Gamma Zeta

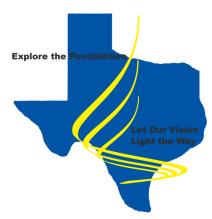
Gazette

Stephenville, Texas Alpha State, Texas, Area X, Chapter #78 The Delta Kappa Gamma Society International Volume 2013, Number 7

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

Mrs. Michelle McNutt michelle.mcnutt@sville.us 214-578-4867

April, 2013



Leading women educators impacting education worldwide

Next Meeting of Gamma Zeta Monday, April 1, 2013

5:45-6:15 Meal and Social Time

6:15-6:55 Program

6:55-7:30 Business Meeting

Faith Lutheran Church, Stephenville

Hostess List

Lise Schwartzkopf, Chairman Cathy Knoll Martha Fredrickson Trudy Carlson Debbie Hopkins-Higham

Explore the Possibilities Let Our Vision Light the Way

PROGRAM:

♦ Travel Adventure Stories

PROGRAM FACILITATORS:

Professional Affairs Committee

PURPOSES:

◆ To inform the members of current economic, social, political and educational issues so that they may participate effectively in a world society

BUSINESS MEETING

Cheryl Konz, President

COLLECT:

Lynann Simpson

April Birthdays

Joy Hammond April 1
Karen Pippin April 7
Debbie Hopkins-Higham April 7
Yvonne Fenner April 15
Ann Calahan April 25





Don't forget to check our the Gamma Zeta website www.dkgammazeta.weebly. com

8003

INTERNATIONAL NEWS

Read all about it online at: www.dkg.org

TEXAS STATE ORGANIZATION **NEWS**

- Check out TSO's new educational foundation known as ASTEF at the Alpha State website: www.alphastatetexas.org
- Scholarships deadline is March 1st; go to www.alphastatetexas.org for scholarship applications and details

Don't forget to wear your pin to every meeting in order to

participate in the fun drawings for prizes.

A MESSAGE FROM THE PRESIDENT

Dear Gamma Zeta Sisters,

Do you see yourself as a "woman of distinction"? As I look at the invitations given to women who have been chosen to be a part of DKG I read these words:

"The Delta Kappa Gamma Society International is an honor society for women educators who have demonstrated their ability, initiative and dedication or have evidenced a potential for distinctive service in any field of education."

Knowing all of you, as well as the new members we will initiate on April 1st, I know those words to be a true and fit description of all of the women of Gamma Zeta. It doesn't matter if you are retired, beginning your career, or somewhere in the middle...whatever form of education ...you have and always will be the type of person to give "distinctive service". So keep in mind you are part of an"honor society" and we

should be proud and realize that we are all "women of distinction".

Imagine the possibilities!

With all the fun we had on March 4th as we filled our 76 bags of food for Backpack Buddies, celebrated Texas Independence, and enjoyed a visit from our Area 10 Coordinator, Sandy Borden...imagine the treasures we have in store for you next on April 1st (No fooling...)

- We will initiate four new members on April 1st. Please be a part of welcoming <u>Vickie Walker</u> (1st grade teacher at Chamberlain), Cathy Tucker (2nd grade teacher at Chamberlain, Teresa Dempsey (retired teacher and also tutor at Huckabay), and Sena Leese (retired teacher and Backpack Buddy Coordinator).
 - We will all take part in a re-dedication ceremony.
 - We will enjoy "Travel Adventures" so come prepared to share one of your own stories and/or your plans for travel coming up in your life!

Please join me in thanking some of our members for helping us complete applications that help us earn points for the PACE Award and thus help to bring honor and encouragement to women educators:

- Debbie Hopkins-Higham and Lynann Simpson wrote and submitted our application for an ASTEF grant of \$1000 to continue our work as mentors for the next
- Trudy Carlson and Marilyn Pack for helping complete the application for a Media Award for Chapter coverage for the Stephenville Empire Tribune.
- Cathy Knoll for providing information to submit for a "Member in Print" award.
- Debbie Hopkins-Higham for bringing a name(s) for our grant-inaid recipient for this year.
- Annette Bradberry for taking care of the Annie Award Application.

- Kim Adams for conducting the orientation for our new members.
- Karen Pippen for sending cards to members who missed our meetings.
- Joanne Dunnick for the cards of thanks and thinking of you she has sent.
- Joy Hammonds for all the patient work she did to fill out the donation forms "in honor of" and "In memory of" to the various funds and to ASTEF.
- ...and all of you for attending, hostessing, contributing, encouraging, laughing, sharing...

I look forward to seeing you on April 1st.

Bring a guest! Bring your smiling face and have fun!

Blessings to you all, Cheryl Konz

MENTEE TEACHERS:

SISD Mentees

Cathy Tucker, 2nd Grade Karin Daleiden, PK Landi Haynes, K Fine Arts Sarah Boyd, 6th ELA Tisha Gray, Inclusion Landie Thompson, 7th Math

Hico Mentees

Breanna Schane, HS ELA Ashley Uptergrove, JH Math Felisha Mann, 1st Grade Jenah Smith, PPCD/PK Mitzi Pennington, PK

OTHER IMPORTANT NEWS

<u>FACEBOOK Members</u>: Contact Cathy Knoll via Facebook and request to be a member of the private group "Gamma Zeta".

<u>WEBSITE</u>: We now also have our own website. You may submit information through the online form or directly to Cheryl

Konz @ crkonz@gmail.com. The website address is:

www.dkggammazeta.weebly.com

REMINDERS

- → TSO-ASTEF Cruise October 14-21, 2012 Eastern Caribbean
- ★ 84th Texas State Convention June 20-22, 2013 Renaissance Hotel Austin, Texas
- → Southwest Regional Conference July 17-20, 2013 Hilton Branson Branson, Missouri

Get Moving!By Michelle McNutt

According to an article written by Sarah Glynn in Medical News Today, people at high risk of developing type 2 diabetes can reduce the risk by sitting less and moving around more frequently, rather than exercising regularly.

The finding came from a study at the University of Leicester which indicates that decreasing sitting time by 90 minutes in total each day may result in critical health advantages.

Patients at risk for type 2 diabetes are currently told to do moderate-to-vigorous physical activity every week for at least 150 minutes.

However, the new research, published in Diabetologia demonstrates that individuals should actually be told to decrease their sedentary time. This means that they need to reduce the time they spend moving very little or not at all, such as when they are lying down or sitting.

So, get up and get moving so that you reap all of the health benefits you deserve!!







