

Alpha Tau Chapter 43 Area 9
Organized April 15, 1933
Kaufman County, Texas
Texas State Organization

The Delta Kappa Gamma Society International



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from our President

Alpha Tau Sisters Behind the Scenes

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We had a wonderful time at our January meeting, which focused on health and fitness. We missed those unable to attend!

Great fun for all when our treasurer, Jerri Coates, began with the song “Let’s Get Physical”, then changed to “Let’s Get Fiscal”. You were such a light-hearted group! When I looked out...I saw everyone waving the play money and boogying to the beat!

It was nice to hear from one of our grant recipients, Angie Cutchall, on Zoom. She spent her first year teaching third grade, before moving to kindergarten this school year, where she plans to stay. She is at Long Elementary in Terrell.

Our program was presented by Fitness Lifestyle Coach, Flisha Stewart. She was an inspiration as she shared her clients’ progress in the area of fitness and range of motion. Flisha allows God to lead her in teaching classes and working with individuals. I must say Suzy did a great job demonstrating some fitness moves!

Our meal and decorations revolved around fitness. The food was a delicious, healthy meal that included a charcuterie board. We splurged on our scrumptious desserts!

I appreciate you all! My apologies if I left anyone out. This is the combined efforts of all that made our meeting a success.

- * Our hostess committee (Karrie, JoLynn, Nancy, Virginia, Cathy, Bettye, Aydee, and Mollie) provided a wonderful meal, decorations, and raffle prize.
- * Jana and Vivian T. helped our hostess committee set up and take down.
- * Judy J., Suzy, Aydee, Laura, Vivian Y., Vivian T., Ann, and others helped write out cards to our sisters.
- * Mollie provided a bag of home-made goodies from Hollow Oak Farm to our speaker and shared a beautiful quilt she is providing for the raffle.
- * Laura took the cards written to members to address and mail.
- * Sondra played our closing Delta Kappa Gamma song on the piano.
- * Jerri provided an uplifting presentation of the treasurer’s report.
- * Suzy took pictures to add to *The Tales*.
- * Aydee set up and managed Zoom and organized cards and care bags.
- * Rachel recorded the minutes.
- * Joan contacted our grant recipient.
- * Karrie organized the hostess committee and set up our inspiring health and fitness program.
- * Virginia supported our meeting by joining us on Zoom along with Rachel and our grant recipient.
- * Peggy Johnson attended and participated in her first meeting after being inducted into Alpha Tau in November.
- * Red Team hostess committee Ann, Vivian Y., Sondra, Joan, Laura, Jerri, Peggy, Rachel and Suzy met to plan for our February meeting.

I prayed about accepting the position as president. I thought maybe God would transform me into a polished speaker; but instead, He put me with a group of lovely ladies who make me feel comfortable, accepted for who I am (which is not a speaker), and always willing to help!

Cathy

Calendar

February 7, 2023
Craft-Bobbin Lace

March 2023 Outing

April 11, 2023
90 Years! Birthday
Bash!

May 9, 2023
Travel Tips

Meetings

2nd Tuesdays
Sign-in & visit 5:00
Meeting begins 5:30
Kaufman County Library
Community Room
3790 S. Houston Street
Kaufman, TX 75142

Mission Statement: The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.
Vision Statement: Leading Women Educators, Impacting Education Worldwide

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February Meeting

February 7, 2023
5:00 p.m.

Kaufman County Library Community Room

Hostesses: Red Team *Vivian Yancey, Ann McDonald, Sondra Perry, Joan Moore, Laura Buie, Jerri Coates, Peggy Johnson, Suzy McCook (Rachel Calvery)



CRAFTING WITH ...

Laura Buie will explain and demonstrate Bobbin Lace. We will have more information on the March outing.

Please Remember in Your Prayers



✠ Please remember Cynthia DeVies, an Eta Zeta Chapter member (Dallas), who passed on December 20, 2022. A DKG member since 1979, she served on many committees and as Chapter President two times during the time she was in Eta Zeta Chapter. Cynthia received the Chapter Achievement Award in 1995. She was selected as a participant in the Alpha State Leadership Seminar in 2007 and was awarded the TSO Golden Rose Award in 2013. ✠

Please keep **Judy Barton** in your prayers as she navigates health challenges.

Please remember all our sisters in prayer. Those listed above have been mailed a card from Alpha Tau chapter.

Fitness for Your Future



Alpha Tau sisters were mesmerized by Flisha Stewart, Fitness Lifestyle Coach, at the January meeting. She gave a testimonial to her adherence to the voice of God including her wonderful attitude of “Grow through life with grace.” Flisha is an author, lifestyle coach and business owner of U R Fit, LLC-Female Fitness. Guess what? We can all do some exercise if we know where to push from, even sitting in a chair.



“Okay, Flisha said it was easy....let’s see....Yes! That foot got up on the chair and the rest of me didn’t fall!”

“Co-Flex Flow, a mix of Yoga/Pilates/Tai Chi/Core & Flexibility exercises performed as a functional flow of toning moves that build strength, balance & increase flexibility.” Note the Healthy Habits chart at the left and check out her sessions at www.urfitwithflisha.com. Let’s Get Fit!

All About Us

Peggy Johnson’s grandson, Carson Mires, begins a computer engineer internship in Australia soon. His twin sister, Kaitlyn, has been accepted into law school.

The **Pharris** family went on a ski trip to Park City, Utah. They were celebrating some special January birthdays. Her husband, Greg, turned 60, and her son, Reed, turned 25.

Ann & Ken McDonald celebrate their 50th wedding anniversary February 11!

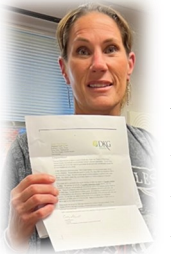
Laura Buie is participating in the Hiker’s 365 Challenge! “John is walking and hiking with me for encouragement! The Challenge is to do 365 miles in 365 days! So far, I have logged a total of 60 miles. Whoop!”

Remember to prepare for our 90th **Birthday Bash** in April. Find that 1930’s hat or outfit. We need the music from that time period too.

January 2023 Meeting



The Alpha Tau January 10, 2023, meeting was very busy, fun, musical and healthy. Flisha Stewart, fitness lifestyle coach, shared a belief in listening to God, helpful tips for our future fitness and healthy living guide. (See page 2) We heard from our last grant recipient, got a glimpse of the quilt to be raffled beginning at the February meeting, awarded the door prize, signed up to help with gift baskets for The Door and some of our own gals, and shared laughter, good food and prayer. What a wonderful group of Sisters!



Congratulations to Angie Cutchall, our Grant recipient. She visited with us by Zoom explaining that she came to teaching later in life and has discovered that Kindergarten is her niche. She teaches at Long Elementary in Terrell.



Congratulations Ann McDonald, who won the door prize basket of healthy fitness items. Shown: Cathy Stewart, Ann, & Karrie Pharris.

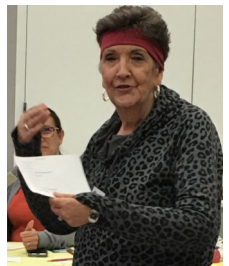


Treasurer, Jerri Coates, dressed in fitness garb, passed out \$ bills and a song sheet.

Let's Get Fiscal!



Sisters are shaking the money & singing "Let's Get Fiscal! Fiscal!...Let me hear your money talk..."



Fitness was the theme for this meeting with jogger shoes, barbells & stretch bands on tables. Sisters pray grace before eating healthy soup & charcuterie board.



Alpha Tau Meeting Minutes for 1/10/2023

Attendees: Laura Buie, Rachel Calvery (Z), Jerri Coates, Virginia Fineout (Z), Jana Garner, Judy Jedlicka, Peggy Johnson, Mollie Kasper, JoLynn Maddin, Suzy McCook, Ann McDonald, Joan Moore, Bettye Penny, Sondra Perry, Karrie Pharris, Aydee Reyna, Cathy Stewart, Vivian Themer, Vivian Yancey

Guests: Flisha Stewart and Angie Cutchall (Z) (Grant Recipient)

Call to Order:

The meeting of the Alpha Tau Chapter was called to order by President Cathy Stewart @ 5:32 p.m. at the Kaufman County Library Community Room. All in attendance said the Pledge of Allegiance and the Texas Pledge led by Aydee Reyna.

Welcome:

President Cathy Stewart welcomed those present. This month's hostess committee was thanked for the food and decorations—Let's get Physical theme— which was organized by Hostess Committee: *Karrie Pharris, Bettye Penny, Jo Lynn Maddin, Nancy Shaw, Virginia Fineout, Cathy Stewart, Mollie Kasper and Aydee Reyna. The inspiration was given by Mollie Kasper and reminded us to be present and in the moment. She inspired us to make this year count.

Grant recipient Angie Cutchall introduced herself and discussed with the chapter about her career. She is currently teaching Kindergarten at Long Elementary in Terrell, Texas. This is her first year as a Kinder teacher and she enjoys every minute of it. (Last year, her first year teaching, she taught 3rd grade.)

Program:

Our guest speaker was introduced by Karrie Pharris. Flisha Stewart is a certified life coach, author, and owner of a fitness company. She teaches fitness classes in the surrounding areas to women who are over 40.

-Flisha discussed that after 40 females lose muscle mass at 9%. Stretching and other workouts such as Pilates and yoga helps you keep your muscle mass. After 50, the human shoulder muscle starts to break down as well. Therefore, don't do exercises where you must raise weights above the shoulder. Focus on keeping weightlifting to below the shoulder to improve your shoulder muscles.

-When working on standing up from a chair make sure you are sitting on the edge of the chair and your knees are in line with your ankles. Once these are aligned push through your heels to a standing position. If you repeat this exercise, it is like a modified squat.

-Another option of a modified squat is to sit in the chair and march with your feet. You can also stand next to the chair with your hand on the back of the chair for support and bend your knees like you are going to sit in a chair.

-Another exercise you can try is standing in front of a chair facing it. Make sure you stand firm, your knees are in, and your stomach is tight to support your core. Lift your foot one at a time and tap it on the seat of the chair while your other foot is planted on the floor. Repeat with the opposite foot. If this is hard, modify this by tapping your toes below the chair instead of on the seat of the chair.

Thank you Suzy McCook for showing us your exercise skills.

Presentation of thanks by the President Cathy Stewart— Flisha was given a goodie basket from Hollow Oak Farm.

Board Reports:

Suzy McCook: Reminder to send news for the Tales.

Jerri Coates, Treasurer (dressed in work out attire with background music of "Let's Get Physical, but sang with the words "Let's Get Fiscal.")

Money on hand \$2082.30. No changes to the budget were noted.

Business:

-Karrie Pharris: The Door Pregnancy Center bags to donate. If you would like to donate, please bring your items to the next meeting.

-Aydee Reyna: Valentine bags for shut in members. If you would like to donate there is a sign up sheet. We have 5 members that are unable to attend the meetings.

Please bring items to the next meeting.

-“Missing You” postcards: Please grab a card and fill one out for a member who is not present. We will send them once they are completed.

-Mollie Kasper presented the quilt for the upcoming raffle. We will begin selling tickets at the February meeting and have the drawing at the April meeting in conjunction with our 90th Birthday Bash.

-Ann McDonald won the “Healthy Basket” raffle prize.

Next Meeting:

February 7th Meeting will be held at the Kaufman County Library Community Room.

Adjournment The meeting was adjourned at 6:27 p.m.

Please read & study these minutes prior to the next meeting in order to accept with or without changes quickly.

Alpha Tau Meeting Agenda

February 7, 2023

5:00 Doors Open--Socialize--Light Meal and Mixer

5:30 Meeting Called to Order: President Cathy Stewart

Thank You to Hostess Committee: Red Team: *Vivian Yancey, Joan Moore, Sondra Perry, Peggy Johnson, Laura Buie, Jerri Coates & Suzy McCook (Rachel Calvery)

Pledges: Sondra Perry

Inspiration: Vivian Yancey

Greeter: Jerri Coates

Program: Member Craft—Bobbin Lace by Laura Buie

Board Reports:

First Vice President: Karrie Pharris

Community Service—The Door

March—Outing

Second Vice President: Aydee Reyna

Present Membership Awards

Valentine Baskets

Corresponding Secretary: Suzy McCook

Secretary: Rachel Calvery

Let the Journey Begin

Kaufman County Library Community Room

Treasurer: Jerri Coates

Money on hand _____

Old Business:

New Business: Cathy Stewart

Fundraiser—Quilt Raffle

April Meeting—90th Birthday Bash

Genesis Rockwall needs help-Viv Themer for Amanda Lewis

Door Prize

6:30 Meeting Adjourned: The Delta Kappa Gamma Song

Archives Goal: By May 2023, the archives committee will inventory Alpha Tau's current archives, create a list of items on hand and determine an appropriate storage plan for all items.

Membership Goal: The percentage of members in attendance will increase; members will celebrate and be celebrated and members will be encouraged to attend Alpha Tau activities.

Projects—The Door Pregnancy Center



Alpha Tau Executive Board Meeting Minutes, January 7, 2023

Attendees:

Cathy Stewart, Vivian Themer, Jerry Coates, Aydee Reyna, Karrie Pharris, Suzy McCook and Rachel Calvery

Call to Order:

The meeting of the Alpha Tau Executive Board Meeting was called to order by President Cathy Stewart at 9:30 am at Alfredo's Restaurant in Forney, Texas.

Welcome:

President Cathy Stewart welcomed everyone and thanked them for attending.

Business:

The board discussed if meetings would continue to be virtual and live. All Board members agreed to continue both.

Goals- Membership and Archives:

Archives-inventory will need to be completed for the past items. Some items will go to TWU and others will be stored at the Kaufman Library. Goal for completion is May 2023

Membership- Discussed was had about membership and the goal to increase membership. The grant given to new teachers helps invite new members to the meetings as well as the school goodie basket that is sent to active members schools. Members who miss 1 meeting will receive a post card from the chapter.

Fundraiser:

We will continue to have our quilt fundraiser. The quilt will be made by Molly Kasper. The fundraiser will start in February and the drawing will be held in April at the 90s birthday bash. \$5 for one ticket or \$20 for an arm length of tickets.

Programs:

90s Birthday Bash: The birthday bash will include things from our chapter's past. Printed invitations will be sent to members of the present and past. 30's inspired hats will be worn as well as 30's music playing. Karrie Pharris and her committee are still working on the details.

Newspaper:

The board has been unsuccessful with local newspapers to have articles published.

Facebook:

New page Administrators will be added to the Facebook page for more content. Marnie Cushing will be asked to help.

Calendar:

State convention will be June 14th-17th in McAllen, Texas. Currently, member attendance is unknown.

Jan. 10th Meeting - Flisha Stewart will attend and show us how to be fit for the future. Gift was discussed and Mollie will put together a gift basket from her farm.

Feb. 7th Meeting will be a member craft by Laura Buie. She will be explaining Bobbin Lace.

March 2023 Meeting will be a member Activity. The Kemp Cheese farm was discussed. Vivian Themer will contact them about availability.

April 11, 2023- 90's Birthday Bash and Liz Visits

May 9, 2023- Travel Agent will come to get the chapter ready for summer.

Partnership:

The Forney Pregnancy Center, The Door, is located behind Warren Middle School. The pregnancy center needs bags for the mothers. Bags could include books for kids, baby items, and much more.

Other Items:

Executive Board determined to also continue shut in bags for members who are unable to attend meetings. Cathy will complete a sign up sheet for the January meeting. Meeting adjourned at 12:00.



Alpha Tau Quilt Raffle

Drawing on Tuesday,

April 11, 2023

at the Alpha Tau meeting.

Tickets on sale NOW.

Arms length (18 tickets) for
\$20 or \$5 per single ticket

The pieced top from this quilt came from the family of longtime Forney resident, Duane Penny, and includes vintage fabrics. Many of the swatches of this quilt are believed to be feed sacks, which housewives of the Depression Era used to make clothing and other household items. The backing is newly added, and was chosen to coordinate with the colors of the top. 69" x 85"

Supporting the Alpha Tau Chapter "Grants for New Teachers" and chapter projects.

Alpha Tau Programs 2022-2023

Date	Program	Hostess Committee
✓ 9/10/2022	Area Workshop Wylie, TX	
✓ 10/11/2022	New Teacher Grants, Bettye Penny <i>Location - Crandall Community Room</i>	<u>Red Team:</u> *Ann McDonald, Vivian Yancey, Sondra Perry, Joan Moore, Laura Buie, Jerri Coates, Suzy McCook, Peggy Johnson (Rachel Calvery)
✓ 11/8/2022	"The Door" Pregnancy Center, Vonnie Salguero <i>Location - Spellman Museum, Forney</i>	<u>Gold Team:</u> *Jane West, Judy Jedlicka, Vivian Themer, Jana Garner, Judy Barton, Alberta Smith, Janice Dowlearn (Marnie Cushing)
✓ December 3, 2022	Christmas Brunch	The Local Café, Forney HS, Forney 10 a.m.
✓ 1/10/2023	Fit for the Future - Flisha Stewart	<u>Green Team:</u> *Karrie Pharris, Bettye Penny, Jo Lynn Maddin, Nancy Shaw, Virginia Fineout, Cathy Stewart (Aydee Reyna, Mollie Kasper)
*February 7, 2023	Member Craft/Presentation	<u>Red Team</u>
March	Outing - TBD	
4/11/2023	90th Birthday Bash Alpha Tau is 90 years Old!! <i>Officers</i>	<u>GoldTeam</u>
5/9/2023	Summer Somethings Travel Agent, Traveling Tips	<u>Green Team</u>

*February 7 is a date change from the 3rd Tuesday.