

Alpha Omega News September 2025

Welcome Back Meeting, August 14th!



Our Greeters Priscilla Thibodeau, Marilyn Arndt, Lois Holper & Jackie Meyer



Starting at back of table going to left – Carol Nelson-Britten, Mary Swingle, Michele Cook, Rox Fox, Karen Weigel and Louis Sedevie-Lawryn



White table: Starting front going to left – Priscilla Thibodeau, Kathy Fuss, Terri Daley-Mack Mary Clark and Pam Brose



Starting from Left to Right: Barb Albrechtson, Carol Egge, Pam Brose and Kathy Dressler



Going from left to right: Mary Clark, Terri Daley-Mack, Pam Brose and Priscilla Thibodeau serving up pizza and pop!



The August Birthday Girls: Barb Albrechtson, Priscilla Thibodeau and Mary Clark



A Wonderful Night seeing everyone again for the start 2025-2026!



Alpha Omega Chapter
CHECK OUR FACEBOOK PAGE
ALPHA OMEGA CHAPTER— DKG-LA CROSSE, WI
AND WEBSITE
<https://www.alpha-omega-chapter.com>



Old News

- 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.
- 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 so that no sister that is hurting will be missed. They, in turn, will contact the members on the schedule.
- Jan Marson is still working on the possibility for us in participating this year with the Wisconsin State Organization Literary Competition.
- **Reminder: Charity** for October 13th meeting is to bring winter hats and mittens to be distributed for children at various schools (Northside/Hamilton).
- Thanks to Roxanne Fox, she has created a new updated web page for our chapter.

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

- Just a reminder about communicating or responding to Barb's emails. Instead of attaching your comments to someone else's response do email Barb directly. Often times Barb will miss your response when attached to someone else's email. That goes with text messages as well.
- From one on the Monday Minutes this year Carol Henning from Communication/Marketing mentioned ideas for promoting our chapter. The ideas were: **Take a day trip to an historic site; sponsor a scholarship fundraiser** like a brat fry, a bake sale, **a garage sale**; a lemonade stand, or a **5K walk (supporting Encouragers for Steppin Out in Pink)**; host a clean-up day in a local park; march (or ride) in a parade; **build and fill a "little lending library"**; staff an information booth at your county fair. We are already doing some of the activities mentioned which are highlighted in red. Maybe we should consider some of the other ideas to promote our chapter. Do you have ideas?

New News

- Thanks go out to Priscilla Thibodeau, Marilyn Arndt, Jackie Meyer and Lois Holper for being our greeters at our Welcome Back Meeting
- Thanks Carol Egge for taking photos in August.
- Thanks to Kathy Dressler for helping us with having a place for our first meeting in 2025-2026 and with getting free pizzas from Tom Sawyers and creating a thank you certificate for the owner and providing drinks.
- Thanks to Barb Albrechtson for the plates, cups and birthday cake for the August birthdays.
- Our Greeters for October 13th will be Kathy Fuss and Terri Daley-Mack.
- Our Photographer in October will be Rox Fox.
- Rox Fox and Jackie Meyer will be bringing door prizes for our October meeting.
- We need someone to sign up for our December 1st meeting and April 29th meeting to be a photographer.
- The nomination committee will pick a date to meet at our October 13th meeting to find members for being officers for 2026-2028.
- **Challenge:** States that welcome **100** new or reinstated members by **2029** will earn the prestigious title of **Centennial State Organization**.



- The Membership Committee met September 30th at Barb Albrechtson's house to make birthday cards and talk about how to get new members for 2025-2026.
- Pop-Up Tour of The Nature Place will be Monday, October 27th from 4:30-5:30 pm

The Nature Place is a nature-focused community center open to all. Their mission is to inspire and cultivate meaningful connections between people and nature. To that end, they offer nature education programs and community events for all ages. Their unique space is available to visit during open hours or to rent for special events and meetings. Join Stephanie Hanna, Community Program Manager, for a tour of The Nature Place and information about how you can support The Nature Place's important mission. Stephanie has worked as an environmental educator with various organizations in the La Crosse Area for many years. She has also been a school teacher with a focus on Science Curriculum teaching and creation. See you at The Nature Place on Monday, October 27, from 430 – 530 PM

- November Gathering will be November 8th at Java Vino. Share our upcoming holiday plans.
- The November Pop-Up will be in February when the renovation of the La Crosse Public Library is completed. We'll have a tour of the new facility and a presentation of the spring programs, Tuesday, February 24th at 4:30pm.
- If anyone has something they would like to add in the newsletter such as a poem, statement etc. just let Barb Albrechtson know.



Officers for 2024-2026

President – Barb Albrechtson

Vice-President – Joann Zigler

Treasurer – Lois Holper

Corresponding Secretary – Roxanne Fox

Recording Secretary – Kathy Fuss



***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



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 33rd St. S, La Crosse, WI 54601



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



La Crosse Public Education Foundation

This article was featured on their website

For the past several years, members of the Alpha Omega Chapter of Delta Kappa Gamma have come together to support LPEF's Random Acts of Kindness program. Since 2022, members have donated over \$1,300 to ensure that students throughout La Crosse public schools are able to get to school, be ready to learn, and able to participate fully. Delta Kappa Gamma is an international organization of women educators and the Alpha Omega Chapter is made up of La Crosse area members who've taught in many area districts.

LPEF is grateful to the members of Delta Kappa Gamma not only for supporting La Crosse students this year, but also for lifting up the education profession in our community, state and world!

Team Encourager



Encouragers' Team had 20 walkers this year. This was the 18th year for our team and the 20th anniversary of this fundraiser for breast cancer research and patient support.

DKG Alpha Omega contributed \$550 of the \$3366 raised by the team. This was our most successful walk ever. Thank you, sisters, for your support. Help us keep growing next year.

Encouragers captains: Pam Burke, Julie Welch and Jackie Meyer

Pam Burke won a raffle basket with a beautiful quilt and other gifts.

We were so excited to have one of our team win it.

Michelle Cook is on left side of team picture.





Spotlight Priscilla Thibodeau



Priscilla was initiated June 7, 2021 as a member of Alpha Omega Chapter DKG. She was our treasurer and did a great job 2022-2024. Priscilla is presently on the Scholarship Committee and has helped out on the Service Charity Committee.

Priscilla received her Bachelor of Arts degree in Social Work from Madison, Wisconsin. She received her Master of Education Program - Early Childhood Education at University Wisconsin-La Crosse.

Priscilla taught at Summit School in Early Childhood:Exceptional Educational Needs program for seven years after receiving certification to teach Special Education. She then taught Kindergarten for 2 years at Hintgen, 14 years at Southern Bluffs and 1 year at Roosevelt.

While teaching she was the building LEA Representative for many years. Priscilla with her husband Tom run the Place of Grace food pantry Tuesday through Thursday and help with meals on Thursday evenings.

She loves lap swimming and zumba classes at the YMCA in La Crosse. She enjoys reading, walking, hiking, and occasionally biking. Priscilla loves to go shopping, doing yard work, baking and loves political conversations. She also likes to travel to see her Canadian friends and family in Arizona, New York City, Chicago and Fitchburg.

Priscilla has three wonderful daughters and two granddaughters. Her favorite colores are pink and lime green. Priscilla's favorite memory is holding her daughters after they were first born. Her guilty pleasure is chocolate and ice cream. Priscilla favorite splurges are having a massage or pedicure. She cannot live without her family. The celebrity she'd most like to have lunch with Rachel Maddow to learn about facts and politics.

Spotlight Joann Zigler



Joann became a member of Alpha Omega Chapter DKG April 23, 2014. She is presently our Vice-President 2024-2026 and will be become our President July 1, 2026 for 2026-2028.

She received her Bachelor and Masters of Arts Education in Pre-K through 6th grade. Her professional history shows that she worked at Western Technical College in adult education evening classes at Mauston, Independence, Arcadia and Whitehall and La Crosse for 5 years and then the child care program for 2 years. This was followed by working 10 years with the La Crosse Head Start program. She then started working for the School District of La Crosse in Pre-K and Kindergarten classrooms from 1999 to her retirement in 2022 with a total of 23 years with the district.

Joann was a member of NAEYC which is a premier Membership Association for Early Learning Professionals – WEYC (Wisconsin) – GRAEYC (local) from 1985-1990. She served as local chapter President, Vice-President and Secretary while being a member. She was also a member of the National Science Teachers Association and was a Science Representative for the La Crosse School District. Joann is proud of her 35+ years of being a regular education classroom teacher.

Joann lives in Melrose with her retired governmental Fisheries Biologist husband, Steve. She adores the outside in all seasons which brings her much joy! She also loves children laughing at a fun storybook and a fun playground session. Her favorite colors are purple, yellow and red. Joann's favorite memory is her first horseback ride and staying on while riding when she was 9/10 years old. Her favorite guilty pleasure is dark chocolate sea salt bars. Her favorite splurge purchase is going trift shopping. Joann cannot live without her two daughters. Most people don't know that Joann is an avid sailboat sailor's racer mate. She would love to have lunch with Julia Child. Joann has a plaque that says "If I stir It, it's Homemade" I think Julia Child would have appreciated that and all the MAJOR messes I make in the kitchen! Julia Child said once "It fell on the floor? Oh that's ok nobody will notice – it cooks".

La Crosse County Historical Society's Volunteers of the Year for 2025



Kathy Fuss & Barb Albrechtson

At this year's Annual Meeting, two individuals were recognized for their outstanding contributions to our organization.

Barbara Albrechtson is a longstanding docent (13 years!) who leads tours of Hixon House with confident grace and aplomb, always in elegant costume. She is as comfortable teaching 2nd-graders about furniture ornament and old technologies as she is guiding groups of cruise boat passengers. She knows the history of the house and family well, and relates stories to visitors in a most compelling manner. Barb has also dedicated many hours outside of her Hixon House duties to transcribing old LCHS documents such as the lengthy Tribune insert from 2005 that detailed all the Phase I restoration work, and scores of old PPF newsletters, thereby providing a digital record of enormous value to LCHS and local researchers. During the year and a half with LCHS was without an Executive Director, Barb and our other honoree, Kathy Fuss, came into the office regularly to help with long-overdue organizational tasks such as sorting and filing old Board minutes. While this may not sound like much, it was of enormous help in getting more office files well-ordered. Finally, Barb has been a generous donor for years, providing her beautiful, handmade greeting cards to the Hixon House gift shop. They are exquisite, and you can find them filling the upright rack just next to the cahier's desk!

The second honoree, Kathy Fuss, is also a longstanding docent (18 years!) who has mastered the house and family history, as well as managed dozens of treasure hunts for our 2nd-grade field trip students. She loves working with children and has a special touch when helping them learn to look and understand what they see. Kathy is someone who will always step up to assist whenever we need a last-minute docent to fill a shift or provide a special tour, and for this, we are incredibly grateful. She also volunteers in the office, handling mundane tasks such as sorting office supplies and ironing tablecloths used for our events, as well as organizing important files. Working consistently as a "Silent City" volunteer guide is just another way she supports LCHS. However, perhaps the most valued quality of having Kathy on staff is her unwavering availability to meet any volunteer needs we have. We wish we had a nickel for every time that Kathy has offered to help in whatever way we need. We are much richer for Kathy's commitment to our organization!

Many, many heartfelt thanks to both Barb and Kathy for their seemingly endless contributions and generous spirits!



**Our Next Meeting Will Be
Monday, October 13th**

Fall Theme Meeting with Brad Pfaff

**What has happened to the education department
and how that will impact public education.**

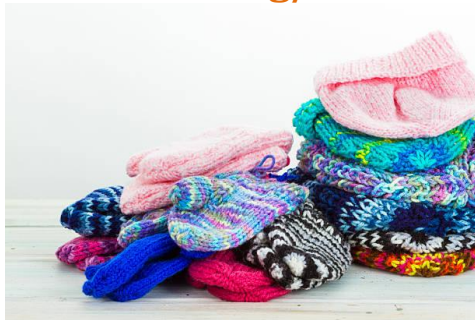
**How are federal cuts affecting local educators and
what could we do to help?**

Freight House - Loft

4:30 Social

5:00 Presentation

6:00 Meeting/Dinner



Charity:

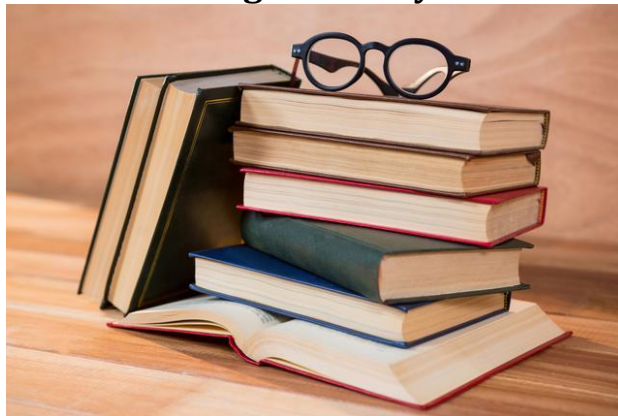
Bring Hats/Mittens to be distributed to schools



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



**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.



“Imagination is the true magic carpet”

Norman Vincent Peale

Make A Difference



- **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) 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.

Location

300 4th Street North

La Crosse, WI 54601

- **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 15 - May 31:**

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

Saturday 8:00 am - 1:00 pm

June 1 - October 15: (Call for limited hours availability October 15-March 15)

Monday, Thursday 8:00 am - 6:00 pm

Tuesday, Wednesday, Friday 8:00 am - 3:00 pm

Saturday 8:00 am - 1:00 pm

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

Special Events Volunteers

Volunteer to help at a special event (such as the Stamp Out Hunger Postal Workers food drive, or fundraisers like Timmer's Fest and A Taste of the Garden).

assist with the setup or tear-down of special events

help with food drives, parades, and other events

complete various other tasks as needed

- **Wafer Food Pantry**

Volunteer

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

- **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://oasisrespice.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>

- **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

