

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,

Greetings to all of my Rose Sisters during this holiday season! Though the holiday season can be fraught with stress and a last minute to-do list, it's also a time of extreme generosity. The month-plus of merriment often sees total strangers reaching out to lend a helping hand in the name of humanity and the spirit of the season.

I'm very proud and excited to be a part of what Eta Delta strives to do to help others, especially with one of our important projects.... assisting some of the homeless through our donations to Lord of the Streets.

No matter how you celebrate the holidays, indulge in lasting memories, lots of laughter and extending your love to the fullest. May you have the same wonderment and belief that children have. I am grateful and blessed to have each of you in my life. You have enriched my world in so many ways. May the New Year bring you the best of everything, especially good health and happiness.

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

No December Birthdays
Debbie Cowie - January 3
Bonnie Moore - January 14

Gerri Manlove - January 20
Dede Drexler - January 23
Nancy Malone - January 26

November Meeting Minutes

CALL TO ORDER

The November 3, 2018, meeting of Eta Delta, chapter of The Delta Kappa Gamma Society International was called to order at 10:02 a.m. by President Dede Drexler at the home of Karen Green.

INSPIRATION

The inspiration for today's meeting was given by Sue Ayers. It was titled "Don't Sweat the Small Stuff".

THANK YOU

Dede thanked Karen Green for opening her home to us for the meeting. She also thanked Lindsey Krumrine, Leigh Elizondo, Deb Rockefeller, Sue Ayers, Carol Steinmetz, and Linda Burgess for today's lunch.

MINUTES

Dede asked for a motion to approve the October minutes as printed in the newsletter. After corrections were made, Donna Patch made the motion to accept the minutes as corrected, and it was seconded. The minutes were approved as corrected.

STANDING REPORTS

Treasurer's Report: Deb Rockefeller announced that the chapter's IRS report had been sent and was accepted. As of today, 35 members have paid their dues. We have not heard from our reserve member, Elizabeth Reese, so Toni Maheshwari volunteered to call her to see how she's doing. Deb also told us this may be the last year that members will receive a paper membership card since DKG is making changes to have everything online. This year's cards will be distributed at the next meeting. Nancy Malone also requested that Deb give members a printed Treasurer's Report at each meeting as we've had in the past. Deb agreed to do that for future meetings.

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

1. **Membership:** International and the Texas State Organization have changed the membership requirements to include a collegiate membership that would allow education majors in their junior or senior year to be inducted into DKG. If we agree to the change as a chapter, our Chapter Rules would have to be changed.
2. **Yearbook:** Dede congratulated Chairman Lynda Jackson on receiving the Early Bird Award.

UPCOMING MEETING

- **When:** December 1, 2018
- **Where:** Kathy Froelich's home (1322 Del Norte St., Houston, 77018) We can't wait! Her holiday home décor is amazing!!!! The meeting begins at 10:00 a.m.
- **What:** Socking it to LOTS, Lord of the Streets - Sock it to the Homelessness
- **Inspiration:** Lynda Jackson

REMINDERS

Bring Socks

Please remember to bring socks for men or women. The heavier the socks, the better; preferably, black wool socks. Also, bring toiletries if you have them.

Donations

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

New Educator's Project Gift Card

Please carefully consider nominating a new teacher! Should you have a teacher in mind, please send Karen Green their full name, years of experience (one-to-three years), the college they graduated from, their current teaching assignment, the name of their current school, their contact information, and any personal information you might have.

Next Meeting

There will be no meeting in January. The next meeting will be on Feb. 2, 2019, at Gerri Manlove's home. Her address is: 5003 Oak Forest Dr., Houston, 77018.



November Meeting Minutes Continued

3. By-Laws and Chapter Rules: Leigh Elizondo and Jane Flinn will be in charge of this task which is due in May, 2019. We'll be hearing more about this as changes are proposed.

COMMITTEE REPORTS

1. Yearbook: Chairman Lynda Jackson thanked everyone for their help in getting the yearbook turned into TSO early.
2. Newsletter Articles: Chairman Linda Burgess thanked Donna Patch and Sue Ayers for their articles in this month's newsletter. She would love to have more articles from our members.
3. Membership: Chairman Jane Flinn reported we have a total of 25 members present today. Jane also announced that member Tina Hughes has decided to drop out due to family commitments. Jane also stated that she intends to talk to TSO about how we can help our younger members remain active members when some of them are single parents or wives whose husbands have to be out of town on business. These members want to attend meetings, but they often have no one with whom they can leave their children. Members offered some ideas for Jane to use in her discussions with TSO. Dede and Jane also told us the reason we are supporting the Stelle Claughton Middle School library for a second biennium is that Stelle Claughton Lacefield, one of Eta Delta's Founding Members, has requested reinstatement as a reserve member to our chapter! Donna Patch made the motion to reinstate Stelle Claughton Lacefield as a reserve member. The motion was seconded and approved.
4. Technology: Chairman Lindsey Krumrine announced that our website has been certified by TSO.
5. Scholarship: Chairman Nancy Malone distributed a flyer she received at the Area III workshop about available scholarships from International and TSO. She reminded us that recipients of these scholarships should consider it an honor, not a handout. These scholarships should be listed on one's resume. Look on the scholarship page at www.DKGTexas.org.

UNFINISHED BUSINESS

New Educator's Project: Chairman Karen Green asked that members submit names to her before the next meeting. Candidates must have 1-3 years of experience. Finalists will be selected at our December meeting. We have \$325 remaining in the Shirley Felcman Memorial Fund that was earmarked for this project. Gift cards will be presented to finalists at the February meeting.

NEW BUSINESS

Chapter Self-Assessment and Setting Chapter Goals: Dede passed around a Chapter Self-Assessment form that she asked us to complete and return today. She will use this information to help her set goals for the chapter.

ANNOUNCEMENTS

1. STAR Workshop: Dede announced it will be held at Camp Allen on January 18-20, 2019. Apply online.
2. STAR 3 Retreat: This is scheduled for March 30, 2019, in Galveston.
3. PayPal Account: Dede thanked Deb Rockefeller for setting up the account for Eta Delta.
4. Lord of the Streets: Jane reminded us to bring socks to the December 1st meeting at Kathy Froehlich's home. She said the organization would prefer black wool socks for both men and women.
5. Red boxes for our coin collection for our Schools for Africa fund are available if you need one.
6. Regina Williams said she has some second grade resources she is giving away.
7. Brenda Paulk asked for our prayers as she must return to the hospital on November 12th to have her replaced knee manipulated since it is not responding to physical therapy.
8. Debbie McCart announced that the Cy-Fair ISD Committee on Homelessness is collecting food for 50 families if anyone would like to donate.

ADJOURNMENT

The meeting was adjourned at 11:15 a.m.

PROGRAM

Women in the Arts: Donna Patch and Martha LaRue demonstrated some of the things they learned at the last workshop they attended.



Surviving 2018 Stress

Published in the American Journal for Intergrated Medicine

By Sue Ayers, MS, LPC

For Americans 2018 has been annus horribilis, a horrible year. 2018 has been headlined with horrific natural disasters, health care discord, deportation escalation, countless negative political ads, pre & post election unrest and increased violence. It has been a never-ending bombardment of attacks on our national psyche.

The American Psychological Association (APA) polls report, in addition to economic and unemployment stressors, the future of our nation has become a new common source of significant stress. They report more than half of Americans in all age categories believe this is the lowest point in our nation's history.

Whether we are actually in more danger or we just believe we are doesn't matter, it is the perception of danger that threatens our mental and physical health. First, understand not all stress is a bad thing in that it can act as a motivator to do the things you need to get done. People who are more susceptible to stress than others can find even ordinary daily tasks become monumental, while others thrive and become highly productive. What we need to understand is how to recognize the healthy stress in our lives and what to do to defuse the harmful or negative stress.

When our normal balance in life becomes disrupted, hormones become increasingly activated and after an extended period of time lead to physiological and behavioral changes. Some of the most common behavioral change warning signs to look for are an increase in loss of temper, forgetfulness, inability to focus, difficulty making decisions, overreaction to petty annoyances, edginess, frustration and irritability. Indicators of unhealthy attempts at stress management include stress eating, increased caffeine, alcohol and tobacco consumption, along with drug use. If you find yourself experiencing violent thoughts, your conversations are centered on negative comments, you're becoming a more aggressive driver and your normal sleep patterns are disrupted then it is time to get real and conduct a self intervention.

There are proven ways to manage stress.

1. Stay optimistic about life. You are in control of your responses to life stressors even though you can't control the stress.
2. Limit the amount of time you listen to the news. The news industry is driven by ratings and alarming news brings higher ratings thus more profit. It pays them to make mountains out of mole hills.
3. Become proactive in causes that you value. It can be as simple as making a phone call to your representatives, writing letters to the editor or becoming involved in volunteer work that supports your position. By becoming an active volunteer you will be surrounding yourself with like minded individuals creating a feeling of empowerment.
4. Monitor your social media. Don't follow the negative Nellie that incites you to anger; it becomes contagious. Reports of misinformation on social media are realities so become proactive and prevent falling victim to false reports.
5. Listen to music, journal your feelings or indulge in an enjoyable hobby. Time spent doing fun activities provides an escape from the realities of difficult times.
6. Exercise or walk out tensions on a regular basis. Exercise can stimulate the positive hormones that produce feelings of well being.
7. Mindfulness, meditation and yoga bring awareness to our physiological state and can have healthful benefits.
8. Maintain a strong social network of friends, family and peers that can provide you with support.
9. Embrace spirituality whether it is through attending a formal place of worship, through prayer or through study.
10. Don't be afraid to seek professional help. They're trained capable individuals that have dedicated their lives to helping their fellow mankind find a better life path.

Despite what challenges today or a tomorrow brings you have the power to effect change in a positive way.