

## **Alpha Omega News May 2025**

### **Induction & Reinstatement of New & Past Members at our April 29<sup>th</sup> Meeting**



**In background from left to right, Pam Brose being reinstated and new members Sarah Stuber & Dr. Nancy Rogers being inducted (initiated). Barb Albrechtson, Terri Daley-Mack & Jackie Meyer are conducting the ceremony. In foreground from left to right are: Mary Swingle, Carol Nelson-Britton, Kathy Fuss, Mary Clark and Connie Albrechtson.**



**Members are lining up to meet and welcome our new and reinstated members after the ceremony.**

**It was a fun night!**



### **Officers for 2024-2026**

President – Barb Albrechtson

Vice-President – Joann Zigler

Treasurer – Lois Holper

Corresponding Secretary – Roxanne Fox

Recording Secretary – Kathy Fuss



## **Committees for 2024-2026**

### **Communication/Marketing**

Rox Fox, Joann Zigler

### **Membership**

Terri Daley-Mack, Jackie Meyer, Mary Wetterling

### **Program Committee**

Cyndy Schaper, Sally Emerson, Marilyn Arndt, Lois Holper, Kathy Dressler

### **Scholarship**

Priscilla Thibodeau, Pam Griffith, Terri Daley-Mack, Cyndy Schaper

### **Service/Charity**

Terri Daley-Mack, Mary Clark, Cyndy Schaper, Deb Keller, Karen Weigel, Carol Egge, Lois Holper

### **Fundraising**

Merry Kocar, Joann Zigler

### **By-Laws/Rules**

Rox Fox, Cyndy Schaper, Mary Swingle, Carol Nelson-Britten

### **Finance Committee**

Jan Marson, Connie Albrechtson, Michele Cook

### **Nominations**

Kathy Dressler, Kathy Fuss



### ***Alpha Omega Chapter***

### ***CHECK OUR FACEBOOK PAGE***

**ALPHA OMEGA CHAPTER— DKG-LA CROSSE, WI**

### ***AND WEBSITE***

**<https://foxrox54601.wixsite.com/alpha-omega-chapter>**





***Remember YOU are the center of the reason for  
DKG!***

The following was taken from The Delta Kappa Gamma Bulletin Collegial Exchange 2025 Vol 91-4 from the article "Taking a Second...for Gratitude and Appreciation" by Debra LeBlanc. 86,400 represents the number of second in a day, and those second belong to you to spend as you please. They are yours to use and cannot be transferred to anyone else.

...Remember that each day you are gifted 86,400 seconds, and it is entirely up to you to decide how to spend them. The choices you make with these precious seconds eventually determine the person you become. You often find your best moments when you spend seconds with those you care about, engaging in activities that bring you joy, learning new things, and serving others. ...I urge you to use that time to contribute wisdom, creative and thoughtful ideas, and love to this organization...to ensure its continued relevance, sustainability, and vitality to educators around the world. YOU matter, your voice matters, and our collective voices are essential and critical in making a significant impact on and for others.



**Just a reminder:  
Bring socks & undies for Trinity Clothes Closet  
Throughout the year**



**Our Next Meeting will be June 11<sup>th</sup> 2025 Joint  
Gathering with Lambda Chapters  
At**

**Norskedalen Nature & Heritage Center**

Norskedalen (which means the Norwegian Valley), is a nature and heritage center dedicated to preserving, interpreting and sharing the natural environment and cultural heritage of the area surrounding Coon Valley in southwest Wisconsin. Norskedalen has so much to offer in so many different ways, exploring the natural beauty, regional history and traditional cultural heritage of the region.

**Time: 10:00 am for Tour**

**Cost for Tour: \$10.00**

**One of our own member, Merry Kocar, will be  
conducting the tour for us.**

**We can meet at Walmart Parking Lot at 9:00 to  
caravan to Norskedalen.**

**Lunch will be at Stockyard Grill and Saloon located  
at 202 Central Ave., Coon Valley at 12:30**



This year we will be mentoring our new members so that they will enjoy being a member of Alpha Omega! We want them to enjoy our fellowship..

This year's new member 2024-2025 are Sally Emerson and Mary Clark



All members are invited to send them a note of appreciation that they are a part of our organization.

Sally Emerson: 612 Division St. Stoddard, WI 54658

Mary Clark: 317 21<sup>st</sup> St., La Crosse, WI 54601

Our newest members 2025-2026 are Sarah Stuber, Dr. Nancy Rogers and Pam Brose.

Photos coming in future newsletter: Sarah, Nancy & Pam.

Sarah Stuber: 1023 Whispering Winds Place N, Onalaska, WI 54650

Dr. Nancy Rogers: 1614 Prairie Pl #216, Holmen, WI 54636

Pam Brose: 4921 33<sup>rd</sup> St. S, La Crosse, WI 54601



The grand essentials to happiness in this life are something to do, something to love, and something to hope for."

George Washington Burnap



## **Old News**

- March 22<sup>nd</sup> we had a small gathering of members to talk about their favorite books at Java Vino in March. Some books that were shared were; The Seed Keeper by Diane Wilson, The Girl from the Chanal Islands by Jenny Lecoat, and Democracy Awakening, Notes on the State of America by Heather Cox Richardson. We meet every other month to get to know each other better. Our next small gathering will be by sometime in July to share travel destinations past and future.
- If you have had any changes with your address, email address, phone, or name change please give updated information to Rox Fox. She will make the changes for you. This is important for when important information will go directly to you from state and not through me. There will be a survey that you will be emailed soon for you to fill out. Being on the state committee developing the survey, I discovered when Barb Cody sent me the state list of members email addresses, that most of our membership had the wrong email address listed. They have since been corrected.
- Just a Reminder: At our August 2024 meeting it was asked that any member who has news about a fellow sister who is experiencing a hospitalization, is very sick, or the death of a spouse, partner, child, parent or sibling, to please contact the Vice President Joann Zigler or President Barb Albrechtson. Therefore, no sister that is hurting will be missed. They, in turn, will contact the members on the schedule.



Start each day with a positive thought and a grateful heart.

Roy T Bennett





- We had a very successful Rummage Sale May 8<sup>th</sup> -10<sup>th</sup>. Thank you Mary Wetterling for the use of your garage. Thank you to those who helped set up the sale on Thursday – Sarah Stuber, Barb Albrechtson, Jackie Meyer, Lois Holper, Kathy Fuss, Priscilla Thibodeau and Pam Griffith. Thanks to Carol Egge for the use of her cash box; Rox Fox for putting the sale on Marketplace; Joann Zigler for putting it on Craig's List; and Carol Nelson-Britten for making the signs. Thanks go out to all those who worked the sale on the 9<sup>th</sup> and 10<sup>th</sup> – Rox Fox, Terri Daley-Mack, Sarah Stuber, Barb Albrechtson, Cyndy Schaper, Merry Kocar, Sally Emerson, Mary Clark, Michele Cook, Deb Keller, and Jan Marson. Thanks also go out to those who helped with taking down the rummage sale – Cyndy



Schaper, Karen Weigel, Pam Griffith, Rox Fox, Pam Brose, and Barb Albrechtson. Thanks for those who brought tables and a clothes rack – Jackie Meyer, Carol Nelson-Britten, Rox Fox, Sarah Stuber and Cyndy Schaper. Thanks go out to all the **members** who donated items for the sale –those already mentioned who helped and Mary Swingle. At the end of the sale we made almost \$750 which will go towards our teacher scholarship.

## **New News**

- Rox talked about the possibility of getting our own website instead of having to go through her email address. It would make it easier for members to use if we did this. Will discuss further at our August meeting.
- We also talked about when communicating or responding to Barb's emails. Instead of attaching your comments to someone else's response to email Barb directly. Often times Barb will miss your response when attached to someone else's email. That goes with text messages as well.
- At the May conference Barb Albrechtson was given Certificates in Recognition of Achieving 35 Years of WI State Organization membership for Jean Wetzsteon and for 25 years for Connie Albrechtson, Louise Sedevie Lawrynck and Karen Weigel.  
These certificates will be presented at the next meeting.
- Barb was also given certificates for welcoming new members last May 2024 for Mary Clark and Sally Emerson.
- Thanks Michele Cook for being our greeter.
- Thanks Rox Fox for taking photos.
- If anyone has something they would like to add in the newsletter such as a poem, statement etc. just let Barb Albrechtson know.



Mary Swingle June 5<sup>th</sup>  
Stephanie Baumgartner June 12<sup>th</sup>  
Jan Marson July 23<sup>rd</sup>  
Michele Cook July 24<sup>th</sup>  
Joann Zigler July 29<sup>th</sup>

**We received the Membership Growth Award again  
this year for gaining members at the May  
Conference.**



**Save your books as a fundraiser  
for Alpha Omega Chapter.  
Books not sold will go  
for the Free Library  
in memory of Claire Jandt  
at Jandt-Fredrickson Funeral Home and Crematory.  
You can bring your books to the fall meeting.**



~To my DKG sisters

From ~ Joann

I was so happy to receive cards FILLED with SUCH THOUGHTFUL 🤗 support and encouragement after my recent detached retina surgery. Thank you

♥️THANK YOU!

An update on my condition will be more complete once I've returned to Rochester for my 5 wk post surgery appt. on Tuesday, the 3rd. As I am told, a cataract formed, affecting the length of the surgery, and is growing exponentially from the trauma of the surgery. I will have no sight in my left eye for some weeks or months, since the cataract will need to be removed and my eye heal, prior to charting the progress of the "gas-filled bubble" and "buckle" placed in and around my eye.

I remain encouraged and optimistic because of my family and all of you in my world 🤗♥️



The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the **Heart**.



## In the Spotlight



**Merry Kocar**

Merry became a member of Alpha Omega April 19, 2023. She received her Bachelor of Science degree from University Wisconsin Madison with her majors being Spanish Education and Political Science. Merry then received her Master of Science in Education from University Wisconsin La Crosse in 1997 in the area of Specific Learning Disabilities and Emotional/Behavioral Disorder (EBD). In Merry's professional life she has taught Adult Basic Education in Sawyer County and on the Lac Courte Breilles Reservation; has taught social studies and Spanish at the middle and high school levels; has taught and case managed students identified as being EBD or with Specific Learning Disabilities at both middle and high schools; has been the lead teacher for alternative learning centers at both middle and high level; has been the learning specialist at Aquinas middle and high schools; and ended her career at La Crescent Elementary School as the reading and math elementary

school interventionist where she retired after 30 years of teaching. Merry has always been an advocate for her students.

Merry's community services and interests are many being the La Crosse County Historical Society being a docent at the Hixon House, the Norskedalen Nature & Heritage Center, and La Crosse League of Women Voters. She is a poll/election worker for the City of La Crosse and volunteers for the Gundersen Health Systems.

Merry is a voracious reader. She loves history and political studies.

Merry's grandchildren bring her immeasurable joy. Her favorite colors are blue and turquoise. Merry's favorite memories are Christmases at her Mom's house. Her favorite guilty pleasure is dark chocolate and her favorite splurge purchases are books! In fact, she cannot live without books! Most people would not know that at one time, she and her family lived in Cheyenne, Wyoming. The celebrity Merry would most like to have lunch with is Barack Obama.



**Lois Holper**

This is Lois' 15<sup>th</sup> year as being a member of Alpha Omega. She was initiated on April 15, 2010. Lois was the recording secretary from 2012-2016. She has recently taken on the important role of being our treasurer. Lois graduated in 1972 from Brookfield Central High School; Brookfield, WI. She graduated with a Bachelor of Science in Elementary Education and Special Education in 1976 from University Wisconsin – Eau Claire. Lois then received her Master in Education Professional Development from the University Wisconsin – La Crosse in 1985. She

continued her education with taking 30+ credits at University Wisconsin – La Crosse.

Lois started her teaching career for the School District of La Crosse at Harry Spence Elementary School in 1976 teaching EMR (self-contained) for three years. In 1979 she started teaching 1<sup>st</sup> grade at Harry Spence Elementary School for two years, Jefferson School for 26 years (1981-2005), Franklin Elementary for 2 years (2005-2009) and two years at Roosevelt Elementary School (2009-2011). Lois retired in 2011 from the La Crosse School District after teaching 35 years. She started her second career being a Student Teacher Supervisor at University La Crosse until she retired from that position. Lois now enjoys being with family and volunteering.

She was the treasurer at St. Paul's Lutheran Church in Onalaska, Wisconsin. Lois also volunteered being the Money Counter, Greeter and Communications Committee for (Women in Christ) St. Paul's Lutheran Church. Plus, she volunteers at the Good Steward Resale Shop in La Crosse.

What brings Lois joy is spending time with her husband Frank and with her son's and daughter's family. She has 7 grandchildren. Lois's favorite color is any shade of blue. Her favorite memory is celebrating her 40<sup>th</sup> anniversary with Frank at Disney World with their entire family of 13 (Ryan /Rachel with 5 kiddos, and Laura/Kevin with 2 kiddos). Lois's favorite "guilty pleasure" is watching "Wheel of Fortune" and Hallmark movies. Her favorite splurge purchases are booking Viking River Cruises to Europe & Norway, Sweden, and Denmark. Lois cannot live without her daily prayers. She has so many blessings to be thankful for! People don't know how uncomfortable Lois feels when holding little "critters" like guinea pigs, hamsters, gerbils, etc. (even kittens and puppies). Lois would love to have lunch with Michelle Obama especially after reading her book "Becoming." Lois was impressed about how she used her humble beginnings to dictate her adult life, her effort to maintain work/family life balance, and her hopes for America's future. A deeper discussion would be awesome!





The beautiful thing about learning is that no one can take it away from  
you.  
B.B. King



- Trinity Clothes Closet  
Need volunteers for putting away clothes at the clothes closet at predetermined times or helping people gather clothes on Mondays from 4-6. Deb Keller could do a training session for those who are interested in Late October.  
Monday meals program is looking for about 12 people to cook and serve a takeout meal for those seeking a warm meal on a Monday or two. It could be 1 to 3 times throughout next year. There is someone who would train us. They typically serve about 200 in one night.
- The Aging and Disability Resource Center (ADRC) is looking for help to deliver meals to our seniors.  
\*Days are flexible. Hours are from 10:30 am-12pm, Monday through Friday.  
\*Mileage reimbursements monthly.  
\*Help packaging meals also available at the various meal sites.  
Contact the ADRC at 608-785-5700 for more details.  
Check out their website  
<https://www.lacrossecounty.org/adrc/get-involved/volunteer>
- New Life Resource Center  
Mt. Calvary Lutheran Church  
1602 Park Avenue  
La Crosse, WI. 54601  
608-785-2377  
Services offered:  
PRACTICAL ASSISTANCE TO NEW MOTHERS  
( Diapers, wipes, infant and toddler clothes to size 5T. Some baby equipment and furniture is available) All free of charge  
CRISIS PREGNANCY COUNSELING

(24 hour hotline)

COMMUNITY REFERRALS

SPIRITUAL RESOURCES

- King Street Community Gardens

Hunger Task Force of La Crosse

Under the direction of the garden staff, hundreds of volunteers assist with planting, weeding, and harvesting each season. The garden is a proud recipient of funding from the City of La Crosse through a Community Development Block Grant (CDBG).

Sign up through their website

<https://www.signupgenius.com/go/10C0944ACAE2DA0FFCE9-volunteer#/>