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# Hocking Alpha Xi News

Alpha Delta State

Delta Kappa Gamma Society International

Volume 1 Issue 7

Editor: Susan Dietz

## *Mission Statement*

*The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.*

## Summer Quilt Workshop *The Cut-Up!*

Our summer quilt workshop will be held on Thursday, July 24 beginning at ten in the morning at the Nelsonville Quilt Shop. There will be no charge for the class because Vera and Kelly have agreed to teach. Fabrics must be purchased at the Nelsonville Quilt Company. Participants will need the following: materials for quilt top: The Cut Up pattern, \$3.50; fabric: 36 ten inch squares, sashing, border and binding, and three yards cut lengthwise. Another option is to purchase a layer cake (packaged 10 inch squares), 18 fat quarters plus additional fabric for accent strip. Fabric will cost between \$ 35-\$40. Participants will also have an option of making a table runner using the blocks if they are not interested in making an entire quilt. Contact Vera Gable at vera\_gable@frontier.com as soon as possible to make your reservation.



## Alpha Xi's June Adventures

The month of June held two bits of fun for our members. We enjoyed our potluck at beautiful Isaac Walton overlooking the lake and threw in a Chinese auction to raise some funds for our general fund. The next day we enjoyed breakfast at M and M's Diner and then traveled to the Washboard Factory for a tour. We learned that our local washboard factory sustains twenty-seven local jobs, and we all became washboard musicians.

### To Do List

#### Update

Please send Susan any address or email changes for the yearbook. She also needs your birthday.

#### Plan Ahead

State Convention  
April 10-12, 2015  
Biennial Seminar  
June 16-18, 2015

#### Meeting

**Monday,  
September 15**

Orientation of new members

## Are You Healthy?

By Marilyn Stewart

Do you know what "Your Philosophy of Health" is? Have you ever really given it much thought? Our speaker for the March meeting, Dr. James Grilliot from The Natural Wellness Centre in Bremen, challenged us to think seriously about this very question. He said, right or wrong, we each need to make decisions about what we consider good health for us. He talked about bringing balance into our life through body, mind and spirit. He compared this balance to a three-legged stool with body, mind and spirit each being one of the legs. When one of the legs is out of balance, the stool wobbles and does not perform well just like our bodies. Stress is a major contributor to this imbalance. He described the three kinds of stress, physical, mental and chemical, and the impact each has on our bodies. Each person was given a stress questionnaire to complete to identify areas of stress in their own lives.

Eating a healthy diet is one of the key factors in maintaining balance. Dr. Grilliot talked about nutrition and what comprises a healthy diet. He also named some food allergens to be aware of and possibly eliminate such as wheat, soy, corn, dairy, eggs and sugar.

At some point in our lives we may all desire to make changes to improve our health and well-being. Dr. Grilliot stressed that these changes are most successful when we take an honest look at ourselves, resolve to take that first step and agree to acknowledge each small step of progress along this road of change. The essential purpose of Dr. Grilliot's work with clients and his presentations is to guide, teach, and encourage each person to become the best version of him or herself.

His talk may have motivated many of you to make a change toward better health. What better time than spring to get started!

### Keep Ordering from Schwan's

Our Schwan's Fundraising will continue to earn five percent (5%) of your Schwan's order through April 1 of 2015. We have already earned over one hundred dollars through all of your efforts, and each order will continue to earn us quarterly checks. Just type *Delta Kappa Gamma Alpha Xi* as your intended charity, and the money will keep rolling in to our organization.

### Scholarship Needed?

Do you or someone you know plan to meet an educational goal in the future? Check out the possible scholarship and grant possibilities at <http://alphadeltastate.weebly.com/scholarships-grants--fellowships.html>

## President's Corner

By Susan Dietz

I hope all of you are having a great summer. Steve and I have had a busier than usual summer, but we are hoping the second half will slow to a crawl. I am preparing to teach two new classes so I am spending some of my time creating experiences for my soon-to-be students.

One of my summer tasks is to update our yearbook. Even if you marked address or email changes at the May meeting, please submit those to me. The book we were using to update went home with someone. We are also in need of program ideas. If you were at the May meeting, I have your birthday; if you were not, please send that to me.

The 2014-2015 year promises to be a good one for Alpha Xi. We have new members joining us, a member or two transferring to us, and we also hope to see more returning members.

Membership only grows if members do the asking. If you know someone who was once a member, please invite her to join us again.

Your executive committee will meet next week to plan the year so let me know anything I should share at that meeting. We will also spend some time with our new members in an orientation session.

See you in September,

*Susan*

**Editor's Note: Any graphics located in this newsletter are from a Word template licensed to the computer on which they were created. No graphics have been taken from any other source. There is no standard citation format for licensed template use.**

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**If** you have information about the professional life of one of our members or yourself that you would like to include in a newsletter or one of our Powerpoints, just send it to Susan at [sudietz@lhsd.k12.oh.us](mailto:sudietz@lhsd.k12.oh.us)

# From *Delta Kappa Gamma Society International* Website

(<https://www.dkg.org/content/2015-northeast-regional-conference>)

## 2015 Northeast Regional Conference

Make plans now to attend the Northeast Regional Conference in Baltimore, Maryland, home of the Walters Arts Museum and Inner Harbor's National Aquarium.

July 8, 2015 - July 11, 2015  
Baltimore, Maryland

# Write Some of Your 2014-2015 Goal Below

See you in  
September!

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