



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS  
**DELTA KAPPA GAMMA**<sup>TM</sup>

## **Alpha Iota Chapter Meeting**

February 6, 2021

9:00 am

**Welcome** - Cheryl Goff

**Guests and Roll Call** - Share a Health Tip

**Inspiration** - Dr. Stacy Black

**Speaker** - Kimberly Alexander, MBA, LPC, CPCS

### **Reports**

**President** - Cheryl Goff

**Treasurer's Report** - Tonia Lindsey

**Recording Secretary** - Anita Thomaston

**Corresponding Secretary** - Cindy Thompson

### **Business**

**District III Meeting** - Anita Thomaston, Cindy Thompson, Elaine Kilgore, Janice Arcuria

### **Service Projects**

Free Little Libraries

Supporting Teachers

Read Across America Day

### **Power of Sisterhood Luncheon**

### **Dues**

**Announcements** Fine Arts Gallery

Gamma Alpha

**Door Prizes**

**Adjournment**



Alpha Iota  
Treasurer's Report  
2/6/2021

**Balance Forwarded** \$ 5,306.62

**Expenditures**

Date	Check #	Paid To / Payment For	Amount
12/11/2020	PayPal	CCPS Homeless Department	\$ 200.00
		First United Methodist Church - Memory of	
1/21/2021	1009	Salvador Serbin (Husband of Jeanette Serbin)	\$ 25.00
		American Heart Assc. - In Memory of Joyce	
1/21/2021	1010	Sorrell	\$ 25.00

**Total Expenditures** \$ 250.00

**Deposits**

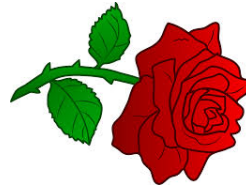
Date	Check # / Cash	Received From / Payment For	Amount
		NONE	0.00

**Total Deposits** 0.00

**Current Balance** \$ 5,056.62

# Alpha Iota Chapter Meeting

November 7, 2020



**Social Time** 9:00-9:30

**Welcome**-Cheryl Goff

**Guests and Roll Call**-Share the title of a good book you've read. Present: Cheryl Goff, Anita Thomaston, Cindy Thompson, Kathy Acree, Terdra Brooks, Janet Thomaston, Janice Arcuria, Martha Tolcher, Debra Davis, Debra Anderson, Stacy Black, Elaine Kilgore, Linda Holcomb, Maureen Keillor (absent: Carol Bentley-reserve, Cathy Schreiber, Deborah Bhanijirow-at a wedding in India, Virginia Hasty-reserve, Tanya Telfair LeBlanc, Tonia Lindsey-team competing at Picture Book Bowl, Benita Moore-reserve, Leslie Pratschler-reserve, Jeanette Serbin-reserve, Joyce Sorrell-reserve, Bonnie Strohm, Lynn Vidiksis, Vance Wallace-in China, Alaenna Williams, Laura Michelle Wood) Guest: Sue HardyVerhoef

**Inspiration**-Anita Thomaston "They Are the Roses" (see lyrics below)

## Program

Maureen Keillor introduced Sue Verhoef, Director of Oral History and Genealogy at the Atlanta History Center. She works in the archives and is in charge of many projects/exhibits. She also presents on-line seminars on genealogy. She received an Emmy in 2014 for a special program, 37 Weeks, shown on GPB. These 90 minute programs tell the story of William T. Sherman's march through Georgia in 1864 and its impact on the outcome of the civil war/1864 election. They are available free on Georgia Public Broadcasting's website.

Sue talked about resources that can be provided by the AHC. Normally, thousands of students tour the museum yearly. This year they received a grant to help develop materials for teachers and students. There are on-line exhibitions including More than Self: Living the Vietnam War. The Kenan Research Center is great for primary sources-archival content is available currently. Terminus is the on-line "card catalog". You may search oral histories, documents, photographs, veteran interviews, etc.

When you click on the For Schools tab, you will find information on on-line tours, characters coming to the classroom, traveling trunks (artifacts related to an historical period) and many other resources. Sue is happy to help teachers with materials for use in their classrooms or to help students with their studies. AHC has a YouTube channel with a selection of author programs and other resources. Every September there is an educator open house, but that couldn't be done this year, so a video was made for this.

The Cyclorama has been moved to the AHC from Grant Park. It can be explored on-line. It was originally commissioned by people in Wisconsin and painted by German painters. It traveled the country as an exhibit. Sections of the painting were cut off because it was too small for the Grant Park building. It has been completely restored and is now displayed properly at the new building at the AHC. There is an app you can use with viewing in person to tell more information about the painting. Contact her if you'd like to visit. Kathy Acree asked if there was a soldier who looks like Clark Gable, and Sue confirmed this. She also recommends the Black Citizenship in the Age of Jim Crow exhibit. Here is Sue's contact information: Sue Verhoef, Director of Oral History & Genealogy, [Email: sverhoef@atlantahistorycenter.com](mailto:sverhoef@atlantahistorycenter.com) | 404.814.4042

## Reports-

- Treasurer's Report-Kathy Acree/Debra Anderson-documents for the IRS have been filed.
- Secretary-Anita Thomaston/Cindy Thompson

Kathy Acree/Janet Thomaston moved to accept the minutes as written.

## Business

- Service Project- Thanks to those who donated to help Cheryl's book club and supplies for Debra Davis's class. Any ideas for needs in the community?
- February 5<sup>th</sup> Chapter Meeting-Tonia Lindsey is getting a health-related speaker. Janice suggested perhaps a meditation speaker or laughter yoga. Martha said there is a meeting room with wifi at her church that we could use if needed in February. If we meet in person we'll have a mini-market (jewelry, baked good, essential oils)
- Power of Sisterhood Luncheon (May)-Cheryl Goff We're hoping we'll be able to do this. Gamma Alpha also has a meeting at Magnolia House, set for March.

**Announcement**-DKG Fine Arts Gallery Cheryl had two photographs accepted. Any kind of art is accepted: poetry, crafts, music, art, photography.

SchoolsIn facebook page has a coloring contest with cash prizes. Check it out!

**Socialize & Adjourn** Cheryl shared about how well her virtual book club is going at her school.

Linda Holcomb mentioned that Marinelle Simpson, former member, passed away this fall. She was also a GREA Secretary. Linda's daughter Jennifer is doing well but her husband has Alzheimer's so she's a full-time caregiver.

Linda also asked that we remember all our teachers who are teaching virtually and in-person at the same time. \*Cheryl talked about how difficult this situation must be for first-year teachers and wondered if we could mail cards to some, and Kathy shared that the AJC had an article about first year teachers recently. Dr. Black thought encouraging these teachers would be great, and that perhaps a sharing of virtual resources would be helpful. Several members shared ideas about this, including invitations to our February meeting. Those of us who are working in schools to try to find out names/addresses of first year teachers. Send the information to Cheryl and she'll compile a Google document. Anita moved/Elaine seconded to have five \$10 gift cards as prizes for coming to our meeting.

The meeting was adjourned at 11:00.

## Inspiration-They Are the Roses by Paul Jenkins

Born with heaven in their eyes,  
God sent, innocent  
The promise of life  
Born into this mess we've made  
Holding the future  
And hope for better days.  
'Cause there is nothing more beautiful and wild,  
Than the dreams that grow in the heart of every child.

They are the roses,  
They are the lights that shine,  
They are the waves that roll in on the ocean tide.  
They are angels, they are souls in flight.  
They are the hope that everything's gonna be alright.  
They are the roses.

Imagine a place, filled with happy sounds of playgrounds,  
Where every child is safe.  
Where people join hands  
And pray that the children will all have a chance.  
In every family, every tribe, and every town,  
We're the keepers of this garden  
And we can't let them down.

They are the roses,  
They are the lights that shine,  
They are the waves that roll in on the ocean tide.  
They are angels, they are souls in flight.  
They are the hope that everything's gonna be alright.  
They are the roses.

Book recommendations by members:

Anita Thomaston: I'm reading *To Swim in a Sea of Stars* by Christopher Paolini. If you've never read his Inheritance Cycle, I highly recommend it, particularly *Eragon*, which he wrote at the age of 15.

Debra Davis: *Blended* by Sharon Draper and *1001 Bible Questions Answered* by William L. Pettingill and R. A. Torrey

Information from Janice Arcuria:

At our last virtual meeting, I promised to share some websites for "virtual" exercise classes. Here are some that I do. Of course, anyone with any medical conditions should ask their doctor first.

You might find these too easy, but I REALLY like the exercises at [www.seniorplanet.org](http://www.seniorplanet.org) They are all free via Zoom.

The more aerobic are the Monday/Wednesday, 12:30-1:30 , "Fit Fusion." I use the 5 lb handweights which pushes my limit. I greatly enjoy the weekday stretch classes at 10 a.m.-10:30 and on Tues & Thurs 4-4:30. The teacher is CAS. He an outstanding teacher. You need a sturdy chair for the chair ones. He also has a youtube channel, but I wouldn't advise doing those before you do his live classes. He also teaches Yang 10 Tai chi on Fridays at 12:30. Tina Wang teaches chair yoga on Tues & Thurs, 12:30-1:30.

For Senior Planet classes, go to website, then click on join us online, then "upcoming events" in drop down box. Pick class you want and scroll down to bottom of description for zoom link. CAS now has over 340 people from across the U.S. (he's in NYC) taking the stretch classes. He always ends with guided meditation too. His youtube channel is: <https://www.youtube.com/channel/UC8iAOiS08OshpxQ6UyeJbXw>

I also do some of the classes listed on the [Clayton County Seniors](http://www.claytoncountyseminars.com) They are pre-recorded.

Today someone recommended these to me, but I've never tried them: [Paul Eugene Exercises](http://www.paul-eugene.com)

I daily do Qi Gong or Tai Chi Body Tapping. I started with this book: 5-Minute Chi Boost – Five Pressure Points for Reviving Life Energy and Healing Fast (Chi Powers for Modern Age Volume 1). He has Youtube videos too. I do these and dry brushing first thing each morning.

This is someone's else's video of version close to what I do: <https://www.youtube.com/watch?v=UacJm2AM5U0>

I also do what's called dry body brushing to help my circulation: <https://www.youtube.com/watch?v=ZgPfpwyfndE>

My brush is the long-handled version. Always brush toward the heart.

#### \*Update on Supporting Early Educators Project:

From Cheryl Goff: When contacted Clayton State about awarding a second GACE grant some time ago, I got no response. Today I contacted Lynn, the administrative assistant who collected the applications for us, about supporting students. She forwarded my email and I received a response on November 11<sup>th</sup>. Dennis Attick, the Assistant Dean of the School of Education, stated that he would discuss our offer of mentoring and a GACE grant with the various programs and get back to me in the near future.

Here are details for the project we discussed Saturday to support new teachers:

- Please help us identify early educators that our chapter can support with encouraging notes and letters by US Mail.
- Inform the teachers of the purpose of our project and ask for their home or school address.
- Send the teacher names, school, grade, subject area, and mailing addresses to Cheryl.
- The teacher's name, school, grade, and subject area will be collected in a Google document, so that AI members can sign up to support someone in their area of expertise.
- Mailing addresses will be distributed when members sign up for a teacher.
- When writing to the educator:
  - introduce yourself, including your background in education
  - introduce them to DKG and the purpose of our project
  - include short inspirational messages, quotes, or stories
  - send funny or inspiring stories from your teaching experience
  - ask what you can do to assist