

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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Dear Sisters,

What a "hot" and fast summer. Jim and I enjoyed a week with our son Doug and his family. It was so much fun to watch our thirteen-year-old granddaughter, Hannah, perform several times at the Kennewick Rodeo and loving every moment. We got to take Hannah and ten-year-old Hadley to the batting cages. We'll rely on videos for their Softball games, but we got to see the powerful hits they were making. Fifteen-year-old Holden helped his Dad and Papa complete concrete edging for their drive and all three grands are master board game players. We returned to San Antonio on the 21st after missing our flight in SLC due to equipment failure. Delta Air set us up at a hotel room in Salt Lake and brought us home the following day. Unfortunately, Jim and I both contracted COVID by the weekend and after some miserable days are hoping to be on the mend soon.

Beta Tau Newsletter

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I am looking forward to Fall and cooler weather and am certain our active teachers are ready for the upcoming Labor Day weekend. It is a much-needed opportunity to take advantage of the long weekend to recuperate. I know It's been over a decade since retiring, but I haven't forgotten how stressful those first weeks were. I don't believe there is any profession as worthy and honorable as teaching.

I would like to thank Vice-President, Teresa Lowrance, for her hard work on our "Save the Date" and emails made to various Principals and schools introducing our 2024-25 project. I would also like to say thank you to our 2nd Vice-President Kay Aguilar, who has already secured our January date at "The Silo"

where our guest speaker will be Texas State President, Bonnie Moore. Thank you to our Recording Secretary, Bel, for taking minutes at our Executive Committee Meeting, as well as, to Ginny for sending out cards to members as Corresponding Secretary. In addition, I'd like to thank all my sisters, including our own Area Coordinator, Evelyn Cobarruvias. The love and emotional support you have shown me has lifted me up at the loss of my brother Dan.

I am counting on your love and support to carry me through what lies ahead for my middle daughter, Elizabeth and her family. Some of you know my older daughter, Amy, developed Lupus with the birth of her first child which has pretty much destroyed her immune system and created many challenges for her over the past few decades. Upon our arrival home from Washington, our middle child, Beth, informed her father and I that her doctor had found a large lump under her arm during a checkup, and he sent her for additional testing. She was diagnosed with Aggressive Lymphoma and is scheduled for additional testing, then meet with an oncologist to determine specifics and treatment. I know it will be a while before we have all the information, but I also believe in the power of prayer. Please keep Beth, Matt, Walker and Heidi Hankinson and their extended family in your prayers.

This is a reminder I say to myself each morning... "Remember, each day is a gift, so make it count". Looking forward to seeing y'all soon. I love each one of you. God Bless You.

Sisters through Beta Tau.

Myrna

2025 TSO Leadership Seminar - Lead to New Heights

The TSO Leadership Seminar is designed to develop and enhance Texas State members' leadership, communication, and management skills. Whether you are a seasoned leader or an aspiring novice ready to take on new challenges, the Leadership Seminar provides the tools and support necessary to achieve your goals. Invest in your personal and professional growth and help shape the future of DKG leadership.

Apply today! The application is on dkgtexas.org under Resources > Forms. The application and recommendation letter are due NO LATER than **October 15th at 11:59 p.m. Central.** Several of our members have attended this seminar. For an inside view talk to Scotta Williams, Cathy Criner or Jeanette Pierce.

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

Texas State Convention Denton June 24-27, 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. Met 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!

September Meeting

Hello,

My name is Dawn Fennerty and I am thrilled to be your guest speaker for September's meeting. I am a certified health and life coach and strive to make sure my friends and clients have the best nutrition facts they can get. I know life gets busy so I am speaking on ways that you can make healthy choices on the go. I am a newly retired teacher with over 30 years experience. I have two children and one has special needs so I am always on the lookout to keep everyone happy and healthy. I look forward to speaking with you all on September 14! Thank you for considering me. It is an honor and privilege to be a your speaker.

Watch your email for the brunch signup genius on Friday!



SAVE THE DATE

<p>September 14, 2024 10:00 a.m. Welcome Back Brunch Social-Business Meeting The Big Picture Nutritionist-Dawn Fennerty</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches Rd. 78217</p>
<p>October 19, 2024 10:00 a.m. Social-Business Meeting Speaker-To Be Announced</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches Rd. 78217</p>
<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</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 - Kathy Moran - Chair Yoga</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches 78217</p>

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.

I 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. Teressa Lowrance coordinates this project.



Here is a sample of what our members donated last year. Remember, all underwear and socks are to be new & in the package.

FAVORITE RECIPES From Kathy Helmke



Impossibly Easy Breakfast Bake (Crowd Size)

Prep	Total	Servings
20 MIN	1 HR 10 MIN	12



Ingredients

- 1 1/2 lb bulk pork sausage
- 1 cup chopped bell pepper (any color)
- 1/2 cup chopped onion
- 3 cups frozen hash brown potatoes
- 2 cups shredded cheddar cheese (8 oz)
- 1 cup Bisquick™ Original Pancake & Baking Mix
- 2 cups milk
- 1/4 teaspoon pepper
- 4 eggs

Steps

- 1 Heat oven to 400°F. Grease or spray 13x9-inch (3-quart) baking dish.
- 2 In 12-inch skillet, cook sausage, bell pepper and onion over medium heat 10 to 12 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir together sausage mixture, potatoes and 1 1/2 cups of the cheese in baking dish.
- 3 In medium bowl, stir remaining ingredients except remaining cheese with fork or wire whisk. Pour into baking dish.
- 4 Bake uncovered 38 to 43 minutes or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 minutes longer or just until cheese is melted. Let stand 5 minutes before serving.

Raspberry Peach Delight

(pictured above)

Alice Reed, Penfield, New York

This no-bake specialty is a snap to toss together with a prepared angel food cake. I sometimes layer it in a glass trifle bowl and top it with fresh raspberries for an elegant presentation that really stands out on a dessert table. Best of all, nobody guessed it's been "lightened" up!

- 1 prepared angel food cake (8 inches), cut into 1-inch cubes
- 1 package (.3 ounce) sugar-free raspberry gelatin
- 1 cup boiling water
- 1 cup cold water
- 1 can (16 ounces) reduced-sugar sliced peaches, drained and halved
- 3 cups cold fat-free milk
- 1 package (1.5 ounces) sugar-free instant vanilla pudding mix
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed

Arrange cake cubes in a 13-in. x 9-in. x 2-in. dish. In a small bowl, dissolve gelatin in boiling water; stir in cold water. Pour over cake. Arrange peaches over gelatin.

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft set. Spoon over peaches. Top with whipped topping. Cover and refrigerate for at least 2 hours before cutting.

Yield: 15 servings.

Spinach Strawberry Salad

★★★★★ 4.66 from 567 votes

The best ever Spinach Strawberry Salad with balsamic poppy seed dressing, pecans, and feta. Beautiful, healthy, and always a crowd pleaser!

PREP:	COOK:	TOTAL:
15 mins	10 mins	20 mins

SERVINGS: 6 servings

Ingredients

For the Strawberry Spinach Salad:

- 3/4 cup raw pecans
- 1/2 small red onion *very thinly sliced*
- 10 ounces fresh baby spinach *I also love a 50/50 arugula and spinach blend*
- 1 quart strawberries *hulled and quartered (about 1 pound)*
- 3/4 cup crumbled feta cheese *buy the block-style feta, not pre-crumbled; the texture is much better*

For the Poppy seed Dressing:

- 1/4 cup balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons poppy seeds
- 1 1/2 tablespoons honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

Instructions

- 1 Toast the pecans: Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an ungreased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of a pecan is tan when the pecan is broken in half. (Do not walk away from the oven in the last few minutes of cooking. This is when nuts love to burn.) Transfer to a cutting board and roughly chop.
- 2 Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad (this keeps their flavor but removes the harsh onion bite).
- 3 Prepare the dressing: In small mixing bowl or large liquid measuring cup, whisk together all of the dressing ingredients—vinegar, oil, poppy seeds, honey, mustard, salt, and pepper—until well combined. (Alternatively, you can shake the ingredients together in a mason jar with a tight-fitting lid).
- 4 Assemble the salad: Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. Assess the amount of dressing. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

Notes

- Dress the salad as shortly before serving as you can. If you don't plan to eat all right away, dress only what you plan to eat right away, then store the leftover, undressed salad in the refrigerator for up to 4 days. Refrigerate leftover dressing in an airtight container (a jar is perfect) for up to 5 days, then shake before serving.
- Nutrition is an estimate and has been calculated with two-thirds of the dressing, as you likely will not need all of it for the salad.

Nutrition

SERVING: 1 of 6	CALORIES: 249kcal	CARBOHYDRATES: 16g
PROTEIN: 6g	FAT: 20g	SATURATED FAT: 5g
CHOLESTEROL: 17mg	FIBER: 4g	SUGAR: 10g

Member News

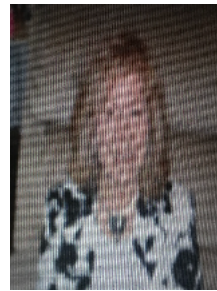
Remember to pray for Myrna's middle daughter & family, Elizabeth, in her fight against lymphoma.



Remember Jeannette Ferguson's husband's health issues.



Please remember Lola Hill's sisters. One sister's husband is currently being treated for prostate cancer in Austin while her sister in Uvalde (a 50 year DKG member!) is mourning the loss of her husband to the same disease. Lola is busy supporting each sister.



Amaya is modeling the dress I (Scotta Williams) wore in my first baby picture over 71 years ago. My mother saved it for me - my baby dolls wore it and now our granddaughter has it.



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



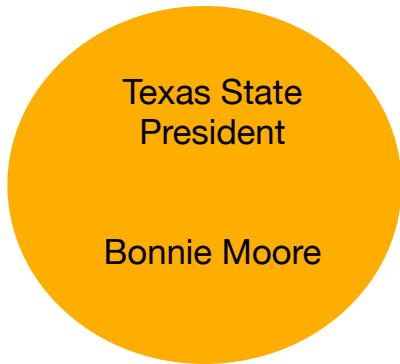
HAPPY SEPTEMBER BIRTHDAY!

Cindy Parisher 12
Diana Hughes 14

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

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Beta Tau Officers

PRESIDENT	Myrna Burkes
1st VICE PRESIDENT	Teressa Lowrance
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/>