

The Delta Kappa Gamma Society International

Epsilon Kappa Chapter #130

*Alpha State
Austin, TX
Area 7*

The Reporter

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

International Theme: DKG: Leading Women Educators, Impacting Education Worldwide

State Theme: Bridging Yesterday and Tomorrow

Chapter Theme: Forward With Heart (Health, Education, Achievement, Reflection, Teamwork)

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President's Message

As I complete my first year as Epsilon Kappa's president and reflect on my theme—Forward with Heart (Health, Education, Achievement, Reflection and Teamwork)—I am excited to look back at some of our group's successes and to look forward to all of the amazing things that are planned for us this upcoming year!

Health is important for us all, and at the Texas State Organization Convention in Houston this year, Healthy Heart Moments were shared so that each of us, regardless of our current health, was able to be transformed by hearing other members' testimony about a health issue they had overcome. Health is such a blessing, and our organization's focus on the health not only of our members but also of educational systems, continues to be an essential tenant of our organization.

As educators, it goes without saying that education is a life-long process that each of us embrace in many different ways. We've had many programs, like The Refuge and Dual Language Education, and learned about sex trafficking of young girls and became a dual language classroom taught by Jeanette Abrajan and Hilda Diaz.

Our members have also achieved so much this year. A few highlights include:

- Epsilon Kappa was recognized at the TSO Convention for its Achievement
- The EEC Committee led by Cara Hamlin won an Annie Award

- Diane Sidoroff created a Five Star Newsletter
- Evelyn Barron created an Exemplary Yearbook which also received an Early Bird Award
- Kathy Milhalik created a TSO Certified Website
- Janet Bernard and the Membership Committee received the Tudor Rose for increasing our membership
- Our entire chapter contributed to the Eula Lee Carter Memorial Fund
- Epsilon Kappa received the PACE Award, the Presidential Award for Chapter Excellence (special thanks to all of you!).

Not to mention we were Project Builders for ASTEF, and celebrate our ASTEF Founders Evelyn Barron and Sandi Causey, and also recognize Earin Martin as a current ASTEF Board member. We also remember Norma Jost's excellent break out session at the Convention, as well as Deb Acevedo-Tamminga's amazing music throughout the convention and at our meetings. Epsilon Kappa is built on Teamwork and it is heartwarming to belong to such an outstanding group of educators!

This year's State President, Marilyn Gregory, whom we proudly claim as our own, ended her term and Jo Murphy became the Texas State Organization's new President. Her new theme is Bridging Yesterday and Tomorrow, and her 2017-2019 Goals for DKG include:

President's message continued

- Encouraging members to strengthen their chapters by building membership diversity including members of all ages and ethnicities, as well as those who work in all types of schools.
- Honoring our heritage as we build membership, strengthen chapters, and take on new challenges in schools and communities.
- Encouraging healthy living strategies for our members and their families
- Supporting initiatives and programs that will enlighten and inform members about education worldwide.

As we move Forward with Heart, and approach the future, we are always looking for innovative ways to expand our group and recruit new members! For that purpose Cheryl Lane has created wonderful new business cards for Epsilon Kappa members to use to help recruit new members and learn about our group. We are excited to share these cards with you at our first meeting.

Also a friendly reminder to all of our current members- please update your DKG profile online with your current mailing address and email! **The only person who can update your personal information is you**, so PLEASE take a moment to:

- *Login to the DKG International website-www.dkg.org*
- *Use your 6 digit member ID as your username*
- *The default password is dkg2014society*
- *Change your password to a preferred password after logging in*
- *Please verify your email and home address are current!*

DKG uses this information to send you periodicals, newsletters, and other communication. Unfortunately the Society needlessly loses money when mail is returned because the address is undeliverable, AND you're missing out on important information if your email is incorrect.

The EEC Committee can't wait to share with you all of the exciting and interactive programs it has worked so hard to plan for this upcoming year. Please don't miss out on the fellowship, fun, and profound impact we have on education worldwide as a key woman educator!

Thank you again for such a wonderful first year as Chapter president, I can't wait to continue growing with you and for the phenomenal things this upcoming year holds for all of us.

Forward with Heart

--Pam Kelly



Educational Excellence Committee

Please join us as we kick the year off on Thursday, September 7th in the Hatlen Room at Texas School for the Blind and Visually Impaired. We will hear from Trudy Marshall, Founder and Executive Director of Libraries of Love (<https://librariesoflove.org/>). Founded in 2005, Libraries of Love has to date, created libraries in 36 schools in Uganda and reached an estimated 94,000 students. Books and donations are collected for Libraries of Love, and volunteers go to Uganda in the summer to build and set up the libraries in schools, as well as train the teachers and students in how to use the library. Ms. Marshall, a retired school librarian, lives in Uganda six months out of the year and helps train librarians who visit previously created libraries.

For our Thursday, October 5th meeting, we will initiate new members, remember members that we've lost, celebrate birthdays, learn more about our founders and our chapter's history. Please be sure to join us and get to know our chapter and Delta Kappa Gamma's history.

Thursday, September 7, 2017 6:00 pm – Texas School for the Blind and Visually Impaired, Hatlen Room, 1100 W 45th St. Austin, TX 78756

Program: Libraries of Love

Speaker: Trudy Marshall

Thursday, October 5, 2017 6:00 pm – Delta Kappa Gamma Society International Headquarters, 416 W. 12th St., Austin, TX 78701

Program: Initiation & Remembrance. Celebrating Epsilon Kappa's 59th Birthday; Membership in DKG – Discovering Your Path

— Submitted by Cara Hamlin



Diva Doin's



ASTEF hosted Diva Doin's at the TSO Houston Convention in June. It was a fun filled event with lots of spirit! Participants heard Ashley Dunn share how to dress to fit any occasion, and Allison Ventura helped us learn how to declutter our closets. There was a raffle as well, and everyone who bought a raffle ticket had a chance to win a designer purse! To make it even more interesting, after a winner selected her favorite purse – among Michael Kors, Kate Spade, and Fossil and many others—an unknown amount of money was hidden inside! Raffles sold quickly when the hundred dollar bill was still lurking in one of the bags!! When the hundred dollar bill was finally discovered, the winner gave it back to ASTEF, because the generous lady wanted to share it with all of us.

Next, during the audience participation portion of the program, we all had a chance to win a beautiful sterling silver Swarovski crystal bracelet. You could buy one or more entries and got a LED light ring to wear as proof of purchase. Then a quarter was flipped from the stage. If you chose heads, you put your hands on your head, or if you chose tails you put your hands on your back. As your luck ran out you sat down. If you bought 3 raffle tickets, you had 3 chances to be wrong and still remain standing. The last two remaining contestants stood back to back in order to not to see each other's choices until

one finally became the winner! It was a wonderful fundraiser and a fun way to support ASTEF! Added bonus, everyone who attended received 2 free tickets for the Astros vs Ranger game in Houston on Tuesday, August 29.

—Submitted by Pam Kelly

Texas State Organization 2017 Convention Breakout Session

Peace Education Program

The Marika Heimbach session at the June 2017 TSO convention gave an overview of the German education system and explained how her school teaches about peace in which Germans, Palestinians and Israelis work together.

First, she spoke about how Germany has a federal system of government which grants its 16 member states a high degree of autonomy in education policy. Two of the member states are city states. The Federal Ministry of Education has a role in funding, financial aid, and the regulation of vocational education and entry requirements in the professions. But most other aspects of education fall under the authority of the individual states, or "*Bundesländer*."



Compulsory education in Germany starts at age six, and, in most states, where all students study at the same type of school. From grades 1 to 4 almost all German pupils attend "*Grundschule*" (foundation school), where they study the same basic general subjects. At the end of this foundation cycle, students move on to different types of lower secondary schools. The secondary education system includes multiple programs at both the lower secondary and upper secondary levels. These programs emphasize either vocational skills or preparation for university education. Most of the 16 states have determined that 13 grades provides the best education.

Marika worked at more integrated "comprehensive" secondary schools in which students in the different tracks study at the same school. In this setting they developed a "Peace" curriculum. Teachers work with young adults to insure mutual understanding, respect and acceptance through their own personal transformation, so that they become "Peace-Carriers" in their societies. In the framework of trilateral dialogues, her school promotes peace between Palestinians and Israelis and contributes to reconciliation between Germans and Jews.



Marika was invited as an International speaker from Germany. She has twice been a DKG state president of Germany and is a founding member of the Delta chapter in Germany. She is a Regional Director of the DKG European Forum. She retired after 40 years in the classroom teaching different grades and subjects.

—Submitted by Kathy Mihalik

TSO Conference Highlights



Marilyn in jail



2017 TSO Convention



Area 7 Presidents with TSO President Marilyn
Gregory with President Pam Kelly



Norma Jost and Mary Harney



TSO Beauties

Convention Highlights

What organization uses as many acronyms as education? The United Nations!

The Opening Keynote Speaker for the Global Awareness Symposium at the TSO Convention was Cathy Daugherty, VA, past DKG First Vice-President, International Achievement Award Recipient of 2016, and current International Constitution Committee Chair.

In accordance with the Delta Kappa Gamma Purpose Number Seven (to inform the members of current economic, social, political and educational issues so that they may participate effectively in a world society), Cathy shared information about DKG's status with **The United Nations**. Since 1995, DKG has maintained status as a Non-Governmental Organization (NGO) with the United Nations Department of Public Information, and was granted consultative status with the UN Economic and Social Council in 2003.

Cathy shared information about the Sustainable Development Goals (SDGs) which consist of seventeen world-wide goals based on economic, social, and environmental concerns. One of these goals is to provide access to education for all citizens. Our Schools for Africa program works with UNICEF to provide access to education for children in thirteen countries.

www.teachun.org is a website dedicated to CTAUN, Committee on Teaching About the UN. The website has great resources for teachers from pre-primary to adults. I encourage all members to explore the information found on this website. Resources and lesson plans for the following topics are included.

- Peace and Reconciliation
- Refugees
- Sustainable Development Goals (SDGs)
- Coping With Climate Change
- Cultural Diversity and Cross-Cultural Communication

CTAUN also presents conferences for educators and others interested in incorporating global awareness, and information about previous conferences is included on the website. A day-long conference is held annually at the United Nations in New York as well.

If you would like more information about DKG's work with the United Nations, check out the "About Us" tab on the DKG website, then find DKG/UN Relationship on the right side of your screen.

--Submitted by Mary Harney

TSO Houston Convention Choir Reflects the HEART of the Society

The TSO 2017 Houston Convention Choir was well-received at the State Convention June 22-24. Two of our chapter members, Bernadine Easton and Norma Jost, sang in the choir, and Deb Acevedo-Tamminga directed the choir events. The choir sang a sweet song, *Shine Your Light*, for the Necrology Service, and Deb was asked to sing *One White Rose* at this service to honor Past State President, Dorothy Stallings King.



Three Birthday Luncheon songs, *Green Eggs and Ham*, *Seasons of Love*, and *Rockin' Robin*, included introductions tied to Marilyn Gregory's HEART theme. We even had people clapping along for Rockin' Robin!

At the Presidents and Founders Banquet the choir sang *Aim High*, *Traveling Mercies*, and ended with a *Beach Boys Blast* medley. We received a standing ovation!

—Submitted by Deb Acevedo-Tamminga

Reflection

For me the most memorable part of the Houston Convention was being a part of the choir. With our own Deb A-T at the helm, all the rehearsals were positive and fun. We had some very lively selections and some with very heartfelt words. The Celebration of Life and Remembrance at a State Convention is always the most peaceful, serene, and loving ceremony that we have. Before each of the Greek letter families, someone tells a story of a teacher or professional reflection that is poignant and uplifting. The choir anthem this year, *Shine Your Light*, ended on a beautiful note that really shimmered across the room. Thanks Deb for your leadership.



Choir at birthday lunch

—Submitted by Bernadine Eaton



Congratulations to the 2017 Richards Grant Recipients!

Three members of Epsilon Kappa Chapter received Phyllis Richards Leadership Grants to attend the 2017 TSO Convention in Houston in June. Richards Grants, awarded by the **EPSILON KAPPA EDUCATIONAL FOUNDATION**, provide financial support for chapter members wishing to attend DKG leadership events. Congratulations to these chapter members



Cheryl Lane currently serves as second vice-president of Epsilon Kappa Chapter. She is Assistant Director of the Center for International Business Education and Research at the University of Texas



Julia Gonzalez joined Epsilon Kappa in April of this year. She is a 5th-grade Bilingual teacher at Walnut Creek Elementary School and a participant in our chapter's SEE Project, with Norma Jost as her mentor.



Tracey Wilson is a second-year recipient of a Richards Grant. She is Membership Services Supervisor at DKG International Headquarters.



Outstanding Educator 2016–17

At the Founder's Day Luncheon our chapter president Pam Kelly presented the Outstanding Educator Award to Diane Sidoroff of Garza High School in Austin.

Southwest Regional Conference



DKG members arriving at the Sheraton Waikiki are greeted by an attractive welcome banner.



The view outside makes it difficult to focus on meetings.



MEMORIES FROM THE SOUTHWEST REGIONAL CONFERENCE



First Lady Dawn Ige welcomes members at the Opening Session. Here she is pictured with Epsilon Kappa members Marcia Kirkland and Evelyn Barron.



Incoming state president Dr. Jo Murphy and outgoing president Marilyn Gregory present the Texas banner.

Southwest Regional Conference



Epsilon Kappa's Marilyn Gregory presides at the All States Breakfast.



Bernadine Eaton, Marcia Kirkland and Evelyn Barron enjoy fellowship at the All States Breakfast



*Epsilon Kappa members attending the conference:
Bernadine Eaton, Marcia Kirkland, Evelyn Barron,
Marilyn Gregory, Sandi Causey*



Sandi Causey assists a member with registration.



L to R: Pat Park, SW Regional Director; Carol Mueller, 2000-2002 Int'l President; Carolyn Pittman, Int'l President; Evelyn Barron, 1998-2000 Int'l President

Southwest Regional Conference

The Southwest Regional Conference truly did give all attendees an experience of the lifestyle of Aloha. At the very first general session we learned that Aloha has a deeper meaning that conveys a way of living gently and peacefully with people and nature. Each letter embodies two concepts that shape how a person should relate to others. This spirit of Aloha is being reintroduced into the educational system so all students in Hawaii will be better leaders and global citizens. The speakers were active teachers who are involved in making a difference in their state.

The Media Award recipient created a multi-media program at her high school that gives students the chance to work locally to produce many types of graphic arts, animation, videos, and even our Regional pin that was given to all attendees. The Director of Public Education Support at Kamehameha School, not only is teaching about the responsibility of leadership with empathy and compassion to her students but she also volunteered for the worldwide voyage of the Hawaiian sailing vessel that just returned from a three year trip. She was able to spend time for three different legs of the journey and report back to her school, as did each member of the crew with other schools.

At the US Forum session we were reminded to teach our family members about safe Internet use. Young people seem to think that the delete button means a posting is gone, but unfortunately it is not and can be retrieved and shared worldwide. The first Native Hawaiian woman chancellor in the University of Hawaii System spoke on learning from the ancestors (those that came before us) as a frame for strong leadership, which definitely is a perspective that indigenous people share.

One of the most exciting moments occurred as the teacher for Waipahu High School's Youth For Safety Club let one of his former students tell her amazing story about presenting research about domestic violence and safety before not only her peers but also different national groups while still in school. Now at college, she is still engaged with advocating for others and works with one of her state's US senators on those issues. Then she brought up another student just starting the program who very nervously, but courageously, told her story of taking up the challenge to keep others safe.

Besides these gifted teachers and students, we had good meals, exciting entertainment from the Royal Hawaiian Band and hula dancers, a variety of breakout sessions that focused on education, leadership, and some fun. Personally, I got to make an eyelash lei (easy and fun), learned about the Japanese Tea Ceremony (and got to drink some green tea), and was warmed by the story of Emily, the Blue-Eyed Doll. Outside of the conference I took in the scenes along the coast of Oahu with friends as we drove over to the Buddhist Temple, later took a bus to the Iolani Palace, and ended with a wonderful day trip to Kauai on Saturday.

This was one of the best regional conferences I have attended. Next time the Southwest will meet in California. Be sure and check it out.

—Submitted by Bernadine Eaton



The presentation of outgoing and incoming state presidents at the Southwest Regional Conference in Hawaii included our own TSO President Jo Murphy and Marilyn Gregory.

Membership News

Our Chapter as other Chapters throughout the Society are searching for new ways to increase membership. We all have the experience of talking to a prospect that you know would be perfect, but they are just not sure. So, we have developed Epsilon Kappa Recruitment Business Cards just for this use. These cards serve as a tool to share our Facebook Group as well as Chapter, State and Society websites for prospects to explore and learn more. The back of the card has space for you to write your name, phone number and even a brief message. Be sure to pick up Epsilon Kappa Recruitment Cards at the September meeting!!

--Submitted by Cheryl Lane

Get Connected

Have you seen the photo of Marilyn in prison garb? What state governor posed for a photo with Marcia and Evelyn? If you know the answer to these questions, then you must be on Facebook! Have you found us on Facebook yet? Look for "Epsilon Kappa Texas Chapter of Delta Kappa Gamma." This is a closed group, so once you request to join, one of the administrators of the group will accept your membership. We are sharing important chapter news as well as some of the fun times we have! Pick up your phone or get on your computer and join right now!

--Submitted by Mary Harney

Update on the Refuge

According to the Story of the Refuge Issue 7 newsletter from (6/21/17), as of June 15th, 2017 the cottage construction for the seven planned cottages is progressing smoothly! Several concrete slabs, some plumbing, all pads, and lumber delivery is all underway. Soon electrical and phone infrastructure and the rest of the slabs will be poured.

The commercial kitchen equipment for Refuge Ranch will be generously donated by Jack Allen's Kitchen! These kitchens will serve the community through cooking classes and community meals, and all of the girls cottages will also be outfitted with pots, pans, and other essential kitchen supplies thanks to Jack Allen's generous donations.

--Submitted by Jo Watts

Book Lovers

In keeping with a theme of strong women, Book Lovers will read *The Other Einstein* by Marie Benedict. Mitza Maric studied physics at an elite Zurich university along with male students who tried to undermine her brilliant calculations. Fellow student Albert Einstein understood her processes and thus began a life together of both mind and the heart. We will probably meet for discussion on this book in October or early November. We welcome anyone from the chapter to join us and bring a friend or relative.

--Submitted by Bernadine Eaton

Let's Discuss the Skinny of Weight Loss!

How many diets are in our past/present?

- https://en.wikipedia.org/wiki/List_of_diets
- <http://health.usnews.com/best-diet/best-diets-overall>

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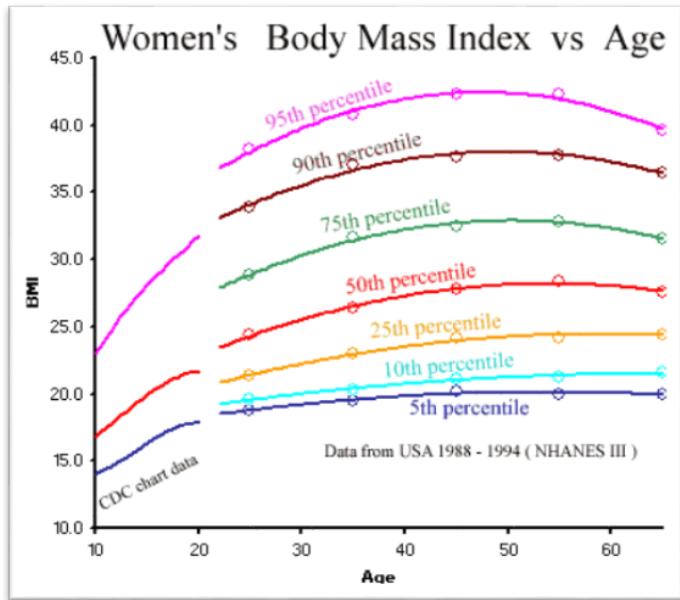
The latest research is a whole body and healthy focus of: Food, Activity, and Mind

MIND:

1. Is being fat a matter of choice? BBC Crowd Science: Is being fat a matter of choice:
<http://www.bbc.co.uk/programmes/p04vqrsx>
2. What is the ideal weight? BMI
<http://halls.md/body-mass-index/av.htm>
3. How can we handle cravings, sips/slides, etc.? →
4. Delicious Science:
<http://www.pbs.org/food/shows/food-delicious-science/>

FOOD:

1. What is a serving size?
2. Food Ideas
 - Portion control
 - ABC/BLTS
 - Water & sip/bite/sip/bite...
 - Using a food scale
 - Planning ahead
3. How much protein should we eat per day?
Protein power:
Daily approx. 8 grams for every 20 lbs you weigh
<http://www.calculator.net/protein-calculator.html>



ACTIVITY:

1. You don't have to be a gym rat
2. Walking, yoga, senior discounts, Fitbit, water, etc.
3. City recreation programs like kayaking, bicycling, hiking, etc.
4. Over 50
[8 Most Effective Exercises For Weight Loss](#)
5. Under 50
[Top 50 Fun Ways to Lose Weight](#)

TOP Meatless Protein Sources

Source	Protein	Amount
Nut Butters	8 g	2 TAB
Oatmeal	6 g	1 Cup
Beans	15 g	180 g*
Eggs	6 g	1
Nuts	6 g	Handful
Seeds	6 g	Handful
Broccoli	5 g	180 g*
Spinach	5 g	180 g*
Cauliflower	5 g	180 g*

*Per Serving of 180 g

WARNING: DAILY EXERCISE AND HEALTHY EATING LEADS TO INCREASED AWESOMENESS



EPSILON KAPPA CHAPTER DUES AND CONTRIBUTIONS 2017 - 2018

Name _____ Home Phone _____

Address _____

City _____ State _____ Zip Code _____

ACTIVE MEMBER DUES: \$ 90

VOLUNTARY CONTRIBUTIONS:

EPSILON KAPPA EDUCATIONAL FOUNDATION (tax deductible)

Each member contributing at least \$50 will be recognized as a **Sustaining Donor**.

Phyllis Richards Endowed Leadership Fund \$ _____

Chapter Foundation Projects / SEE Project \$ _____

Make check payable to EPSILON KAPPA. Grand Total \$ _____

Mail by October 2nd to Marcia Kirkland, 12314 W. Cow Path, Austin, TX 78727 (phone 512-250-2026)

→ Contribution forms for state and international funds may be found in the **Forms** section of the respective websites (www.dkgtexas.org and www.dkg.org).

Photo Release: By submitting your membership dues and by your attendance at chapter meetings and events, you are granting permission to be filmed, videotaped, audio-taped, or photographed by any means at such meetings and events and are granting full use of your likeness, voice, and words, including publication on the world wide web (www) with access through the internet, without compensation.



Marcia Kirkland and Evelyn Barron with the governor of Hawaii.

Save the Dates 2017–1018

Note the date change! We will be meeting on THURSDAYS at 6:00 pm

September 2017

Meeting: Thursday, September 7, 2017 - 6:00 PM

Location: Texas School for the Blind and Visually Impaired - Hatlen Room

October 2017

Meeting: Thursday, October 5, 2017 - 6:00 PM

Location: Delta Kappa Gamma International Headquarters

November 2017

Meeting: **Monday**, November 6, 2017 - 6:00 PM

Location: Dell Medical School

1501 Red River

Corner of Red River & 15th St, building is located between Erwin Center and Brackenridge Hospital Room HLB 1.111, First Floor Auditorium

December 2017

Meeting: Saturday, December 2, 2017 - 10:00 AM

Location: Home of Dr. Joan Burnham

4004 Avenue H Austin, TX 78751

January 2018

No chapter meeting - Executive Board Meeting

February 2018

Meeting: Saturday, February 3, 2018 - 11:00 AM

Location: Saltgrass Steakhouse

10614 Research Blvd Austin, TX 78759

March 2018

Meeting: Thursday, March 8, 2018 - 6:00 PM

Location: Texas School for the Blind and Visually Impaired - Hatlen Room

April 2018

Meeting: Saturday, April 21, 2018 - 10:00 AM

Location: Delta Kappa Gamma International Headquarters

**Mark
You
Calendar**





Epsilon Kappa Chapter The Delta Kappa Gamma Society International

Diane Sidoroff
901 Creekbend Drive
Pflugerville, TX 78660

Newsletter Information

Please submit your articles and highlights for our next Chapter newsletter on or before Friday, Sept 15th. You can send your submissions by email to Diane Sidoroff at diane.sidoroff@gmail.com or to Pam Kelly at epsilonkappapres@gmail.com.

During this year, members may be asked to submit articles about their reflections of meetings or other DKG activities. We want to involve as many people as possible to highlight the diversity of our chapter. Also, let us know about your Life Milestones, whether you have attended a meeting or not. News is always appreciated.

Please contact Marcia Kirkland if you wish to receive a printed copy of the newsletter, though we are trying to "go green" and send most by e-mail. Thanks, Marcia, for your help with communications!

Chapter Website: <http://deltakappagamma-tx-epsilonkappa.weebly.com/>

Let's Celebrate!

Here is a list of birthdays to celebrate in August and September:

Maurine Atwood	08-02	Debbie Sansom	08-28
Gene Nelson Jones	08-02	Amparo Shanor	09-01
Dr Forrest Hancock	08-08	Julia Mellenbruch	09-04
Carolyn H Wilson	08-12	Georgia Clegg	09-15
Jennifer Samaniego	08-17	Helen Forbes	09-24
Carole Deuser	08-18	Eva J Ornelas	09-25
Kristal Espitia	08-18	Kaye Dunn	09-28
Cheryl Lane	08-23	Alana Lilie	09-29
Tamara Wood	08-25		

