



Georgia Alpha Delta Kappa

CHAPTER PROGRAM IDEAS

PLANNING YOUR CHAPTER'S PROGRAMS

According to International Bylaws, chapters are required to hold 9 meetings each year of the biennium. In order to create a balance of interesting programs it is suggested that three meetings focus on sorority topics (fraternity education, AΔK Foundation, special programs sponsored by the organization, altruism endeavors, world understanding, etc.), three on professional/educational issues, trends, or concerns and three around personal/fun interests. Hopefully this programming manual will help Chapter President-Elects to oversee the planning of monthly meeting programs. Each year chapters are required to list their planned programs on the GA 101 as well as each meetings fraternity education topic. This manual will give more detail of what programs involved than will be found on the GA 101.

ORGANIZATION TOPIC SUGGESTIONS

Altruism: the many different organizations sponsored by chapters in Georgia. For more information on the organization/project contact the chapter listed. Have a representative from the organization come to a meeting to speak to chapter members about their group's mission, goals, and needs.

- **Open Hand.** OPEN HAND helps people prevent or better manage chronic disease through Comprehensive Nutrition Care, which combines home-delivered meals and nutrition education as a means to reinforce the connection between informed food choices and improved quality of life. Located in Atlanta. (Alpha Alpha Chapter)
- **MUST Ministries** – a powerful, volunteer-driven organization, MUST addresses the basic needs of individuals, families and children with facilities in the Cobb and Cherokee counties. Mission: serving our neighbors in need...transforming lives and communities in response to Christ's call. (Alpha Kappa Chapter and Marietta District)
- Pregnancy Centers
- Ministry Through Meals (Alpha Rho Chapter)
- Salvation Army (Alpha Upsilon Chapter)
- Local Women/Children's Shelter
- Ronald McDonald House
- **Challenged Child and Friends** offers a tailored and integrated experience where children with a variety of developmental delays and disabilities learn and grow in a full inclusive program. CCAF serves children beginning as young as six weeks of age up to six years. (Athens District)
- International altruism projects
- **Backpack Meals for Kids** provides free, easy-to-make meals each Friday so children will have food to eat over the weekend. Backpacks are provided free to children who need them when they join the program.
- United Way
- St. Jude Writing Campaign
- Local nursing homes
- University Health Care System, Director of Volunteers (Fidelis Kappa)
- **Broad Street Ministries.** Speaker told of the many services to help those in need by providing a food pantry, tutoring, a dental clinic, and other services around the holidays (Alpha Epsilon)
- **Project ReNeWal** a domestic violence intervention program changing lives in Rockdale, Newton, and Walton counties of Georgia (Alpha Eta)
- Toys for Tots

Altruism Activities:

- Make holiday cards for the military
- Decorate small Christmas trees for nursing homes, Wounded Warriors facilities, shelters
- Assemble gift bags for new mother's at local hospitals
- Make heart pillows and donate to hospitals for heart patients
- Make dolls for children's hospitals

- Make scarfs and donate to hospitals for cancer patients
- Help organize Voluntary Action Center Food Pantry (Alpha Lambda)
- Birthday Bags for Lawrenceville Co-op (Alpha Psi)
- Blankets for MUST Ministries (Alpha Kappa)
- Party for Bainbridge Health Care residents (Fidelis Alpha)
- Baby shower for pregnancy centers (Beta Nu)

Founder's Day Programs:

- Skits on our Founders can be found on the International website
- Programs involving our Georgia founders, Martha Buckley and Lillian Johnson (Alpha Chapter)
- Skits related to the current International, Regional or State themes
- Invite a member of the State Executive Board/Advisory Council or your chapter mentor to provide your Founder's Day Program.

Fraternity Education topics:

- Requirements for membership
- How to properly wear the badge
- Hold a pledge ceremony
- Practice the initiation ceremony
- Create "thank-you baskets" for local area schools in recognition of Alpha Delta Kappa Month (Alpha Lambda)
- Invited the GA Vice President for Scholarships to be a guest speaker on the different scholarships available through Alpha Delta Kappa (Alpha Psi)
- Conduct the Silver/Golden Sister Ceremony for those in the chapter reaching this milestone
- Have a workshop on how to log onto the Alpha Delta Kappa website. Meet where sisters will have hands on access to practice. (Beta Iota and Eta)
- "Where there is a will, there is a Bylaw." A chapter sister presents bylaws and points out needed changes prior to voting on changes at a chapter meeting. (Beta Psi)

World Understanding

- Use chapter sisters to present slide show presentations reflecting cultural differences to places such as: Israel, China, Honduras, Moldova, Japan, the Ukraine, Thailand, Peru, etc.
- Christmas around the World: a chapter sister shared Christmas traditions from other countries to help member's gain world understanding during the holiday season. (Alpha Epsilon)
- Speaker from local Lion's Club spoke on their project collecting prescription glasses and providing the eye glasses to countries in need. They also provide eye drops in countries where there is unclean drinking water. Sunglasses can be recycled for migrant workers that are in desperate need due to overwhelming occurrences of cataracts. (Alpha Omicron)

- Retired teacher spoke on living in England for three years and the lifestyle of the people. (Alpha Phi)
- Speaker explained the “Be Like Brit” orphanage in Haiti and how we can contribute globally (Alpha Rho)
- Exchange student invited to speak about her American experiences. (Beta Delta)
- Chapter shared a meal including foods of other cultures (Beta Nu)
- Speaker reported on low literacy rates around the world and discussed Alpha Delta Kappa joining with Bridge Builders International to build a school in Peru. (Beta Nu)
- Speaker spoke on the educating, mentoring, social welfare, and healthcare of the children and women of the Village of Balque on the Island of Ometepe, Nicaragua. For more information visit: www.talica.org (Iota)
- Speaker spoke and provided a power point presentation about the African Aids Orphanage in Kenya, Africa. (Pi)
- Speaker provided information on her summer internship to Uganda (Beta Mu)

PROFESSIONAL GROWTH TOPICS

- “Living History”. Sisters participated in the History of Columbus in 1919 presented by students from Columbus State University (Alpha Chi)
- Artreach Program. Performers presented an excerpt from an upcoming play. Sisters were given information about field trip opportunities and told that there is lesson plan support for the field trip. (Alpha Epsilon)
- Tour the local library to refresh and up-date knowledge on services for children
- Tour new facilities added to school systems for information on what the facilities provides for staff, students and their families
- Speaker from Boys’ and Girls’ Club Literacy Program and what they provide for students in the community (Alpha Lambda)
- Medical specialist speaking in services provide for children and their families at local clinics
- Tour the local women and children’s shelter to obtain information on the services they provide in the community
- S.O.S. (Save our Sisters). Sisters provide their best teaching strategies and they are presented at a chapter meeting. (Alpha Pi)
- Speaker from food pantries in the community to obtain knowledge that can be shared with students and their families in time of need
- A speaker on Autism Awareness (Alpha Rho)
- Ferst Foundation. “We give books to Georgia children to give our state an educated, competitive, and productive workforce.” In participating Georgia counties, each month until age 5, a new book will be mailed directly to the registered child’s home address. spaldingcountyferstfounaction@gmail.com (Alpha Tau)
- Attend an After Care program, read, and present books to the children (Alpha Upsilon)
- A visit to Katie’s Pool in Augusta, GA. A therapeutic pool. (Alpha Zeta)
- Teacher of the Year Tea (Beta Beta)
- Tour the local fire department for knowledge that can be shared with families of the services provided in the community. Make a donation to support local fire fighters. (Beta Delta)
- Nutritional Director as a guest speaker to discuss School Nutrition and funding. (Beta Delta)
- Speaker from a computer company to give current information on the latest technology trends (Beta Epsilon)
- High school chemistry teacher gives program on hands-on experiments using many common items. (Beta Eta)
- Invite the local Mayor to discuss the duties of their position. (Beta Gamma)
- Tour local museums
- Invite your local School Board Chairman to speak on current issues in your school system (Beta Nu)
- Invite a speaker from your local drug recovery center to learn the services provided there. (Beta Pi)
- Invite a speaker to discuss Water Conservation in your area (Beta Rho)

- Tour a local theatre and see a performance there. (Beta Rho)
- Invite an author to come and speak about the process of publishing
- Invite a school drama group to perform at a meeting. (Beta Sigma)
- Invite speakers from local literacy programs
- Invite speakers to give talks on historical experiences of their life. Delta Chapter had Marion Scolar speak on the role she had in the construction of the robe Queen Elizabeth wore at her coronation in 1953. Mrs. Scolar is an alumna of the Royal School of Needlework.
- Defensive Driving review (Eta)
- Speaker from local Hospice (Epsilon)
- Invite University President's in your area to speak (Fidelis Alpha)
- Have a member lead a book review
- Commercial Sex Exploitation of Children speaker (Gamma)
- Speaker from Department of Child and Family Services
- Military Personnel speakers
- School specialists such as speech pathologist and deaf and hard of hearing as guest speakers
- Speaker on the local homeless population (Iota)
- Wee Read Presentation. The program provides free books for children ages 1-5. Program is available in Clarke and Oconee counties. Visit for more information: www.athenskidsexpo or www.wee-read.org (Psi)
- Speaker from 21st Century After School Program (Tau)
- Volunteer at the PAGE Academic Bowl (Theta)
- Volunteer for the Helen Ruffin Reading Bowl (Xi)

PERSONAL ENRICHMENT TOPICS

- Seasonal Decorating: Making Mesh Wreaths (Alpha)
- Book share: bring a copy of the book you plan to discuss and swap with a sister (Alpha)
- Travel share: share vacation spots of interest. Provide photographs (Alpha)
- Get Healthy West Georgia. To participate in the program sign up at www.gethealthywestgeorgia.org (Alpha Alpha)
- Christmas ornament exchange
- Confident Retirement. A speaker from Ameriprise Financial. How to prepare to meet your financial needs after retirement. (Alpha Delta)
- Speaker from local police department on personal safety (Alpha Eta)
- Cookie and Recipe Swap. Bring two dozen cookies and copies of your recipe. You will need a container to take your goodies home. (Alpha Eta)
- Tour the Savannah Bee Company (Alpha Gamma)
- Lunch out together (Alpha Gamma)
- Guest speaker from Mary Kay cosmetics on make-overs. (Alpha Kappa)
- CPR for Infants and Children (Alpha Kappa)
- Gardening: creating container gardens, spring planting, when to prune, etc.
- Game night for assisted living home members (Alpha Mu)
- Card-making
- Scrapbooking
- Stamping
- Visit a local whole food store and restaurant (Alpha Nu)
- Family cookout (Alpha Beta)
- Financial speaker on How to Avoid Financial Pitfalls (Alpha Phi)
- A speaker about Kangen water and the healing properties and wellness benefits of the water (Alpha Phi)
- Presentations by consultants from: Thirty-One, Pampered Chef, Mary Kay Cosmetics, etc. ask that the prizes be given as a monetary gift to your chapter altruism project.
- Motivational speaker Shirley Bretch's self-improvement program on Positive – Not Negative (Alpha Pi)
- Vintage jewelry: recycling items to create vintage pieces and where to obtain vintage jewelry (Alpha Sigma)
- Local OBGYN to speak on women's nutrition and heart health (Alpha Tau)
- Speakers to discuss breast and ovarian cancer
- Yoga Session (Alpha Zeta)
- Game night with games such as Bunko, Bingo, Bridge, Things (Beta Pi)
- Couponing: a presentation on maximum savings as well as how you can send expired coupons to the troops and how they can use them for up to 6 months after expiration (Beta Chi)
- Painting sessions: on canvas, on wood, pottery, etc. You can reserve class time and space at Michael's Arts and Crafts for your group.
- Visit a health club and learn exercise programs such as ZUMBA. (Beta Chi)

- Speakers on tracing your roots – ancestry (Beta Eta)
- Speaker on Mitochondrial Disease (Beta Rho)
- Invite band/orchestra/choral students to perform at a meeting for practice in preparing for competition events such as Literary Meet, Solo and Ensemble, etc.
- Creating Christmas tree toppers (Beta Xi)
- A Christmas sing-a-long (Gamma)
- Going Christmas caroling to assisted living or nursing homes
- How to accessorize (Gamma Delta)
- Movie night. Go out to dinner and a movie together or complete a project such as making cards for the nursing home while watching a movie. (Gamma Zeta)
- A speaker from the American Cancer Society on what services they provide (Gamma Epsilon)
- Go bowling and out for pizza (Theta)
- Power Point presentation on improving photography skills (Xi)