

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

## Kathleen's Blessings



### "Sharpen the Saw"

In his bestseller entitled *The Seven Habits of Highly Effective People*, Stephen R. Covey begins his explanation of Habit Seven--"Sharpen the Saw"--with this story:

*Suppose you were to come upon someone in the woods working feverishly to saw down a tree.*

*"What are you doing?" you ask.*

*"Can't you see?" comes the impatient reply. "I'm sawing down this tree."*

*"You look exhausted!" you exclaim. "How long have you been at it?"*

*"Over five hours," he returns, "and I'm beat! This is hard work."*

*"Well, why don't you take a break for a few minutes and sharpen that saw?" you inquire. "I'm sure it would go a lot faster."*

*"I don't have time to sharpen the saw," the man says emphatically. "I'm too busy sawing."*

In this anecdote, Stephen Covey explains the importance of revitalization to personal productivity and performance and encourages readers to take time daily to "sharpen the saw" in the four dimensions of their nature--physical, mental, social/emotional, and spiritual.

What can we do to promote personal renewal in each of these areas even in the midst of busy schedules? Here are some suggestions:

#### 1). Physical

Begin a new exercise plan. Take a daily walk. Do some stretches. Get a massage. Make small healthy changes to your diet. Get adequate sleep.

#### 2). Mental

Read a good book. Do a crossword puzzle. Solve a crypto quote. Pursue a new hobby. Keep a journal. Watch *Nova* or *Oklahoma Gardening* on PBS. Listen to classical music. De-stress.

#### 3). Social/Emotional

Spend time with family. Have lunch or dinner with a friend. Visit an elderly neighbor. Volunteer for your favorite charity. Do a random act of kindness. Serve others. Travel.

#### 4). Spiritual

Set aside time for yourself. Read the Bible. Pray. Meditate. Count your blessings. Be grateful. Experience the beauty of nature. Spend time in worship.

As another busy school year begins, will you join me by incorporating one or more positive changes in each of the four dimensions of your daily personal life? I encourage you to "sharpen the saw" by taking a break from your regular routines and by creating balance in your life.

Surprisingly, you can "sharpen the saw" by simply participating in our Beta Beta Chapter Meetings! The 2019-2020 programs are diverse, informative, inspirational, interesting, and educational! Sisters, let's be intentional about meeting together each month as we seek to renew physically, unwind mentally, connect socially, and refresh spiritually.

Let's all make plans to "sharpen the saw" at our first Beta Beta Chapter Meeting! Won't you join me at 4:30 P.M. on Thursday, September 5, 2019, in the Lakeview Elementary Library Media Center? I hope to see you there!



**September 2019 Chapter Meeting:**

**Sheila Urton, 1<sup>st</sup> Vice President**

### Information is Power!

We look forward to you joining us for our first meeting for the fall on **Thursday, September 5th, at 4:30 PM**, at Lakeview Elementary School. We will do an activity to get to know each other a bit better, and then we will learn tips and tricks about accessing the State Organization and

Beta Beta websites from Kathy Davis. Join us as we continue towards our goal to learn more about other Beta Beta sisters. We will also learn about our programs, service projects and other Beta Beta planning for this year. It will be a *Powerful* time for all! You won't want to miss it!

**SEPTEMBER 5, 2019, THURSDAY**

Purpose: Unite - To unite women educators of the world  
Location: Lakeview Elementary, 872 S. Yukon Parkway, Yukon OK 73099

<https://goo.gl/maps/HnmFaqdsWSPSC33N7>

Time: 4:30PM

Program Information:

- Picture This! - Sheila Urton
- Accessing Information on the Beta Beta & DKG State Organization Websites - Kathy Davis

**September 2019 Service Project:**

Backpacks/Personal Hygiene Items for Students - Blake Lower

*Thank you for responding to our meeting EVITEs!  
If you have any trouble responding to the evite, please send regrets to Vicki Bright (308-1539) or email her at [vickibright@att.net](mailto:vickibright@att.net).*



**September Chapter Service Project**

Our service project will be Backpacks for M.S. and H.S. students. In addition, personal hygiene items for the students would be appreciated.



**Looking Ahead to Our Next Meeting:**

**Date:** Saturday, October 12, 2019,

**Program:** *Life is Good*

Organ Transplant Process – Clay Gates, Integris Transplant Coordinator and My Transplant Journey – Kathy Davis

**Time:** 9:30 AM

**Location:** YPS Administration Board Room

**Service Project:** Items for teachers for back to school



**Membership:**

**Shelly Hudson, 2nd Vice President**

Now is the time to begin thinking of potential members for Beta Beta. We have the following types of membership available: active, reserve, collegiate, and honorary. Constitution Article III.B; International Standing Rules 3.0, 3.4, 4.23

**Active Membership**

An active member shall be a woman who is or has been employed as a professional educator at the time of her election. An active member shall participate in the activities of the Society.



**Collegiate Membership**

Collegiate members shall be undergraduate or graduate students who meet the following criteria:

- Undergraduate student collegiate members shall
  - be enrolled in an institution offering an education degree and have the intent to continue academically and professionally in the field of education; and
  - be enrolled within the last two years of their undergraduate education degree.
- Graduate student collegiate members shall have graduate standing in an institution offering an education degree and have the intent to continue academically and professionally in the field of education. When a collegiate member starts her career as a paid educator, she will pay active member dues and become an active member. If a collegiate member does not pursue a career as an educator, her membership will expire upon graduation or withdrawal from the education degree program.
- A collegiate member may participate in the activities of the Society except holding office.
- A collegiate member may serve as parliamentarian since the position of parliamentarian is not an elected office.

**Honorary Membership**

An honorary member shall be a woman not eligible for active membership who has rendered notable service to education or to women and is elected to honorary membership in recognition of such service.



News from the Treasurer!

Congratulations to all members for getting your Beta Beta dues in on time!

Chapter meeting dues for the coming year, 2019-2020, will be \$30. [\$5/meeting to cover cost of meeting/speaker, etc.] There will be no charge for the December or the April meeting. You may pay the \$30 at the September meeting if you would like, or you can pay for each meeting separately. ~ Vicki Bright



Beautiful Day

Beautiful Day, a program started in Duncan by two young moms, began this week at Lakeview Elementary. This program is designed to make children feel special and know that they are unique and someone cares that they were born.

The day had finally arrived, and I walked into LES not knowing what to expect. As we sat and signed every card, over 100, the excitement was beginning to mount.

We could hear the kids trampling down the hall. Our first July/August birthday kiddos had arrived. The smiles on their faces and the excitement that made them jump up and down was contagious. They picked their own seats, none were assigned. That is "big" in elementary life. Pizza and cinnamon bites along with Sprite were passed out.

As I sat down next to 3 boys, I began talking with them. They couldn't wait to tell me their birthdays and how old they were. We talked about sports, their favorite and least favorite classes, their siblings and their best part of school so far. So many of them said the best part was today, getting to celebrate their birthday at school.

Before I knew it, their lunch was over. We high fived them as they went to recess and quickly sat the table for our next group. I could not wait. They were just as excited.

I went out and spoke with some of the other students and they said they couldn't wait until it was their birthday month and they got to feel special.

But what hit me the most is when Mr. Hein, the principal, with tears in his eyes looked at all of us and said, "This, this right here is the best thing to ever come to our school. Thank you so much for making these kids feel special." I choked up.

To think something that took so little effort on my part, so little time, made such an impact not just on the students but the principal is something I want to be a part of. I can't wait to go back next month. ~ Shelli Selby



Beautiful Day Co-Founder Leah Miller back left, Kathleen Smith second row left, Shelli Selby front row center, and Lakeview Elementary Beautiful Day Liaison and Team Leader Gracie Kroutil front row right.



Beta Beta Members Shelli Selby and Neta Duke with Julia Seay, Director of Gateway Express Testing.



Jaquita Icenhower

# Beta Beta Chapter Vision Statement

*Embrace the present ~ Impact the Future*



Beautiful Day Foundation Co-Founders Leah Miller (left) and Michele Johnson (right).



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## *Essay Committee Meets in Preparation for 2019 Essay Contest:* - Cheryl Gleichmann, Chairman

The Beta Beta Essay committee wants to thank Kay Casper for arranging a meeting with Yukon Middle School English teachers.

On August 22, Kay Casper, Kathleen Smith, and Cheryl Gleichmann took Sonic drinks and donuts to Cheryl Neal's room. We greatly appreciate Cheryl for all her work. Cheryl Gleichmann introduced the essay topic: "In the spirit of the 2020 Tokyo Olympics and its theme – Transforming the Word", how can you individually encourage the acceptance of others?" Kay introduced changes in due dates and encourage teachers to contribute ideas.

Kathleen added revising suggestions and many details. We invite every member to encourage middle school teachers to submit essays.



After meeting with the Yukon Middle School ELA Vertical team, the committee met at Jimmy's Egg to debrief on the earlier meeting. Cheryl Gleichmann, Kay Casper and Kathleen Smith.





## World Fellowship:

Petula, the World Fellowship pig, has been busy coming to each of our Beta meetings. Our Beta Beta sisters have been so generous this year with your giving. Don't forget to bring your change or dollar bills to our next meeting and make her day by giving your donation to this great cause.



Beta Beta hosted twelve members of the Myers Elementary Staff. They were extremely appreciative of the \$5 gift cards. Each person received \$30 in gift cards.



## Back to School Breakfast for Yukon Teachers:



Susie Grimes, Theresa Parham, Trudy Capraro, and Kathleen Smith





**Red Roses:**



Member Amy Walters received an OECU grant. **Congratulations!**



**Happy Birthday!**

**June, July, August** – Suzy Biggs, Jane Morrow, Ginger LaCroix, Geri Hough

**July** – Cheryl Gleichman, Debbie Bounds, Ellan Graham, Sheila Urton, Blake Lower

**August** – Vicki Bright, Meredith Smith, Geneva Capps, Diane Gray, Theresa Parham

**September** – Tresa Smith, Julia Wilhite, Paula Walker, Jaquita Icenhower

**Prayers for Members**



- Kathy Davis
- Diane Gray



**Legislative Action**

**US Forum Connection:**

Check the US Forum website ([www.usforumdkg.org](http://www.usforumdkg.org)) for that update if you are not on the mailing list.

The *US Forum Connection* is intended for your information about issues important to education, women and children. This free newsletter is sponsored by the United States Forum of The Delta Kappa Gamma Society International. Delta Kappa Gamma members wishing to subscribe to this FREE newsletter should send a request to the editor Angela O. Bedenbaugh at [Bedenbaugh.Angela@gmail.com](mailto:Bedenbaugh.Angela@gmail.com).

**In the Current Issue:**

- NATIONAL POPULAR VOTE LAW
- ANOTHER POTENTIAL CONSTITUTIONAL AMENDMENT
- HATE IN AMERICA
- GUN CONTROL
- NATIONAL LEGISLATIVE SEMINAR
- CONTACTING YOUR LEGISLATOR

Learn more about this legislation at <http://www.usforumdkg.org/us-forum-connection.html>

**Save the Date!**



**National Legislative Seminar**

March 15 – 18, 2020  
Washington, D.C.

For more information, visit [www.usforumdkg.org](http://www.usforumdkg.org)

Meet the Oklahoma Organization State President  
2019-2021  
Belinda Clift



*State President, Belinda Clift*

State President's Biennial Theme:



Alpha Chi Chapter

