**Theta Gamma Thoughts**

Theta Ga.m.ma, Chapter # 195, Area V, Corpus Christi

The Delta Kappa Ga.m.ma Society International, Texas State Organization

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Mission Statement: The Delta Kappa Ga.m.ma Society International promotes professional and personal growth of women educators and excellence in education.

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**President’s Message**

Dear Sisters,

Welcome New Year!

Have you made that resolution for the upcoming year? Are you going to.....

Take better care of yourself

Spend more time with family and friends

Handle debt

Help others

Learn something new

and the list goes on and on.............................

At this time of year, many of us feel the need to make changes in our lives. Oh, those resolutions!

Maybe if we would simply look at what we have done and continue to do, resolutions, or plans for getting things done are actually happening all the time!

These little things tend to get forgotten. So, as you read this, I want you to think about moments that made up part of your day today.

You took care of yourself with a nice walk, spa treatment, prepared a healthy meal; spent time with family in person, on the phone, wrote a note, emailed; had a laugh with a friend, met a new friend, got in touch with a friend you miss; clipped coupons, made coffee at home; volunteered or donated to those in need, smiled at a stranger; listened to a wise person, walked through a library, taught and learned at the same time; and the list goes on and on.

Let us just notice what we already do each day and enjoy! Your plan is in place!

See you for chili and bunco!

Donna

**Next Meeting Information:**

**January 23**, 2014

5:15 p.m. Annual Chili Supper

at St. Paul the Apostle Church

2233 Waldron Road

We will meet in the parish hall which is behind the church. Drive into the parking lot and make the first right into the hall parking lot.

Enjoy the chili supper provided by your retired sisters and have fun at a social night of scholarship fundraising by playing Bunco. Bring $5 to play the game and have a chance to win some nice prizes. This takes the place of the basket raffle.

**Big News!**

Donna is going to Alice on Saturday for the first planning meeting for the Area V workshop that is being held in Corpus Christi on August 9.

**SAVE the date. We are hosting the workshop.**

Details coming at our chili supper meeting!

**December Meeting Minutes**

Theta Gamma Chapter

Minutes of Regular Meeting

December 12, 2013

The regular meeting was called to order at 5:30 p.m. by President Donna Rodenberg, the secretary Angela Steagall being present, in the home of Angela Steagall.

After an inspirational reading by Kimberly Craig, Donna thanked Angela for her hospitality. October meeting minutes were approved as read with no corrections.

Norma Janice had received correspondence from Rose Gungi and shared a Christmas card featuring a photo of Rose with her children and grandchildren.

The treasurer’s report was given by Libby McGee for Linda Uballe. She reported the current balance on hand as $1088.82. The treasurer’s report will be filed for audit.

Discussion was brought forth about the Women’s Shelter Purse Project. The deadline was changed to the January 23rd (the chili supper) for more time to be given to get the purses together. We would like to distribute them for Valentine’s Day. Purses should be new and filled with a one week bus pass, a $10 gift card to HEB or Walmart, snacks, a full sized deodorant, shampoo, conditioner, toothbrush and toothpaste. We should collect 35 to meet the needs of the clientele at the shelter.

The gift exchange raised $98 for the Scholarship fund. The PACE collection was announced with a total of $12.52. The PACE this month will be designated for the Emergency Fund that provides assistance to members who sustain major losses.

Everyone participated in a gift exchange for our fun Christmas event. Everyone enjoyed their time of food, fun and fellowship during the holiday themed event.

The president adjourned the meeting at 7:15 PM.

Angela Steagall, Recording Secretary

**Fill-A-Purse Project**

We need 35 purses, so this means that everyone needs to participate for us to meet that number.

The completed purses and supplies are due by February 1st (Saturday) when they will be taken over to the Women's Shelter for Valentines' Day. If you complete your purse by the January 23rs Chili Supper meeting, bring it then.

Fill it with:

full sized shampoo/conditioner

body wash

toothpaste and a toothbrush

snacks

One week bus pass (available at HEB)

an HEB or /Walmart gift card in the amount of $10

If you are unable to attend the chili supper, call Shannon Clubb (361-387-5740) or Brenda Machen (361-537-2322) for pick-up, or drop them off at Donna Rodenberg's home, 3309 Casa Bonita, CC 78411. Call first to be sure she is home - 361-215-5127.

Thank you for your interest and desire to assist those in our community that need a helping hand.

Theta Gamma Sister,

Brenda Machen

 **Member News**

**Brandey Addison** was voted Teacher of the Year at Kolda Elementary School.

**Sylvia Gonzalez’s** grandson, Jeremy Gonzalez, completed 13 grueling weeks of basic training to become a US Marine. We are proud of him!

**Beverly Tackett** has gone to Louisiana to be with her sister who is having a stent put in an artery of her heart, on Friday, January 17. A prayer for her sister’s well-being will be appreciated when you read this.

If you don't already have a source to satisfy your Girl Scout cookie craving, Emily Brumley will be honored to provide you with many boxes of the eight varieties available this year: Thanks-A-Lot, Cranberry Citrus Crisps, Lemonades, Shortbread (Trefoil), Thin Mints, Peanut Butter Patties (Tagalongs), Caramel delights (Samoas), Peanut Butter Sandwich (Do-si-dos).

If you don't want the cookies, but want to make a difference, consider donating $4.00 that will help Emily's troop and provide a box of cookies to the local Food Bank.

Each box is $4.00.

Contact Kimberly Brumley at 877 3311 or kimberlybrumley@yahoo.com

**Flu Season**

Flu season is in full swing. If you have not had your flu shot, you can still get it. If you are like me, and cannot take the shot, here are 7 flu-fighting foods.

1. Black-eyed peas are rich in zinc which keeps your immune system working. Other good choices are pinto beans, peanuts, roasted pumpkin seeds and wheat germ.
2. Carrots are rich in beta-carotene which helps your prevent respiratory infections. Other good choices are dark green vegetables, sweet potatoes, pumpkin and winter squash.
3. Green, black and oolong tea all reduce the chances of flu. They contain a powerful antioxidant and amino acid. Decaffeinated tea has amino acids but herbal teas do not.
4. Yogurt has probiotics which help the immune system. Other possibilities are cottage cheese, kimchi or sauerkraut.
5. Tomatoes are rich in vitamin C. Can’t find a good tomato, drink a glass of tomato juice or have some pasta.
6. Mushrooms heighten the body’s resistance to viral infections.
7. Almonds are a rich source of antioxidant vitamin E. It helps absorption to have chopped almonds, almond butter or almond oil.

Hope these ideas help. The article was in the October issue of the AARP Bulletin. Until next time, stay healthy!

Your health advisor,

Eileen Rogers

**Future Meetings**

**February 20**, 2014

5:15 p.m. Del Mar College Room 514

“The Magnificent 7” (women) principals in CCISD will be our guests and will participate in a panel discussion.

**March 22,** 2014

11:30 a.m. Joint Chapters Luncheon – Our responsibility this year at Corpus Christi Country Club

**April 24**, 2014

5:15 p.m. In the Library at TM Middle School

Shannon Club will speak of her experience mentoring teachers in an African village.

**May 22,** 2014

5:15 p.m. at the home of Kay Schroeder 15357 Bowsprit Ct. on the Island

Our recruitment grant scholarship and May Blyth grant to a member pursuing further studies will be awarded at our **Founder’s Day/Birthday celebration**. The new slate of officers will be approved and installed.

**Changed Your Address/Phone/Email?**

If so please notify Carol Walker at 937-3604 or walkerbc64@msn.com

**and**

Treasurer, Linda Uballe at 537-5762 / 882-6628 or [**ljuballe@sbcglobal.net**](http://mail.live.com/?rru=compose%3faction%3dcompose%26to%3dljuballe%40sbcglobal.net&ru=http%3a%2f%2fcid-6fa48c08b2f6932d.profile.live.com%2fdetails%2f%3fContactId%3d9f48f42c-47c3-4d80-b4c8-6b1c9a8aa290%26ru%3dhttp%253a%252f%252fby123w.bay123.mail.live.com%252fmail%252fContactMainLight.aspx%253fContactGroupID%253db9261bbd-69eb-4b1c-bcaa-1d120cc3e8d7%2526Page%253d2%2526ContactsSortBy%253dFileAs%2526n%253d1565279119)

***In the first place, God made idiots. That was for practice. Then he made school boards****.* - Mark Twain

**Quick Links to society sites:**

International: <http://www.dkg.org>

State: <http://www.alphastatetexas.org/>

The digital-only ***Winter 2013 Lone Star News*** is available [here](http://www.alphastatetexas.org/lonestarnews/2013.winter.pdf) and on the [Publications](http://www.alphastatetexas.org/publications.html) page.

Theta Gamma Chapter: [http://www.orgsites.com/tx/thetaga.m.ma/](http://www.orgsites.com/tx/thetagamma/)

**Take the time to find and wear your pin to the next meeting—you’ve earned it.**



Members still employed are also encouraged to wear their pins to work on the first Monday of every month. Show our organization off to others – we may pick up a new member that way.

**Make a firm commitment**

 **to Delta Kappa Gamma:**

True to “the calling,” as we “firmly rally” because “our sisters need us,” and because our pledge is that “Education e’er we’ll further!”

A commitment to Delta Kappa Gamma is a personal commitment to learning, to enjoyment, to friendship, to our lifetime service to education. - Mary Nabers – Nu Chapter

If a doctor, lawyer, or dentist had forty people in his office at the same time, all of whom had different needs, and some of whom, didn’t want to be therer and were causing trouble, and the doctor, lawyer, or dentist, without assistance, had to treat them all with professional excelence for nine months, then he might have some conception of the classroom teacher’s job. - Donald D. Quinn

In the first place, God made idiots. That was for practice. Then he made school boards.

-Mark Twain