



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

Georgia State Organization, Alpha Iota Chapter

## Alpha Iota Chapter Meeting

**November 2, 2019**

**9:30 am**

Morrow United Methodist Church  
5985 Jonesboro Road

**Program:**

Christmas card workshop by  
Cindy Thompson

**Fundraiser:**

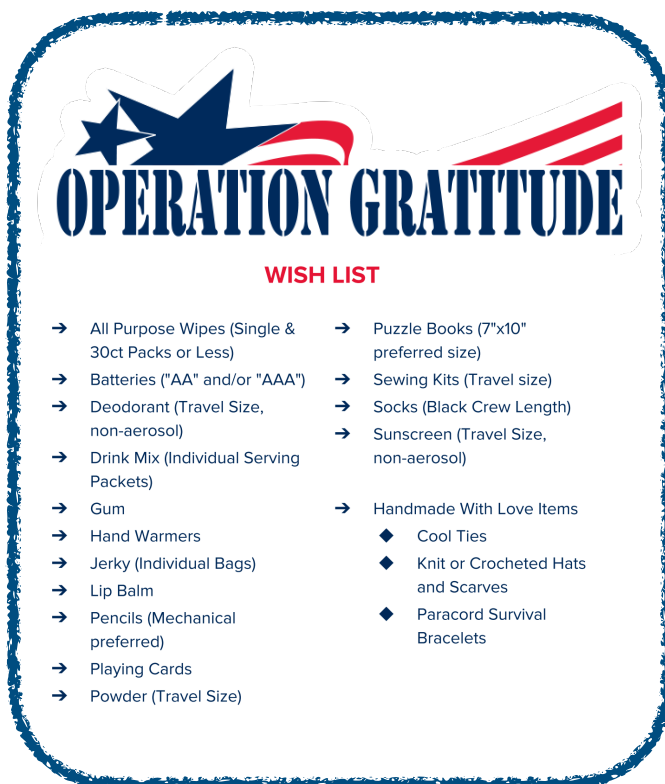
Premier Design Jewelry

**Service Project:**

Donations & cards for  
Operation Gratitude

**Lunch:**

Traditional Holiday Meal  
Catered by Mom & Me  
Included in active member dues  
Guests - \$15  
Reservations due by **Thursday, 10/17**



# Alpha Iota Chapter Meeting

September 7, 2019

**Roll Call** (Martha): What are you making for the booth at the Ladies Luncheon?

- Members present: Debra, Debbie, Cheryl, Shirley, Linda, Bonnie, Anita, Janet, Martha, Cindy
- New members and guests: Randi Carter (Media Specialist), Tedra Brooks (teaches at Kendrick) Debra Davis at KMS, Stacy Black (assistant principal at M.D. Roberts)

## **Program:**

Shirley Hanner's niece: **Dana Black** spoke about health, nutrition and fitness

Ms. Black invited us to sign up to receive her blog through e-mail. She also shared a guide to healthy grocery shopping on **Constantly Varied Nutrition.com**. She talked about how we navigate our society where food is constantly used as a reward. She suggested looking at ingredient labels more than calories or fat. Take in the best quality food available, which is whole, real food. If it has five or more ingredients, you may not want to eat it. Avoid chemical preservatives. Dietary fat and protein are essential to health. Fat is a building block of myelin, which coats our nerves and hormones such as estrogen and progesterone. Carbohydrates are still needed. Our diets must start with a basis of fruits and vegetables, nuts and seeds. The vitamins, minerals and fiber they contain are vital for health. They help detoxify our bodies from chemicals in our environment (exhaust, hair dye, expo markers, microwaving food in plastic, etc.). You can be healthy at any size. The simple guideline is to eat real, whole foods 80% of the time and 20% allow yourself to eat other things. We need to live a healthy balance.

Follow her on Facebook Dana Pollock Black

Danablack on Instagram.

[www.constantlyvariednutrition.com](http://www.constantlyvariednutrition.com)

## **New Member Initiation:**

Led by President Cheryl Goff, Parliamentarian Bonnie Strohm, Treasurer Debra Anderson and Corresponding Secretary Martha Tolcher to initiate Dr. Stacy Black.

## **Business Meeting:**

Shirley Hanner moved (Cindy Thompson seconded) that the May minutes be accepted as written. The By-Laws need to be updated by September 28<sup>th</sup> using the new guidelines from the GSO.

Martha Tolcher encouraged members to sign the cards for absent and reserve members. Debra Anderson discussed her treasurer's report. DKG has changed the way that dues are accepted, so

she's had to write a lot of checks. Anita Thomaston moved to accept the report as read, seconded by Janet Thomaston. Both reports were unanimously accepted.

Alpha Iota will host a booth at the boutique at the Ladies Luncheon at First Baptist Church of Jonesboro on November 9<sup>th</sup>. A poster is needed to tell about the goals of DKG and what our funds raised will be used for. We can set up on Friday evening, details will be forthcoming. We have to pay \$25 for the booth. We can bring our items to the November 2<sup>nd</sup> meeting. We have to furnish a \$15.00 door by prize (Benita Moore will be asked to do this). If you want to attend the actual Luncheon, tickets need to be paid for and \$15.00 ordered by the 9<sup>th</sup> of October. Contact Debra Bhanjirow if you want to attend. Martha will work on a poster for our booth.

The Power of Sisterhood Luncheon in May (Magnolia House) was discussed. A non-refundable deposit must be paid by the chapter. The business part of our meeting should be done via e-mail to expedite things in the two-hour time frame at Magnolia House. Author Tanya Telfaire will speak.

Georgia State Executive Board Meeting will be on September 28<sup>th</sup> in Macon. New state president Kathy Brown wants the meeting to be more like a pep rally, showing college spirit like at a tailgate party. Cheryl Goff encourages members to attend. We can carpool. Lunch is barbecue, cost \$15.00.

There is a Fine Arts Gallery sponsored by DKG International. You may submit needlework, poetry, artwork, photography, two entries per season. The deadline is September 15<sup>th</sup>. Upload to the Google doc on the International site.

### **Service projects:**

Ferst Foundation: Spring Luncheon-sponsoring a table, sponsoring children will be decided on at the February meeting.

GACE Grant to a student at Clayton State University was begun last year.

Scholarship to a collegiate member: Maureen Keillor is in graduate school to become a Media Specialist. Cindy Thompson moved that we award her a scholarship of \$500, seconded by Bonnie Strohm and Janet Thomaston.

The World Music Festival is held each summer at Spivey Hall with concerts in the morning and afternoon for three days. Tickets are only \$15.00 for all three days. Cheryl Goff is proposing that we sponsor some children who are served by Nothing But the Truth to have them participate in a magnificent cultural experience. Diane (of NBTT) said the church will provide transportation. Gamma Alpha will participate as well so that we can raise funds to send as many children as possible to this event. We can pay for lunches or provide sack lunches as well. A concern is concert etiquette.

Service project this month: donations of coats were made for the Safe Center at Banneker High School, care of Deborah Bhanijirow.

The Pen Pal Project at Kendrick Middle School with is being done with 8<sup>th</sup> graders this year. We are trying to expand to four classes, but currently there are only enough adult pen pals for two classes. Cheryl Goff has been recruiting people from the community. If you know anyone who would like to participate, please let Cheryl know.

Linda Holcomb talked about our group sponsoring students for a school in Liberia. We put in donations and share happy news with our Happy Jar.

### **Other**

The Helen Ruffin Reading Bowl will be held January 25<sup>th</sup> at Kendrick Middle School, Volunteers are needed.

Power of the Air-movie fundraiser Regal Cinema September 17<sup>th</sup> about an African missionary was shared by Linda Holcomb.

Door prizes were won by: Cheryl, Deborah, Anita, Janet

A delicious luncheon, provided by the members, was enjoyed by all after a blessing by Martha Tolcher.

Respectfully submitted,

Anita L. Thomaston, Recording Secretary

Alpha Iota  
Treasurer's Report

November 2, 2019

Balance Forwarded			\$4,823.76
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**Expenditures**

September 7, 2019	ck# 4216	Martha Tolcher-stamps	11.00
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September 7, 2019	ck# 4217	First Baptist Jonesboro	25.00
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Women's Christmas Luncheon Vendor

September 8, 2019	ck# 4202	New Hope United Methodist	25.00
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In memory of Joyce England

September 13, 2019	ck# 4203	Maureen Keillor-scholarship	500.00
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September 21, 2019	ck# 4218	Winterville, Ga. Library	25.00
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In memory of Donna McDonald

September 21, 2019	ck# 4219	Magnolia House	200.00
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Deposit for May 2, 2020

<b><u>Sub-Total</u></b>			\$4,037.76
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**Deposits**

September 16, 2019	Happy Jar 28.05	Total	228.05
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Dues 200.00

<b><u>Balance</u></b>			\$4,265.81
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