



Kappa Kappa News

Kappa Kappa, #250, Area 18 ,Alief, Katy, Fort Bend
The Delta Kappa Gamma Society International, Texas State Organization
Volume 35 Issue 6 February 2013



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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Kappa Kappa's February Meeting

Saturday, February 23

Julie's house

16410 Pecan Dr., Sugar Land 77498

Phone: 281-253-3885

9:30 a.m. Meeting

Program: Powerful Foods



Save the Date

Our next meeting is March 23.

President's Message

Our January meeting was full of great ideas for relieving stress. We choral-read some quotes telling how famous people relieve stress and we each shared the various ways we relax after a busy day. Shir showed us how to tangle using a mindful activity called Zentangle. Even though we were drawing the same patterns, all of our finished projects looked different and beautiful. Our wonderful hostesses, Pat Sebastian, Nita Bagley, and Laura Omoruyi, brought delicious refreshments. Please join us February 23 as we celebrate a heart healthy month. We will be learning about how to handle our stress, weight, the changes in our bodies that we women face at different ages and MORE... by using power foods. Our guest speaker, Melody Painter, is a registered nurse, and will be sharing her personal story, presenting powerful information on POWER FOODS and answering your questions. See you on Saturday! Julie and Shir!

Member Spotlight

Limaris Swailes and husband of 15 years, Ted, have a daughter, Kaylee, age 9, and a son, Blake, age 4. She enjoys spending time with family and friends, reading and Pinterest!! (She put the exclamation marks!) She dislikes rudeness and lies and especially enjoys teaching, a career which began 15 years ago. Regarding classroom activities, she states, "Every day is a new, different day!! However, I have a newcomer from Korea! I'm excited to see her growth." Favorite food is Mexican and she enjoys making too many recipes to list, so her family must eat really well. She enjoys TV shows of **Parenthood** and **Modern Family** and the book **Hunger Games**. Destin, Florida stands out as a favorite vacation spot. Her mom is the person she most admires. Limaris' main desire to accomplish in life is to rear her children to be productive, responsible adults and to travel with Ted. Few members know that she moved to Texas in 1990 from Puerto Rico as a junior and attended Dulles High School where she met Ted, her future husband.

New Members

It's time to nominate new members for our chapter. Remember how special you felt when you received your invitation, and nominate a teacher who deserves this honor. Nomination forms are available for download on the Delta Kappa Gamma website and we will also have some at the meeting.

Member News

Limaris Swailes: We are selling our house and hopefully buying a new one in Long Meadow Farms.

Kaylee turns 10 on the 21st of Feb and is loving volley ball. Blake starts soccer in March and he's very excited. Ted is training for his second MS150 ride!

Sally Buhner: My daughter and her family moved from the Garden Oaks area to their beautiful new home in Cinco Ranch. On Saturday, their beloved dogs, Willie and Colt, escaped from the back yard when a friend accidentally didn't latch the gate. The doggies went out for their last potty and went straight out of the yard beginning their big adventure. The kids searched for hours. Sunday was a very sad day for all. A friend suggested Katie use Facebook and search lost dogs in Katy. She thought 'oh yea, that will work' not having

much faith. Once on the site, the boys were posing oh so sweetly with the lady who found them 5 miles away. Needless to say, social media has its supporters: my daughter's family and especially my sweet 6 yr old very happy grandson.

Marita Foreman: This month I'm designing the set to the musical "Give my Regards to Broadway" that our drama club will be putting on in April.

Teresa Toliver: Guess who got a call tonight about being the technology chairman for next biennium? Mmmm.....Me! Of course, I said yes. Excited about the challenge....a little nervous too. I had a wonderful time at leadership seminar. We were the 10th class. The international president spent the weekend with us and received her leadership pin. So she is a part of our Lucky 13 group.

Barbara Sherman: I received a postcard from Jody Bugg from St. Maarten. I am assuming she was on a cruise. She wants me to say hi to everyone for her. Let me know if you need her address.

Andrea Cain: My son, Canaan, made his first debut in a play called, Amazing Grace, from February 15-17th at Main Street Theater. I won't be able to make our meeting on Feb. 23. Canaan has two callbacks on this date at HSPVA! I will get back to you guys as soon as I can ;) This high school prep is something ;)

Tisha Jones: I just celebrated my 33rd birthday on Feb. 14. My fiancé took me to Las Alamedas for dinner. This weekend we are going to Pinot's Palette to let the "inner art" come out of me and produce a master piece! It's amazing to know the year just got kicked off and I've received so many wonderful blessings.

Julie Comardo: The Comardos are enjoying a Valentine get away in Kemah. We are looking forward to Antique Weekend in Warrenton and racing Nascars in May. Yes, we will be driving Nascars like the pros!!!

Shirl Hawes: I started taking an official Zentangle class and have already learned some new things. We celebrated Valentine's Day by cooking 2 special meals. Breakfast included bread eggs with heart-shaped cutout, bacon, and watermelon-feta stacks. Dinner included shrimp cocktail, tomato basil soup with heart-shaped asiago crouton, spinach salad with feta, chopped tomatoes, and steak strips. Dessert was home-made from scratch chocolate mousse with a strawberry garnish. I just heard the sad news that my uncle passed away, so we are driving back to north Texas for the funeral.

Abby Hawes attended TMEA (music convention), where she is serving as a presider for session presenters.

Kappa Kappa Officers 2012-2014

Co-President – Julie Comardo and Shirl Hawes

First Vice President - Teresa Toliver

Second Vice President – Elinor Nichols

Recording Secretary – Tisha Jones

Corresponding Secretary – Kathy Spiech (Hearne Grant and Molly Och awards)

Corresponding Secretary – Andrea Cain (Communications)

Treasurer - Pat Sebastian

Parliamentarian – Georgia Nemeth



Meetings:

March 23: World Fellowship and Schools for Africa

April 27: Initiation

May 18: Reflections/Founder's Day

Recipe Corner:

Pork Chops Deluxe

Ingredients

1 onion, sliced

3 potatoes, peeled and sliced

1 can cream of mushroom or celery soup

4-6 pork chops

Salt and pepper to taste

Methods/Steps

Put onions and potatoes in bottom of slow cooker. Top with chops, salt and pepper; pour soup over chops.

Cook on low for 8 hours or on high for 4-5 hours.

Opening:

The regular meeting of the Kappa Kappa Chapter was called to order by Julie Comardo at 9:45 on January 26, 2013 at the home of Julie Comardo.

Present:

Julie Comardo, Shirl Hawes, Tisha Jones, Nita Bagley, Abby Hawes, Georgia Nemeth, Barbara Sherman, Laura Omoruyi, Pat Sebastian, and Terasa Toliver. Alexis Pernas, guest

Key Moment:

Shirl Hawes started a choral-reading of Key Moments with several inspirational quotes.

Meaningful Moments:

The topic for the meeting was “De-stress and De-tangle, therefore everyone had the opportunity to share what they do to de-stress.

Julie- Enjoys walking every morning

Abby- Enjoys listening to music

Pat- Enjoys Yoga, waking and relaxing at Starbucks

Georgia- Enjoys yoga classes

Nita- Enjoys writing letters to family and friends

Laura- Enjoys working out 4 to 5 times a week

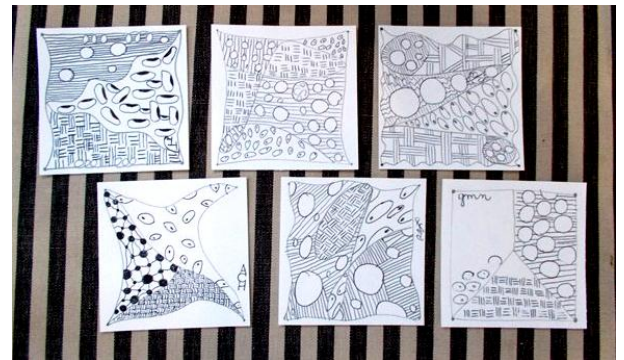
Tisha- Enjoys spending time with her parents

Alexis- Enjoys Yoga and running

Barbara- Enjoys spending some quite time alone and traveling

Teresa- Enjoys massages, chatting with friends

Shirl- Enjoys walking and Zentangle



Lighting the Way (Achievement Awards):

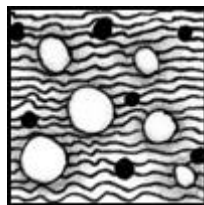
The “Rosey Award Birthday Certificates” for the month of January go to Sally Buhner. Happy Birthday!

Abby received an Achievement Award for running a marathon. And Teresa received an Achievement Award for the DKG Leadership Seminar.

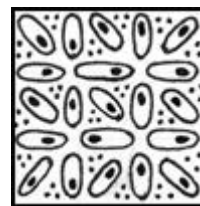
De-stress and De-tangle

Shirl presented and taught Zentangle to the group. Zentangle provides a simplistic and lighthearted way to unwind from the stress of the day. It enhances your focus by drawing specific and repetitive patterns. Below are few patterns Shirl taught the group:

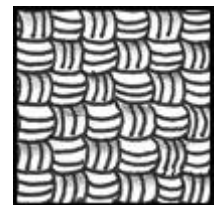
Nipa



Black-Eyed Peas



Keeko



Business Meeting:

Approval of Minutes

The minutes of the previous meeting were read and approved.

Treasurer’s Report

There was no change from the previous report.

Committee Reports

Membership- Honor a worthy educator by nominating her to join our organization. The nominee should exemplify excellence in education.

Scholarship- Remember to apply for scholarships before the deadline.

Technology- Teresa shared our Kappa Kappa website. She demonstrated all of the wonderful tips, tricks, and layouts of the website. She asked for any suggestions to improve the site.

Early Career Educators- Georgia shared an update for the early career project. She noted the committee has conversed about having an email support system for new teachers as well as presenting them with a “swag bag” which would contain essential supplies a new teacher would need. The Charlotte Hearn Scholarship and discussed and tabled for the next meeting.

New Business

No new business

Adjournment:

Meeting was adjourned at 11:25 by Julie. The next general meeting will be at 9:30am on February 23, 2013 at Julie's home.

Minutes submitted by Tisha Jones

January Meeting Photos



Leadership Seminar Photos

