOL learning. Originally the chapter had planned to award only one scholarship, but, according to Scholarship Chair **Dorothy Wilkinson**, both candidates were highly qualified for the award, and the chapter was able to modify its budget and finances to pay for two awards. Congratulations to both these fine recipients!

Katy Hammel, NBCT, and **Jaime Montoya**, NBCT, both teachers at Edward Gonzales Elementary in Albuquerque Public Schools and members of Gamma, were selected to bring their project “Healing Heroes” to the national Teach To Lead Summit in Nashville this spring. Out of over 100 applications, Katy and Jaime’s proposal was one of 25 chosen to receive additional coaching and support from the U.S. Department of Education’s Teach To Lead program. For three days, their team met with other selected teams and a “critical friend,” a resource person for their project, to further develop their project plan and implementation. This summer and fall, Katy and Jaime will work to put their plan into place in their school. More information on their program soon!

Two Gamma members who are currently teaching have found new schools for their work this fall.

Dianna Valdez, former Theta State president, will move to Alameda Elementary where she will be the librarian for this school in northwest ABQ. **Taura Mangone** will be teaching fourth grade at North Star Elementary in northeast ABQ. Best wishes to both of these dedicated professionals as they take on new challenges.

Pat Graff, NBCT, and current Theta State second vice-president, was recently the keynote speaker for the final awards banquet hosted by the Camino Real Council of the International Reading Association. She spoke about her experiences as a literacy teacher, active professional, and teacher leader. Gamma members **Dianna Valdez** and **Jeannette Vigil** were key planners of the event, held May 19 in Albuquerque.

Red Roses

Gamma Chapter's Taura Mangone was the award recipient as the Duke City Gladiators Teacher of the Year. She was honored at the last Gladiators home game on June 2. Taura is a dynamic fourth grade teacher for the Albuquerque Public Schools. She will serve as Chapter Secretary for the coming biennium. Congratulations on a well-deserved recognition.



Photo submitted by Dianna Valdez



Yvette Moore and Cheryl Martinez

Dr. Cheryl Martinez

Congratulations! During State Convention, graduation cords were presented to Cheryl Martinez in honor of her receiving her PhD.

CCC LUNCHEON

The Central Coordinating Council held their February Luncheon on February 10, 2018, at the Albuquerque Best Western Rio Grande Inn. Dianna Valdez of Gamma chapter presided. CCC is made up of Alpha Iota, Alpha Delta, and Gamma Chapters. Theta State President, Ella Kelly spoke and gave information about the State Convention, and other concerns. The event was enjoyed by those who attended.

The CCC guest speakers were: Susan Kent Reed, a former member of Alpha Mu and Dr. Sharon Wilson of Alpha Delta. Their topic was "The Journey to Publication." Susan and Sharon shared the process of getting their books published, and explained the process, and what to be aware of when publishing. Cost was a factor, but the hardest part of publishing is editing.

Susan Kent Reed wrote a children's book titled, "Beatrice the Hip-Hop Bee." Dr. Sharon Wilson's book is titled, "A Perfect Trip to Italy--In the Golden Years." They are both in the process of writing another book.

The CCC chapters brought toiletries to be given to Title I of APS. This is their yearly project. Submitted by Carmen J. Pennington, CCC Secretary

Northwest Council Meeting

Saturday March 10, 2018, at Bloomfield High School Conference Center 11:00 A.M.

We had a lovely meeting with Melody Bassing presiding. Everyone was given a long stem red rose the symbol of DKG. Ella Kelly invited everyone to attend the Theta State Convention in Las Cruces, New Mexico April 20-22, 2018. She introduced special guests Nationally Board Certified teachers from the region. Viola Kelly presented an interesting and informative program on genealogy. Thanks went to Karen Ransom for arranging the meeting and having a wonderful meal catered by a former student. Joan Lewis was in charge of the beautiful and elegant table decorations. A fun time was enjoyed by all who attended.

Submitted by Ina Jean Barnes

Pictures by Melody Bassing



Red Roses

Gamma Member Selected to National Teacher Hall of Fame

Peggy Jackson, NBCT, and 2018 Inductee into the National Teacher Hall of Fame.



Congratulations to Gamma member **Peggy Jackson**, NBCT, who was recently named as one of five inductees nationally into the National Teacher Hall of Fame, located in Emporia, Kansas.

Peggy is only the second New Mexican to be selected to the NTHF. The first, **Pat Graff**, NBCT, was selected and inducted in 2006. Theta State members should take pride in the fact that the only two New Mexicans in the NTHF are both Theta State and Gamma members!

Peggy was selected from dozens of applications submitted for the award and will be officially inducted into the NTHF on June 22. She was chosen for her outstanding leadership particularly with the National Council of Social Studies—she was the national president this last school year—and her work with National Board Certification policy work and candidate support in New Mexico. She has two masters' degrees and has been the faculty sponsor for several winning We the People teams from Moriarty High School.

In a surprise ceremony in March at Moriarty High School, Peggy was named to the NTHF. Her superintendent, school principal, and many friends were there for the announcement, along with three television stations and several newspapers. She was greeted with red roses from Gamma members **Jeannette Vigil** and **Dianna Valdez**, who attended the surprise ceremony. **Graff** was the official representative for the NTHF and made the national announcement in front of 700+ MHS students.

In early May, Peggy traveled to Washington, DC, to advocate for the NTHF and receive additional honors. She met with officials at the U.S. Department of Education, toured the offices of National Public Radio, and was honored at a reception in the Cannon Building on Capitol Hill. She was a special guest of President Donald Trump in the White House and received an award from the National Education Association's House of Delegates.

Peggy will spend a week in Emporia, Kansas, where she will meet with local dignitaries, attend the dedication for the National Memorial for Fallen Educators, speak to the local media and student teachers, and participate in the formal NTHF induction ceremonies.

For further information about nominating someone to the NTHF, interested individuals can contact Pat Graff at PGraff@aol.com.

Congratulations to Peggy Jackson!

Photo submitted by Pat Graff

Growing Your Brain?!?

By Mignon Simitz

“The brain really does not know your chronological age” and “. . . the brain continues to generate new brain cells and it can be shaped . . . regardless of age.” according to Dr. Paul Nussbaum, a Clinical Neuropsychologist (Nussbaum, 2012). Nussbaum has reviewed the research and suggests practical suggestions for a healthy brain, including: nutrition, socialization, physical activity, mental stimulation, and spirituality. (Nussbaum, P.D. 2010).

Nussbaum found that nutrition contributes to brain health (Turner, J. 2011). The Mediterranean Diet was specifically noted (Feart, C., et. al. 2011). This diet includes fruits, vegetables, cereals, and nuts, olive oil as fat, some fish, but very little dairy products and red meat (Bach-Faeg, A., et. al. 2011). Nussbaum also explains the correlation of socialization with brain health. (Ristau, S. 2011) Physical activity, also correlated with brain health, can be as simple as walking or as challenging as learning a new sport (Weinstein, A.M. and Erikson, K.I. 2011).

Dr. Nussbaum also contends that mental stimulation contributes to a healthy, growing brain (Nussbaum, 2013; Lampet, A. C. et. al. 2014; Kelly, M.E. et. al. 2014). This stimulation is through “novel and complex” activities (Nussbaum, 2013; Nussbaum, 2010). However, what is “novel and complex” for one person may not be “novel and complex” for another person. For instance, crossword puzzles could be a “novel and complex” activity. But, if doing crossword puzzles is easy and routine for someone, that activity would not be novel and complex for that person. Another way to stimulate the brain is through playing and/or listening to music. Even surfing the web can stimulate someone’s brain, according to Nussbaum (Nussbaum, 2013). Another behavior to stimulate the mind, according to Nussbaum, is to travel (Nussbaum, P.D. 2010). Even though the travel industry would have one believe that traveling abroad is what the brain needs (Noel, J. 2014), Nussbaum asserts that simply driving home from work a different way or visiting another part of town will work, as well (Nussbaum, P.D. 2010).

Additionally, Dr. Nussbaum contends that spirituality contributes to brain health by reducing stress through meditation, prayer, and relaxation techniques (Nussbaum, P.D. 2010).

Lastly, research has indicated that using a combination of nutrition, exercise, and cognitive training promotes brain health (Fotuhi, M. et. al. 2016; Ngandi T. et. al. 2015).

Therefore, DKG sisters, this author challenges you to “grow” your brain with nutrition, socialization, physical activity, mental stimulation, and spirituality through DKG! Members have a social network to keep them from becoming isolated. Questions, studies, discussions, and travel keep members’ brains working – this sister was certainly mentally stimulated in the research and writing of this article! Lastly, healthy fruits and vegetables are served at meetings and members exercise by walking through conventions, museums, libraries, and malls! More ideas can be found on Dr. Nussbaum’s website, including “50 Tips for Brain Health.” www.brainhealthctr.com

Strong brains, strong sisters, strong Theta State and DKG!

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White Roses

Four Theta State Members Honored at Celebration of Remembrance Ceremony in Las Cruces This Past April

At the Celebration of Remembrance/ Necrology service in Las Cruces at the Theta State convention in April, the following Delta Kappa Gamma members were honored and remembered:

La Verne Chaffin, Lambda Chapter, died June 14, 2017
Caroline Elaine Nelson, Alpha Delta Chapter, died July 30, 2017
Sharon Kay Rhodes, Alpha Theta Chapter, died Oct. 14, 2017
Aline Sims, Lambda Chapter, died Dec. 11, 2016.

The ceremony, which included candle-lighting and a choral reading was conducted with more than 30 members attending. Gladys Hielkema provided the beautiful music, and Peggy Jackson provided the invocation.

Clarification Made for Necrology/ Celebration of Remembrance Honorees in Theta State

At the recent state Leadership Meeting in Hobbs, a question was asked regarding whether individuals who had been active members of Delta Kappa Gamma Theta State could be recognized at the annual Celebration of Remembrance/ Necrology service held at each state convention in the spring. The issue was that some long-standing, dedicated members of DKG may have let their memberships lapse when they are ill or in nursing homes/ hospice.

Pat Graff, Theta State second VP and the officer in charge of this service, conducted a discussion about this issue, and it was agreed that **if a local chapter wants to honor a former member who has died, that member will be included in the spring memorial service, even if dues may have lapsed in recent years. This will be the local chapter's decision.**

The local chapter president is responsible for notifying the second vice-president of the individual's name and date of death as soon as possible so that arrangements can be made for inclusion in the service.

IMPORTANT NOTE: This is an informal agreement and does NOT affect the rules for Delta Kappa Gamma International's necrology services and recognition. Their rules still require a member be a current member to be memorialized by DKG International.

A reminder that chapters should notify DKG International AND Theta State's second VP when a member dies so that appropriate tribute can be made. All members are encouraged to attend the annual Theta State celebration/ necrology service at the state convention. It is indeed a touching tribute to our members who have passed.