

Eta Delta Data



Eta Delta Chapter 172 Area 3, Houston
The Delta Kappa Gamma Society International, Texas State Organization

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

Vision Statement: Leading women educators impacting educators worldwide.

Ann Mahan, editor, annmahan@comcast.net



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PRESIDENT'S MESSAGE



Jane Flinn



This is the season of giving, of helping those less fortunate. Making a change in the lives of others makes us feel good; however, we don't always know the impact of our gifts. As a chapter, we decided to donate toiletries to LOTS (Lord of the Streets), a mission church of the Episcopal Diocese of Texas. Father Bob Flick gratefully accepts and distributes the donated items, which helps to give hope, restore dignity, and warm hearts.

For the December meeting, please be generous and expand the range of items beyond the hotel products. Consider toothbrushes, hair grooming products, deodorant, gloves, scarves, socks, knit caps, Wet Ones (wipes), cereal bars, raisins, hard Christmas candies. Being homeless is difficult and it robs the individual of pride as well as security. Extending a helping hand may make all the difference in the world for them.

This season, take time to reflect on how small gifts you give or receive touch your life; for the homeless, it is proof someone remembers and cares. Give freely, give generously—it's the Eta Delta way.

Wishing you a joyous holiday season,

Jane



CHAPTER MEETING

DECEMBER 6, 2014

TIME: 9:45-11:30

HOME: KATHY FROELICH
1322 Del Norte
Houston 77018
(713) 688-5711

INSPIRATION: LEIGH ELIZONDO

PROGRAM: *Taking Care of a New Teacher*

PRESENTER: ELIZABETH MCDOWELL

HOSTESSES: Regina Williams*
Bonnie Moore
Shirley Moan
Kirbe Montgomery

DIRECTIONS: Take 610 N to Ella Blvd. (Exit 14). If coming from the Galleria area, turn left on Ella. Stay on Ella until you come to Ella Lee Subdivision on the left. (If you reach Pinemont, you have gone one block too far.) Turn into the subdivision on Lehman Street (it's difficult to see the street sign). Take an immediate RIGHT on Burt St. Curve to the left, which turns into Del Norte. Look for the white lamppost.

REMINDER:

- *Please be a thoughtful sister: RSVP each month so that the hostesses will know how much food to prepare.*
- *Wear your keypin and a smile.*

No January Meeting; Executive Board Only.

I realized that I had left off the final sarcastic comment in November's *Just a thought* . . . "Drats! Even HERo begins with HE!"

Have you heard . . .

- **Helen Lewis slipped and fell.** She is recuperating at home. Get better soon, Helen.
- By request, **Rose Sister exchange has returned.** If you were not at the November meeting and want to participate, please contact Debbie Brand (debsings2@comcast.net). **If you participate, please do so each month.**
- **Bonnie Moore will be in London** November 30-December 6 working with groups doing Leadership Development.
- **Martha LaRue's son Chris married** Jennifer Randol, originally from St. Louis, on November 22nd. Best wishes to the couple and the mother of the groom!
- **November 27 is a very special day for giving thanks for Toni Maheshwari.** November 27th is the second anniversary of her son Robert's kidney transplant. They are truly thankful for everyone's prayers.



New Members & Conventions: Part I

Because of the number of new members in Eta Delta, this will be the first of several articles dedicated to providing information about the annual state conventions. Frequently asked questions: *What is the state convention? Where is the convention held? Why should I attend?* I will provide some answers that will help new members and any others who have yet to attend a state convention.

WHAT IS THE STATE CONVENTION?

- Each June members of DKG from all across the state of Texas meet to conduct business related to the Society—mainly state, but chapter and international as well. The *Lone Star News* reports any key issues that require action.
- Each convention is an opportunity to learn more about the functioning of the Society.

WHERE ARE STATE CONVENTIONS HELD?

- The location of state conventions is announced two years in advance to assist in planning.
- The 86th state convention is June 2015 in San Antonio; the 87th is June 2016 in Dallas; and the 88th is June 2017 in Houston.

WHY SHOULD I ATTEND?

- First and foremost, attending a convention fulfills all Society Purposes, but I will focus on only a few.
- In odd-numbered years, we elect new state officers. The *Lone Star News* provides information about each nominee. You may not know them personally, but you can learn how these women have served DKG.
- You will meet other DKG sisters—even discover some you already know but didn't know were in DKG!
- You will have a good time.

FYI: Make a reservation at the convention hotel Grand Hyatt San Antonio—NOW. It's easier to cancel than to get a room later. (I already have my reservation.)



Taking Care of Self

Saturday, November 1st, guest speaker Beverly Bulas, a nurse of forty years, reviewed the simple ways to stay healthy. In addition to the well-known tips (also, avoid touching public surfaces as much as possible), she discussed immunizations we need as we grow older. Media makes us aware of flu shots and shingles vaccines, but even at our adult age, we still DPT boosters.

Screening is important to catch problems early. Mammograms are still important for catching breast cancer. Beverly had each member try to find five lumps in a teaching breast. Only a few found two lumps, others one, some none. The point was that self-examination isn't always enough, but finding even one lump is worth the effort.

Carol Gillingham arrived as a perfect visual aid. November 1st, she participated in the 5K Walk to End Alzheimers. Attached to her shirt were the names of those for whom she walked.



Beverly Bulas



Carol Gillingham



November hostesses Elizabeth McDowell, Jane Hall, and Dede Drexler hold bottles of water as a reminder to stay hydrated.

Just a thought . . .

Wherever there is a human being, there is an opportunity for kindness. Seneca



Extend a Helping Hand

You may remember **Debbie McCart**'s article about being available to new teachers who need a helping hand or friendly ear. **Elizabeth McDowell** suggested that we nominate teachers with 1-3 years of experience to receive a gift bag. Because so few recommendations were made, the decision now is to give a gift to each one.

These are the teachers, along with their wish lists, and who recommended them:

- **Emily Mingle**, Sinclair Elementary Kindergarten (Brenda Paulk)—rewards for classroom, stickers and such.
- **Rachel Blake**, Layway M.S., Sp. Ed. Resource (Debbie McCart)—Skinny Cow Chocolates, scented markers, pens and pencils.
- **Jessica Suddeth**, Durham Elementary Kindergarten (Debbie Brand)—motivators, flash cards, dry erase markers, manipulatives, gasoline gift card.
- **Lauren Ayers**, Durham Elementary 3rd grade (Shirley Moan, Cathy Froehlich)—Amazon gift cards for books, Lakeshore gift card, classroom supplies.

We all remember having to build up classroom basics on a new teacher's salary. Anything we provide will be helpful. All contributions will go into a gift bag for each teacher and the nominating teacher will deliver it to her.

<i>No December Birthdays</i>		
<i>January Birthdays</i>		
Debbie Cowie	3	
Bonnie Moore	14	
Elizabeth McDowell	15	
Gerri Manlove	20	
Dede Drexler	23	
Nancy Malone	26	



Changes in Education 1968-2014

By Shirley Moan

In September of 1968, I began my first year of teaching at Katherine H. Smith Elementary School in the Houston Independent School District. My contract for that first year paid me the grand sum of \$5,617! That was for the whole year, not

monthly! The school was not new to me because I had completed my student teaching experience at K. Smith in May of 1968. Little did I know that I would spend the next thirty-five years of my life right there, in that building, educating two generations of children!

I began as Miss Roberts for the first five months, but ended as Mrs. Moan. I married the man of my dreams on February 15, 1969, just one week after he returned from serving in Viet Nam. Bill and I were married on a Saturday night, and I returned to my classroom the following Thursday. I was able to take three days off because one of those days was a holiday celebrating the Houston Livestock Show and Rodeo Parade. Yes, we had holidays for rodeo parades in 1969. We also had holidays for Texas Independence Day (March 2) and San Jacinto Day (April 21). Heaven forbid that we would celebrate these days in today's test-driven atmosphere!

I look back on that first year with the hope that I did more good than harm because I know that was not my best year! However, my enthusiasm and love for my profession and for my students helped me get through that year. It wasn't in writing, but it was an accepted practice that homework was not given on Wednesdays because families went to church on Wednesday nights back then. Each day in the classroom was begun with the Pledge of Allegiance and the Lord's Prayer. Every child stood at attention for the pledge and bowed his/her head for the prayer. The classroom teacher taught all subjects – reading, arithmetic, English grammar, spelling, handwriting, science, social studies, health, and physical education. Physical education included teaching skills for exercise, volleyball, kickball, softball, basketball, playground games, and rhythms. (All of this was done as we wore dresses, slips, girdles, hose, and dress shoes!) We planned engaging, fun activities that taught the curriculum then administered the Iowa Test of Basic Skills (ITBS) every March. However, there was not the pressure "to pass the test at all costs" that we feel today. We knew if we taught the curriculum, our kids would do well. We examined the data, made some notes for the next year, and filed it in the students' folders. Those were the days!

In the early 1970s, women teachers were allowed to wear pantsuits or pants with a shirt and vest that covered the buttocks! My first pantsuit that I wore to school had bellbottom pants. The educational pendulum was swinging in a different direction, too. About the same time, Houston schools were being integrated. Instead of bussing students, HISD chose to integrate faculties. It took a while for us to become adjusted to the change, but most of the Black teachers we received became cherished life-long friends.

K. Smith's area included low-income, middle-income, and upper middle-income families, and we exposed all the students to the performing arts, museums, groups to perform for the students. Students were taken on field trips to the opera, the symphony, NASA, Austin. Our student programs were huge productions where all the students had a chance to perform if they had good behavior and were doing their work. We performed "Scrooge", "The Nutcracker", "Oz", "Salute to Gershwin", "The Frog Prince Operetta", to name just a few. Our Cinco de Mayo and Black History programs not only taught the students new songs and dances, but they also taught them to understand one another better. I hate that all the testing mania has taken away these activities. As one of my principals, Doris Roy, once said, "Programs allow the child who may not be great

at reading or math, but can sing or dance to shine in front of his peers and his family. It gives him a chance to be in the limelight. That can affect his attitude toward school and life in general.” I’d like to see more performances so that more children can “shine”.

During those thirty-five years at K. Smith, I taught, fourth, fifth, and sixth grades. Later, I became the school’s first technologist, served as Curriculum Coordinator (Testing Coordinator), set up the first paid after-school program for K. Smith. During those years, I saw the progression of the State testing program – TABS, TAAS, TAKS, STAAR. The one constant to keep things on an even keel – the classroom teacher – does the heavy lifting. The classroom teacher is the one who delivers the curriculum, loves the children, wipes their tears (and snotty noses), and instills a desire to learn that stays with them their entire lives. The classroom teacher is the one who opens doors and makes the children believe they can conquer the world outside those classroom doors. When I retired in 2003, I didn’t stay retired for long. I became a math interventionist at Durham Elementary. As I begin my 46th year of teaching, I’m proud to say that I’m a teacher. “Teaching in not only my chosen vocation, it’s my avocation, too!”



It’s LOTS More

Some of you may be wondering what LOTS has to do with it. Quite simply, LOTS goes to the homeless in the heart of Houston.

Through the dedication of four staff members, volunteers, and client volunteers, LOTS provides vision services and eyeglasses, medical services, notary services, and food stamps. LOTS is also the mailing address for approximately 1,400 individuals allowing them to receive letters, checks, and to give an address to potential employers.

LOTS has recently begun to build a lending library. Clients can get “to go” sandwich bags with healthy snacks packaged by St. Christopher’s Episcopal Church. (Yes, the same St. Christopher’s where we often meet.) When a client has a job interview, LOTS will provide him or her with suitable clothes kept in stock for such occasions. The use of a shower is also an important part of preparing.



Perks of Peppermint

We see them so often, we don’t really register the peppermints readily available at restaurants. Peppermints are good to refresh the breath, but did you ever wonder if the peppermints were more than a gimmick?

Peppermint has multiple health benefits. In addition to refreshing the breath, peppermint aids in digestion or relieves an upset stomach. The aroma of peppermint increases alertness and enhances memory. If only I had had the benefit of current research, I would have required chewing peppermint gum during class! In the final years of my teaching, I *did* distribute peppermint candy during exams. Some students did, indeed, show improvement.

Peppermint oil applied to the skin relieves nerve pain, muscle and joint pain, itchiness of rashes, and headache. My daughter had double knee replacement, and she was determined to get back on her feet ASAP. Her youngest son is in the drum line and she insisted (against *her* mother’s advice) on attending a competition not long after she moved to using a cane. She was in considerable pain before it was over, but luckily for her, another mother who always carries oil of peppermint, applied some directly on her healing scars. The pain disappeared almost instantly.

Extracts of peppermint leaves inhibits histamine release (chewing peppermint gum certainly clears the sinuses). Drinking peppermint leaf tea provides relieve of heartburn, upset stomach, and similar gastric distress.

Remember more is *not* always better. Use caution especially when using essential oils and extracts. As with all supplements, check with your doctor. Live well. \heartsuit A.M.



The All-Girls Filling Station’s Reunion Fannie Flagg

Good fiction takes you from the here and now to then and there. Along the way, we enjoy the journey, and, if we are really lucky, we learn something new or are reminded of people and places we once knew. With Fannie Flagg’s novel *The All-Girls Filling Station’s Reunion*, we get all of these things.

The primary story is of Sarah Jane (Sookie) Krackenberry Poole, a fifty-nine year old woman who has just completed the weddings of her three daughters—her son’s wedding would be his bride’s mother’s problem. Insecure and comically neurotic, Sookie attempts to live up to her mother’s training to be a good representative of the family traditions and the Southern traditions of Point Clear, Alabama. She worries about how she is perceived and what to do about her eighty-eight year old dominating mother Lenore Simmons Krackenberry who is loony. As the doctor informs Sookie, the curse of the Simmonses is to become unstable at a certain age. The problem with Lenore is “trying to figure out what behavior is just ‘delightfully eccentric’ and what’s ‘as batty as hell?’”

Growing up with Lenore, Sookie always felt “like a little brown wren, hopping along behind a huge colorful peacock.” So, when Sookie receives a phone call the morning her horoscope warns “to expect the unexpected” and then learns a registered letter from the Texas Board of Health is to arrive and the caller ends the conversation with, “Mrs. Poole, . . .you are not who you think you are”—the journey begins.

The truth trickles out:

- she’s adopted
- her birth mother Fritzi Willinka Jurdabralinski is a Polish Catholic from Pulaski, Wisconsin
- her father is unknown
- she’s a year older than she thought

As Sookie puts it,

- “Yesterday, I was a Southern Methodist English person, and today, I’m a Polish Catholic person with an unknown father”

- “How can I ever be myself again? I was never myself in the first place.”
- “I’m not even a Leo. All my life, I’ve been reading the wrong horoscope.”
- “I’ve been a card-carrying member of the Daughters of the Confederacy since I was sixteen, and I’m not even a Southerner.”

Sookie determines to find herself. She discovers that Fritzi, the oldest child of Stanislaw Jurdabralinski, was daring and somewhat wild. Stanislaw was the proud owner of a 24-hour-full-service Phillip’s 66 filling station, and all his children helped out. When WW II puts women in roles never considered acceptable before, the four Jurdabralinski girls run the filling station for their sick father and absent brother fighting in Europe. Sookie learns that Fritzi and two of her sisters who learned to fly in the late 1930s become WASPs (Women Air Service Pilots) flying planes from the factories, including the B-29, to military bases to be used in WW II.

Sookie’s search to discover her true heritage reveals a proud family connection that personifies the American Dream for hard-working immigrants. Sookie’s greatest discovery is that “no matter how crazy her life had been, she was exactly the person she was always meant to be and living exactly where she belonged.”

Fannie Flagg presents a light-hearted yet genuine portrait of Southern women who are familiar to us: strong, resilient, caring, and very special. (See notes on page 6.)



From the Kitchen: Kirby Gor’s Chili

Served at November 2014 meeting.

INGREDIENTS:

- 2 lbs. ground beef
- 2 cans light red kidney beans, undrained
- 2 cans dark red kidney beans, undrained
- 3 cans diced tomatoes in chili seasoning, undrained
- 1 can (6 ounces) tomato paste
- tomato juice*
- 1 onion, diced
- 1 green bell pepper, diced
- 1 small jalapeno pepper (no seeds)
- 2 tablespoons of garlic
- 1 teaspoon cayenne pepper
- 1 tablespoon black pepper
- cumin, about 3 tablespoons
- chili powder (a lot or to taste)
- season salt (a lot or to taste)

INSTRUCTIONS:

- Dice onions and peppers
- Cook beef, onion, and peppers until done; drain if needed
- Put in a big pot, beef mixture and all canned ingredients with liquids

- Pour tomato juice* until you reach desired amount of liquid
- Season to taste (add throughout cooking if more spice is desired)
- Bring to a boil; turn heat down to low and simmer for about an hour
- Serve with grated cheese, if desired
- Serves a crowd; freeze leftovers.



Society Business

ETA DELTA 2014-2016 OFFICERS

<i>President</i>	Jane Flinn
<i>First Vice President</i>	Debbie McCart
<i>Second Vice President</i>	Martha LaRue
<i>Secretary</i>	Debbie Elrod
<i>Treasurer</i>	Nancy Malone
<i>Parliamentarian</i>	Donna Patch

Eta Delta Website

dkgalphastateetadelta.weebly.com

Alpha State Headquarters in **Dallas**

alphastatetexas.org

International Headquarters in **Austin**

dkg.org



LOOKING AHEAD

86th Texas State Convention

June 25-28, 2015

Grand Hyatt San Antonio

Make reservations NOW!

See TSO web

San Antonio

87th Texas State Convention

2016 Dallas

88th Texas State Convention

2017 Houston

Southwest Regional Conference

July 22-25, 2015

Hyatt Regency Hotel

Wichita, Kansas



- Bring toiletries for LOTS.
- Bring items for new teachers.
- Remember we need to feed the ASTEF pig!
- Continue to make do make donations to buy library books for Durham Elementary.
- Take care of yourself—wash your hands, sanitize your remote control and keyboard, keep hydrated, walk.
- The fall Lone Star News is available online to read or download. Go to the Publications page on the state web.
- If you did NOT receive your 2015 yearbook, contact Carol Gillingham. cgillingham@netzero.net



Notes about the WASPs

At first, women who already knew how to fly were recruited for the WASP program; later, training took place in Houston, then Sweetwater, Texas. The WASPs were, in fact, test pilots for the planes rolling off the assembly line.

The women trained as military, took orders as military, and believed they would be military pilots. In October 1944, the WASPs received word that General Hap Arnold had directed the WASP program to be deactivated December 20, 1944.

The women were told “your volunteer services are no longer needed. If you were to continue in service, you would be replacing, instead of releasing our young men.”

The government would, at great expense, have to train men to handle the advanced planes the women were already flying.

Previous male flight instructors not wanting to become active soldiers wanted the jobs of the WASPs; they organized and lobbied Congress to defeat a bill “that would militarize the WASPs and keep them flying.” The bill was defeated once the VFW and American Legion opposed it. The defeat of the bill meant that the families of the 38 WASPs who had been killed would receive no death benefits. At the end of the war, the WASPs, unlike all other discharged veterans, would receive no GI Bill, no medical benefits, no nothing.

The records of the WASPs were sealed and forgotten as if they had never existed. In 1974, when the military announced the “first women to fly military planes,” some of the surviving WASPs fought to bring their story to the public. Colonel Bruce Arnold, son of General Hap Arnold, assisted them. In 1977 WASP was granted veteran status and in 2009, the Congressional Gold Medal.

MEMBER INFORMATION CORRECTIONS:

Elizabeth McDowell elizabeth.mcdowell8827@gmail.com
Ann Mahan 12322 Welland Dr., Houston 77031
281. 498-2957 (H) 254. 598-2486 (T) 281. 799-9885 (C)

FAILURE TO PAY 2015 DUES:

Elizabeth Hensley
Virginia Marez
Michelle Smith



May You Have Happy



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In the New Year,
“Give thanks for unknown
blessings already on their way.”

Native American saying

ETA DELTA CHAPTER MINUTES NOVEMBER 1, 2014

CALL TO ORDER: In the absence of president Jane Flinn, first vice president Debbie McCart called the meeting to order at 10:00 a.m. There were 17 members present. The total membership at the current time is 32 active members and 5 reserve members for a total of 37 members.

INSPIRATION: Jane Hall inspired the teachers with stories about teachers who have made a difference in students' lives. As teachers we need to remember meet students' needs on a daily basis. We really do make a difference.

THANK YOU FOR TODAY: Debbie McCart thanked St. Christopher's Episcopal Church for providing the meeting room and the hostesses for providing the luncheon. She thanked everyone for their participation.

PROGRAM: Beverly Bulis, a practicing medical nurse for forty years in various hospital positions and as a school nurse, presented a program on "Taking Care of Yourself." She stated that you can't take care of someone else unless you take care of yourself first. One of the keys to taking care of yourself is prevention, such as washing your hands, sleeping (at least 7 1/2-9 hrs.), exercising, having nutrition, drinking water and getting booster immunizations. Screening for blood pressure, hearing and vision loss, getting a colonoscopy and a mammogram are equally important. She also discussed the signs of strokes. To emphasize the need for mammograms, she passed out literature to help self evaluations of breast cancer.

BUSINESS MEETING:

- **Minutes** of the October Meeting: Bonnie Moored moved the minutes be accepted as corrected. The minutes were accepted.
- **Treasurer's Report:** Nancy Malone presented the treasurer's report. The report was filed for audit.
- Nancy also distributed the order form for DKG jewelry as requested last spring. If the jewelry is ordered as a group, there is only one shipping cost. She suggested that anyone ordering jewelry add \$2.00 for shipping costs. Orders are due at the December meeting.

PRESIDENT'S REPORT

COMMITTEE REPORTS:

- **Yearbook:** Carol Gillingham stated that she had e-mailed the yearbook with programs and committee assignments to members and the State. The State organizations recommended the e-mail procedure to members, also. Reserve members will be sent a hard copy.
- **Program:** "Taking Care of Teachers" program is in December. The Birthday Luncheon will be held at the Junior League March 7th 10:45-1:00. In May we hope to reach "Across the Pond" to another Delta Kappa Gamma organization and meet with them through electronic means.
- **Membership:** Debbie Brand requested that each member please RSVP for each meeting so we can get a count for the hostesses. She also announced we will begin with Rose Sisters again. She passed out to fill out forms for those who

wished to participate to complete. Debbie will keep the list. It was suggested that she would send out reminders.

- **Hostesses:** April Meeting still needs hostesses.
- **Communications:** Editor Ann Mahan asked if the members considered the newsletter to be too long. Discussion was held and was decided to keep the newspaper as printed each month, including the book reviews.

UNFINISHED BUSINESS

NEW BUSINESS

- New discussion about the money spent on Bluebonnet Books for Durham Elementary. We received a bill from the librarian for the whole amount, instead of the contribution we usually make in February. What do we do? The donation to Durham for the books needs to be made by the February meeting. We decided to give what we could.
- Jane Flinn wanted to know if we wanted to give books and food to Wesley Community Center or one or the another. A discussion followed then Nancy Malone made a motion to support the Wesley Community Center with food but no books so we can support Wesley Center. Food should be made in the spring. Motion was passed.

The meeting was adjourned at 11:33 a.m.