



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS
DELTA KAPPA GAMMATM

Alpha Iota Chapter Meeting

May 1, 2021

9:00 am

Welcome - Cheryl Goff

Guests and Roll Call - Share your favorite flower

Inspiration - Debra Davis

Reports

President - Cheryl Goff

Treasurer's Report - Tonia Lindsey

Recording Secretary - Anita Thomaston

Corresponding Secretary - Cindy Thompson

Business

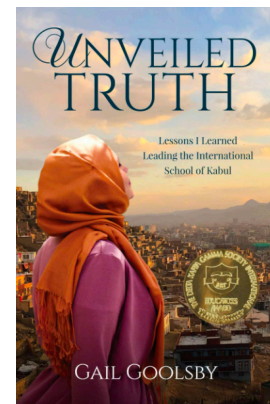
Speaker - Gail Goolsby

Announcements

Fine Arts Gallery

Adjournment

Notes:



Alpha Iota
Treasurer's Report
5/1/2021

Balance Forwarded \$ 5,056.62

Expenditures

Date	Check #	Paid To / Payment For	Amount
		No Expenses	0.00

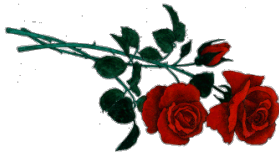
Total Expenditures \$ 0

Deposits

Date	Check # / Cash	Received From / Payment For	Amount
4/8/2021	Check # 3038	Dues - Allaenna Williams	100.00
4/9/2021	Paypal	Dues - Elaine Kilgore	100.00
4/10/2021	Check # 1085	Dues - Linda Holcombe	100.00
4/10/2021	Paypal	Dues - Benita Moore - Reserve	24.00
4/12/2021	Check # 6269	Dues - Cheryl Goff (minus expenses)	18.48
4/13/2021	Check # 10428	Dues - Jeanette Serbin - Reserve (plus \$1.00)	25.00
4/13/2021	Paypal	Dues - Terdra Brooks - (plus \$0.01)	100.01
4/15/2021	Check # 1824	Dues - Debra Davis	100.00
4/19/2021	Check # 2114	Dues - Janice Acuria	100.00
4/19/2021	Check # 2855	Dues - Deborah Bhanojirow	100.00
4/20/2021	Paypal	Dues - Cindy Thompson	100.00
4/30/2021	Check # 2055	Dues - Tonia Lindsey	100.00

Total Deposits 967.49

Current Balance \$ 6,024.11



Alpha Iota Delta Kappa Gamma
Minutes
February 6, 2021

Today's meeting got off to a fun start on Google Meet with Co-President, Maureen Keillor, using a Random Name Picker to choose **Door Prize** winners. The winners were Maureen, Cheryl, Elaine, Janet, Debra D. and Deborah.



Inspiration: Dr. Stacy Black talked about wearing many hats in education. We help students feel safe in classrooms, whether virtual or face to face. She shared a video called "I Am a Teacher" where the teacher is seen as serving many roles including coach, doctor, nurse, money lender, psychologist, finder of lost things, substitute parent, and keeper of the faith. She emphasized that we spend our days with the future.

Roll Call: Secretary Cindy Thompson called on members to share health tips. Present: Debra Anderson, Janice Arcuria, Deborah Bhanojirow, Stacy Black, Terdra Brooks, Debra Davis, Cheryl Goff, Linda Holcomb, Maureen Keillor, Elaine Kilgore, Tonia Lindsay, Anita Thomaston, Janet Thomaston, Cindy Thompson, Martha Tolcher, and Laura Michelle Wood.

Not present: Kathy Acree, Cathy Schreiber, Bonnie Strohm, Tanya Telfair, Vance Wallace, Alaenna Williams
Reserve members: Carol Bentley, Virginia Hasty, Jeanette Jackson-Serbin, Benita Moore, Leslie Pratschler

Health tips:

- Start your days with gratefulness videos and mantras*
- Meditation, breathing exercises
- Wear your mask
- Drink more (warm) water, eat less carbs
- Get plenty of rest
- Choose happiness, be kind, live in the moment, be brave, believe, see possibilities, offer gratitude.
- For COVID recovery, take hydroxychloroquine and ivermectin (America's Frontline Doctors is a source.).
- Pray and be specific about your blessings.
- Focus on the positive.
- Get outside into the sunshine and fresh air every day.
- Take vitamins.
- Reach out to someone daily (note, text, phone call).
- Use an essential oil diffuser to clear out bacteria.
- Try Xlear spray to help eliminate Covid viruses in nasal passages. <https://www.biospace.com/article/more-data-suggests-over-the-counter-nasal-spray-is-effective-against-covid-19-virus/>



Chapter News:

Reserve member Joyce Sorrell passed away on December 12, 2020. Jeanette Jackson-Serbin's husband Salvador passed away on January 1st.



Cheryl and Terdra's Reading Bowl Team placed 4th at the County Reading Bowl (middle school) and Tonia's Reading Bowl Team placed 3rd for Elementary. Congratulations!

Kendrick Middle School's award-winning Beta Club (led by Terdra) has collected supplies for the community.

Debra Anderson retired January 29th with 32.667 years of service. She is now homeschooling her grandsons.

Officer Reports

Cheryl applied for an Outstanding Chapter Project Award based on our Operation Gratitude where we created cards for the troops. She also completed the Necrology Report on Joyce Sorrell.

Elaine moved that we accept the Treasurer's Report and Minutes from November as written, seconded by Stacy. These reports were approved.

Dues for the next biennium are due on or before May 30th. Reserve dues are \$24.00. Cheryl has set up a PayPal account (no fee) for our group (alphaiotaga@gmail.com). This will give us some flexibility about money. Dues will be \$100 which includes two meals. If you'd like, send half in April and half in May. Send money to Tonia Lindsay, 881 New Hope Road, Fayetteville GA 30214.

District Meeting was held January 30th and was attended by Cindy, Elaine, Janice and Anita. Previous award-winning projects will be shared on line and the upcoming convention was discussed.

The GSO Convention will be held in Columbus, if COVID permits. (Update from Cheryl: The **GSO State Convention** will take place online and it's FREE!



**Georgia
State Organization**

The event will start Friday night, April 16 with our District III meeting, which is tentatively set at 6:30. The vote for District III Director will take place, so I'd love for the whole chapter to be there.

On Saturday, the first session, an executive board meeting, starts at 10 am and the last session, with awards and installation of GSO officers is slated for 1:00 pm. Our chapter could possibly receive three awards, so I hope you can be there too. Keep in mind the schedule is still a working document, so the times could change. But, please put the dates on your calendar.)

Service Projects:

Free Little Libraries: Cheryl (near Morrow MS and Clayton State) and Janice (near International Beach) support these. We talked about whether to do this as a chapter. There's something like this in McDonough where people contribute canned goods and toiletries. Cindy supports this.

Read Across America (March 2nd): Virtual readers are needed. Elaine, Cheryl, Cindy and Laura Michelle expressed interest.

Debra Davis is doing a Homeless Project with her students. Students collect items for the homeless and her church prepares a meal.

Volunteers are needed for the Metro Region Helen Ruffin Reading Bowl competition. The event takes place online and it's super easy to assist. If you are interested, register here <http://bit.ly/HRRBRegionalVolunteers>.

Other Business:

May 1st Chapter Meeting “The Power of Sisterhood” Luncheon- was discussed. There is an outdoor facility at Magnolia House. We won't have the Premier Jewelry Designs fundraiser because the company closed. We voted to postpone the luncheon until fall, since hopefully more people will have been vaccinated. We will need alternate plans for May, so think about an appropriate venue, perhaps outside. (Update from Cheryl: I think we made a good choice by delaying the luncheon at Magnolia House. Corina said with social distancing, the outdoor venue only hosts 25 people and there is no protection from the elements if there was inclement weather. She has been super patient with rescheduling our event.)

DKG Fine Arts Gallery: you may submit photos, arts, crafts, poetry or music.

Gamma Alpha's 40th Anniversary celebration set for March at Magnolia House has been postponed.

Alliance Theatre streams their productions for a \$20 fee, according to Laura Michelle.

Speaker: Kimberly Alexander, MBA, LPC, CPCS the PsychFit Lady “Healthy in 2021”



Ms Alexander is a licensed professional counselor, chief medical officer for a residential treatment facility, certified personal trainer and sports nutritionist. She and Cheryl met at LA Fitness.

Ms. Alexander talked about staying healthy during COVID and with the stresses in life. We can crumble or grow. She says our most valuable commodity is our health. Often people focus only on physical needs but mental and spiritual health should not be neglected.

When focusing on the “here and now” someone close to us may give us excellent insight about ourselves. When setting goals include some fun. Remember that body image issues can translate into poor eating habits. Clothing size doesn't matter, health does. Sometimes we need to change our perspective. Unhealthy thinking is counterproductive.

Resolutions (and their relative ineffectiveness) were discussed, and journaling or vision boards were seen as alternatives. Set goals for life's journal, not just for a year. Be open to delivering more of yourself on the journey instead of comparing yourself to others.

Equifinality: it's your journey! Have purpose in the process. There are many roads to the same destination. Be on your own route. We sometimes don't know what we don't know. Sometimes what we think is true may not be true at all.

truth-perception

Truth-data, facts, tangible

TRUTH-God's truth, bigger than what we see and think

Ask yourself, am I really where I want to be in life? Avoid comparison to others. Age is not a referent. Believe in the impossible. The word impossible says, "I'm possible." Listen to your heart.

Her Board of Directors has three parts: her physical body, her logical mind, and her heart or spirit (quiet voice). They work together. We are a whole being.

Barriers (stress, loss, failures, lack of support, tragedy, trauma) can be stepping stones. It depends on how high you lift your feet. Turn your stresses into strengths through growth. Learn patience and kindness by being tested. Stress should be embraced.

QCTC: questions, comments, thoughts, concerns can be addressed to PsychFit Lady at psychfit@gmail.com. She can also be found on Instagram, FaceBook, Twitter and Snapchat.

Respectfully submitted,

Anita L. Thomaston

Anita L Thomaston, Recording Secretary

*Information provided by Janice Arcuria:

VIDEOS (SHORT)

[A Grateful Day by Brother David Steindl-Rast](#)

[Gratitude: The Short Film by Louie Schwartzberg](#)

[2 min film on science of gratitude](#)

[Gratitude is good for you 1 & Half Minutes](#)

[Blessings by Brother Steindl-Rast](#)

[Hymn to the Great Song with Brother Steindl-Rast](#)

[A Good Day with Brother Steindl-Rast](#)

[Giver of All Good Gifts with Brother David Steind-Rast](#)

Calming Native American Flute music [Little over 1 min. Flute with scenery.](#)

WEBSITE: www.gratefulness.org

POSITIVE MANTRAS:

Repeat each at least 3 times daily. Excellent way to start the day. Also start the day saying what you are grateful for.

**Every day, in every way
I am getting better,
better,
and better.**

Just for today, I will not worry
Just for today I will not be angry
Just for today, I will be grateful
Just for today I will be kind to others.

I am balanced
and centered.
I am healthy
and safe
in the loving light of the universe.

I am centered
and balanced
All is well
and safe.

For those who aren't working, the weekday 10 a.m. stretch and Tues & Thursday 4 p.m. stretch classes via www.seniorplanet.org start and end with meditation and a mantra. 30 min. each. Under Join us On-line and Upcoming Events.

Songs that make you feel good

[Fantastic Negrito Chocolate Samurai Have Your Lost Your Mind Yet?](#)

[We are the World Quarantine Mix Long Island](#)