

Beta Tau NEWSLETTER



S *ee*k 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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My Dear Sisters,

After much thought I have made the difficult decision to step down as president of Beta Tau Chapter for the 2024-26 biennium. This is based on information from my recent stroke, in addition to my daughter Beth's cancer diagnosis. I need to focus on regaining my health and strength in order to be there for her. Our wonderful first vice president, Teressa Lowrance, and I have talked; she will be stepping up as our new president, and I will be resigning. Ours is a wonderful group of leaders who will support Teressa in her endeavors. I love each of you and have every confidence in Teressa's success and leadership. Looking forward to seeing you soon. Teressa's email address is: Teressa Lowrance tlowra@neisd.net. God is so good, so good.

Sincerely yours,
Myrna K. Burkes
Beta Tau Chapter

Beta Tau Newsletter

Beta Tau Chapter
San Antonio, Texas
Kathy Moran, Editor
5418 Bright Run,
San Antonio, TX 78240
kmsplace@msn.com
(210) 844-0329

Teressa's Message

Dear Sisters,

As I sit this election eve typing my first President's letter I am reminded that we are also in the month to celebrate Thanksgiving. As I start to count my blessings, I feel such gratitude to be entrusted with this position. It is such an honor to be your President, and my personal prayer is to live up to the position I have been entrusted to hold. I also feel blessed that Myrna was able to give so much in her previous position as President and is blessing me with such support.

To be honest, when I came into this group I wasn't sure what to expect. To my comfort and amazement I have come to know such a wonderful group of ladies. I feel such a sense of pride that I have come to know many of you and can call you sisters in spirit. Each one of you chooses to give your time and talent once a month in this organization, and Beta Tau is lucky to have you. If you haven't been able to attend the meetings, I hope that you will consider attending in the future. I assure you there is a place for you here, and I can't wait to meet you.

As I continue to reflect, my son passed his driving test today. I am extremely proud of this accomplishment, but I worry about him on the roads being a new driver. I can either focus on the anxiety, or I can celebrate his access to freedom and independence. I choose the latter, with a little of the former, after all I am a Mom. With this being said, I tend to take this attitude with all my life's anxieties. Sometimes, my anxiety wins. But in this case, I took on this position because I believe in the power of sisterhood and plan on relying on the impressive expertise in this organization to help get things done.

As one of my historically favorite women, Rosie the Riveter said, "We Can Do It!"

Wishing you many blessings, and much gratitude,
Teressa

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

Texas State Convention Denton June 24-26, 2025

Make plans now for attending the state convention in Denton in June. Room with another member and get to know them very well! Fun and learning go on every day. Interesting vendors have displays of their wares. Meet DKG members from around the state. Get a look at what state officers do, and you may wish to volunteer on that level. Be in the state choir. CPU are available for notated courses. The chapter pays the \$50 registration fee. If you prefer, what happens in Denton, stays in Denton!

October Meeting



Participating in chair yoga.



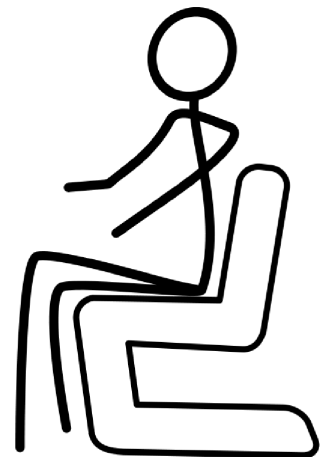
SAVE THE DATE

<p>November 16, 2024 10:00 a.m. Wear your favorite hat Social Meeting Red Bowl Auction</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches Rd. 78217</p>
<p>December 14, 2024 10:00 a.m. "Silver Scholarship Social" Homemade Cookie Exchange Social-Business Meeting Induction Ceremony</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches Rd. 78217</p>
<p>January 11, 2025 11:00 a.m. Happy 89th Birthday Beta Tau Speaker – TSO President Bonnie Moore Social Meeting Present Officer Candidates</p>	<p>The Silo Restaurant 434 N. Loop 1604W 78232</p>
<p>February 8, 2025 10:00 a.m. Social-Business Meeting Gamma Upsilon Chapter Visit Presenter - Cathy Criner STAR</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches 78217</p>
<p>March 22, 2025 11:00 a.m. Socia-Business Meeting Key Women Educator Awards</p>	<p>La Fonda Restaurant Alamo Heights 8633 Crownhill Blvd. 78209</p>
<p>April 26, 2025 10:00 a.m. Social-Business Meeting Presenter - to be arranged</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches 78217</p>

NOVEMBER MEETING

The November meeting is our annual Red Bowl Auction. Bring your nice (not trashy, no white elephant) things you no longer want. We'll display them. Members will purchase tickets (\$.50/each) to place in the red bowl beside the items they wish to have. The more tickets you place in the bowl, the greater your chances of winning! A member later pulls one ticket from each red bowl, and the owner of the ticket gets the goodies for that red bowl. We've had some really nice items in the past, so come ready to gamble a bit with your tickets!

Wear your favorite hat!!!!



Last month our yoga routine was taken from: Energizing Yoga for Seniors & Beginners 25 minute dynamic flow by Lauren. Another site I use frequently is Breathe and Flow. You can find these people on Youtube. Enjoy the stretch!

September Meeting Minutes
Beta Tau Chapter Delta Kappa Gamma
Mac Arthur Park Lutheran Church
2903 Nacogdoches Road
San Antonio, Texas 78217
October 19, 2024

First Vice President, Teresa Lowrance, called the meeting to order at 10:20. Seventeen women attended including Teresa's guest, Gaylyne Leby, a teacher with 10 years experience.

Carolyn Dahlgren led the devotional and urged everyone to vote. We welcomed a new member, Dawn Fenerty, who was our September presenter about wellness and self care!

Scotta Williams gave the treasure's report. The budget was adopted in September. Bucks a Book are now \$2. Puzzles and others (tapes, etc) are \$5. Current checkbook balance is \$2,703.23. We collected \$73.55 for Change A Life and \$20 from Buck a Book in September. Our money market fund has \$2,317.04

Roberta Carlson won the door prize from Suzette Price - her homemade bread! Double door prizes will be awarded at the November meeting.

Jeanette Pierce is contacting the heads of the teacher cadre at NISD and NEISD regarding our scholarships. She also found out that a previous recipient is currently in graduate school. We should be awarding scholarships soon.

Kathy Moran led the group in chair yoga.

The meeting was adjourned at 11:25.

Respectfully submitted,
Kathy Moran for Bel Rocha



North East Council of PTA Clothes Closet

Beta Tau has chosen as one of its service projects a gently used clothing drive for the North East Council of PTA Clothes Closet.

Teressa Lowrance will collect these items in a bin during our meetings at the church.

How it works: families will be confidentially referred by school personnel. School personnel will provide a voucher for each student in the family. The family will be able to shop at no cost at the closet for the following items: 5 tops, 5 bottoms, 5 new socks and 5 new underwear (per semester) and 3 coats or jackets per school year. Remember, all underwear and socks are to be new and in the package.

MEETING PICTURES



Kathy Moran and Jeanette Pierce caught discussing garden pests.



Kay Aguilar, Ginny Stowell and Liz Lujan get goodies.



Scotta Williams, Kay Aguilar, Gaylynne Levy and Ginny Stowell fill their plates.



Liz Lujan, Bucks a Book tender, helps Jeanette Pierce with her choice.



New member, Dawn Fenerty, Teressa Lowrance and her guest, Gaylynne Leby, smile for Suzette Price, photographer!



Teresa Lowrance presided over the October meeting.

Favorite Recipes From Kathy Moran

Apple Walnut Salad

6 cups mixed greens
1 oz. Goat's cheese crumbled
1/2 c. Toasted walnuts

1/4 c. Dried cranberries
1 thinly sliced apple (I like Envy)

Mix all of the above ingredients.

Dressing

3 T olive oil, 2 T apple cider vinegar, 1 T maple syrup, 1t dijon mustard, Salt/pepper to taste. Whisk all ingredients together. Use on salad. Save the extra in the refrigerator.

Member News

Kathy Helmke's granddaughter in Houston - a future voter!



We're excited to learn that Evie Montemayor is working on her doctorate in educational leadership. She keeps busy being a wife, mother, and principal as well. Good luck & Godspeed, Evie!



Keep Myrna in prayer as she recovers from her stroke as well as her daughter, Beth, in her cancer battle.

Please remember to send prayer requests and good news to the editor, Kathy Moran, president, Teresa Lowrance, and corresponding secretary, Ginny Stowell.



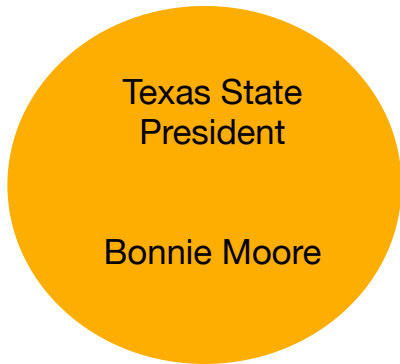
HAPPY NOVEMBER
BIRTHDAY!

Myrna Burkes 19
Jeanette Pierce 28

Mission Statement

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

Newsletter Graphics
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Texas State
President

Bonnie Moore

Vision Statement

Leading Women Educators
Impacting Education Worldwide

Beta Tau Officers

PRESIDENT	Teressa Lowrance
1st VICE PRESIDENT	
2nd VICE PRESIDENT	Kay Aguilar
TREASURER	Scotta Williams
RECORDING SECRETARY	Bel Rocha
CORRESPONDING SECRETARY	Ginny Stowell
PARLIAMENTARIAN	Jeannette Ferguson

We're on the Web!

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