



# Beta Lambda Newsletter

## The Delta Kappa Gamma Society California – Area II



The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

May/June 2020

FROM THE PRESIDENT'S PEN ..... Programs    Projects    Philanthropy    People

Dear Beta Lambda Sisters,

I just realize this is my last newsletter message to Beta Lambda Members as president! It has been an inspiring biennium for me. I have learned so much from YOU about how to: take care of each other, work hard for a cause, be organized, count on others, laugh at myself, meet new friends, and be flexible. Thank you for this opportunity to be your president and teaching me so much these past two years.

"Flexibility" is the word for the day. *Definition: the quality of bending easily without breaking; the ability to be easily modified; willingness to change or compromise.* Beta Lambda's definition is to be able to modify our meeting schedule without breaking our stride and changing as deemed necessary. We will ALL get through this by being flexible and not allowing ourselves as individuals to break from stress. We are willing to change as is necessary, and to make those changes for the good of our health. Keep on Key Women Educators!

Please,

- ♥ DO - read your DKG emails and entire newsletter
- ♥ DO - keep busy and active at home
- ♥ DO - phone, write notes, video chat or send emails to keep in touch with other members
- ♥ DO - eat healthy
- ♥ DO - move some dirt. It has an antidepressant in it. Really!  
<https://www.medicalnewstoday.com/articles/66840#1>
- ♥ DO - get a dose of sunshine daily
- ♥ DO - pay your DKG dues (please) - they are due before we are scheduled to meet again.
- ♥ DO - all the things recommended to keep yourself healthy
- ♥ DO - encourage a person who is working on the education "front lines"

I DO miss all of you! We will gather again once this is in our past. Hugs, stay healthy, and please keep in touch with another member or me! I worry about each one of you!

Hugs to All!

*Annette*

## IMPORTANT BETA LAMBDA NEWS

☞ Welcome to the Beta Lambda incoming officers. These sisters were voted into office during our February 11 meeting:

President - Kim C

1st Vice President - Suzanne A

2nd Vice President - Nan G

Recording Secretary - Barb T

Corresponding Secretary - Carol C

Treasurer and Parliamentarian - Annette N

☞ *At this time*, we are still expecting to meet for our planning meeting, Saturday, June 6<sup>th</sup>, 10am, at The Tehama Visitor's Center on Antelope Blvd. Also, still on our schedule is our Birthday Celebration, June 11<sup>th</sup>, 5:30pm at TCDE, with some other items thrown in - like installation of officers, some much deserved recognitions, and fun. The plan is to have a \$5 salad meal prepared by Chef Thomas. There will be no May 9<sup>th</sup> Scholarship Brunch.

☞ It is the **Aging Out Foster Youth** Committee's desire to still provide some needed items to these students at some point. So much is unknown now, so this project is still on hold.

☞ Please be vigilant for notifications in case activities need to be rescheduled.

### **A Note from Your Beta Lambda Treasurer: TIME to pay your Beta Lambda DKG dues!**

Please keep in mind that membership dues  
Are due now.

If you pay them by June 1, your name will be put  
into a drawing to receive half your dues back.

You can mail Beta Lambda DKG dues to:  
Carol G



13511 Evelyn Street  
Red Bluff, CA 96080  
530-527-

*Thank you in advance*

*~Carol G, Beta Lambda Treasurer*

### **News from DKG**

☞ DKG State Convention is cancelled. Please see for more news as the CA DKG Executive Committee decides how best to conduct business.

☞ DKG International Convention is cancelled. Please see the comments from International President, Cathy Daugherty: [Breaking the Silence](#)

☞ Be cautious of imposter emails requesting money and/or personal information. Do NOT respond! Hold your computer mouse over the sender's name and the actual address should appear.



### **The Arts in Tehama County**

*by Barbara Luzzadder*



With the public arts events and exhibits on hold due to the current corona virus crisis, we pray for you and our community's safety.

During this time the Tehama County Arts Council is keeping the Main Event Gallery accessible by inviting you to enjoy seeing pieces from the current exhibit posted online on their Facebook page.

Watch for weekly postings of artist's works from the exhibit, fun places to go on the web for you and children to find ideas for art projects.

### **We need your ideas!**

Kim C reminds us to take the Beta Lambda Survey.

The Executive Board needs our ideas.

☞ *How will you serve Beta Lambda during 2020-2021?*

☞ *What programs interest you?*

Let us know! Click on the link below:

<https://forms.gle/fBkz6W1UdgxuV1tw8>

## Beta Lambda Birthdays

Happy, happy birthday to these  
Beta Lambda Sisters:

May:

9 – Shannon R  
13 – Lisa S  
24 – Melanie H  
29 – Jeanne W



June:

8 – June P  
13 – Collette B  
14 – Jessalyn M

July:

6 – Nancy M  
7 – Eletha J  
7 – Cathy D  
9 – Lee S  
12 – Carol G

August:

11 – Marcie M  
25 – Jan S



Hey, Beta Lambda Sisters!

What's been keeping you busy

Kay F. says: "...nothing too unusual – enjoying the time to read good books and spending LOTS of time on the phone with others."

Dottie R shared an idea for your garden – build a Toad House. Toads prey on insects, slugs and snails. A Toad House is a shelter where your toads can hang out, protected from the sun and predators. Here is how to build one:

*"Turn a pot upside down and prop it up with rocks leaving enough room for the frog or toad to slip inside. Or find a broken pot, as I did at our local lumber or garden supply store. Place your toad house in a quiet area that has lots of shade. Provide water...my toad house is next to a small pond in my backyard. Toads and frogs don't drink through their mouth. Instead, they absorb moisture into their bodies by sitting in water."*



## THANK YOU, BETA LAMBDA!

Beta Lambda is an impressive chapter! ~ from Annette



Our members step up when asked, and oh my goodness, what a fabulous job everyone did on the Area II Spring Luncheon! Everything our chapter accomplished was amazing!

*Beautiful! Organized! Generous!*

We have received a few correspondences agreeing with my observations. Those will be shared when we gather next. Until then, Thank You to:

- 1 The luncheon committee: Betty B, Kim C, Mary C, Kay F, Carol G, Nan G, Marilyn H, Cathy MB, Jan S, Lee S, Nancy S.
- 2 Barb T for the beautiful and delicious cake!
- 3 Carol G. for registration, nametags and the finances.
- 4 The decorating committee: Carol G, Nan G, Dottie R, Debbie R, and Nancy S.
- 5 Betty B. for the silent auction.
- 6 Debbie R. for the inspiration and to Cathy M-B for saying grace.
- 7 Those of you that helped that day: Gretchen A, Cathey H, Crystal N.
- 8 Other people that helped in other ways: Debbi M, Cindy H, and
- 9 All of our wonderful table hostesses!!!

There were SO many donations for this event, it was unbelievable Thank you, donors! Thank you to those of you that attended. Dr. Manda N , the speaker at the luncheon, made it home with only 80 out of 200 on her flight, and just the week before Easter, her hospital received their first Covid-19 patents (4). She is keeping a positive attitude about it all. We hope her speech was inspiring to know that teachers DO make a difference!

The day could only have been better without the virus threat. Thank you, thank you, thank you to everyone involved in one way or another



☞ A Gift to her  
Beta Lambda  
Sisters  
from  
Nancy L

At birth we boarded the train and met our parents, and we believe they will always travel on our side. However, at some station our parents will step down from the train, leaving us on this journey alone. As time goes by, other people will board the train, and they will be significant, i.e., our siblings, friends, children, and even the love of your life. Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love. More importantly, thank God for the journey. Lastly, I thank you for being one of the passengers on my train.

☞ Shared by Kay F

## Dear Diary ...April 14, 2020 Shelter in Place – Day 30

Day THIRTY! A whole month we've been at this.

And who knows how many more days to go? Many years ago, I think it was 1990 or so, Robert Fulghum wrote "All I Really Need to Know I Learned in Kindergarten." In it he shared such wisdom as...share everything. Play fair. Put things back where you found them. Don't hit people. Clean up your own mess. Warm cookies and cold milk are good for you. Since we have hit the one-month quarantine milestone, I thought I would share some wisdom I have learned from being in lockdown. Things I've learned in the last 30 days:

- ☞ Bras are overrated.
- ☞ So are pants.
- ☞ There might be such a thing as too much TV.
- ☞ All sweatpants should have pockets.
- ☞ You don't need a watch when you never leave the house.
- ☞ Even introverts need SOME human connection.
- ☞ Laughter really is the best medicine.
- ☞ Lockdown life without Facebook is no kind of life.
- ☞ You really can wear a path to the refrigerator.
- ☞ People with too much time on their hands can be very creative.
- ☞ Letter writing is an art that shouldn't be lost.
- ☞ Jigsaw puzzles are a great distraction that may or may not make you late.
- ☞ The new Brady Bunch isn't nearly as entertaining today as it was when I was 9.
- ☞ You can teach an old dog new tricks.
- ☞ Having a six-month supply of toilet paper isn't so crazy after all.
- ☞ Social distancing doesn't have to make us distant.
- ☞ Sunshine is good for the soul
- ☞ Neighbors can be entertaining.
- ☞ Friends are even more important when you can't be in the same room with them.
- ☞ Snail mail is fun.
- ☞ You really can order just about anything from Amazon (though Prime ain't what it used to be).
- ☞ You can be driven quite mad by bangs that are too long.
- ☞ The world is full of everyday heroes.
- ☞ Stay home, people! Wash your hands and stay healthy!

♥ Contributed by Debbi M.