



ZETA TAU CHAPTER 163, AREA 18,  
HOUSTON, TEXAS

DELTA KAPPA GAMMA SOCIETY INTERNATIONAL  
TEXAS STATE ORGANIZATION

**Vision Statement**  
Leading Women Educators,  
Impacting Education Worldwide

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



# Zeta Tau News

April/May 2019

SPRING

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Zeta Tau Members,

Do you have goals? No matter your age, you should set and pursue goals in your life. I remember when I was a young teacher, my goals were to complete my master's degree, buy a house, and yes, I'll admit it, sometimes just make it to the end of the school year! Later, I wanted to pay off my mortgage, take on leadership roles, and after retirement, visit all the Presidential Libraries and states. One to go on each of those retirement goals - the Nixon Library and Hawaii! Goals give you something to look forward to and help structure your way there. I hope you've incorporated goals into your personal and professional life to give you a path forward.

What about Zeta Tau? Do we have goals for our chapter? That's one of the things we're going to look at during our April meeting. As we look across that bridge between yesterday and tomorrow, what do we see, and how do we incorporate that into goals for our chapter? I hope you'll give that some consideration before our meeting at Frostwood, 4:30 p.m. on April 16.

Julie will begin collecting dues at the April meeting for next year. As we mentioned earlier, new DKG by-laws require dues to be paid by June 30 for the following fiscal year. Dues remain at \$85 and checks should be made out to Zeta Tau.

A big shout out to Sasha and Pam for the terrific job they did creating a relaxing, yet stimulating, meeting in March.

You still have time to register for the TSO Convention in Arlington. All information can be found on the [dkgtxas.org](http://dkgtxas.org) website. Remember, if you're a first-time convention attendee, we will refund \$50 (the cost of registration) upon documentation to Julie and presence at convention. Since registration forms are sent to Terrie, she said she'd also take them at the meetings. They must be in by May 16 to avoid a late fee.

Last month, the Leadership Seminar I attended used the book Strengths Based Leadership. My favorite chapter was on what do people want from their leader(s). After asking thousands of people, these four things were the most cited: trust, stability, compassion, and hope. For those of you still active in education, isn't this what your students and other colleagues wish for too? For all of us, as we take on any leadership role, it will bide us well to remember that those we lead are looking for trust, stability, compassion, and hope from us!

Looking forward to seeing you on the 16th.

Diana



# Spring

## CALENDAR

Meeting start time @ 4:30 unless noted otherwise

- Apr 16:** “Looking Across the Bridge” @ Frostwood
- May 7:** Founders’ Day and Birthday Party @ Los Tios
- June 20-22** State Convention in Arlington
- June 27-29** International Conference: Arts & Humanity in Asheville, North Carolina
- July 10-12** International Conference: Leadership in Des Moines, Iowa
- July 17-20** International Conference: Technology in Costa Mesa, California
- July 25-27** International Conference: Professional Research & Practices in Reykjavik, Iceland
- July 30-Aug 1** International Conference: Global Awareness in Mashantucket, Ct.



## Legislative Action



Zeta Tau members Jane, Pat, Patty, and Mary Ann at the Texas Retired Teachers Association (TRTA) Rally Day in Austin, Tx April 3. They advocated for improvements in the pension and retirement programs.

#Raisethebase

### February Meeting Highlights *By Diana Apsey*

It was a dark and stormy afternoon February 19 when 14 intrepid Zeta Tau members and speaker Carolyn Mashburn braved the weather to meet at Frostwood Elementary. Even before the meeting began, we formed an assembly line to complete goody bags of snacks, an inspirational note and contact information on Zeta Tau for teachers at Spring Woods Middle School. In short order, 132 bags were completed, packed and loaded in Beth Brown’s car to be delivered. Thanks to Terrie Cardwell for getting all the goodies needed.



Making gift bags L to R: Terri , Carolyn & Pat

February is giving month for Alpha State Texas Education Foundation or **ASTEF**. All chapters in the state were asked to concentrate the meeting on ASTEF. We did that in three ways: 1) We agreed to donate \$50 for gift cards for ASTEF baskets to be raffled at state convention (thanks to Beth Brown who donated \$20 of that), 2) Carolyn Mashburn, one of the founding directors of ASTEF, spoke on its purposes and projects, and finally 3) we played Left, Right, Center and used the \$42 pot as a donation from Zeta Tau to ASTEF.



Making gift bags L to R: Robin, Paige, Sara, Elizabeth, and Paula



## March Meeting Highlights *By Elizabeth Roy & Jo Ann Arlitt*



Dora and Lena

Our March 19th meeting at Frostwood Elementary was all about healthy living and self care- The ultimate DKG SPA EXPERIENCE! In addition to regular meeting business, we had several guests. Pam Pennington introduced her assistant principal Shelby Stalnaker and Sue Bathe, Area 18 Coordinator, shared a bit about the upcoming state convention.



Elizabeth showing all the Bling

Sasha introduced us to Tatiana from Athleta and Lena the yoga instructor who partners with them. After a brief overview of what both facilities offer, they provided other information and coupons. Then Lena provided everyone yoga mats and guided us through a meditation session. We all had an opportunity to relax on a mat: learn about breathing techniques, clearing the mind, focusing on our breathing, and reducing stress. The session ended with an amazing hot towel scented with lavender.

Next was a session on different essential oils and their health benefits. Sasha and Pam did a great job showing us how to make a natural home-made body scrub using olive oil, sugar, scented oils and herbs of our choosing. Pam also left us with a sample of our choice of essential oil

We also learned to make a natural boost and great detox. Last we tried a shot of spicy tomato juice, lemon juice, and organic apple cider mixture. This has many health benefits including detoxing, lowering blood sugar, and increasing digestion. Great way to start the day!



Showing off their body scrubs: Above L to R: Donna, Terrie, & Pat. Left: Paige, Sara and Robin

Zeta Tau sisters all walked away relaxed, detoxed and with a small jar glass of scrub to go!

## *CASA - Tarrant County*

*By Diana Apsey*

At the state convention in Arlington, donations for CASA are being taken to be used in the counties of Area 10: Eastland, Erath, Hamilton, Hood, Johnson, Palo Pinto, Parker, and Tarrant. We will be collecting items at the April and May meetings for any of those of you who wish to donate. They are accepting gift cards to Target, Amazon, Walmart or prepaid Visa/Mastercards. They also need materials for younger children: books, coloring books and crayons, stuffed animals, games and art sets. Manicure sets, hand cream or lotion, deodorant, hygiene products, books, journals, combs, brushes, keychains or wallets for both teen girls and boys are needed.



## *Sisters in Our Community!*

*By Sara Norton*

In the late 1960's I attended a fledgling national educator's conference of approximately 300 participants sponsored by the AMS. The American Montessori Society had been formed in 1960, through the efforts of Nancy McCormick Rambusch. The following comes from the AMS website (amshq.org):

“Among those seeking alternatives was a young, aspiring teacher from New York City, Nancy McCormick Rambusch. A recent recipient of a master's degree in early childhood education, and before that, a student of French literature and Romance philology, she was—like Maria Montessori, the founder of the Montessori Movement—charismatic, well educated, and a tireless advocate for children.”

Mrs. Rabusch had taken Montessori training in Europe and brought the philosophy to the United States and





in 1958, was named head of the first Montessori school in the country, The Whitby School in Greenwich Connecticut. Over the years many Montessori schools have opened with programs for toddlers through high school, both private and public.

In March, 2019, my staff and I attended the national Montessori convention in Washington DC that hosted over 4,000 teachers from 6 continents, 21 countries and 48 states of the

United States. As I managed my way through crowded hallways moving from session to session, I thought of those humble beginnings with barely enough people to fill a lecture hall.

A lecture series honoring Nancy Rambusch accompanies each yearly conference and this year's speaker was Pedro Noguera. Pedro Noguera is a Distinguished Professor of Education at the Graduate School of Education and Information Studies at UCLA.

In his message he gave a beautiful mission for education and particularly Montessori education: "Education must be rooted in valuing human life"

The Sunday keynote speaker was Scilla Elworthy, a peace builder, and the founder of the Oxford Research Group, a non-governmental organization she set up in 1982 to develop effective dialogue between nuclear weapons policy-makers worldwide and their critics, for which she was nominated three times for the Nobel Peace Prize.

Her message to educators was for us "to assist children and youth to develop skills that effectively defuse anger and aggression among themselves-skills they can use beyond the classroom to transform the world for the better."



## BIRTHDAYS!

### APRIL



13 Patricia Cordrey  
Sandy Schneider  
18 Pat Osborne  
22 Diana Guarniere  
25 Carolyn Morris

### MAY

11 Lanie Van Wart

### JUNE

12 Lorena Zertuche

### JULY

04 Joan Salamanchuk

### AUGUST

03 Martha Meyer  
09 Pam Calder  
15 Dora Aschenbeck  
Maureen Kraker  
Mary Ann Slaughter  
22 Julie Eisenhauer  
27 Carol Thielemann



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