

# 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 Education Worldwide



## President's Message



Dear Sisters,

Sir Winston Churchill once said, “We make a living by what we get. We make a life by what we give.” Our first meeting of the year was extremely special getting to see one another for the first time since last May with smiling faces and an eagerness to build a stronger Eta Delta Chapter for now and the future.

A huge thank you goes out to Jane Flinn for orchestrating our project this year, “Days for Girls.” This global movement has resonated very deeply within our chapter and I couldn’t think of a better way to start our year. Observing all of you that day, assembling the feminine hygiene kits, made me feel so humbled and honored to be a part of this great chapter. Your love and dedication shined through!!!! Knowing that we were able to be a part of reaching more than one million women and girls in over 124 countries in some feat!!!!

Everything is Coming up Roses,  
Dede



### ETA DELTA 2018 - 2020 OFFICERS

- **Dede Drexler** - President
- **Karen Green** - 1st Vice President
- **Regina Williams** - 2nd Vice President
- **Debra Rockefeller** - Treasurer
- **Shirley Moan** - Secretary
- **Kirbe Hunt-Montgomery** - Parliamentarian

## Upcoming Birthdays

Debbie McCart - November 10  
Joan Watson- November 15

Tonie Maheshwari - November 29

# October Meeting Minutes

## CALL TO ORDER

The October 6, 2018, meeting of Eta Delta, chapter of The Delta Kappa Gamma Society International was called to order at 9:59 a.m. by President Dede Drexler at the home of Brenda Paulk.

## INSPIRATION

The inspiration for today's meeting was given by Carol Gillingham. She told us about a 4th grade student who on the second day of class tearfully revealed that she couldn't read. We, as teachers, must always remember to be aware of those students who are struggling, often times silently.

## THANK YOU

Dede thanked Brenda Paulk for opening her home to us for the meeting. She also thanked her Executive Board (Karen Green, Regina Williams, Shirley Moan, Debra Rockefeller, Kirbe Montgomery, and Leigh Elizondo) for today's lunch.

## MINUTES

Dede asked for a motion to approve the May minutes as printed in the newsletter. Sue Ayers made the motion, and it was seconded. The minutes were approved.

## STANDING REPORTS

Treasurer's Report: Deb Rockefeller, stated she has sent letters to our 4 reserve members about the dues for 2018-2019. Nancy Malone, former treasurer, stated she had submitted all the required reports on time. Deb and Dede are now on our CD account.

President's Report: Dede reported on the following items:

1. TSO Convention in Waco was well-organized and contained pertinent information for chap officers. Vendors and break-out sessions were great.
2. International Convention in Austin used technology more than usual. The members from around the world voted on revisions to the Constitution. Everyone who attended enjoyed meeting members from other countries.
3. Area 3 Workshop was held at Garden Oaks Elementary on September 29, 2018. The sessions were geared around providing help for chapter officers and committee chairmen.

## UPCOMING MEETING

- **When: November 3, 2018**
- **Where:** Karen Green's house ( 16018 Peach Bough Ct., Houston, 77095)
- **What:** Women in the Arts/Gather names of new educators for project (Supporting Early Career Educators)
- **Inspiration: Sue Ayers**

## REMINDERS

### Application Due

STAR<sup>3</sup> 2019 - Saturday, March 30, 2019, First Presbyterian Church, 1903 Church St., Galveston, 8:30 - 3:30 (space is limited to the first 60 who register) Registration is due by November 1.

### Donations

Begin making our donations to the Lone Star books fund for Stelle Claughton Middle School in Spring ISD.

### Fall Back

Daylight savings time ends at 2:00 AM on Sunday, November 4. Set your clocks back one hour. Sunrise and sunset will be about 1 hour earlier on Nov 4, 2018 than the day before. There will be more light in the morning.



# October Meeting Minutes Continued

4. Eta Delta received 5 Star Award for our newsletter. Congratulations to its editor, Deb Rockefeller!
5. Leadership Seminar applications are due October 15, 2018. Applications can be found on the DKG website. Remember that a letter of recommendation from your chapter President is required. Be sure to give Dede time to write it for you.
6. The Star 3 Workshop in Galveston is scheduled for March 30, 2019, at the First Presbyterian Church from 8:30 to noon. Applications are due by November 1st.

## COMMITTEE REPORTS

### Finance Committee:

Chairman, Sue Ayers, presented the Proposed Budget for 2018-2019. The various parts of the budget were discussed, and questions were answered. The \$100 for printing and mailing newsletters was removed. Toni Maheshwari suggested that if members want the newsletter mailed, they can pay for it. Approval of the budget will be referred to new business.

1. Sue reported that her committee had met during the summer to audit the books.
2. Deb reported that at the Area 3 Workshop session for treasurers, the question about electronic payments was discussed. DKG is not opposed to it. In fact, the practice is encouraged. Deb is, therefore, in the process of setting up a PayPal account for our chapter.
3. Dede reported there are a few changes in process at International and at TSO to move more toward the use of technology.

## UNFINISHED BUSINESS

None

## NEW BUSINESS

1. Copies of the Committees and their members for 2018-2020 were distributed by Dede.
2. Copies of the Chapter Programs/Projects for 2018-2019 were distributed by Chairman, Karen Green. She reminded us to begin making our donations to the Lone Star books fund for Stelle Claughton Middle School in Spring ISD.
3. Deb reminded us to pay our dues if we haven't yet.
4. Karen Green proposed that the Proposed Budget for 2018-2019 be approved. Dede asked for a motion to approve the Proposed Budget for 2018-2019. Brenda Paulk made the motion to approve it. The motion was seconded and was approved.
5. New Educator's Project was discussed. Since DKG is making changes in membership requirements which may affect this project, Karen Green suggested that further discussion be tabled until the November meeting.
6. Remember to save your change for our "Schools for Africa" red boxes which will be collected at our Birthday Luncheon in March.

## ANNOUNCEMENTS

1. Dede reminded us to bring our Box Tops for Education to our meetings so we can get them to Pine Shadows Elementary in Spring Branch ISD to be used to buy supplies for their school.
2. Regina Williams reminded us to sign-up to be hostesses if we haven't yet done so. April and May meetings need more hostesses.
3. Dede reminded us that our next TSO Convention will be in Arlington, Tx. June 20-22, 2019, at the Arlington Convention Center.
4. Linda Burgess invited us to join her at the Symphony North of Houston concerts in the coming months. The concerts are held at Northwoods Presbyterian Church, 3320 Cypress Creek Parkway, Houston 77068. A schedule of the concerts was distributed.

## ADJOURNMENT

The meeting was adjourned at 11:02 a.m.

## PROGRAM

Jane Flinn presented Days for Girls. This is a program that packages washable sanitary pad kits for girls who would otherwise have to miss school each month due to their monthly cycles. The chapter packed 100 kits after the meeting.





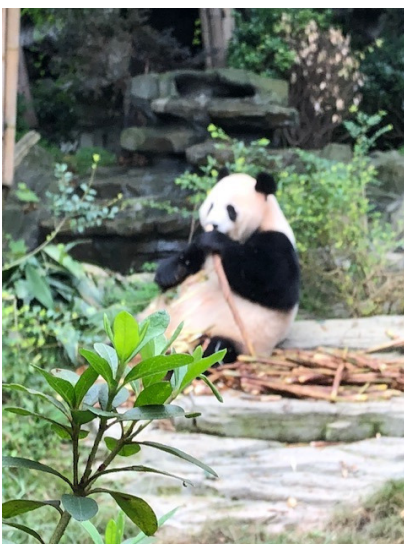
# Member to Member: China Has Really Changed

By: Donna Patch

In 2001 I visited China with a group of teachers. We went to all the tourist sites, visited a school and a family, shopped, and ate with chopsticks. We had to ask for a fork. I returned to China this September, 2018, as a tourist on Viking River Cruises. It was not the same China!! We flew from Houston to Chicago, Chicago to Shanghai, a total of 18 hours. Shanghai was a modern city in 2001 and still is a modern city. The Bund is a major attraction. It can be compared to Galveston's seawall where people can enjoy leisurely activities. However, looking across the river, one can see high rises, businesses, and tall towers. It is hard to believe this is China. After 3 days in a Shanghai hotel that had an automatic toilet lid and 10 buttons to turn lights on, we boarded the ship where we spent 7 days. As we sailed upstream along the Yangtze River to the Three Gorges Dam, we encountered beautiful scenery. We also saw homes in the mountains and electricity leading to the homes. We passed cities with 50 story high rises and saw autos where previously there would have been no roads or only bicycles. Our ship went through three locks which either lowered or raised the ship through the gorges. We later got on a small boat called a sampan and sailed through the gorges. What marvelous sites!!!

After we disembarked we spent from One to three nights in different cities in 5 star hotels that had automatic toilet lids and buttons for lights that drove us crazy. In Xian we visited the Terracotta Army, an army built by craftsmen for Emperor QinShangDi's tomb. He wanted to be prepared for an invasion after death. There are 8000 soldiers and they all have different faces. Their hair styles and uniform depend on their rank in the army. Along with the soldiers were horses and chariots. In Chengdu we visited the Panda Breeding Center. In 2001 I saw only 2 pandas. This year there were many in the trees and all were eating bamboo. The baby pandas are kept in a crib for several months and are adorable. Other sites we visited in different cities were a 12 story pagoda named Shibaozhai Temple(99 steps to the top) that was built by the Qing Dynasty in 1819, ancient stone carvings in Dazu (a UNESCO site) which contain 50,000 statues carved in caves depicting Buddhist, Daoist, and Confucian beliefs. We enjoyed a Chinese opera, which consists of many different variety acts-singing, dancing, acrobats, a play, and puppetry. We rode in a rickshaw, visited an elementary school, visited a jade factory, ate meals with over 12 different foods, ate Peking duck, and enjoyed a fork along with chopsticks at each meal. We did not have to ask for a fork; however, no knife was supplied except in the hotels. Also coffee is not popular in China, and what coffee I drank was not tasty. We climbed the Great Wall of China on a cold, windy day, and looked out at miles of more wall. We toured the Forbidden City and saw Tiananmen Square from across the street. It was a holiday and the Square was closed. There are so many more sites we saw but space is limited.

We flew from city to city and were fed on China Airlines, even though the flight was less than 90 minutes. We had plenty of Western toilets but no toilet paper. In 2001 most toilets were "squatty potties" with no toilet paper. People are driving Toyotas, Teslas, Mercedes', Fords, BMWs, and riding motor bikes and the high speed train. In 2001 the main means of transportation was bicycle. In 2001 the Chinese stared at foreigners; today they barely glance at us. China has electronic stores all over and designer stores in the malls. Facebook and some other sites are banned in China. On some days it was difficult to realize I was in China because it has become so westernized. On our last day our flight to San Francisco was canceled after 4 hours on the plane because of engine trouble. United put us in a hotel overnight and flew us home a day later. It was a great trip!!!



# Teens and Smart Phones

Published in the American Journal for Intergrated Medicine

By Sue Ayers, MS, LPC

Are you frustrated with your teen's obsession with their smart phone? Are you fearful they may be flirting with dangers associated with social media? Is your teen mature enough to comprehend how questionable postings could follow them throughout their life and limit future opportunities? How do we know if they are spending too much time with their faces glued to a screen and what are the effects?

While a debate over teen screen time continues parents struggle over setting boundaries. Most of us grew up before the "age of the cell phone" and have no frame of reference to pull from when trying to deal with the unregulated digital world. Ten years ago when the first smart phones appeared on the market, the high cost made teen ownership prohibited, but now prices have come down and adolescents almost consider them a rite of passage. The Pew Research Center recently reported 95% of teens, ages 13 to 17, have a smart phone or access to one and 45% are online almost on a constant basis. Pew found the most widely used platforms by teens were Snapchat (35%), You Tube (32%) followed by Instagram (15%). The effects of social media came back with mixed reviews, 31% mostly positive, 45% neither positive nor negative, 24% mostly negative effect.

The beauty of the mobile phone is it provides parents with the ability to stay connected with their teen and to know they can reach them in the event of an emergency. Teens look at the phone as a devise to stay connected with peers and to some extent view it as an instrument to measure popularity and acceptance. Parents may find it very tempting to completely unplug their teen's phone, but before taking that extreme approach understand why they are so attached to them.

The teen's brain reward center reacts to seeing "likes" on social media the same way your pet reacts to a treat. When the reward region is constantly activated it actually rewires the brain and as a result cravings for the trigger develop so the stronger the rewire the greater the craving. The brain becomes accustomed to immediate gratification and any sudden cessation could result in behaviors resembling withdrawal. Do you see where we are headed? Any sudden significant phone restrictions will most likely be met with resistance.

Professionals recommend establishing social media rules tailored to your situation. Before setting those limits include your teen in the discussion allowing them to share their feelings while you listen with empathy.

Some family guidelines to consider:

- Be a good role model and curtail your own use first.
- Establish technology free zones and hours in the home for everyone to follow, including adults.
- No phones in the bedroom during sleep hours.
- Give your children your full attention by checking your mail after they go to bed or before they get up in the morning.
- Don't use your phone while in the car with the children, especially when driving; instead use this time to talk to them.
- Monitor their Facebook page by being a "friend".
- Think carefully before spying on your child.

The American Academy of Pediatrics has even more recommended tips for a family media plan you may wish to consult. Also there is a wide variety of apps available to assist in monitoring phone usage listed on the web.

<https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>

Technology is a wonderful thing and as we pioneer through the challenges don't be afraid to ask questions. We are here to help.