

Volume 40

Issue 5

February, 2022

Virginia Guerrero, Editor

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Meeting Dates
5:00

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

2020 - 2022 OFFICERS

President:

BJ Taylor

1st Vice-President:

Angelan Ringland

2nd 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...



Good day Sisters,

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?”

Weight Loss – 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
 - 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.
 - 14 – 18 June, 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 01/27/2022	\$ 6,327.85
Mae Stevens Student Scholarship 01/27/2022	\$ 6,999.39
Mae Stevens Members' Scholarship 12/31/2021	\$ 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





The Delta Kappa Gamma Society International
LAMBDA OMICRON CHAPTER
STANDING COMMITTEES
2021-2022

<u>Society Mission and Purposes</u>
<u>Educational Excellence</u> Angelan Ringland (Chair) Nancy Arrington Ella Dawn Eiland Michele Cox
<u>Personal Growth /Services</u> Rebecca (Becky) Clark (Chair) Lois Piper
<u>Legislation/Professional Affairs</u> Nancy Arrington (Chair) Angelan Ringland
<u>Music</u> Ella Dawn Eiland (Chair) Janet Leitch
<u>Research</u> Michele Cox (Chair) Myrna Hart

<u>Educational Services</u> <u>Scholarship/World Fellowship/ Achievement Awards</u> Jan Stalder (Chair) Myrna Hart Carolyn Taylor Lisa Yates

<u>Society Business</u>
<u>Ceremonies Committee</u> Elaine Krause (Chair) Ella Dawn Eiland Janet Leitch Erica Green
<u>Chapter Website</u> Virginia Guerrero (Chair) Beverly Speckman
<u>Finance Committee</u> Marianna McDonnell (Chair) Alejandra Uscanga Kathryn Townsend
<u>Yearbook</u> Evelyn Thompson (Chair) Pat Bigford
<u>Newsletter</u> Virginia Guerrero (Chair)
<u>Membership</u> Lois Piper (Chair) Beverly Speckman
<u>Constitution & Bylaws Committee</u> Lisa Yates (Chair) Angelan Ringland Alejandra Uscanga Kathryn Townsend
<u>Communications/Courtesy</u> Ann Harmon (Chair) Rebecca (Becky) Clark
<u>Nominations Committee</u> Pat Bigford (Chair) Erica Green Marianna McDonnell