

Gamma Eta News



The Delta Kappa Gamma Society International
Alpha State
Gamma Eta, Chapter 79
Area 12



Including: Cottle, Crosby, Dickens, Kent, King, and Motley

Volume 29, Issue 7

March 1, 2015



Jammin' with Janie

Awww!! March!! Several things pop into my mind. First, wind...not a pleasant thought; however a way of life if you live in this part of Texas. Second, Spring Break!!! For active or retired teachers we all look forward to the break that means late mornings, fun activities or grandchildren!! Third, BIRTHDAYS!! My daughter, Kari, and grandson, Kyan, share a birthday and starts March off with a celebration. In addition we all share a birthday. Gamma Eta was born in Lubbock on March 26, 1938. So at our March 2nd meeting we will celebrate Gamma Eta's 77th birthday. Wear your birthday garb and don't miss the party.

Speaking of party, you don't want to miss the March 2nd meeting no matter what!! Elisha Reese will be presenting the program that evening on essential oils. The title of her program is "It's OIL About You". We will learn how essential oils can be used to reduce stress, increase focus, sooth muscles, lower fever, and support your immune system. Wow!! I can't wait to be informed and be a party animal all in one evening!!

Fast approaching is the 2015 TSO Convention at the Grand Hyatt Hotel on the River Walk in San Antonio. The 86th TSO Convention dates are June 24-27, 2015. We have two members that are 50+ year members that can be recognized. Norma Taylor Morrison was initiated into Gamma Eta on May 2, 1959, making Norma a 54 year member. Vivian Morris was initiated into Gamma Eta on March 13, 1965, making her a 50 year member. I feel very blessed to be a part of an organization that values longevity. Norma's address is 8707 Valley Ranch Road, Irving, TX 75063 and Vivian's address is 607 South Harrison, Crosbyton, TX 79322 if you are interested in dropping them a congratulatory note.

Remember to continue to support our Kids Kubbies project with the purchase of Ticonderoga #2 pencils or a cash donation. We will soon be gearing up for another year of sharing our love with area school districts.

Hang on to your hats (no pun intended) as we march into a new month of celebrating Gamma Eta. See you in Spur!! Janie

Gamma Eta Officers
Administrative Committee
President:: Janie Wigley
First Vice President: Pasty Weems
Second Vice Pres. : Donna Anderson
Recording Secretary: Lindy Stafford
Corresponding Sec.: Karen Rothwell
Parliamentarian: Linda Hicks
Past President: Donna Anderson
Treasurer: Sharon McDougale

Delta Kappa Gamma Mission
The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

March 2, 2015
Debbi Ball's Home
113 W Hill
Spur
5:30

Rhea Melton, Editor
gamma.eta.texas@gmail.com

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DASH...Eating Plan for Women

By Janie Wigley

I've heard it all my life..."you are what you eat"!! As I become a mature adult I see that what I eat can affect my chance of a healthy life style. More importantly I want a life free from worry over high blood pressure.

In a publication found at www.womenshealth.gov an overall eating plan called DASH (Dietary Approaches to Stop Hypertension) may be just the ticket. By eating foods that are low in saturated fat, total fat, and cholesterol and high in fruits, vegetables, and low fat dairy foods can reduce your blood pressure.

It's not a huge change however; changing to the DASH eating plans can have great benefits. The DASH eating plan has more daily servings of fruits, vegetables and grains. The recommendation is to start adding these high fiber foods gradually to avoid temporary bloating and diarrhea.

Begin by keeping a diary of what you are eating. Write down what you eat, when and why. That means snacks while watching TV or that bowl of ice cream just because you see it in the freezer!! Do this for several days and then make note of where you can start making changes.

Briefly, the DASH eating plan is based on 2,000 calories a day. From the Grains Food Group the daily servings recommends 7-8 servings such as bread, ready to eat cereal, or cooked rice or pasta. The Vegetable Food Group recommends 4-5 servings from raw leafy vegetables, cooked vegetables or vegetable juice. Fruit, dried fruit, frozen/canned fruit or fruit juice is ideal for the Fruits Food Group with 4-5 servings daily.

Dairy Food Group suggests 2-3 servings daily of milk, yogurt or cheese. Two or fewer servings of the Meat Food Group are suggested with lean meat, poultry or fish. Nuts, seeds or dry beans can be served 4-5 times weekly from the Nut Food Group and from Fats Food Group limit servings to 2-3 daily of margarine, mayonnaise, salad dressing, or vegetable oil. And finally, from the Sweet Food Group, 5 servings per week of sugar, jelly, jelly beans or lemonade.

Now, that doesn't sound too difficult. The DASH plan recommends spreading out the servings. Use only half the butter or margarine you do now. Use fruits or low fat foods as desserts and snacks.

Change gradually and DASH your way to a healthier you!!

For more information:

http://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf

Service Projects:

International Service Project: Schools for Africa

State Service Project: Boys & Girls Club of San Antonio

Chapter Service Project: Kids Kubbies

86th Texas State Convention
Grand Hyatt San Antonio
June 24 - 27, 2015



February Minutes

Gamma Eta Chapter of Delta Kappa Gamma met on February 2, 2015 at the First United Methodist Church in Matador. Seventeen members and two guests, Cheryl Hindman and Loretta Velez, enjoyed sliders and salads for dinner before the meeting began. Christy McClenny led us in an ice breaker about "How Well We Know Each Other".

Mrs. Loretta Velez, Superintendent at Spur ISD, presented a program on women in Education. She encouraged us to set a goal and work hard to achieve it because there is nothing we can't do in life and in education. She told us how she juggled school and her job to get the certification it took to reach her present position. She encouraged us to make decisions based on what is good for our students.

Janie Wigley, President, called the business meeting to order. Karen Rothwell made a motion to accept the minutes from our last meeting as written. Christy seconded, and the minutes were approved. Sharon McDougle reported that we have \$1,836.65 in our bank account. There were no committee reports. ,

During new business, Christy made a motion to change the meeting date set for May 2 to April 27. Chelsea Read seconded the motion, and the motion passed. It was announced that our next meeting on March 2 will be in Spur, and the program will be given by Elisha Reese on "It's OIL About You". Vicky Sellers presented our Gamma Eta Angel to Christy McClenny. K Dee Anderson offered suggestions about how to put Delta Kappa Gamma in front of other teachers in our schools. The meeting was adjourned after the singing of the Delta Kappa Song.

Delta Kappa Gamma Vision ~ Leading
women educators impacting
education world wide.

Highlights from DKG News Jan/Feb 2015

- ♥ The Delta Kappa Gamma Society International National Convention is coming to Texas in 2018. JW Marriott, Austin, Texas
July 16-20, 2018
- ♥ Do you need a good excuse to go to Hawaii the SW Regional Convention might be there in 2017. This will give you time to start saving up to go and attend a Regional Convention.

85 Years and Beyond: Advancing Key women Educators for Life

Reconnecting



.Pat Hightower brought her Superintendent from Spur ISD as our guest speaker. Loretta Velez, Superintendent is a local girl who grew up in Ralls and shared her story of growing up and her road to be the leader of the Spur school district.



Visiting before the meeting February 2, pictured here was a surprise guest an past Gamma Eta member Cheryl Hindman visits with prospective member Deborah Raatz as Vivian Morris catches up. Merla Watson visits with Vicki Sellers. This is such an important time to reconnect with members in other towns that we haven't seen in a month or more.

Chapter Announcements

Happy Birthday

Pat Hightower, March 18th

Prayer Concerns

Staff and Students of our Schools

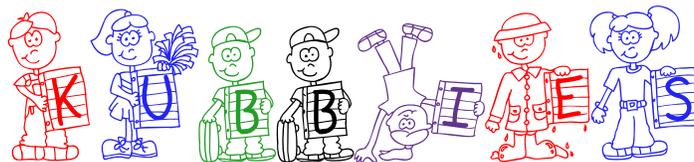
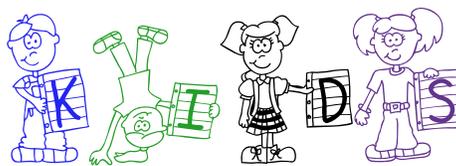
Rain for our Communities



WE'RE ON THE WEB!

<http://www.deltakappagamma.org/TX-gammaeta/>
<https://www.facebook.com/groups/449077138462200/>

Chapter Project



Remember our "Pencil Ladies" pencils can be found at Wal-Mart, United and Target.

Editor's Note: All clipart is from www.letteringdelights.com, www.make2fun.blogspot.com, Alpha State Texas Website and from DKG website, photos are provided by Gamma Eta members.

Future Meetings

March 2, 2015 (Chapter Birthday Celebration) 5:30 p.m.

Debbi Ball's home, 113 W. Hill, Spur

Greeter: Patsy Weems

Program Category: Personal, Fellowship

Program Topic: Expand the Vision: Educate

Program Title: "It's OIL About You!" Elisha Reese

Program Summary: Essential oils are one of nature's best kept secrets. Oils are used to reduce stress, increase focus, soothe muscles, lower fever, and support your immune system. It can even be used in your baking and for cleaning your home. You won't want to miss this program. Elisha Reese will give you a quick tour and explanation of all the benefits of essential oils, offering suggestions how you might want to use them yourself right away.

Chapter Birthday Celebration: Janie Wigley

Delta Kappa Gamma Purposes: II, III, VI

Committees: Ceremonies

Achievement Award



April 2015

No Meeting

State Testing this Month

March
Spur B
Merla, Pat, Janie

April
no meeting