

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.

✉ Newsletter Editor ✉
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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:

Lynnann 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
at
www.dkgammazeta.weebly.com



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 Vickie Walker (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 year.
- 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-in-aid 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 Phippen 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

FACEBOOK Members: Contact Cathy Knoll via Facebook and request to be a member of the private group “Gamma Zeta”.

WEBSITE: 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!!

