“Kick Up Your Heels”, pack your bags, and get ready to explore Branson, Missouri, the host city for the 2015 National Convention. Branson is located in the heart of the Ozarks and best known as a family-fun vacation spot. Branson is home of Silver Dollar City, Shepherd of the Hills, School of the Ozarks, championship golf courses, live performing theatres, lots of shopping, and sits on the shores of Lake Taneycomo and Table Rock Lake. Missouri Kappas are waiting and ready to “Show” you a good time from June 22-June 25, 2015, during the 66th Annual Kappa Kappa Iota National Convention.

The Chateau on the Lake Resort will serve as the convention host hotel. It is a “AAA” Four Diamond John Q. Hammons Hotel and Resort located on an Ozark mountaintop overlooking Table Rock Lake, combining modern luxury and natural charm. The Chateau on the Lake offers five-star cuisine at the Chateau Grill to casual fare in the Atrium Café, Sweet Shop, and Downstairs Café. The Spa Chateau offers relaxing therapy, combining an Ozark element and the exotic European touch. This will be a location and time to remember.

It is time to make your plans, complete your registration form, and get ready to head to BRANSON!

WORKSHOPS - Seven workshops will be offered on Tuesday afternoon.

1:30-2:20pm WORKSHOPS

- **Bullying/Cyber Bullying** - Presented by Zeta State Kappa Barbara Brown, Violence Prevention Specialist. Participants will be able to identify the different types of bullying. Resource materials and strategies will be provided to help teachers, parents, grandparents, and others in dealing with this important topic.

- **Cooking with a Dutch Oven** - Presented by Retired Educator Dr. Larry Quinalty, Author of Gourmet Dutch Oven Cookbooks. Dutch Oven Cooking has been around for hundreds of years. Food cooked in a cast iron pot seems to always taste better, whether camping or in a kitchen. First, you have to start the process, and then...

- **Storytelling** - Presented by Retired Librarian Zeta State Kappa Debra Anderson, Author, Member of Missouri Reading Circle. Storytelling is one of the oldest forms of communication. Techniques and tricks of taking a book and turning it into a magical story to entertain both the young and older listeners will be shared.

- **Water Exercise** - Presented by Retired Educator Zeta State Kappa Dixie Early. Enjoy a variety of low impact, fun, and relaxing exercises in the Chateau Indoor Pool, overlooking scenic Table Rock Lake.

- **Bridge (1:30-3:30pm 2-hour session)** - Hosted by Zeta State Lambda Chapter. Spend some time playing Bridge. Indicate this on the Workshop Form.

2:40-3:30pm Workshops

- **Water Exercise (2nd Session - see above)**

- **Our American Heritage: The U.S. Constitution** - Presented by Retired Educator Zeta State Kappa Judy Burnette. Spend a challenging, fun time revisiting the document that has stood steadfast for the last 228 years! Join us - you will be glad you did.

- **Do You Have Thyme for Herbs?** - Presented by Retired Educator Zeta State Kappa Vanessa Maze. Vanessa will discuss tips on growing, picking, and storing herbs. She will share what herbs are used with different meats and vegetables.

- **Writing** - Presented by Retired Educator Dr. Larry Quinalty, Author. Putting thoughts on paper for others to read is a difficult task. One needs an idea, some inspiration, and the audacity to “bear one’s soul” for others to see. Remember, the writer is the worst proofreader.
**Kick Up Your Heels for Kappa!**

*by Wanda Huhn, National President, Eta State/LA*

I hope that you are having a wonderful New Year! At the time of writing this note, it is cold in Eta State Louisiana, with expectations of being in the teens at night. Burr! This doesn't happen very often or for very long in the South, thank goodness! I hope that the months ahead will be eventless weather-wise for everyone. I am looking forward to my trips and Executive Committee Meeting this Spring, hoping the weather will cooperate for all those traveling to and from and attending the meetings.

National is still looking for a state or states to host the 2017 Convention. It is not too late to contact the Executive Committee, as soon as possible, to issue your invitation for consideration. We will be meeting for our next time in March.

I am also excited about the National Convention in Branson, Missouri this June and hope to see many of you there. The Zeta State Missouri Kappas have planned great tours, meals, hotel accommodations, and workshops for your visit. Come and “Kick Up Your Heels for Kappa!”

Keep Kappa growing by inviting new contacts to join, encouraging former members to reinstate and current members to stay and enjoy Kappa!

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**CONVENTION TOURS - “Sights, Food, Adventures”**

**MONDAY, JUNE 22 PRE-TOUR (Option 1) - “Welcome to Branson”** (lunch included)

This pre-convention day tour begins at Branson’s Landmark, Dick’s 5 & 10, a truly unique shopping experience. This is a true “Dime Store” featuring items that are difficult to find. The School of the Ozarks College will be our next stop, visiting the Ralph Foster Museum with lunch at the Keeter Center. This college is unique in that the students work at over 80 jobs to pay for their tuition and education. Following lunch, we will return to Branson’s famous “76 Strip” to attend the afternoon show featuring Dublin’s Irish Tenors and The Celtic Ladies for a magical concert.

**MONDAY, JUNE 22 PRE-TOUR (Option 2) - “A Day at Silver Dollar City”** (lunch included)

Silver Dollar City is one of our nation’s top family-fun theme parks. With music shows and entertainment throughout the park, everyone will find plenty to do. Craftsmen demonstrating soap making, carving, glass blowing, candy making; rides; touring Marvel Cave; shopping galore; and lunch in the Mine are all included in this fun-filled day. Bring your walking shoes, and dress comfortably. You will find places to rest and plenty of shade.

**TUESDAY, JUNE 23 - “Top of the Rock”** (lunch included) (Kappa Guys/Kids/Guests)

Johnny Morris’ Top of the Rock Ozark Heritage Preserve is Branson’s newest attraction with its beautiful views of the Ozarks and Table Rock Lake. Highlights include the Lost Canyon Nature Trail & Cave, Chapel of the Ozarks, Arnie’s Barn (brought from Arnold Palmer’s hometown in Pennsylvania), and Natural History Museum, which celebrates the history of the Ozarks. Following lunch, we will travel to the Dewey Short Visitor Center near Table Rock Dam, where you will see an interactive map of Table Rock Lake, Native American artifacts, and the history and building of Table Rock Lake.

**TUESDAY, JUNE 23 - “Dixie Stampede”** (dinner included)

This evening out provides you the opportunity to experience Dolly Parton’s Dixie Stampede Dinner Show, an all-out evening of country entertainment. The Dixie Stampede experience will start off with an exciting pre-show, where magicians, jugglers, and many other wonderful showmen will give you almost a full hour of entertainment before the main show! The dinner show then begins in the giant arena featuring the “North versus the South” with stampeding buffalo, beautiful horses, Southern Belles, heroes, racing ostriches, and much more. Enjoy comedy, trick riding, entertainment, a fabulous four-course feast of wonderful Southern cooking, and a patriotic salute of American pride!

(Tours continued on page 3)
Reservations may be made by directly calling the hotel toll-free number 1-888-333-5253. (If plan to go on the Post Tour and stay at the hotel upon return, make sure to secure a separate reservation for Sunday, June 28.)

Reservations must be made by Monday, 6/01/2015. Reservations after this date will be accepted based upon availability.

First night guarantee charged unless cancellations or changes are made at least 72 hours prior to scheduled arrival.

Room Rates: $110 + taxes/fees for king or double/queen rooms (applicable taxes, currently 11.6%).

Room Rates are based upon single or double occupancy. Extra Individuals: $10.00 per person, per night, plus tax.

Children 18 and under: No additional charge in parents’ room.

Room Rates honored 2 days before/after group arrival, based on availability.

Check-In Time: 4:00pm. Check-Out Time: 12:00pm.

Complimentary Self-Parking (outdoor and indoor). Valet Parking available at $16.00/day.

Complimentary Wireless Internet Access available in lobby level public spaces.

Complimentary 1MB Internet Access in all guest rooms. Upgrade to 5MB Premium Internet Access for $9.95 per day per device.

10% off Spa Treatments (service fee not included) with reservations 14 days prior to arrival.

Airplane Information/Transportation to Hotel

Springfield/Branson National Airport is the closest major airport servicing the area, approximately 50 miles from the hotel. Efforts are being made to organize a few group shuttle runs to the hotel and back to the airport. Indicate on the Registration Form if you will be flying, and contact Convention Chair Jane Otradovec for further information on this service - cost dependent on numbers per shuttle.

(Tours continued from page 2)

**WEDNESDAY, JUNE 24 (Option 1) - “Titanic Museum”** (lunch included)
The Titanic Museum features approximately a 2-hour walk-through experience that pays tribute to the historic ship, passengers, and crew. It features over 400 artifacts and the touch of an iceberg and the temperature of the icy water on that unforgettable night in the Atlantic Ocean.

**WEDNESDAY, JUNE 24 (Option 2) - “Adventures of Marco Polo”** (lunch included)
Marco Polo has an international cast of 68 and hundreds of beautiful costumes. They will carry you on a trip across the world to the land of China through dance, acrobatics, magic, and illusions using a 2000 square foot set design and LED screens.

**THURSDAY, JUNE 25 (Option 1) - “#1 Hits of the ‘60’s”** (lunch included)
This local talented show has high energy as you revisit the days of the British Invasion, Motown, California Surfin’, and the Age of Aquarius with over 100 songs and costume changes.

**THURSDAY, JUNE 25 (Option 2) - “Branson Scenic Railway”** (lunch included)
You will board the Branson Railway and enjoy the comfort of the climate-controlled dome car or stroll through the lounge and coach seating of the stainless steel fleet of the ‘40’s and ‘50’s. You will take in the beauty of the valleys and rolling hills of our famous Ozark area.

**FRIDAY, JUNE 26-28 POST TOUR - “Kick Up Your Heels in Little Rock”** (2 breakfasts, 2 lunches, 2 dinners included)
You will continue to “Kick Up Your Heels” by visiting Little Rock, Arkansas. We will kick it off by going to the Showboat Branson Belle and then travel to Little Rock for a relaxing evening at the River Market. Saturday will be spent visiting the Clinton Presidential Center, including the Clinton Presidential Library and Museum, and Little Rock Central High School, recognized for the role it played in the desegregation of public schools. We will end the day attending the Murray Dinner Playhouse. On Sunday, we will head to Bentonville, Arkansas to visit Crystal Bridges Museum of American Art, enjoying the permanent collection of masterworks from the Colonial Era to Modern Day, including noted touring collections. We will travel through the beautiful Ozarks before arriving back at the Chateau Sunday evening. (minimum 30 needed)

*Disclosure - Branson shows are subject to change. All efforts will be made to book an equal or better show to replace any, if necessary.
## CONVENTION SCHEDULE

### Sunday, June 21
- 3:00-8:00pm: Registration
- 4:30-5:30pm: NEC/Staff Meeting
- 5:45-7:45pm: NEC/Staff Dinner
- 8:00-9:00pm: Pre-Tour Meeting/Social
- 8:00-10:00pm: NEC/Staff Meeting

### Monday, June 22
- 8:00-4:30pm: PRE-TOUR: 1) “Welcome to Branson”
  2) “Silver Dollar City” (lunch included in both tours)
- 8:30-11:00am: NEC/Staff Meeting
- 10:00-11:00am: Registration
- 11:15-1:15pm: NEC/Staff Lunch
- 1:30-4:00pm: NEC/Staff Meeting
- 1:30-6:30pm: Registration
- 2:00-4:30pm: Hospitality Room
- 4:30-5:15pm: Flag Rehearsal
- 5:15-6:30pm: 2014-2015 State Presidents’ Dinner
- 5:15-6:30pm: Organizational Meetings
  - Delegate Certification
  - Kappa Store
  - Memorial
  - Special Projects & State Sales
  - Scholarship (closed)
- 5:15-6:30pm: Kappa Chorus Practice
- 6:00-6:45pm: First-Timers’ Get-together
- 7:00-9:00pm: First General Assembly
- 9:00-10:30pm: Welcome Reception
- 10:30pm: Group Get-togethers (on your own)

### Tuesday, June 23
- 8:00-9:00am: Memorial Service
- 9:15-11:15am: Registration & Delegate Certification
- 9:15-11:15am: Kappa Store & Special Projects/State Sales
- 9:15-11:15am: Committee Meetings
  - Nominating (closed), Scholarship (closed)
  - Music & Kappa Chorus Practice
- 9:15-4:30pm: Tour (Kappa Guys/Kids/Guests)
  - “Johnny Morris’ Top of the Rock”
- 9:30-10:15am: Committee Meetings
- 9:30-10:30am: Hospitality Room
- 10:30-11:15am: Committee Meetings
  - Building/Grounds, History, Membership, Professional Development
- 11:30-1:00pm: Annual Luncheon (Bring Books & Bears)
- 1:15-4:00pm: Registration & Delegate Certification
- 1:15-4:00pm: Kappa Store & Special Projects/State Sales
- 1:30-3:30pm: Board of Directors’ Meeting
- 1:30-3:30pm: Workshops (choose from sessions offered)
- 3:30-4:45pm: Hospitality Room
- 3:45-4:30pm: Open Forum
- 3:45-4:30pm: Kappa Chorus Practice
- 5:30-10:30pm: “Dixie Stampede Dinner & Show”
- 10:30pm: Group Get-togethers (on your own)

### Wednesday, June 24
- 7:00-7:45am: Registration & Delegate Certification
- 8:00-9:30am: Group Breakfasts
  - Past State Presidents
  - 2014-2015 & 2015-2016 State Presidents
  - Local Chapter Officers/All Other Attendees
  - Kappa Guys

### Thursday, June 25
- 7:30-8:15am: Registration & Delegate Certification
- 8:30-11:15am: Third General Assembly
- 11:30-3:00pm: Registration
- 11:30-3:00pm: Kappa Store & Special Projects/State Sales
- 12:00-5:00pm: Tours (lunch included)
  - “Hits of the ’60’s”
  - “Branson Scenic Railway”
- 1:00-2:30pm: 2015-2016 State Presidents’ Meeting
- 1:00-4:00pm: Hospitality Room
- 4:00-5:00pm: Installation Rehearsal
- 4:30-5:30pm: Registration & Flower Order Pick-up
- 5:45-6:45pm: Group Photo Session
- 7:00-10:00pm: Annual Banquet & Installation

### Friday, June 26
- 7:30-10:00am: 2015-2016 NEC/Staff Breakfast/Meeting
- 10:30am: POST TOUR: “Kick Up Your Heels In Little Rock”

### Sunday, June 28
- 5:30pm: POST TOUR returns to hotel

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## WORKSHOP REGISTRATION

Name: __________________________

Email: __________________________

Phone: __________________________

Please CHECK the workshops you plan to attend so rooms may be set up to meet the needs of each workshop.

### Tuesday, June 23
- 1:30 - 2:20pm
  - “Bullying/Cyber Bullying”
  - “Cooking with a Dutch Oven”
  - “Storytelling”
  - “Water Exercise” (1st Session)
- 1:30 - 3:30pm (2 hour session)
  - “Bridge”
- 2:40 - 3:30pm
  - “Our American Heritage: U.S. Constitution”
  - “Do You Have Thyme for Herbs?”
  - “Writing”
  - “Water Exercise” (2nd Session)

Please detach and mail this form with your Convention Registration.
## 2015 NATIONAL CONVENTION REGISTRATION
**JUNE 22-25, 2015**
**BRANSON, MISSOURI**

Complete form, and return with your check payable to:
**Kappa Kappa Iota National Convention 2015**

**Mail to:** Barbara Wilken  
266 Forsen Park Road  
Sunrise Beach, MO 65079  
1-573-374-1946 (h) 1-573-280-1531 (c)  
bgladwilken@aol.com

**ALL attendees pay Registration Fee. Guests attending ONLY Annual Banquet pay no Registration Fee.**

<table>
<thead>
<tr>
<th>Registration by May 1, 2015</th>
<th>Registration after May 1, 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Kappa Members $50</td>
<td>All Kappa Members $60</td>
</tr>
<tr>
<td>Kappa Guys/Guests $40</td>
<td>Kappa Guys/Guests $50</td>
</tr>
<tr>
<td>Kappa Kids (12 &amp; under) $15</td>
<td>Kappa Kids (12 &amp; under) $15</td>
</tr>
<tr>
<td>Campus Kappas $20</td>
<td>Campus Kappas $20</td>
</tr>
</tbody>
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**Monday, June 22, 2015**

**PRE-TOURS:**
- Welcome to Branson (lunch included) $88
- Silver Dollar City (lunch included) $92
- (children 11 & under) (lunch included) $88
- 2014-2015 State Presidents’ Dinner $23

**Tuesday, June 23, 2015**

- Top of the Rock (lunch included) $67
- Annual Luncheon $34
- Dixie Stampede Show/Dinner $65
- (children 4-11) $55

**Wednesday, June 24, 2015**

- Group Breakfasts (Check one below) $24
  - ___Past State Presidents
  - ___Local Officers & All Others
  - ___Kappa Guys
  - ___2014-2015 & 2015-2016 State Presidents
- NEC/Staff & Scholarship Lunch $24
- Titanic Museum (lunch included) $50
- Adventures of Marco Polo (lunch included) $58
- Past National Presidents’ Dinner $47

**Thursday, June 25, 2015**

- #1 Hits of the 60’s (lunch included) $53
- Branson Scenic Railway (lunch included) $58
- Annual Banquet $47
- Total Floral Order (see page 6) $-

**Friday, June 26, 2015**

- 2015-2016 NEC/Staff Breakfast $16

**Friday, June 26-28, 2015**

**POST TOUR:**

- Kick Up Your Heels in Little Rock $-

(Single $520  Double $400  Triple $320 per person)

Check # TOTAL ENCLOSED $
**Bits and Pieces**

**BOOKS and BEARS**

Our annual Philanthropic Project at Convention is once again “Books and Bears” - pack them up for their journey to Branson. Your donations will be presented to Care to Learn during the Annual Luncheon. This organization was founded in 2008 by Springfield, Missouri businessman Doug Pitt to meet the emergent needs of students in the areas of health, hunger, and hygiene. Care to Learn has helped more than 150,000 times in over 12 school districts in the Ozarks. It is where the suffering stops, and needs are met. Your “Books and Bears” will support many phases of Care to Learn. The support for our annual philanthropic outreach each year is overwhelming. Thank you for your continued care and generosity for those in need!

**THINK POSITIVE, AND POSITIVE THINGS WILL HAPPEN.**

**Special Projects**

“Dancing with the Stars”

We are so proud to have Eta State Louisiana Wanda Huhn as our Kappa Kappa Iota National President. She is already Kicking Up Her Heels for Kappa, and we want to boost her Kappa Spirit with lots of Kappa fun and support. This year’s Special Project will consist of jewelry and technology items. The committee is asking each state to provide two pieces valued at $75 or more per piece, as we have done in recent years. Jewelry and technology items are easy to transport and appear to be enjoyed by all. Tickets will be available in your states and at National Convention. Winners need not be present to win. If a representative from your state cannot attend National Convention, please contact Special Projects Chair for an alternative solution.

Cheryl Lafargue
3800 Brenda Street
Alexandria, LA 71302
1-318-613-2216
cherwalt1@gmail.com

**Kappa Guys**

Back some 47 years ago, in 1968, a group of guys sat down to breakfast in Shreveport, Louisiana, as they had for many years, at the Kappa Kappa Iota National Convention, and an idea was born: form a Kappa Guys Club, as an organized support group for Kappa. This is exactly what was accomplished. The Kappa Guys Club was officially organized. The late Arnold Harrington of Louisiana was elected the first president. Other officers were elected, dues were collected, and, in true Kappa tradition, a committee was formed to have bylaws ready to be voted on the next year. Kappa guys, like the late Ralph Treat of Arkansas, second president of this new group, Glen Spurgeon of Ohio, and Herb Trevino of Texas, helped guide this group.

The leaders of the new group continued to participate in golf and tennis tournaments, enjoy great tours designed especially for the guys, and, of course, take in the food and hospitality that comes with all Kappa conventions. The golf and tennis tournaments were discontinued after a few years when some of the participants passed on, and others felt age and injuries had taken the bite out of their games.

The actual “Club” itself was short-lived as an organized group, but had accomplished its basic goal of restoring interest in attending the Kappa National Conventions among the guys. Now, a super group continues of us “old timers” who are left and newcomers each year - folks like Blake Jones and Jerry Craig of North Carolina; Jeff Bridgeman and Billy Sams of Georgia; Dick Schneider, George Huhn, Bruce Thomas, and Mike Blanchard of Louisiana; and Jim Otradovec of Missouri. Many more could be listed here, but space restrictions prevent it.

This final message is to all Kappa Guys, old and new: please join us this year in Branson, MO - you will not be disappointed! We look forward to renewing friendships, making new ones, and certainly enjoying our “breakfast” together.

Bill Baker, Kappa Guy, Louisiana

**Convention Floral Order**

Name:____________________ State:____________________

Corsages/s: (white, yellow, red)

# ordered _______ x $25.00 = _______

5 Mini-Carnations # ______ Color/s preferred _______

5 Spray-Roses # ______ Color/s preferred _______

Corsages will have multi-ribbons and true Branson “Bling”. Boutonnieres may be ordered, upon request.

(Mark amount due on the Registration Form, and include this order slip. Flowers will be available for pick up at the Registration Desk on Thursday, June 25 from 4:30-5:30pm.)
ATTENTION STATE and LOCAL CHAPTERS
IRS 990-N (E-postcard) Filings Past Due!

Each state and local chapter (and council) must file an annual 990-N e-Postcard, via the Internet, with the IRS to maintain tax-exempt status as a 501 (c) (3) organization. This filing must be completed each fiscal year. If you have not done this filing, please file it, as soon as possible. Your State President has up-to-date information on the filings. Feel free to contact Headquarters for further information or help in completing your filing.

1-800-678-0389  1-918-784-0389

Listed below are those Local Chapters (listed under each state) and those State Chapters (marked with an * and underlined) who have not appeared on the IRS listing as having completed the filing for the 2013-2014 fiscal year. Due to a slight time delay in filings being posted on the IRS listing, a few chapters may have filed but appear on the listing below. Email Headquarters if any chapters listed have disbanded so records may be updated with this information.

*Alpha State/OK
Alpha Epsilon
Alpha Mu
Alpha Xi
Beta Delta
Beta Zeta
Delta
Delta Xi
Delta Zeta
Epsilon
Epsilon Iota
Epsilon Kappa
Epsilon Tau
Gamma Lambda
OSU Campus Kappa
Rho
Zeta Iota
Zeta Zeta

Beta State/NM
Alpha (Epsilon)
Phi
Upsilon
Xi
Zeta

Gamma State/KS
Alpha Gamma
Alpha Rho
Eta
Mu State/MS
Alpha Beta
Alpha Delta
Beta
Blue Mountain Campus
Eta
Gamma
Iota

Eta State/LA
Alpha Alpha
Theta State/AL
Alpha Theta
Alpha Xi
Gamma
Psi
Rho
Upsilon

Rho
Upsilon

Omicron State/IA
Beta
Gamma
Psi State/TN
Kappa

*Alpha Epsilon State/AR
Iota State/NE
Lambda State/GA
Nu State/CA
Xi State/FL
Rho State/NC
Tau State/WY
Upsilon State/SC
Phi State/OH
Chi State/HI

THANK YOU FOR YOUR DONATIONS!
November 1, 2014 - January 16, 2015

Carol Lunsford, Mu Chapter and Lambda State/GA President, welcomes Alexandra Vlachakis as a new member to their local chapter. “Alex” is the current Fayette County GA Public Schools Teacher of the Year.

MU CHAPTER MEMBER LEADS STUDENTS TO FIRST PLACE
Alex Vlachakis, new member of Mu Chapter, Lambda State/GA, led the 2015 Sandy Creek High School Swim Team to the County Championship.
"Once a teacher, always a teacher" so the adage goes. Loretta Vail, Lambda State/GA, Theta Chapter, has been retired for 8 years from classroom teaching/coordinator in Georgia. However, she has been teaching the AARP Driver Safety Class for over 4 years and loves working with adults and hearing their stories of being on the road. The AARP Driver Safety class reviews safe strategies for driving so that mature adults can stay behind the wheel longer and maintain their independence. The class reviews changes in our bodies, roads, and cars and takes a look at the cars of the future with all the technology that is here and coming. Rules of the road are reviewed with a discussion of new laws and how they might affect us. The class thinks about dangers on the roads and how we have adjusted our driving from our teenage learning years to better judgment, but slower reactions of our senior years.

Insurance companies honor this class and give a three-year discount on insurance. Taking part in this class is a win-win experience.

As educators, we dedicate our lives to promoting life-long learning in others. Once one retires from education, the question that bears asking is, "Are YOU still learning?" I recently received an email from an organization I belong to called My Course Room. My Course Room is a website that offers free courses online. Interestingly enough, they have developed a course that is titled Aging Gracefully. I believe this would be of interest to Kappas of any age! They promote this program this way - "As kids we always looked forward to summer break, and, as adults, we dream of retirement. The problem is that the very things that we no longer have to think about or have to learn are the same things that help keep our brain young. Our psychological age is dependent on how our brain functions and how young we feel. Keeping our mind active is critical in the aging process, regardless of our chronological age. Here are five ways to keep your brain in gear: 1. Reading, 2. Traveling, 3. Life-long learning, 4. Pursuing hobbies, and 5. Volunteering. All of these activities are your brain's way of hitting the gym.

To learn more about aging and aging gracefully, take the Aging Gracefully course at MyCourseRoom.com, and join us on our club forum board, ‘How do you stay young?’ Simply log in, or create your zero-cost learner account today.”

"Once a learner, always a learner." Here’s to continued learning, hitting the brain gym, and keeping those brains young!

Submitted by Professional Development Chair Carolyn Wilkins, Xi State/FL, Zeta Chapter