



THE NOR'EASTER

Alpha Delta Kappa Northeast Region

FEBRUARY 2019 ISSUE 7

A MESSAGE FROM JUDITH BOULET
NORTHEAST REGION INTERNATIONAL VICE PRESIDENT

Hello Northeast Regional Sisters!

I hope the weather has been kind to you. Snow, rain, sleet, sunshine, wind, and freezing temperatures all make for an interesting life here in the Northeast. I have been staying inside taking care of my health since Christmas. My husband and I have shared “the cold” back and forth twice now. This last round really messed up my asthma, but I get stronger every day. I have subbed in Lisbon, NH a wee bit and have kept up with my other organizations. Nothing like a little “down time” to catch up on all my work! My desk was a little loaded! Picture those nice organized piles of papers!

Last spring, 2018, I was able to visit seven states for their conventions. This spring, I plan to visit three more states. On April 6, 2019, I will be visiting MAINE at their meeting in Portland at the Fireside Inn. They have asked me to talk about Haiti. I went to Haiti last March and will put together a power point about my experiences. I am so pleased to do that for them! Then on April 26, 27, 2019, I will be visiting OHIO. My husband and I will drive out in our new motor home with the puppy, JessieB. The ride is a lot smoother for her in the motorhome. In other vehicles, car sickness medicine is needed. She now hates the word “ride”. Poor baby! The ride to Ohio will be our ‘practice run’ for driving out to Minnesota in July. On May 1, 2019, I will be visiting CONNECTICUT for their meeting in Hartford. I might even have a chance to visit the three grandchildren in Newington. Unfortunately, I am not able to schedule in a visit to New Jersey.

Fortunately, we all will be able to visit New Jersey at the Northeast Regional Conference in 2020! Put that date in your calendar: July 30, 31, August 1, 2, 2020!

Yours in sisterhood,
Judy Boulet
Alpha Delta Kappa

BUILDING CONFIDENCE

Judy Boulet ADK NER IVP



As I looked through the H-142s that I received, there seemed to be several common denominators about leadership in Alpha Delta Kappa. Some sisters were waiting until retirement to come forward to assume a leadership role. Some sisters were unsure of the responsibilities and therefore did not want to take over a leadership opportunity. So, I came up with some conclusions and ideas that I would like to share with you.

For those of you who are waiting for retirement, personally, I have found that I am busier than ever since I have retired! Yes, I am able to travel and visit grandchildren more. Yes, I have joined a few more organizations and love to have leadership roles in them. While I was engaged in education, at least I had my hand in the cookie jar and could find new members easier and also stay tuned to ‘best practices’ in leadership roles. My last two years in education were Principal of the Middle School.

Most states have written responsibilities for each office. Check with your current State President or the Immediate Past State President. It is not expected that leaders follow “cookie cutter” rules. Follow your basic guidelines and then there is plenty of room for creativity. We have no “police” to determine whether you are doing things right or wrong. Follow your heart and you can never go wrong.

The word “confidence” came up a few times in your reports, so let me say a few things about confidence. Standing up in front of a crowd has never come easy for me. Yes, I used to be shy. No one believes me, but there was a time when I just couldn’t be a leader. I remember standing in front of the voters to promote the building of a new school in the Lincoln-Woodstock school district. Why did I have to be there? I was the Chairperson of the School Board. Regular meetings were fine, but every time I stood up to talk to the voters, my nose itched. It drove me crazy. I had to put a pen in one hand and the microphone in the other hand and explain the new construction. My nose felt better!

1. Stop worrying about others opinions. Opinions are like belly buttons. Everyone has one. There may be a few people out there who make it their job to deflate your ego, your actions, and your confidence. However, please know that there are many more who are cheering you on. Know that you are doing your best!
2. Focus on your strengths. Make a list of all your assets, skills, experiences, resources, talents and all the stuff that makes you feel good about yourself.
3. Tackle your fears. Face them head on. Know that you will get better with more practice.
4. Change your image. Get a new hairstyle, new outfit. Real Buzz says “What you look like will always affect your confidence.”
5. Straighten your posture, shoulders back, open up your chest and keep your head level. This promotes better breathing, too. Look confident. Project confidence. Make eye contact and use a firm grip when you shake hands.
6. Visualize what you are going to say and do. Picture your success. Yes, practice running a meeting in front of your mirror. Talk out loud. How are you going to stop all the extra ‘off task’ talking? Go to sleep dreaming of how you want the meeting to go.

7. Help others be more successful. Co-President for a biennium. Co-Chair. Collaborate. Volunteer to make a presentation to those you know.
8. You don't have to be 100% certain with all the decisions you make, but take a stand and make a decision. Follow your gut.
9. Develop a sense of humor to break tension.
10. Have faith in yourself.
11. Be a good planner. Prepare for the unknown.
12. Helen Keller said, "Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."
13. Think of your 'mistakes' as learning opportunities. Use criticism as a learning experience.
14. Find a role model. There are many in Alpha Delta Kappa. Find out what makes them tick.
15. Know that you don't have to "do it all". Delegate specific tasks. This will help others grow and realize the desired goals.
16. Support yourself and build yourself up emotionally. Teachers work so hard to build self-esteem and confidence in their children, they forget about building their own confidences. Praise yourself. Reward yourself.
17. Eleanor Roosevelt said, "No one can make you feel inferior without your consent."
18. And lastly, lead from the front! You've heard about dog-sled teams. The FRONT LEADER has a great view! The others, not so much!

If anyone has any questions or concerns about a leadership role, contact me. I am here to help. Besides being the Alpha Delta Kappa International Vice President of the Northeast, I am currently the Vice President of the Lisbon Area Historical Society, Chairperson of the Friends of Landaff, and Immediate Past President of Lisbon Friends in Council- GFWC and participate on the Executive Board. I work for the Snowmobile Club, and help take care of my 96 year-old mother-in-law. I also substitute teach in Lisbon when I am called. I tend to gravitate towards the middle and high school sub jobs. This year, I am concentrating on watching our second grandson's athletic activities of wrestling and football. I have realized that grandchildren grow up way too fast.

Most of the ideas for this article came from 'Life Hack', 'Forbes', business websites, and especially, personal experiences.

Judy



Susan G. Pelchat
Alpha Delta Kappa Int'l President

Dear Sisters,

There are many websites with extensive information about things to do in Minneapolis! As the registration window dwindles, we want to be sure to encourage all of our sisters to attend Convention and to enjoy the sights and sounds of the Minneapolis/St. Paul area.

Below is one site's recommendations: ***Trip Advisor's Top 15 Things to Do in Minneapolis***. I hope it will provide some rich ideas for you to share with members.

https://www.tripadvisor.com/Attractions-g43323-ActivitiesMinneapolis_Minnesota.html

The site offers:

Points of Interest and Landmarks

Shopping Opportunities

Museums

Outdoor Activities

Sights and Landmarks

Food and Drink Options



Several food tours are described, which could be used as the basis of day planning for members.

Love,

Sue

Energy, Opportunity, Impact

www.alphadeltakappa.org



From: Susan Pelchat <sgpelchat@sbcglobal.net>

Subject: H119

Our IC minutes show that uniform information was requested regarding the H119 elimination. Here is a short piece that explains the change and increased support from Headquarters sta

Supporting States, Provinces and Nations as H-119 Form is Discontinued

The H-119 form had been used for years to submit changes in members' contact information. Since the advent of technology, we are now able to input those changes directly on the Alpha Delta Kappa website. Consequently, it is no longer necessary to submit paper forms for member changes, and the H-119 form has been discontinued.

Realizing that states, provinces and nations need to be current with member information, our Headquarters staff will issue a monthly report to keep leaders apprised of changes. S/P/Ns will receive monthly reports of members who have resigned, joined Omega Chapter, or made changes to their contact information on the website.

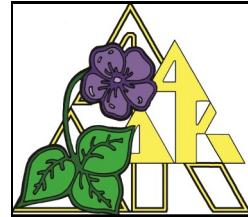
Should any member need assistance entering member changes on the website, she may contact our Headquarters staff for support at 816.363.5525 or 800.247.2311.



MEMBERSHIP ... A TEAM EFFORT

Linda Rissel

Northeast Regional Membership Consultant



Heart Month is always a special time of celebration. As members in Alpha Delta Kappa our “Hearts” work overtime, all the time. After thinking about Membership and Leadership a link to our heart became obvious! So, here is the question this article will talk about.

Are You Listening With Your Heart?

Can you guess what the first rule of Leading is? Authority? Knowledge? Sympathy? Empathy? Vision? While all of these play a role in Leadership, the first rule of Leading is Listening!

Not just hearing. Listening with your **HEART**. Trust me, it is really a difficult task! A true Leader is a listener. The Leader listens to the ideas, needs, aspirations and wishes of the members and responds to them appropriately and adequately.

Leadership begins with listening. Usually we are so excited about speaking and expressing ourselves that we may not listen to the responses. When someone responds, our minds are so busy and pre-occupied with our own thoughts that our thoughts may override our listening capabilities. So, we may miss out on important clues inside the mind of our members...our teams and this hampers the basic output or consequences.

Want to improve your listening powers? Here are a few basic tips.

- Stop Talking: You can't listen when YOU are talking. You will probably only be thinking about what YOU are going to say next. Focus your attention on the speaker.
- Put them at ease: This is important especially when YOU are in a position of authority or considered the Leader. Put the speaker at ease. Smile. Look at them with interest. Try not to be “distracted”.



- Listen with your eyes: Did you know that 55% of a message is nonverbal (hard to believe, isn't it?), 38% is conveyed by the tone of your voice and only 7% is conveyed by your words. Try to understand the true feelings behind the words. Listen for what is not being said. Sometimes people hesitate to speak the most crucial points!
- Patience – Don't interrupt: Be polite and courteous and give ample time to the speaker to convey the entire message.
- Hold YOUR own emotions at bay: When emotions are high, there is a tendency to become defensive or give unwarranted advice. So, as difficult as it may be at times, hold your temper, do not argue. You will lose your credibility as a Leader. Even IF you win, you stand to lose!

There are situations where just by listening, solutions to problems come from the person who had come to talk.

So, OPEN YOUR EYES AND HEART TO LISTEN. IGNITE THE LEADER IN YOU!



**“When you follow your dreams and always believe in yourself-keep
your eyes on the stars and hope in your heart.”**

Linda Rissel

Northeast Regional Membership Consultant



SHINING MOMENTS FOR MEMBERSHIP

Linda Rissel



Connecticut has seen a steady increasing number of members attending all state functions. Why? Chapter sisters have the opportunity to share at state meetings about their chapter and accomplishments and the State Executive Board members and Committee Chairs have shared in the state newsletter, "The Violets Voice", the how and why they accepted the "Gift" of membership in Alpha Delta Kappa.

Congratulations to New Hampshire sisters Cindy Damelio and Maureen Kennedy for receiving \$350.00 each from the New Hampshire Alpha Delta Kappa State Scholarship money to attend International Convention. Congratulations to Dot Gillespie and Kathy Tafe for receiving \$150.00 each toward attending A Days For Girls Conference in Philadelphia, PA.

Congratulations to Rita D'Andrea, New Jersey Alpha Zeta, for receiving the New Jersey Distinguished Member Award for outstanding contributions to her community outside of her Alpha Delta Kappa activities. The 2019 Membership Campaign is in full swing in New Jersey. Congratulations to Phi Chapter for initiating 8 new members! Lambda Chapter awarded 7 \$100.00 mini grants to teachers in 7 of their schools to be used for projects that would otherwise not be funded except by those teachers from their own money.

New York Alpha recognized their FIRST Diamond Sister, Margaret (Peg) Russo. Peg was initiated on November 19, 1958. Congratulations Peg! Alpha Chapter has initiated 1 new member and has 4 additional "guests" that will hopefully be Alpha sisters soon. Keep it growing.

Ohio Theta, Kappa, Lambda and Mu are all celebrating their 60th Anniversaries during the month of February. Special congratulations to Jeanne Reisler (Theta), Margaret Wimer (Mu) and Jean Zinder who will be Diamond Sisters and to Judith Noble (Kappa), Barbara Hilton (Alpha Delta), Dorothy Pepple (Alpha Delta), Rheba Burtch (Alpha Lambda), Joanne Schmidt (Alpha Delta) and Nancy Zerkle (Alpha Delta) who will be new Golden Sisters in February. Beverly Howard, State Chaplain and a member of Phi Chapter was recently awarded the Mary Jane Palmer Nunlist "I Love Middletown" Award for her years of service to the community, namely her volunteer work at Rosa Parks Elementary School. Rheba Burtch, Alpha Lambda, was recently honored for her 50 years of service as a trustee to the Swanton Public Library.

Pennsylvania Gamma sister, Janice Dawson received the Philadelphia School District Lindback Award for Distinguished Teaching. Betty Doerr, Delta Chapter, received the "Celebrating the Positive Award" for going above and beyond to be a positive influence in the Northgate School District.

Vermont Beta is excited that they will be initiating 2 new members in March.

I KNOW there are so many more shining moments in the Northeast, and I would love to share those with all our Northeast sisters. It is up to YOU to drop me a quick note to share these wonderful events and awards. I would love to have all 11 of our states shining brightly. Thank you to Connecticut, New Hampshire, New Jersey, New York, Ohio, Pennsylvania and Vermont.

What's in a "Yes!"?

An ITE Sponsor Story

*By Sara Kelly and Nancy Tucker
Massachusetts Mu Chapter*

Who would have ever guessed what a quick road trip to help out a fellow sister with her altruistic efforts for the Longest Day would turn into?! Last June, we went to Gay's home to work on greeting cards as part of a fundraiser for The Longest Day and through the comradery of the evening, we turned into Alpha Delta Kappa's newest ITE sponsors. As we were enjoying wine, cheese and fellowship, we were suddenly hit with the question, "Do you think you would be interested in being an ITE sponsor? Robert is trying to find someone for your area." We looked at each other, asked what it entailed, and without having to discuss it, said "YES!". Little did we know how enriched our lives would become from uttering a simple three letter word.



What is involved in that YES? Our International Theme of "Energy, Opportunity, Impact" are the perfect words to describe exactly what we have experienced from that simple word. Not only do we get to share our **energy** and enthusiasm about Alpha Delta Kappa and our professions, but it is also renewed **energy** in feeding off of the inspiring stories of our ITE student as well as the other ladies involved in the ITE program. We had the **opportunity** to learn from our student, travel to International for a phenomenal whirlwind weekend celebrity tour, and meet all of the other ITE students, sponsors, and board. The **impact** that this has had on us is immeasurable, and we hope that the **impact** that we have made on the others involved has been as positive for them as it has been for us.



We feel as though we have learned a tremendous amount, not only from our student, but from all six of the young ladies. Their stories of who they are, why they have chosen the path that they are on and the hard work it took to get there are truly inspiring. Here in the United States so much of the education system is taken for granted, and these ladies truly had to work and sacrifice for what they have accomplished in a way that we may never fully understand. The goals they have set for themselves in order to better the educational experiences of young people in their home countries are a behemoth task, but we have every confidence that they will accomplish them in the future.



Being at International was an experience that we will not forget, it was humbling to be in the hallowed halls where our founders worked to create our organization, and the ITE program was brought to fruition. We felt honored to have been brought to headquarters and introduced to the members of International Chapter. ITE Board Members Sandy House, Shirley Bruns and Sherryl Longhofer treated all of us involved like absolute royalty...all because of that one simple word, yes.

Upon our return from ITE weekend, we shared the experiences with our chapter and our members were floored, full of questions, and wanting to know more about the program. Several of our chapter's sisters had the privilege of meeting our student, Milena, at our Founders' Day Celebration and now the rest of our chapter is hoping for the opportunity to meet her at a chapter meeting. So much so, that they showered Milena with gifts for us to bring her for the holidays. Milena is being invited all over Massachusetts and she loves it!

To finish our story, our favorite anecdote from this experience SO FAR has been bringing Milena to our high school's football game. Brockton High School (Brockton, MA) is the largest high school east of the Mississippi River with 4,500 students. It is a comprehensive school which means that in addition to the academic course there are business, career and technology programs as well. Before the game, we gave Milena a quick tour of just one out of the seven buildings and the childlike look of awe in her eyes was priceless...she had never seen a school with nursing classrooms, auto shop and a restaurant. Working there every day, we don't see it from the same perspective as outsiders...we learned that we obviously take what we have for granted.

Outside at the stadium, we learned that Milena had never seen a football game, or a marching band experience such as the one that our nationally recognized band performs. It was so re-energizing to see how this appears from the viewpoint of someone that has not experienced a typical American "Friday Night Lights" before. We had an absolute ball trying to teach her football, introducing CrackerJacks for the first time, and parading her around like she is OUR little celebrity. We are hoping that when the weather is nice again that we will get her to experience the beauty of Cape Cod and our wonderful seafood!



Providing local support, acclimating, socializing, and being the "Harvard Moms" is really all that is entailed in saying "yes", but a sponsor gets so much more out of the experience than they realize. It is an honor, and if given the opportunity, we would of course say yes again.



Northeast Regional States Shine for Alpha Delta Kappa

Connecticut

As we began our 2017 – 2019 Biennium in New Orleans, Louisiana, a group of about 25 Sisters headed south to be part of Connecticut's history. As we enjoyed every moment of that International Convention, the food, the music, the beignets, the culture and of course our wonderful Convention filled with leadership, educational workshops, sisterhood and meetings to help Alpha Delta Kappa continue its success.

The part that stood out in ALL of our minds was how proud Connecticut was when our own Connecticut sister, Sue Pelchat became International President. Connecticut knew that our sister would continue the goals of Alpha Delta Kappa and bring forth new ideas to help us all grow. To think, our small state has been honored to have 2 International Presidents to lead our organization.

Connecticut is very proud of everything we have put forth for our chapters and our sisters. We have made changes and enjoyed our accomplishments over the past two years. Our biggest accomplishment was our Policy and Procedure Manual. With the hard work of our sisters, this manual is a working document that guides our Connecticut Sisters.

Membership is an area that we continue to work on as well as the other states. In the first year of the biennium we got 17 new members and that made us proud. As we began the second year, with our new Executive Board and new Chapter Presidents, we knew that we needed to continue in this area, so we are continuing to recruit new members as well as reinstating those who have left us. As of right now, we have 15 new members and 1 reinstated sister and to think the year is not over. Our Chapter Presidents and their members are working hard to get membership up.

Altruism is an area Connecticut is so proud of. Our Sisters never say no to a cause or activity to help others in our areas or in the world. Our 2018 report showed that Connecticut had over \$133,000 in total gifts.

One area that we are proud of is our State Altruistic Project which is the Henry Barnard Fund. As our sisters contribute to this fund annually and in this biennium Connecticut Alpha Delta Kappa has made a difference and has helped retired teachers in time of need.

Another area, in which individual chapters as well as our State participates in, is the organization called KIVA. KIVA is a program that provides women of the world with a small loan to start up a business of their own. For a small donation of \$25 for each woman chosen, the opportunities open a whole new world for her. These women pay back the loan and once it is paid back, a new loan is sent to another woman looking for help for her business. Over the past two years, more chapters have joined this program as well as the State giving out more and more loans. To this date, Connecticut who started out with just 4 loans for a total of \$100, has now invested and reinvested over \$5,000 for our women of the world.

During our Founders' Day Celebration, we find an Altruistic Project for all of our sisters to participate in. In 2017, we have joined up with Girls on the Run, which is a program that promotes girls and their power. They teach the girls how to be successful in life using strategies like Caring, Confidence, Competence, Connections and Character. These girls are our future Alpha Delta Kappa Sisters.

In 2018, our Founders' Day Altruistic Project was TEEG – Thompson Ecumenical Empowerment Group. The goal is to empower people to change what is getting in their way of living life to the fullest extent. It has a mission of service to empower people to live independently, to strengthen families, to engage the community to work collaboratively, and to connect resources in the community. Altruism lives strong in our chapters as each chapter makes a difference in their own communities as well as participating in Alpha Delta Kappa World Understanding Projects.

Recognition of our chapters and sisters are so important to us. Our state has been in Alpha Delta Kappa for 64 years strong. From the beginning of this biennium, chapters have celebrated their years with our organization. In 2017 we had 3 chapters celebrating 50 years. In 2018, we had chapters celebrate 45 years, 40 years and 30 years and now in 2019 we will have 2 more chapters celebrate 40 years and 35 years.

To go along with our chapter celebrations, at our Founders' Day and May Convention events we honor our sisters from first timers to the event, Silver Sisters, Sapphire Sisters, and our Golden Sisters. We have 3 wonderful Golden Sisters that are involved in every aspect of our organization. We are lucky to have their guidance.

One plus that goes with this recognition is that our attendance to State functions and State Meetings has increased tremendously over the past 2 years. We have started a new program this biennium, where we highlight our chapters at our state meetings. This activity is a way we get to learn more about our sisters and their chapters activities.

Another area where our Sisters shine is their love for their students. Our Sisters have the opportunities to apply for mini grants twice a year that can be used for their classes. In addition to our grants at our State Meetings we have a Dollars for Deeds fundraiser where Sisters have a chance in winning the pot of money which again will be used for something close to their hearts or their classrooms. Over the past 2 years these activities have helped Connecticut continue our recognition of wonderful Sisters and educators.

Connecticut supports and gets involved with activities or organizations around the state and world. One area, that we support is the Longest Day from the Alzheimer's Association, with a team in honor of our sister, and Past State President, Judy Devokaitis. Last year, our sisters donated over \$1200 and did something special on that day to celebrate the Longest Day of the year as well as Judy.

Other things that our chapters provide to their members are programs, speakers, and hands on activities at their chapter meetings. Fundraising is another area where you find our sisters getting involved with. Our chapters' fundraising activities extend from auctions, military whists card games, Murder mysteries, food sales, to jewelry sales. As our sisters have fun at these fundraisers there is just one mission they are trying to accomplish --- that is who will benefit from their successes. Will it be a scholarship, will it be a local organization, will it be for a homeless shelter, all we can say is Connecticut sisters' involvement is never ending and in the past 2 years our sisters have raised lots of money to help their communities as well as world organizations.

Congratulations to our Kappa Chapter. They came in second place in the 2018 Distinguished Program Award. Their program involved an auction of so many wonderful items. They raised money over \$4200 for their local scholarship funds which includes high school seniors and women returning to school to finish their college degree. Many Kappa sisters came to this auction as well as prospective members, State Officers and other sisters from our state. Great Job!

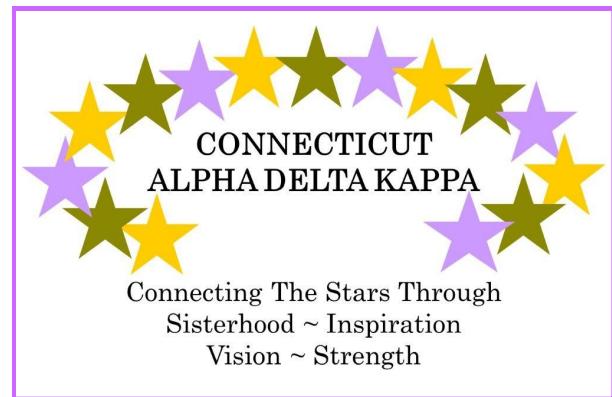
Our Northeast Regional Conference was definitely a highlight for Connecticut. Forty-three sisters came to take part in this conference. We were happy that so many first timers came with us to experience the Alpha Delta Kappa spirit. Under the direction of our International Vice President, Judith Boulet, our sisters took part in so many activities offered by this Conference. Connecticut enjoyed themselves, learned a lot, and had a wonderful time with our Northeast Sisters.

Connecticut has 15 strong Chapters. Each Chapter:

- Is unique in their own ways
- Works hard to maintain the standards of Alpha Delta Kappa
- Gets involved within their community to make a difference
- Respects and supports all of our sisters (342) in our state with kind words, cards of support, or lending a helping hand
- Is made up of the finest women educators in our state
- Guides our young women every day in our schools
- Recognizes that the future of Alpha Delta Kappa lies in their own hands
- Recognizes that we need new members to continue Connecticut Alpha Delta Kappa

Without a doubt, Connecticut sisters have worked very hard for the 2017 – 2019 International Biennium and will continue to stand proud as members of Alpha Delta Kappa.

Fondly,
Joyce McAloon
CT State President





Northeast Regional States Shine for Alpha Delta Kappa

Delaware

Delaware Alpha Delta Kappa is holding strong with six chapters throughout the state - Alpha, Gamma and Eta in the northern part of Delaware, Iota and Zeta in the middle of the state and Epsilon downstate.

Jeanne Ciecko, Delaware State President, Cyndi McDougall, Delaware President-Elect, and Terry Celano, State Historian, have started chapter visits. They visited Zeta for a covered-dish dinner and game night, and Gamma for a covered dish dinner and Bunko night. Gamma, also, used the meeting for an altruistic project, “Bras & Bottoms”. These collected items are then donated to a local women’s shelter. The meetings were great fun and Terry was able to take photos for our state archives. Jeanne and Terry look forward to visiting the remainder of the chapters in the coming months. Somehow “FOOD” always seems to be on the agenda!

Altruism is a big part of Delaware Alpha Delta Kappa. Chapter projects include a Wine-Tasting/Silent Auction, Habitat for Humanity, Food Bank of Delaware, Friendship House, and Home of the Brave to name just a few. Our State Altruistic project is Paws for People.

World Understanding will be the theme for our Spring Meeting in April. A presentation will be given on Alpha Delta Kappa’s TEACH TOO project in Haiti and, as a follow-up, a Delaware sister will present on her recent trip to Haiti.

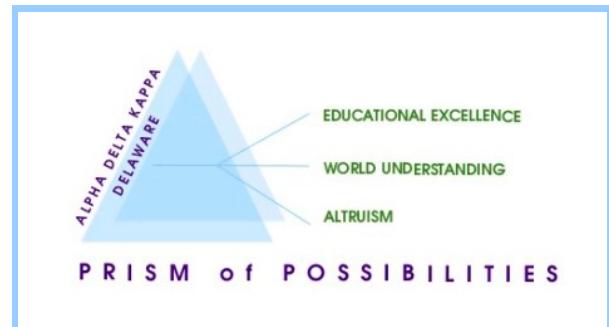
Chapters have been introducing the benefits of membership in Alpha Delta Kappa to perspective members with several chapters already installing new members while other chapters plan on hosting “Get To Know Us” meetings in the near future.

Recently three Delaware sisters were recognized for a special anniversary year. Nancy Burkett, Sally Fraticelli and Pat McKeon were celebrated as Sapphire Sisters.

In July, eleven Delaware sisters plan to attend the International Convention in Minneapolis. It is sure to be an amazing experience and fill us with new ideas and excitement as we move Delaware Alpha Delta Kappa forward.

Please visit Delaware’s website www.adkdelaware.com to learn more about us!

Jeanne Ciecko
Alpha Delta Kappa DE President





Massachusetts

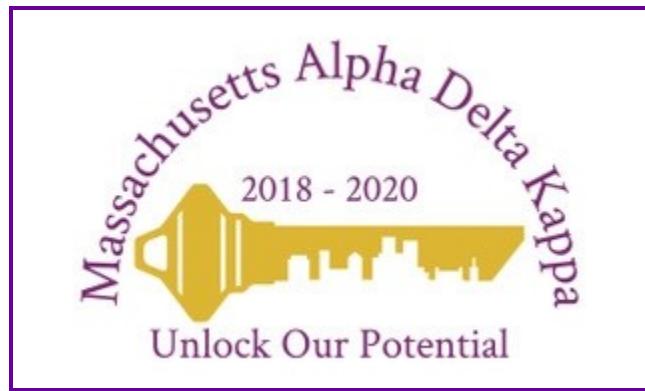
Massachusetts AΔK sisters have enjoyed a busy, successful two years. We're small, but mighty, pursuing educational excellence, holding altruism in our hearts, opening our minds for world understanding, and enjoying the bonds forged in our sisterhood. During the biennium lead by Co-Presidents Connie Shulman and Deanna White Hebert we explored different cultures by sharing food from designated countries during our state board meetings. Sipping Russian tea served from a samovar or sampling Haitian style food while we conducted our state business at different meetings truly heightened our awareness of different cultures. This biennium we are thrilled to be sponsoring two ITE Students, Milena Rosenzvit from Argentina and Njeri Gachathi from Kenya, an opportunity to expand our knowledge of world cultures first hand!

A book study using ***When Kids Can't Read – What Teachers Can Do*** by Kylene Beers was led by three volunteer AΔK sisters in collaboration with Attleboro Public Schools. Members and nonmembers were invited to participate and received PDPs as well as optional graduate credit upon completion of coursework. This collaboration promoted excellence in education while broadening the reach of AΔK in pursuit of potential new members.

Altruism has been a strong focus for our state. The \$1000 Edith DeAngelis Simons Scholarship continues to be awarded yearly to an education bound high school student. A state project is voted on by members each biennium. For 2016-2018 Massachusetts sponsored School on Wheels, a group supporting homeless students in the Brockton area, awarding the organization \$1000 along with a carload of backpacks and school supplies donated by state sisters. During the 2018-2020 biennium we voted to support Girls INC and are well on our way to raising an additional thousand dollars to gift the Worcester and Taunton chapters of this organization. We've just learned that Girls INC of Worcester has received a matching grant from the Kraft Foundation, so our dollars given will count doubly! We are also exploring ways we can help this organization by volunteering our time and talents. We take pride in the fact that our state efforts combined with a multitude of local chapter altruistic projects make a huge difference in our communities.

Massachusetts continues to look for ways to collaborate, highlight and share the talents of members, and promote the gifts of membership in AΔK. Active membership in our organization makes us better people and we strive to "Unlock Our Potential" within our corner of the world.

Gay Toomy, Massachusetts State President



New Jersey

New Jersey Alpha Delta Kappa has been very busy with member achievements, altruistic endeavors and educational excellence. New Jersey's caring hearts and helping hands have donated time, items and money to over forty-five organizations and projects in New Jersey. We have also supported two state altruistic projects-Caregivers of Central Jersey and Impact Harvest. Impact Harvest was founded in 2011 as a means to bring fresh fruit and vegetables to low income seniors and veterans in the South Jersey area. Caregivers is an interfaith, non-profit agency dedicated to providing free supportive services to frail elderly and home-bound individuals enabling them to live independently in their own homes.

New Jersey sisters and chapters have put their best foot forward and have received recognition for their outstanding efforts in education and continuing the ideals of Alpha Delta Kappa. A big congratulations was given to Epsilon chapter for winning the 2018 Distinguished Program Award for the Northeast Region. Epsilon submitted their 25th Annual Fashion Show and Dinner program focusing on excellence in education and altruism. The fashion show raised over \$1200.00 for their scholarship fund and other altruistic projects. NJ Lambda chapter took fourth place. Rose DeFilippo of Mu chapter was a runner-up for the 2018 Excellence in Education Award of the Northeast Region. Terri Drapczak and Christina Giordano of Alpha Iota received Regional Mini-Scholarships and Kristina Santoro, Gamma, was awarded the 2018 Regional Professional Development Scholarship given for advance study or project linked to a degree. Kristina received \$1500.00 to fulfill research requirements for her doctoral program an Ed.D in Organizational Leadership. Every year at our state Founders' Day, New Jersey Alpha Delta Kappa presents the Distinguished Member Award to a sister who exemplifies the ideals of our organization. Established in 1976, the Distinguished Member award celebrates one member's altruistic efforts and community service. This year's recipient was Rita D'Andrea of Alpha Zeta. She has been described as a "go-getter" and a constant source of inspiration to her chapter members. Other sisters recognized for their selfless efforts were Shelley Henely of Alpha Alpha, named 2018 Citizen of the Year by the Hammonton, New Jersey Lion's Club and Valerie Rabinskas, Kappa, for receiving the volunteer of the year award from the Middlesex County Fair for 35 years of service.

New Jersey chapters have taken the 2019 membership drive very seriously. In January alone, sixteen exceptional women joined our ranks and we are only just starting. We hope to continue this trend for the rest of the campaign and many years to follow.

Ginna Alysse Allen

New Jersey State President





Due Dates, Reminders, and Calendar Items

July 17-20, 2019
2019 International Convention
in Minneapolis, MN
@ Hilton Hotel

July 30-August 2, 2020
Northeast Regional Conference
in Short Hills, New Jersey



NORTHEAST REGIONAL OFFICERS AND COMMITTEE CHAIRS

*NER International Vice President- Judith Boulet
NER Past International V.P. - Marilyn Eaton
Regional Membership Chair- Linda Rissel
Regional Historian— Deb Ingersoll
Regional Secretary- Krissy Dick;
Regional Chaplain- Mary Ann Lauder
Regional Sergeant-at-Arms- Beverley Pelletier
Regional Altruistic Chair - Barbara Kramer
Regional World Understanding Chair- Sue McDowell
Regional Professional Development and Scholarship Chair- Terry Celano
Regional Excellence in Education Chair- Paula Beyer
Regional Distinguished Program Award Chair— Aletha Berry,
NER Technology Chair- Jennifer Robitaille
NER Conference Chair- Kathryn Desjardins
NER Conference Co-Chairs- Renee Fleurette and Pat McHugh
NER Conference Treasurer- Linda Rissel
NER Conference Registrar- Karen McGonagle
NER Conference Workshop Chair- Su Wade
NER Newsletter Coordinator- Linda Bledsoe*

INTERNATIONAL NORTHEAST REGIONAL VICE PRESIDENTS

<u>Biennium</u>	<u>IVP</u>	<u>State</u>
2017-2019	Judith R. Boulet	New Hampshire
2015-2017	Marilyn Eaton	New Jersey
2013-2015	Charlene Lauria	Connecticut
2011-2013	Linda Rissel	New Jersey
2009-2011	Judy Devokaitis	Connecticut
2007-2009	Susan Pelchat	Connecticut
2005-2007	Carlene Iverson	Maine
2003-2005	Irene A. Clark	New York
2001-2003	Suzanne M. Smith	Rhode Island
1999-2001	Karen Cook	Pennsylvania
1997-1999	Rebecca Guess	New Jersey
1995-1997	Yvette A. Van Hise	New Jersey
1993-1995	Mary Ann Rozsas	Delaware
1991-1993	Patricia M. (Slatterlee) Hayes	New Jersey
1989-1991	Barbara Duffy (O)	Rhode Island
1987-1989	Ruth W. McKee	New York
1985-1987	Leona Lowery (O)	New Jersey
1983-1985	Ruth Walsh	Connecticut
1981-1983	Rose Schuchert (O)	Ohio
1979-1981	Sandra Bachman	Pennsylvania
1977-1979	Anna Eagan (O)	New York
1975-1977	Mary G. Baker (O)	Pennsylvania
1973-1975	Martha K. Marrow (O)	Ohio
1971-1973	Dorrisica B. Caswell (O)	New Hampshire
1969-1971	Elizabeth Stackhouse (O)	Pennsylvania
1967-1969	Margaret E. Barrett (O)	New York

1963 to 1967: Regions were reorganized. There was no "Northeast Region". The original Northeast Region was comprised of different states/ provinces.

1965-1967	Mary Mosby	West Virginia
1963-1965	M. Agnes Law	Maryland
1961-1963	Mabel E. Baker Howell	Delaware
1959-1961	Frances Noll (O)	Washington, DC
1957-1959	Mary St. John McNally (O)	Massachusetts

