

Beta Tau NEWSLETTER



S eek new members and opportunities
O pen your heart, mind, and attitude
A ct to serve and share
R each to renew, respond, and relate



MYRNA'S MEMO

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Happy New Year Sweet Sisters!

Are you prepared for 2024? Last year seems to have been a whirlwind for me. There were a lot of changes (some positive and some negative) for my family, but that is LIFE and I am so blessed to be experiencing all of its ups and downs every day. Hopefully you enjoyed many gifts of love and time from family and friends over the holiday.

I met the New Year with a variety of resolutions and will be happy if I can accomplish half of them. How about you? Are you ready for a few challenges? I am looking forward to seeing everyone soon.

Sisters through Beta Tau, Myrna

Please keep my daughter and family in your prayers. They unexpectedly lost "Tootsie"

...Wife to James, Mother to Matt, Mother-in-law to Beth and Grandmother to Walker and Heidi Hankinson... over the holidays in a scary and tragic way.

A Prayer for 2024

Lord, give me the wisdom to choose what to focus on during this next year. With YOUR help, I know I can make the changes YOU'RE calling me to make. Help me to have eyes to see others the way YOU see them, to love and forgive others the way YOU'VE forgiven me, and to use my influence all for YOUR glory.

This year, I pray YOU would help my family to be closer, my leadership to be sharper, my faith to be deeper, and my heart to be larger. Thank YOU for the gift of salvation through Jesus. This year, I choose to put my hope and trust in YOU...in YOUR name. Amen

(shared with permission from Craig Groeschel, Senior Pastor, Life Church)

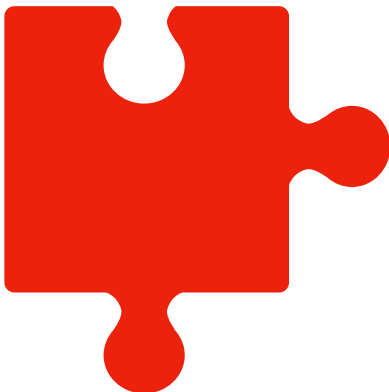
Beta Tau Newsletter

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SAVE THE DATE

Saturday, January 20 2024 11:00 a.m. "Happy 88th Birthday Beta Tau" Social Meeting Presenter: Dr. Stacey Arnold Present Slate of Officer Candidates 2024-2026	The Silo Restaurant 434 N. Loop 1604 W San Antonio, TX. 78232 210-483-8989
Saturday, February 17, 2024 Social-Business Meeting Vote on Officers for 2024-2026 Gamma Upsilon Chapter Visit Presenter: Joy Hein, Artist-Illustrator	MacArthur Park Lutheran Church 2903 Nacogdoches Rd. San Antonio, TX. 78256
Saturday, March 23, 2024 11:00 a.m. Social Meeting Induction of New Members Beta Tau Awards Ceremony	La Fonda at Alamo Heights 8633 Crownhill Blvd San Antonio, TX. 78209 210-824-4231
Saturday, April 20, 2024 10:00 a.m. Presentation/Demonstration/Overview CPR/Heimlich Maneuver Social-Business Meeting Installation of Officers "The Big Picture"	MacArthur Park Lutheran Church 2903 Nacogdoches Rd. San Antonio, TX. 78256

Founders' Day Luncheon, May, 2024 - date and location to be announced



Bring a friend! Your friend may be the missing piece in our Beta Tau chapter. Please invite your teacher friends to join us. Treating them to the Silo in January is a sure fire way to pique their interest. It worked with me when a sister invited me. If you have questions, Carolyn Dahlgren would be happy to answer them.

January Meeting

The Silo is always a favorite meeting of the year. Join us at Silo for an excellent lunch and a good time with friends. The menu is below. The price is \$32 excluding drink, tax and gratuity. Cash is appreciated. Credit cards accepted.



Three Course Lunch \$32

SALAD

CLASSIC CAESAR

Hearts of Romaine, Roasted Garlic Croutons, Parmesan Crisp

SILO HOUSE

Mixed Greens, Red Onions, Cherry Tomatoes, Cucumbers
Croutons, Honey-Dijon Walnut Vinaigrette

BABY SPINACH

Crispy Brie, Applewood Smoked Bacon, Raspberries
Dried Apricots, Spanish Sherry Vinaigrette

ENTRÉE

SIGNATURE CHICKEN FRIED OYSTERS

Angel Hair Pasta, Sautéed Spinach, Applewood Smoked Bacon, Tart Apples & Mustard Hollandaise

POACHED EGGS, SHRIMP REMOULADE, CHICKEN FRIED OYSTERS

Poached Eggs, Sautéed Spinach, Applewood Bacon, Crispy Oysters
English Muffin, Shrimp Creole Remoulade, Home Fries

MISO GLAZED ATLANTIC SALMON

Cilantro Lime Quinoa, Toasted Cashews, Baby Bok Choy, Avocado Mango Relish

PECAN CRUSTED CHICKEN BREAST

Andouille Jambalaya Rice, Sautéed Spinach, Sun-Dried Tomato Caper Cream Sauce

GRILLED STRIP SIRLOIN

Roasted Garlic Mashed Potatoes, Broccolini, Béarnaise, Shallot Reduction
(2. SUPPLEMENT)

DESSERT

TOASTED COCONUT PIE

Signature Dessert

Chocolate Painted Macadamia Shortbread, Raspberry Coulis

DARK CHOCOLATE TRUFFLE MOUSSE

Fleur de Sel Caramel, Vanilla Bean Whipped Cream, Cocoa Nibs

VANILLA CRÈME BRULEE

December Meeting Pictures



Carol Burkett & Kathy Moran visiting.



Carolyn Dahlgren and Ruby Lopez at the sign in table.



Type to enter text

President Myrna Burkes and Ginny Stowell are matching!

So many cookies to sample!!!!



Check out Beta Tau's Website
<http://deltakappagamma.org/TX-betatau/>

December Minutes

Beta Tau Chapter
Delta Kappa Gamma Meeting Minutes
MacArthur Park Lutheran Church
2903 Nacogdoches Road
Dec. 9, 2023

After a time of fellowship when members enjoyed sampling homemade cookies, President Myrna Burkes called the meeting to order at 10:45 a.m. She welcomed members and asked for reports on absent members and any prayer requests.

There were 17 members in attendance.

Carolyn Dahlgren gave the devotion and prayer based on the words “love” and “believe.”

A trio consisting of Cathy Criner, Kathy Moran and Kay Aguilar provided the musical entertainment.

Burkes talked about the importance of attending the Regional Workshop this year because the state meeting and area workshops are every other year now.

Legislative Committee Chair Jeanette Pierce had previously reported that Senate Bill 17 eliminated diversity programs in state universities. She said that is a concern because the Beta Tau Scholarship is designated for women educators. Pierce said one idea the Scholarship Committee will consider is offering scholarships to high school students who are in special programs for those interested in teaching. MacArthur High School offers one such program. Because of a lack of communication from the present scholarship recipient, other candidates may be considered in her stead.

Pierce offered hard copies of the Beta Tau Yearbook to members who were present.

Scotta Williams provided the door prizes for this meeting. Winners were Kay Aguilar, Patty Raney and Carolyn Smith.

Teressa Lowrance gave the “Two Minute Tech Talk.” She said having a good quality anti-virus program such as Norton is important. Also, she said if there is a question about something received as an email, it is best to go to the source rather than clicking on the email.

Lowrance has been in contact with Shelley Stone concerning the possibility of Beta Tau working with the NEISD Clothes Closet as a project since the chapter is no longer working with Boysville.

Members selected cookies from those that members made for the sale and purchased them at a price of \$7 a dozen. Money from the sale will go to the Scholarship Fund.

The meeting was adjourned at noon.

Respectfully submitted,

Suzette Price,

MORE PICTURES



Cathy Criner and Jeanette Pierce enjoying the meeting.



Kay on duty at Book a Buck!



The Beta Tau trio (Cathy, Kathy & Kay) performing. Join us & we'll become a quartet! The "choir" is always looking for new members.



Brenda Krueger, Patty Raney and Ginny Stowell at our December meeting.

Beta Tau Tech Tip

Storage Tip

Regularly clean up and optimize your device's storage by uninstalling unused apps, deleting old files and clearing cache and temporary data. This can improve your device's performance and help you avoid storage-related issues. Also, regularly backing up important data to a secure location can prevent data loss due to hardware failure, theft or accidental deletion.

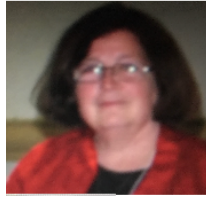


Good times at the December meeting!



Member News

Sister Paula Moore is feeling better after med changes by her cardiologist, but would still appreciate our prayers for her health.



Let's keep our sister, Jeannette Ferguson in our prayers. Her January surgery has been changed to 23rd due to husband's Covid.



Prayers requested for Kay Aguilar's daughter, Kate, to find a good job and to network.



Please remember to send prayer requests and good news to the editor, Kathy Moran, president, Myrna Burkes, and corresponding secretary, Kathy Helmke.

A request has been made to have a recipe section in our newsletter. So be thinking of your absolute best recipe, your easiest recipe or your quickest recipe to be featured in our next newsletter!

8:46 📶 16

Suggested for you

• Dec 23 •

I made some nuts for an upcoming trip. They are so delicious and healthier than glazed nuts.

- 1 bag of pecans
- 1 bag of cashews
- 1 bag of almonds
- 1 bag of dried cranberries
- 1/2 cup honey
- 6 T coconut oil
- 1 teaspoon vanilla
- 1 1/2 teaspoons cinnamon

Heat the honey and oil till melted; add vanilla and cinnamon.

Bake at 275 degrees. Stir every 10 minutes.

I removed mine after about 20-25 minutes but you can bake 30 minutes for more crunch

Enjoy ❤️





HAPPY BIRTHDAY!

Jane Kernaghan	1/11
Dorothy Bankhead	1/14
Patty Raney	1/21
Lola Hill	1/26
Carolyn Dahlgren.	1/27

Mission Statement

The Delta Kappa Gamma Society International promotes Professional and personal Growth of women educators and Excellence in education.

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New Texas State
President

Bonnie Moore

Vision Statement

Leading Women Educators
Impacting Education Worldwide

Beta Tau Officers

PRESIDENT	Myrna Burkes
1st VICE PRESIDENT	Teressa Lowrance
2nd VICE PRESIDENT	Roberta Carlson
TREASURER	Scotta Williams
RECORDING SECRETARY	Suzette Price
CORRESPONDING SECRETARY	Kathy Helmke
PARLIAMENTARIAN	Jeannette Ferguson

We're on the Web!

<http://deltakappagamma.org/TX-betatau/>