**Zeta Tau Chapter of Delta Kappa Gamma**

**Minutes from March 19, 2019**

Zeta Tau Chapter of Delta Kappa Gamma met at Frostwood Elementary on March 19, 2019. We had 18 members in attendance and shared refreshments as everyone arrived.

President Diana Apsey began the business meeting at 4:40 p.m. and welcomed everyone. The minutes from February were approved as were shared on our email reminder. Diana read a thank you note from the ASTEF president for our chapter donation that was collected during the Right, Left, Center game at our last meeting.

Julie Eisenhauer updated us with the treasurer’s report. We shared brags and collected a few penalties for not wearing pins. Julie also announced that she would begin to collect dues of $85 in April, in line with the new collection schedule for 2019. Pam Pennington introduced a guest, her assistant principal, Shelby Stalnaker, who plans to join our chapter next year.

Sasha Johnson introduced our speakers Tatianna from Athleta and Lena from the yoga studio that partners with Athleta. They shared what Athleta has to offer and gave us information and coupons. Lena provided yoga mats for us to lie on and then led us in a relaxing, guided meditation. When we finished with our last “ohm” we all agreed that we were refreshed and relaxed and shared our experiences during the activity.

Sasha and Pam Pennington then presented essential oil benefits and prepared “cocktails” for us of vinegar, lemon and spicy V-8 because vinegar will help us have clean, healthy guts which leads to stronger minds. We each made a sugar scrub infused with essential oils and herbs of our choosing, which was put into small mason jars with DKG labels on top. Everyone love this! Pam and Sasha had also prepared warm washcloths infused with lavender to refresh us. Finally, Pam left us with a sample of our choice of essential oil.

Sue Bathe, Area 18 Coordinator arrived during our presentation and shared a little about state convention.

Diana Apsey reminded us of our next meeting, April 16 at 4:30 at Frostwood Elementary, as we plan for the future of Zeta Tau with the program, “Moving Forward on the Bridge.”

We closed at 6:00 pm by singing “The Delta Kappa Gamma Song”.

Respectfully submitted,

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*Jo Ann Arlitt, Recording Secretary Diana Apsey, President*

Submitted by Terrie Cardwell