Volume 40 Issue 5 February, 2022

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Meeting Dates 5:00		
Mar 5	1:00	
Saturday	Rudy's	
	Killeen	
Apr 4	CCISD	
Monday	Boardroom	

2020 - 2022 OFFICERS
President:
BJ Taylor
1st Vice-President:
Angelan Ringland
2 nd Vice-President:
Evelyn Thompson
Recording Secretary:
Michele Cox
Corresponding Secretary:
Lois Piper
Treasurer:
Carolyn Taylor
Parliamentarian:
Elaine Krause
Past President:
BJ Taylor



The Delta Kappa Gamma Society International Lambda Omicron – Texas State – Area VIII – Chapter 27

Serving women educators in Copperas Cove, Coryell County, Texas

Lines from Lambda Omicron

Our Mission Statement: "Lambda Omicron promotes unity among women educators in a caring society for excellence in professional and personal growth."

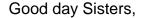
Mission Statement:

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



President's Remarks

Notes from BJ...



Hello Ladies'

What a great meeting we had in February! The program that Dr. Harrison presented was very beneficial to us all. I know that I need to do more exercise and work on eating better. She was very interesting and down to earth.

With this weather being so up and down, please dress in layers. Stay warm and safe out there.

Please think about attending Convention in Lubbock. (14-18 June) I have a room and need a roommate.

I will be out of the country during our next meeting. Angelan will be in charge of our Scholarship Bingo. She has some GREAT ideas.

Shanna Denson our Area 8 Coordinator will also be in attendance. Sorry to be missing this one.

Pat, Erica, Marianna, Michele and Myrna are hostesses.

All you need is inspiration and door prizes.

5 March, 1:00, Rudy's in Killeen

We will be in the side room off the patio like we were last year. Spring is coming!

BJ Taylor, President





February Minutes

- Welcome –
- Sell Door Prize Tickets
- Ice Breaker-Which are you, summer or winter...?
- Inspiration Thought Provided by Virginia
- Program Dr. Karen Harrison, graduate of Copperas Cove High School.
 Specializes in Family Medicine and Internal Medicine, 26 years of experience.
 Currently serves on the CCISD School Board.

Dr. Harrison presented a program on "Covid, Mental Health and Weight Loss"

Covid Coryell County – 16,811 cases 180 deaths presently

Covid exceeds the number of deaths from WWII

Covid closely follows the trend from the 1918 Flu

Delta causes more cases of pneumonia, Omicron more contagious but less pneumonia.

People over 80 are most affected, vaccines protect from hospitalizations
The positivity rate has dropped from 53% to 37% in our area. A 4th booster is
needed for people who are immune suppressed, transplants patients, or high risk

Mental Health - high rate of depression, suicide, anxiety, domestic violence
Lack of coping mechanisms. Older generation is affected from isolation. Encourage
families to have in-depth conversations and not what Dr. Harrison calls "Groundhog
conversations", where the same routine topics are discussed.

Ideas to help: identify your anxiety or boredom.

Learn a new hobby, craft or an instrument

Volunteer, exercise, walking is great

Have positive thoughts. Ask yourself "What am I grateful for today?"

<u>Weight Loss</u> – fad diets do not last. You have to make changes, start with small changes. Mediterranean Diet – moderate unsaturated fats, olive oil, peanut oil, canola oil are best. Eat more whole grains, vegetables, fruits. Not so much red meats, or processed foods. Eat like your grandparents did. To lose weight, how do you view foods, cutting calories is the key. Try to cut 60-70 of bad carbs with fruits and vegetables. Cirrhosis from fatty liver affects more women than men.

HAPPY BIRTHDAY!



Feb 9 Marianna McDonnell Feb 22 BJ Taylor



- Old business: new DKG pins \$18.00
 - o STAR registration \$250.00, great arts & crafts, food and fellowship
- New Business
 - State Convention in Lubbock, BJ needs a roomie!
 - Group photo with Teddy Bears
- Door prizes.
- Next meeting, Mar 5 at 1:00 at Rudy's in Killeen with our Area 8 Coordinator, Shanna Denson.
- Be ready to play Scholarship Bingo. Pat, Erica and Marianna are Hostesses
- Dates to remember:

30 April, 11:00 at Heitmiller's in Waco – Area 8 Founder's Day Luncheon

- we will be the greeters, be there before 11:00.

<u>14 – 18 June</u>, TSO State Convention, Lubbock

6 August – Area 8 Workshop at Moody High School

Gift Ideas for Bonnie Moore, Area 8 Mentor

- Thank hostesses
- Sing

Respectfully submitted for Michele Cox by Virginia Guerrero

Treasurer's Report - February 15, 2021

Cash Balance: January 15, 2022		\$ 3,718.88
Receipts:		
Door Prize \$ 40.00		
Expense:		
None		
Cash Balance		\$ 3,758.88
Investments		
Lambda Omicron Savings 0	1/27/2022	\$ 6,327.85
Mae Stevens Student Scholarship 0	1/27/2022	\$ 6,999.39
Mae Stevens Members' Scholarship 1	2/31/2021	\$ 5,215.95
Total Worth		\$22,302.07

Respectfully submitted, Carolyn Taylor, Treasurer



JANUARY MEETING

Guest speaker: Dr. Karen Harrison



Members: Carolyn Taylor, Ella Dawn Eiland and Evelyn Thompson



Teddy Bear Donations for Copperas Cove Police Department

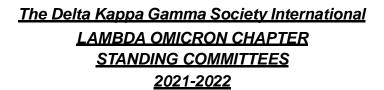
Members end the January meeting with the Delta Kappa Gama song













Society Mission and Purposes

Educational Excellence

Angelan Ringland (Chair)

Nancy Arrington

Ella Dawn Eiland

Michele Cox

Personal Growth /Services

Rebecca (Becky) Clark (Chair)

Lois Piper

Legislation/Professional

Affairs

Nancy Arrington (Chair)

Angelan Ringland

Music

Ella Dawn Eiland (Chair)

Janet Leitch

Research

Michele Cox (Chair)

Myrna Hart



Educational Services

Scholarship/World Fellowship/

Achievement Awards

Jan Stalder (Chair)

Myrna Hart

Carolyn Taylor

Lisa Yates

Society Business

Ceremonies Committee

Elaine Krause (Chair)

Ella Dawn Eiland

Janet Leitch

Erica Green

Chapter Website

Virginia Guerrero (Chair)

Beverly Speckman

Finance Committee

Marianna McDonnell (Chair)

Alejandra Uscanga

Kathryn Townsend

Yearbook

Evelyn Thompson (Chair)

Pat Bigford

Newsletter

Virginia Guerrero (Chair)

Membership

Lois Piper (Chair)

Beverly Speckman

Constitution & Bylaws

Committee

Lisa Yates (Chair)

Angelan Ringland

Alejandra Uscanga

Kathryn Townsend

Communications/Courtesy

Ann Harmon (Chair)

Rebecca (Becky) Clark

Nominations Committee

Pat Bigford (Chair)

Erica Green

Marianna McDonnell

