

Theta Lambda News

Volume 52 Issue 6

Area 18, #203

January, 2022



Inside this issue:

President's Message	1
Meeting Information	1
Treasurer's Report	2
January Social	2
December Minutes	3
December Minutes	4
December Gathering	5
A Blast from the Past	6
Dates to Remember	7
Dates to Remember	8
Meeting Zoom Info	9
UPDATED ZOOM	

Editor: Catherine Hague
chague1558@gmail.com

The latest edition of the Lone Star News is now online!

President's Message

Dear Sisters,

2022! A new year! Time for reflecting on the past and looking forward to the future.

During this academic year we have helped 10 new residents at Parks Youth Ranch feel valued and special with stuffed duffels, insured all the residents at PYR had a great holiday with an amazing variety of home-made treats and mp3 players, welcomed several visitors to our chapter meetings (two of whom are interested in becoming members), and learned a lot from the programs presented by guest speakers and one of our very own.

As we look forward to the spring, we will continue to have great programs, our birthday celebration, and installation of new officers and induction of new members. We will also have the opportunity to stuff some more duffels for PYR and contribute to Our Lady of Grace School in Kenya this spring.

Our January Social (1/22) will be a visit to Brookwood with shopping and lunch at their wonderful café. Unfortunately, we will not be able to tour the facility as there are no tours in January due to Covid. Come join us for a fun time shopping, visiting and 'lunching'.

Looking for a great spring with this special group of wonderful ladies.

Sally Kubiak ~ President, Theta Lambda

Come join us for Theta Lambda's February meeting!

Home: Sandra MacConnell
<https://us02web.zoom.us/j/84054131698?pwd=aHM2SElxaFR3M1dRcWEzbnM9KZmh3QT09>

Hostesses: Sandra MacConnell, Cheri Flick
When: Monday, February 28
Inspiration: Catherine Hague

Music: Michele Croft

Program ~ "Deeper Conversations ~ Understanding Each Other in Today's World"

2022





Treasurer's Report January 2022

Checking Balance Reported in December	\$2,627.20
<u>Receipts</u>	\$10.10
Raffle	\$10.00
Dec. Bank Dividend	\$0.10
<u>Disbursements</u>	(\$506.00)
PYR Project (MP3 Players)	\$476.00
PYR Project (Boxes)	\$30.00
Current Checking Account Balance	\$2,131.30
Current Savings Account Balance	\$560.94
Current CD Balance	\$1,640.90
Total Assets of Chapter	\$4,333.14

January Social!

It's time to socialize. Yes! It's time for our annual social event.

We are meeting at the **Brookwood Community** for lunch and shopping on **Saturday, January 22nd from 11:30 am - 2:00 pm.**

The Brookwood Community is located at 1752 FM 1489 - Brookshire, TX 77423. The main telephone number is 281-375-2100.

We will enjoy lunch in the Brookwood Café at 11:30 and then shopping at the onsite gift shop.

Unfortunately, the Brookwood Community has **paused** hosting the tours for the month of January. However, we are still going to have lunch, shop, and have a great time at our annual social.

Please **RSVP** if you are planning to join us and if you are going to bring a guest. Reservations for lunch have been made already. Here is a link to the menu for your information. <https://www.brookwoodcommunity.org/shop/pdf/Current-Daily-Menu-05212021.pdf>

Theta Lambda Monthly Meeting Minutes for December 13, 2021

Theta Lambda chapter met at the beautifully decorated home of Miriam Watson. A delicious meal was provided by Miriam and Lilibeth. Guests in attendance: Karen Blake arrived with Pam Baker and Stacy brought Rachel Delafuenta again. Both the November minutes and financial reports were approved by the members present.

The auction was a success once again with the total amount of \$712. Plus, there was a \$20 donation and some funds from "That's My Pan." Linsey will create a google document for members to update their autobiographical sketch for our chapter. Sally and the Development Director of Youth Park Ranch, Angela Parker will collaborate on a news article to send to various newspapers.

A January social will take place on Saturday, January 22nd at Brookwood in Brookshire. The shopping and the restaurants are favorites with many members. Carpools can be arranged as more information comes together.

Holiday boxes for the children of Youth Park Ranch were packed with goodies. Those interested in helping to deliver these will meet at Sprouts at 9:30 on Tuesday, December 21.

Volunteers signed up to submit an article for the newsletter of "What Theta Lambda means to Me." Members are: January: Jayati, February: Carol Ann, March: Sandra, April: Robin, May: Mary Herlitz. Please keep Mary Harris in your prayers as she continues to battle Liver Cancer. Michele Croft needs extra prayers too.

Program: "Women's Health and Wellness" with Dr. Yana Finkleshteyn from Baylor Family Medicine located on Kirby.

Topic: Early sign for Dementia and Alzheimer:

- *forgetting recent information-short term memory
- *cognitive confusion over normal routines
- *driving-getting lost or confused with familiar routes
- *not knowing the date: month or year
- *perceptual/visual difficulties
- *social isolation
- *misplacing items
- *decrease in rational judgement
- *withdrawal from family and friends
- *mood/personality changes

There are two important studies to look at: US Pointer Study is an Alzheimer prevention study and may still be recruiting volunteers. The Finger Study from 2014 has important nutritional information for daily dietary needs.

- *less than 20% protein
- *less than 35% fat (10% saturated; 10-20% monounsaturated)
- *50% carbohydrates
- *10% sugar
- *less than 10% alcohol

 Theta Lambda Monthly Meeting Minutes for December 13, 2021

What we can do to diminish getting these diseases:

Needs in daily diet: berries, fish, leafy greens

Supplements: Fish oil and Vitamin D

Physical Activity Daily: 1 hour brisk walking, muscle training, balance (tai chi)

Supplements: turmeric helps with inflammation, Vitamin D is a must with 2000 units daily, possibly Vitamin B12, (included in most multivitamins) Calcium should be taken in divided doses throughout the day.

Differences between:

Osteoporosis: weakening or thinning of bones (bone density test needed for evaluation every 2 years)

Osteoarthritis: wear and tear and varies in severity. Being overweight has direct correlation

Many factors play into both of these diagnoses: example: Celiac disease

Weight-bearing exercises help!

Covid and variances: Baylor Dr Klotman has updates and information every Friday.

Everyone should be vaccinated.

Along with Covid there is a higher risk of mental health issues.

Warning signs: depression lasting more than 2 weeks; anxiety with overwhelming worry;

Suicidal thoughts, misuse of substances; self-harm

Questions from members:

Shingle shot is highly effective and is a two shot process.

B12 shots: harmless, doesn't help anyone unless deficient

Meeting was adjourned at 7:30 pm

Laura Downes

December Meeting

Co-hostesses Miriam Watson and Lillie Beth Wilson served a delicious meal at the December meeting at Miriam's home. Members enjoyed laughter, fellowship, and a virtual program addressing women's health issues. After the program, members prepared holiday boxes for the residents at the Parks Youth Ranch.

SERVING OTHERS ~ SPREADING JOY



A BLAST FROM THE PAST

(This was first printed in the January, 2016 Newsletter)

In January 2016 this most fitting quote and story were found while perusing our archives.

“Never doubt that a small group of thoughtful citizens can change the world. Indeed, it is the only thing that ever has.” Margaret Mead

A Tale of Theta Lambda

Once upon a time in a land not so far away, there was a small, young chapter of women teachers who got together once a month to enjoy fellowship with one another. The chapter's name was Theta Lambda. Theta Lambda's mother, the Delta Kappa Gamma Society International, wanted all her children to grow personally and professionally and, therefore, set forth rules and programs of work for them to follow. Now Theta Lambda and all her sister chapters were loyal and good children and always minded their mother. They worked hard to achieve these goals that had been set before them.

Sometimes Theta Lambda would invite speakers to its chapter meetings to help keep them informed members of the world society. Other times the chapter's own members would present stimulating programs for the cause of education and women educators. But one crisp fall evening, the members of Theta Lambda chapter dared to do something different and decided to investigate a particular center of service to the community, the public library.

If you would like for this story to have a “happily ever after” ending, please join your Theta Lambda sisters at the downtown Public Library, 500 McKinney, on Monday, October 15, at 7:00 p.m. for a meeting, more fellowship, and a tour of the facility.

Written by Sandra MacConnell in 1979 during her biennium as President of our chapter.

Forty-two years later, we are still learning and growing professionally, enjoying fellowship with one another, and, as Margaret Mead said, continuing to be a ‘small group of thoughtful citizens’ who work to change the world. I know you, like me, are proud to be part of this ‘small but mighty’ Theta Lambda chapter of DKG. Thanks to Sandra for first writing this and to Nancy for including it in her President's Letter in January, 2016.

Dates to Remember

January, 2022

January 3rd – International Foundation Project applications due

January 14th -16th - Spectacular Texas Arts Retreat (STAR) Retreat

January 22 – Chapter Social at Brookwood Community and Cafe

January 29 – Executive Board Meeting

February, 2022

February 1st – Chapter President's Report Due

February 1st – Nominations for TSO Achievement and Golden Rose Awards due

February 1st – International Scholarship Application due

February 15th – TSO CPE Convention proposals due

February 28th - Chapter Meeting

March, 2022

March 1st – TSO Scholarship and Spring Mini-Grant applications due

March 1st – Aspiring Education applications due

March 15th – List of Chapter Officers to TSO

March 21st - Chapter Meeting

April, 2022

April 1st – ASTEF Project applications due

April 1st – Annie Program Extravaganza Submission due

April 1st – TSO Media and Member in Print Award nominations due

April 25th - Chapter Birthday Celebration

Dates to Remember (cont.)

May, 2022

May 1st – Membership Snapshot taken

May 1st – TSO Five Star Newsletter award due

May 11 – DKG Founders' Day

May 16th - Chapter Meeting

June, 2022

June 15th - 18th – TSO Convention, Lubbock

June 20th – Membership dues submission

July, 2022

July 12th -16th – DKG International Convention, New Orleans

ZOOM INFORMATION FOR EACH MEETING

February 28, 2022
March 21, 2022
April 25, 2022
May 16, 2022
September 19, 2022
October 17, 2022

Topic: Delta Kappa Gamma - Theta Lambda Meeting
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us02web.zoom.us/j/84054131698?pwd=aHM2SElxaFR3M1dRcWEzbn9KZmh3QT09>

Meeting ID: 840 5413 1698

Passcode: 873121

One tap mobile

+13462487799,,84054131698#,,,,*873121# US (Houston)

+12532158782,,84054131698#,,,,*873121# US (Tacoma)

Dial by your location

+1 346 248 7799 US (Houston)

+1 253 215 8782 US (Tacoma)

+1 669 900 6833 US (San Jose)

+1 929 436 2866 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 840 5413 1698

Passcode: 873121

Find your local number: <https://us02web.zoom.us/j/84054131698?pwd=aHM2SElxaFR3M1dRcWEzbn9KZmh3QT09>

THANK YOU, Stacy, for arranging our Zoom meetings.