

Alpha Omega News September/October 2026

Welcome Back Meeting, August 31st!



Terri Daley-Mack, Priscilla Thibodeau, and Karen Weigel going through the salad bar.



Joann Zigler conducting meeting.



Connie receiving door prize. Julie Anderson and Jan Marson in background.



Barb Albrechtson receiving appreciation gift for her six years of being president made by Joann Zigler.



Alpha Omega Chapter
CHECK OUR FACEBOOK PAGE
ALPHA OMEGA CHAPTER— DKG-LA CROSSE, WI
AND WEBSITE

<https://www.alpha-omega-chapter.com>



Old News

- **Spring Pop-Up Trinity Clothes Closet**





Deb Keller showing Michele Cook and Kathy Fuss the inventory at Trinity Clothes Closet



Michele Cook, Joann Zigler, and Kathy Fuss



Pam Brose, Kathy Fuss, Michele Cook, Deb Keller and Joann Zigler.

We had a great time helping with organizing donated clothes.

- If you have had any changes with your address, email address, phone, or name change please give updated information to Rox Fox foxrox54601@gmail.com. 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.
- 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 President Joann Zigler JoannZigler@proton.me or Past President Barb Albrechtson tzigane2@hotmail.com so that no sister that is hurting will be missed. They, in turn, will contact the members on the schedule.

- **Challenge:** States that welcome 100 new or reinstated members by 2029 will earn the prestigious title of Centennial State Organization.

New News

- Thanks go out to Lois Holper, Barb Albrechtson, and Joann Zigler for being our greeters at our Welcome Back Meeting
- Thanks Roxanne Fox for taking photos in August
- Thank You Mary Wetterling and Roxanne Fox for bringing door prizes in August.
- Our Greeters for October 14th will be Mary Swingle and Carol Nelson Britten.
- Our Photographer in October will be Rox Fox.
- Lois Holper and Kathy Fuss will be bringing door prizes for our October meeting.
- We need someone to sign up for our December meeting to be a photographer.
- If you have an idea for a POP-UP Event please let Joann Zigler know. Her email address is JoannZigler@proton.me
- **Reminder:** we are collecting socks and underwear for Trinity Clothes Closet and food items for the Place of Grace at all general membership meetings. You don't have to donate every month except we do request that you donate socks and underwear for Trinity Clothes Closet because this is a needy time for those items. However, at our Holiday General Membership Meeting December 9th we are collecting items for area Food Pantries. We will deliver them immediately after our meeting as some members can decide to car-pool through the Rotary Lights as a tradition!
- New Educator Scholarship FUNDRAISING opportunity to replace our annual Rummage Sale. Thank you Michelle Cook for investigating this for us!
- As was mentioned about at our last meeting, Michele reached out to Mario Youakim, director of Beer by Bike Brigade (BBBB), to inquire about co-hosting one of the BINGO events which are held on Wednesday evenings at the Onalaska Omni Center. They have accepted our application for the 2027 games. Mario will reach out to Michele once they have established the dates for 2027 in hopes that one of the dates will work for us to co-host the game (which entails selling the BINGO cards to participants and then walking around and selling raffle tickets

during the BINGO games). In return BBBB will donate \$500 to our scholarship fund.

- As a group we should not forget other great ideas for fundraising such as: Festival Foods Brat Sales which Mary Kocar is investigating. Keep your eyes and ears open for other ideas.



Officers for 2026-2028

President – Joann Zigler

Vice-President – Kathy Dressler

Treasurer – Lois Holper

Corresponding Secretary – Roxanne Fox

Recording Secretary – Kathy Fuss



**“Every leaf speaks bliss to me,
fluttering from the autumn tree”**

Emily Bronte



Communication/Marketing

Rox Fox, Joann Zigler, Barb Albrechtson

Membership

Barb Albrechtson, Dr. Nancy Rogers, Julie Anderson

Program Committee

Marilyn Arndt, Lois Holper, Denise Christy, Jackie Meyer

Scholarship

Pam Griffith, Mary Wetterling, Karen Weigel

Service/Charity

Deb Keller, Carol Egge, Kathy Fuss

Fundraising

Mary Wetterling, Cyndy Schaper, Mary Clark

By-Laws/Rules

Rox Fox, Mary Swingle, Carol Nelson-Britten

Finance Committee

Connie Albrechtson, Michele Cook, Lois Holper, Priscilla Thibodeau

Nominations

Terri Daley-Mack, Pam Brose, Priscilla Thibodeau

Collegiate

Jan Marson, Mary Wetterling, Joann Zigler, Kathy Dressler, Barb Albrechtson



"Autumn is a second spring when every leaf is a flower"

Albert Camus



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

You...

Are a Leader
Bring Out the Best in Others
Are Authentic
Are Responsive to Feedback
Are Results Oriented
Are Adaptable
Are a Conceptual Thinker
Are Motivated to Make a Difference
...are a DKG Key Woman Educator



Karen Weigel October 8th
Dr. Nancy Rogers October 12th
Terri Daley-Mack October 16th
Lois Holper November 9th
Kathy Dressler November 10th
Connie Albrechtson November 26th

October 14th Alpha Omega Meeting



SimpleSteps to Stop Scams **FREE EVENT!**
Keeping Our Seniors Safe with Knowledge, Awareness and Confidence

Featuring Guest Presenters:

Investigator Chad Macron
ONALASKA POLICE DEPARTMENT

Danielle Anderson
ALTRA CREDIT UNION
Financial Wellness

Wednesday, October 14th
4:00 PM

Onalaska Dash Center
515 Quincy St.
Onalaska, WI 54650
(608) 781-9560

Learn how to protect yourself from today's most common scams and fraud.

Join us to learn:

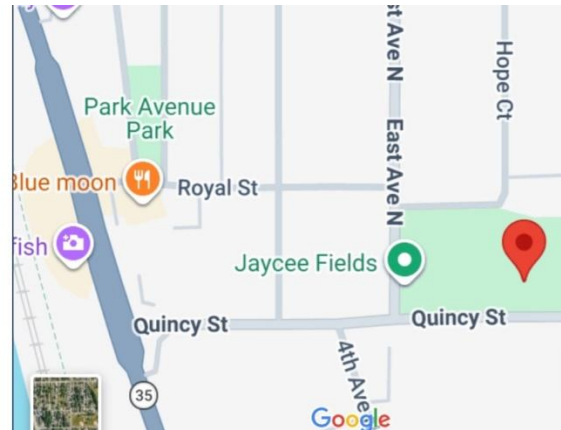
- ✓ How scammers target you
- ✓ Red flags to watch for
- ✓ Tips to protect your personal and financial information

Everyone is welcome!

SimpleSteps to Technology, LLC
Kathy Helgeson

SimpleSteps.com
Kathy@SimpleSteps.com

Helping seniors feel confident with technology.



Our Next Meeting Will Be
Wednesday, October 14th
DASH Center
515 Quincy St.
Onalaska, WI (see map above)

3:30 gather and visit before presentation begins
(This is a public community event)
Topic: “On-line Safety & Personal Identification Security,
Avoiding Theft and Scams”

We will meet at Manny’s Mexican Cocina
301 Hampton Court
Onalaska

5:30 Dinner and Meeting

RSVP to Barb Albrechtson by October 7th

tzigane2@hotmail.com

Please let me know either way “YES” or “No”

****Charity****



****Bring Hats/Mittens to be distributed to schools****



“Imagination is the true magic carpet”
Norman Vincent Peale



Julie Anderson Denise Christy

Our newest members 2026-2027 Julie Anderson and Denise Christy
Julie Anderson 821 Lakeview Dr., La Crosse, WI 54603 jaaona@charter.net
Denise Christy: 1020 Sunrise Court, Onalaska, WI 54650 dnschristy@aol.com



Pam Brose Dr. Nancy Rogers

Our new members 2025-2026 Pam Brose and Dr. Nancy Rogers
Pam Brose: 4921 33rd St. S, La Crosse, WI 54601 PamelaVbrose@gmail.com
Dr. Nancy Rogers: 1614 Prairie Pl #216, Holmen, WI 54636
aranaska90@gmail.com

In the Spotlight



Barbara Albrechtson

Barbara (Barb) lives with her husband Rick and her beloved kitties Nico & Niki, in what she calls “high up in the woods---literally on a bluff” near La Crosse’s Upper Hixon Forest. This family of hers brings her joy and I’ve heard her say, she loves the forest and its animal wildlife. She loves traversing the pathway home, as she needs lots of peace and rest after her busy, BUSY volunteering life in our community! She has lent her talents and energies in La Crosse, by volunteering as a Docent/Tour Guide/Cashier for the La Crosse County Historical Society at the Hixon House. Meeting tour groups arriving on Mississippi Riverboats and Cruise Ships which dock frequently during spring, summer, and fall at Riverside Park, increases the Hixon House contact and involves teaching many more visitors the history of our area.

Barb earned her BS in Elementary Education and Psychology at UW-L, her Early Childhood Certification from Winona State University and her Master of Education-Professional Development Degree from UW-L. She taught 8 years in the Whitehall School District, 3 years in the Sparta School District and another 24 years in the La Crosse School District, in these fields of specialization.

Somehow she managed to teach occasional Pre-School/Kindergarten summer school and Substitute Teach an additional 14 years in various La Crosse School District classrooms, partially during that time, and also after retirement (in 2005).

One accomplishment that she is so proud of happened during the study for her Masters.

She came across the idea of mainstreaming Early Childhood Special Education students with Head Start students. She gave the information she'd gleaned and presented it to the Early Childhood Special Education Coordinator, who then presented it to the Supervisor of Student Services. The happy result was that she became the first Early Childhood Special Education teacher in our district to have her students mainstreamed with Head Start students at the Head Start site, and also becoming the first Early Childhood Special Education Itinerant Teacher part-time in the district, supporting students in regular education preschool, kindergarten and special facilities programs.

Perhaps one of the most altruistic things Barb did in retirement was embodying some of the deepest principles of DKG, by helping women educators by simply VOLUNTEERING in some Kindergarten classrooms at Summit Environmental School and Northside School. She did this quietly and consistently, saying "It is what I'm meant to do as a sister." In doing this she caught the attention and warmed the hearts of principals and teachers alike, by carrying out this "mission of support".

One of the biggest volunteer endeavors that Barb has and continues to be appreciated for among her DKG sisters, is her 20 years of engagement in Delta Kappa Gamma! She served in many leadership roles including 2 years Vice President, 6 years President, 14 years Membership Chairperson, 7 years Wisconsin State Organization (WSO) Membership Committee and currently, she's become the Chairperson of this same committee. THANK YOU BARBARA for your service indeed!

More recently, she volunteered with other Alpha Omega sisters at Northside School and Hamilton School through our special Alpha Omega giving books activities.

Lastly, showing her continued support for public school, she continues to donate her own funds and contribute along with our sisters in Alpha Omega to support various organizations like La Crosse Education Foundation, What I Need (WINN) and others.

“As a man thinketh in his heart, so he becomes.” Proverbs 23:7

One cannot leave out of acknowledgment BIOGRAPHY of Barbara Albrechtson, without adding “The things she can’t live without: Love, Laughter and DANCE.” Since 1996 she has had a love of dancing, specifically Middle-Eastern Dance. She has done Musical Choreography and Madrigal Feast Productions with Sparta and Logan High Schools. She has taught Middle Eastern Belly Dancing to youth and adults through Marilyn School of Dance, The Dance Studio and Amanda’s Academy of Dance.

Barb’s favorite colors are blue, red, yellow, green, black and white which she no doubt, shares in all her dance teaching workshops and classes with the colorful silk scarves.

She has touched many lives, some Alpha Omega Chapter (and most recently, State DKG sisters) with her dance theory and philosophy—it helps our bodies and minds heal, express ones-self artistically and most importantly connect your mind and body—regardless of body structure and physical limitations. Most people don’t know that she and her husband Rick love car racing and she once participated in a Solo II race event (explained to all of us novices, in this race the fastest car around the course wins). For this event, she once wore her belly dance costume in the car along with her helmet, so she could quickly leave following the race, to instruct one of her groups of students! This explains her answer to “The celebrity she’d most like to have lunch with: Paul Newman since he was great race car driver, a great actor, a down to earth kind of guy and he gave of himself to others”

THANK YOU



DKG Sisters,
I wish to extend my sincere appreciation for all of the cards, gifts, and words of support/encouragement this past school year. As of July 30th, I have officially reired from teaching and am looking forward to the next chapter of my life...a new beginning.
With appreciation,
Michele Cook



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



**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.**



**Please bring food items for
A Place of Grace**



Make A Difference



- **Wafer Food Pantry**
Volunteer

If you would like to join our growing team, call us at 608-782-6003 or email them at volunter@waferlacrosse.org

Each day, volunteers sort and stock food, help patrons, and assist with general upkeep.

Some volunteers help out weekly, some monthly, and some with special events.

Every one of every age is invited to volunteer, but children under age 14 must be accompanied by an adult. Volunteers are needed: 8:30 am-1:00 pm Monday through Friday and 3:30 pm -8:00 pm Monday, Tuesday, and Thursday.

- **Donate**

Bring food donations to WAFER during business hours: Mon-Fri 8:00am to 12:30pm and Mon, Tues & Thurs 4:00 to 7:00pm.

- **The Nature Place**

Reception Volunteers Needed.

If you are passionate about the environment. Want to work with the public. Are self motivated and hard working. Want to be more involved in our community. We'd love to have You!

Responsibilities include – Greeting visitors, answering visitor questions, light paperwork, promoting public involvement, light tidying/cleaning and restocking flyers.

- **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.

- **School District of La Crosse**

Montessori School/Northside School

Jenna Anfang, Community School Coordinator

608-789-6780

janfang@lacrossesd.org

SOTA 1 School/Hamilton

Jonathan Zinniel Community School Coordinator

608-789-5092

jzinniel@lacrossesd.org

- **The Aging and Disability Resource Center (ADRC) of La Crosse**

County is always looking for volunteers to help with various tasks! Check out their volunteer opportunities below. If you have a talent/interest to share that is not listed, let them know!

Meal Delivery Driver

Meal Site Volunteer

Dementia Program Volunteer

Caregiver Support Volunteer

Prevention Program Volunteer

Volunteer Guardian

Ready to volunteer? Submit your application, along with required documentation, via mail, email, or stop by their office. If you are interested but need more information, please do not hesitate to contact them!

Contact the ADRC at 608-785-5700 or 800-500-3910 for more details.

Check out their website

<https://www.lacrossecounty.org/adrc/get-involved/volunteer>

[Office Hours](#)

Sunday Closed

Mon-Friday 8 am-4:30 pm

Saturday Closed

Other times are available by appointment.

- **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

- **Kane Street Community Gardens**
Hunger Task Force of La Crosse
lacrossehunger@gmail.com

Welcome! Volunteers are *essential* to the success of The Hunger Task Force, and there are a variety of volunteer opportunities available for individuals and groups. Whether you want to get your hands dirty at The Kane Street Community Garden, help sort donations at The Food Recovery warehouse, or assist at a special event, there are volunteer options for everyone!

Food Recovery Program Volunteers Office/Warehouse: [\(608\) 793-1002](tel:6087931002)

Volunteer Hours:

Monday-Friday 8:00 am - 3:00 pm

Assist in the Food Recovery program by volunteering at the Hunger Task Force administrative building/warehouse:

Drivers assist with picking up or delivering food items (using the Hunger Task Force truck (no CDL needed)

Warehouse Workers assist with organizing, stocking, sorting, or inventorying food items

Office/Clerical Workers help with mailings, data entry, fundraiser prep, or general receptionist duties

Kane Street Community Garden Volunteers [\(608\) 386-3319](tel:6083863319)

Volunteer Hours

March - October

March 15 - May 31:

Share your gardening talents with us—and then take home fresh produce. Don't have a green thumb? That's okay too! No prior garden experience needed. Volunteers assist with a variety of tasks:

planting, weeding, or harvesting

tilling, composting, or irrigating

mowing the lawn, organizing sheds, inspecting equipment

- **Oasis**

A Welcoming Respite Program for Individuals Living with Mild to Moderate Symptoms of an Alzheimer's Disease, Dementia, or Other Brain Related Diagnosis.

(608) 780 - 0471

<https://oasisrespite.org>

OAISS Respite Program, an outreach program of Causeway Caregivers is seeking volunteers for Mondays and Thursdays 11am - 3pm weekly.

OASIS is designed for individuals in the beginning to mid stages of a dementia diagnosis, providing activities to promote being active, being creative, and brain enrichment while their caregiver or care partner gets a well-deserved break.

Volunteers work 1:1 or 2:1 with participants in the activities during the respite time. Laughter and socialization is most important! Enrichment activities monthly bring unique experiences for all within OASIS.

Volunteers receive dementia training, communication techniques, Dementia Live experience, and ongoing training as needed.

Location:

4141 Mormon Coulee Rd, LA CROSSE, WI 54601, US

<https://www.volunteermatch.org/search/opp3777750.jsp>