

December 2023

West Area

Volume 11, Issue 4

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# Beta Beta Buzz

The Delta Kappa Gamma Society International  
Oklahoma State Organization



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



## Growing Together



### Shelly's Seeds

Effective leadership is crucial for the success and sustainability of any organization. Leadership sets the tone, establishes a vision and influences the culture and performance of the entire organization.

As my biennium comes to an end, it is time to consider who is going to carry on the work of leadership. To make the best of membership, one might ask how she can become a far more active one. There are many roles to be filled. I ask that you consider what contributions you might make in the next biennium.

Here are some key aspects of being a leader. First, a leader must set goals and clearly define the organization's purpose. She must be a good communicator who actively listens and guides decision-making. When changes happen, good leaders navigate these changes effortlessly. Effective leadership in-

volves a combination of strategic planning, interpersonal skills and a commitment to the well-being and success of the organization.

If you think this is something you would like to consider, please contact a member of our nominations committee: **Neta Duke, Trudy Capraro, or Julia Wilhite.**

"A leader is one that knows the way, goes the way and shows the way." – John C Maxwell



**Tuesday, December 12, 2023**

**Christmas Party**

Neta Duke's Home

6:30 P.M.

**Saturday, January 13, 2024**

**Taylor Lane Cookie Decorating**

First Christian Church

9:30 A.M.

**Saturday, February 10, 2024**

**The 34 Project**

Holy Spirit Catholic Church

Time: 9:30 A.M.

**Saturday, March 9, 2024**

**Essay Winners**

West Metro Community Church

9:30 A.M.

**Saturday, April 6, 2024**

**Orientation Tea for New Members**

Kay Casper's home

10:00 A.M.

**Saturday, April 20, 2024**

**Founders Day/Induction of New Members**

South Yukon Church of Christ

9:30 A.M.

Beta Beta Chapter Vision Statement  
*Embrace the Present, Impact the Future*

# Happy Birthday December



Sharon Myrick 4



Evelyn Hawk 8



Ann Hufnagel 11



Eleanor Harris 14



Kay Casper 16



Hayley Furr 17



Jyme Tiner 21



Vicki Bonny 28



Kathryn Plumb 28



Lee Wells 30

## December



Lisa Cook 31



Christine Sorrels-Alexander 6



Mary Styron 17



Judy Reiff 18

## January





## DKG International Vision Statement

### *Key Women Educators – Impacting Education Worldwide*

# November Meeting Review



**By Geri Hough**  
**2nd Vice-president**

Beta Beta sisters honored the memory of Cathy at the November meeting.

**Cathy's husband Randy, her son David, sister Conny Birdsong and her husband Walter attended also attended the celebration of Cathy's life.** Cathy passed from this life on July 9, 2023. She was a beloved wife, mother, and grandmother. Cathy enjoyed people

and children so much she made it life's work to be a teacher. She began that path in Weatherford, Oklahoma, and eventually became a special needs teacher in Mustang.

Cathy was a world traveler and loved to see new things and new people. She traveled to Japan, Germany, France, Italy, England, Switzerland and countless others in her desire to explore. She also loved to sing and was a part of her church choir. Cathy will be missed by all who knew her!

After our celebration of Cathy's life, Bob Palmer, a Homeless Outreach Coordinator and renown art-

ist, spoke to our members. Bob and his group serve the "underserved" homeless in the Oklahoma City area. Mr. Palmer visits the camps that usually go unseen by the public. He says they are dangerous to visit unless you go with someone experienced in working with the homeless and warned us not to go alone. Mr. Palmer works with the South Yukon Church of Christ. In addition to assorted snacks, socks and blankets and other supplies, members donated \$189.00 for the Homeless Project.

# December Meeting Preview

**Tuesday**  
**DECEMBER 12, 2023**  
**Neta Duke's Home**  
**2505 Majestic Way**  
**Yukon, Oklahoma**

**Time: 6:30 P.M.**

**Hostesses: Neta Duke\*\*, Officers:**  
**Vicki Bright, Geri Hough, Shelly**  
**Hudson, Ann Hufnagel, Beth Schieber,**  
**Mary Styron, Paula Walker**

***\*If other members wish to share some Christmas treats, please feel free to bring your favorite Christmas fare.***



# Beta Beta Chapter Chapter News

## INTERNATIONAL CONFERENCE IN NATIONAL HARBOR, MARYLAND TRY IT...YOU'LL LIKE IT

The 2024 DKG International Convention comes to National Harbor, Maryland, from July 9-13, 2024, at the Gaylord National Resort & Convention Center. Attendees will enjoy gorgeous views of the Potomac River and access to waterfront terraces.

The bustling town of National Harbor features malls, boutiques, casinos, wine bars, top-notch restaurants and so much more. And, for a dive deep into American history, Washington, D.C., and Alexandria, Virginia, are only a short drive away.

Like those before it, the 2024 International Convention promises to deliver enlightening breakout sessions, the chance to network with fellow members from around the world and the opportunity to shape the future of DKG as members gather to vote on proposed amendments to the Society's governing documents.

## Beta Beta Chapter Treasurer's Report October 2023

Submitted November 7, 2023

### Checking Account:

<b>Balance</b>	<b>\$2,125.99</b>
<b>Total of deposits</b>	<b>\$1,881.00</b>
<b>Interest earned</b>	<b>.00</b>
<b>Total checks written</b>	<b>\$772.50</b>
<b>Service charge</b>	<b>.00</b>
<b>Current balance</b>	<b>\$3,234.49</b>

### Savings Account:

<b>Balance</b>	<b>\$8,054.40</b>
<b>Total deposits</b>	<b>.00</b>
<b>Interest earned</b>	<b>\$ 13.34</b>
<b>Total withdrawals</b>	<b>.00</b>
<b>Current balance</b>	<b>\$8,067.74</b>

# January Service Project

Our January service project will be donations for Yukon Public School's Partner's Club Prom. Partner's Club Prom is sponsored by the Partner's Club members and advisors from Yukon High School. This wonderful night is held in the spring at the Yukon High School cafeteria and rotunda.

The English Language Development (ELD) department of Yukon Public Schools provides desserts for the night. Beta Beta members **Shannon Sisney** and **Tonya Taylor** are part of that department. Several ELD members, along with their families and Beta Beta sisters **Jennie Wilmes**, **Evelyn Hawk**, **Kathryn Plumb** and **Neta Duke** donate their time to

serve the meal, desserts and drinks for the special night.

Guests typically enjoy a catered meal from Primo's or Johnny Carino's, which includes salad, bread sticks and two types of pasta. They also have a choice of sweet or unsweetened tea, lemonade or water. Desserts include cookies, brownie bites, Rice Krispie treats, cream puffs and eclairs.

It is a wonderful night to celebrate Yukon High School special needs students and their families. We take this time to say thank you to our chapter for continuing donations to this wonderful service project. Thank you for giving what you can. **Tonya and Jennie**

\*To donate by mail, write a check to Beta Beta and list the service project in the subject line. You can mail monetary donations to Beta Beta treasurer:

Vicki Bright  
108 Chestnut Dr.  
Yukon, Ok. 73099

**Tonya Taylor**



**Jennie Wilmes**



# DKG Oklahoma State Organization Vision Statement

## *Serving Education...Honoring Tradition*

### Pumpkin Dump Cake

Submitted by Vicki Bonny

#### Ingredients

- 1 (29 ounce) can pumpkin puree
- 1 (12 fluid ounce) can evaporated milk
- 3 large eggs
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 1 (15.25 ounce) package spice cake mix
- ½ cup coarsely chopped pecans
- ½ cup melted butter

#### Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Grease a 9x13-inch pan.
- Combine pumpkin, evaporated milk, eggs, and both sugars in a large bowl.
- Stir in cinnamon, ginger, cloves, and salt.
- Pour into the prepared pan.
- Sprinkle dry cake mix evenly over pumpkin filling.
- Sprinkle pecans over cake mix. Drizzle melted butter over the top.
- Bake in the preheated oven until the edges are lightly browned, about 50 to 60 minutes.
- Allow to cool.



## Celebration of Membership

	<b>Year Inducted</b>	<b>Years of Membership</b>	<b>Name of Member</b>
	2002	21	Suzy Biggs Gina Ray Jackie Sheehan
	2001	22	Christine Sorrels-Alexander
	1999	24	Lisa Cook
	1998	25	Amy Walters
	1996	27	Debbie Bounds Cheryl Gleichmann Ginger LaCroix



## Beta Beta Chapter Christmas Wishes



### Prayers for Our Beta Beta Sisters

Lord, We pray you bless our Beta Beta sisters with strength, courage, and hope as they face the challenges of life. Please watch over them and protect them from all harm. May they know your love and guidance every day, and may they find peace, joy, and happiness in your presence.

**Agnes Siegrist** for continued healing

**Cheryl Gleichmann** for continued healing after knee surgery

**Michelle Wallace** continued healing after surgery

**Inez Andrews** continued healing after two surgeries

**Shelly Hudson and family** for comfort following the death of her husband's grandmother

**Ginger LaCroix's family** for peace and comfort following her death

# Beta Beta Chapter

## Chapter Theme: Growing Together

### COLLEGIAL EXCHANGE

VOL. 90-2 NOW AVAILABLE



AVAILABLE IN FLIPBOOK AND PDF

### THE HANDBOOK OF THE DKG SOCIETY INTERNATIONAL IS NOW AVAILABLE

(Previously known as The Go-To-Guide)  
Updated Nov. 2023 by Constitution Committee



#### OKLAHOMA CONFERENCE

**June 7-8, 2024**

- Oklahoma State Organization Conference  
Oklahoma City

#### OKLAHOMA DEADLINES

**March 15, 2024**

- OSO Scholarship Applications

**April 1, 2024**

- Chapter Service Award



#### CONVENTIONS/CONFERENCE

- **2024:** National Harbor, Maryland  
(Gaylord National, D.C. Area)
- **2026:** Aurora, Colorado  
(Gaylord Rockies)

#### INTERNATIONAL DEADLINES

**December 15, 2023**

- *Bulletin: Collegial Exchange* submissions
- DKG Ignite (LMS) application

**February 1, 2024**

- Scholarship Application
- Educators Book Award Submissions

**February 15, 2024**

- Arts & Humanities Submissions for Spring  
Gallery

**March 1, 2024**

- DKGIEF Project Application
- *Bulletin: Journal* submissions

**May 1, 2024**

- DKGIEF Cornet CIPD Application

## Beta Beta Chapter

### Member Spotlight: Janna Connolly



**Janna Connolly**

I am pleased to further acquaint our members with the lovely **Janna Connolly**.

If you have chatted with Janna for any length of time at one of our chapter meetings, you certainly have noticed her delightful accent. Janna was born in Sydney, Australia. Her father was a sea captain and an offshore seismograph superintendent.

Janna has lived in 15 countries, speaks 7 languages and has traveled to 40 countries.

Janna was invited to join DKG by MaryAnn Harris, a Kappa Psi Chapter member in Texas, and she has been a member for eight years.

When asked why she joined, Janna says, "I was honored that a teacher and colleague that I admired thought me worthy to join their chapter." She says she stays a member because of the solid friendships that are forged, the good work that comes from special projects and especially the learning opportunities that are meaningful and enriching. Janna says her favorite chapter activity is the one at Holy Spirit Church

where all absent members were contacted.

Janna's degrees include a BA in Spanish, English and Secondary Education (Professional Writing). In addition, she has a master's degree in Secondary Administration from Grand Canyon University. She is currently working on her doctoral studies in Education/Organizational Development and Multicultural Studies.

Colleges Janna attended include Benedictine College, Cameron University, University of Science and Arts (USAO), Pittsburg University, East Central University, University of Oregon, Grand Canyon University's College of Doctoral Studies.

Janna has 25 years of teaching experience and taught at St. Margaret Mary (IL), Red River Vo-Tech, Marlow Public Schools, USAO, (OK) DACC, (NM), Permian H.S (TX). She also worked Staff Development at Texas State Teachers Association.

She has taught Spanish K-12, English as a Second Language, French, German, English, Speech, Literature, Journalism, Media, Interpersonal Communications and Linguistics.

Janna's daughter Gillian has worked in the marketing department of Love's Corporate office for nearly 25 years and is the captain of the Corporate Dragon Racing Rowing Teams (Gold and Silver Medalists).

Janna's daughter Gillian has two children, Lauren, a senior at Bishop McGuiness and just signed with USAO with an academic scholarship for next year and Ethan attends St John

Nepomuk and is an accomplished pianist.

Marine Lt. Colonel Jon Connolly, Janna's son, just retired after 22 years and presently works as a military consultant/advisor overseas.

Jon, Janna's son, has four children. Laci, eighteen, is a junior and competing in the national Pom competition for Chickasha High School; and Maddi is 14, Audi who is 15, and Chloe, age 11. The youngest three are into reading, fashion and dance.

Teaching, learning and traveling are Janna's passions, and her hobbies of scuba diving, sailing, rappelling, motorcycling, kayaking, sewing, quilting, hiking, tennis and reading fit perfectly with her passions as does spending a month in Malta, which tops Janna's Bucket List.

Something people might not know about Janna is that she left teaching for a little while to be an international purchasing agent.

Janna's favorite book is *The White Coolies* by Betty Jeffrey and her favorite quote is "Do Not Go Gentle into That Good Night," by Dylan Thomas.

Beta Beta is indeed fortunate to have such a talented and dynamic member as Janna.





## Beta Beta Chapter Something to Think About

# The Power of Silence



SANDRA BILBRAY

JUNE 29, 2018

### FIVE BENEFITS OF BUILDING QUIET TIME INTO YOUR DAILY ROUTINE.

In an increasingly loud and stressful world, more people are discovering the benefits and power of silence. Quiet pauses throughout the day can connect us, ease our minds and put us in touch with ourselves. Experts agree that we need to choose to make silence a part of our lives. Maybe it's by taking a moment to remember a loved one, waking up before the sun rises or replacing a noisy time of day with a calming break.

"Silence can benefit us if we use it wisely," says Julie Potiker, a mindfulness expert and author of the new book, *Life Falls Apart, But You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos*. "If we allow the quiet to slow us down and open us up to what is there in our environment—a dog barking, a bird chirping—it means focusing attention on what you are hearing, which can stop your mind from ruminating and worrying."

### GIVE YOUR BRAIN A BREAK

Too much stimulation and noise coming at us without a break can be overwhelming. Make a conscious choice to put

your phone down and decide how you will use the silence, Julie says. "It's hard to make the time to enjoy quiet. We need to carve out quiet time for our mental health. Use the quiet to allow your mind to slow down," Julie says. "If you are using the quiet time to worry and ruminate—which is what the primate brain is wired to do when we are not engaged in a task—that's not helpful and it will make things worse." Choose something positive to direct your attention and stop any negative loop, she suggests.

Julie recommends trying a technology blackout for an hour or two on a specific day of the weekend. "See how it feels and if you love it—and I bet you will—you can extend the time until you eventually have a day without technology." For parents with small kids, Julie suggests taking some quiet time when the kids are asleep. She also recommends guided meditation. While it's not silence, a guided meditation is especially helpful for those who struggle with negative thoughts. "Pop in the earbuds and follow the voice for a beautiful break for your brain."

Sukey and Elizabeth Novogratz, authors of the book *Just Sit: A Meditation Guide for People Who Know They Should But Don't*, encourage people to reflect daily. Silence isn't just about the absence of noise, it's about getting yourself to slow down.

"We know the world would be a kinder place if we all slowed down and sat each day, and everyone on this planet could benefit from meditation," Elizabeth says. Meditation doesn't have to be complicated, and their book gives straightforward tips to make it easy for everyone.

### FIVE BENEFITS OF SILENCE

**It helps us live consciously.** According to psychologists and philosophers alike, silence can wake us up and provide meaningful answers in our lives. Silence can give us a gentle nudge to let us know if something doesn't feel right by putting us in touch with our bodies and our emotions. The psychological benefits of experiencing silence—even when it makes us uncomfortable—can mean more purposeful living. Silence can increase self-awareness and self-compassion and improve decision-making skills with improved mental clarity.

**Use it to become more mindful and self-compassionate.** "Mindfulness is the first step in emotional healing," Julie says. "It's being able to turn toward and acknowledge our difficult thoughts and feelings—such as inadequacy, sadness, anger or confusion—with a spirit of openness and curiosity. Self-compassion involves responding to these difficult thoughts and feelings with

(Continued on Page 10)

## Beta Beta Chapter For Your Information

# The Power of Silence

(Continued From Page 9)  
kindness, sympathy and understanding to soothe and comfort ourselves when we're hurting. Research has shown that self-compassion greatly enhances emotional well-being. It boosts happiness, reduces anxiety and depression, and can even help maintain healthy lifestyle habits such as diet and exercise. Being both mindful and compassionate leads to greater ease and well-being in our daily lives."

**It can enhance conversations.** By choosing silence, you will naturally listen more and others have the opportunity to share more—enhancing your relation-

ships.

**It's a tool for increased emotional regulation.** Silence can be the space between a feeling and a response. Take a silent pause and choose your response calmly and wisely.

**It gets better with practice.** If silence is something you rarely get or even fear it a little—lean toward activities that help you practice. Try a yoga class. Listen to nature radio. Drive with the radio off. Sit on your deck or porch in the morning and take in the quiet and stillness. When you go to bed, use the silence to get calm or listen to it raining outside. Let silence help you wander

through happy memories or list what you are grateful for in your life right now. Buy some noise-canceling headphones. Ask your family to support you with a 15-minute break for silence.

Chinese philosopher Lao Tzu once said, "Silence is a source of great strength." Taking the time for silence sends yourself the message that you are worth hearing. Honor your life by practicing silence regularly.

Silence is a  
source of great  
strength.

# DKG National Legislative Seminar

**Sunday, March 10, 2024 —  
Wednesday, March 13, 2024  
Holiday Inn National Airport  
Crystal City  
2650 Richmond Highway  
Arlington, VA, 22202**

The National Legislative Seminar is an exciting opportunity to enhance advocacy skills; learn from experts about federal legislation related to education, women, and children; speak with your legislators; and visit key historical sites in Washington, D.C.

Room rate are \$129.00 per night; king and two queens are offered. The hotel van picks up at Reagan Airport and one may use

the van to return to Reagan Airport for the trip home or to catch the blue or yellow Metro line to Washington, D.C. and to link to Baltimore and National Airports.

Registration fee is \$340.00, which includes speakers, breakout sessions led by dynamic people, interactive and hands-on activities, a visit to Capitol Hill and 6 meals at the hotel.

Registration and room bookings begin October 31, 2023, and end February 20, 2024. Check the US Forum website [usforumdkg.org](http://usforumdkg.org) and send us your information so the registration form can be emailed to you directly.



## Beta Beta Chapter Chapter Fun

# Christmas Movie Trivia

How many you can answer?

1. What does George promise to give Mary at the beginning of *It's a Wonderful Life*?
2. In *The Santa Clause*, on what date is Scott due back at the North Pole?
3. What is the name of Scrooge's old partner in *A Christmas Carol*?
4. What book does Clarence have with him when he comes to help George in *It's a Wonderful Life*?
5. In *A Christmas Story*, about how many "smelly hound dogs" does Ralphie say his neighbors, the Bumpuses, own?
6. What does Clark Griswold hope to buy with his big Christmas bonus in *National Lampoon's Christmas Vacation*?
7. What is the dog's name in *How the Grinch Stole Christmas*?
8. What are the sister's names in the movie *White Christmas*?
9. What color is the ornament Charlie Brown puts on his tree?
10. In *A Christmas Story*, what gift does Ralphie receive from his aunt?
11. What is the name of the head elf in *The Santa Clause*?
12. In what movie is one of the characters rushing to get her hands on canned hickory honey ham?
13. What is the name of the doe that Rudolph likes in *Rudolph the Red-Nosed Reindeer*?
14. Santa has three reindeer with names that begin with the letter D. What are they?
15. In the movie *Home Alone*, who was the neighbor to the McCallister family?
16. In *Christmas With the Kranks*, what do the Kranks do that causes a neighborhood uproar?
17. The main character in *The Polar Express* can't hear... what?
18. What Christmas delicacy aboard *The Polar Express* gets its own musical number?
19. In *A Christmas Story*, what does Ralphie want for Christmas?
20. In *The Santa Clause*, what does Scott Calvin do that makes him Santa?
21. How many total ghosts are there in *A Christmas Carol*?
22. In *The Polar Express*, what is the first gift of Christmas?
23. Finish the line: "Every time a bell rings, an angel gets his \_\_\_\_\_."
24. What drink does Ralphie's Little Orphan Annie decoder ring tell him the drink in *A Christmas Story*?
25. In *Miracle on 34<sup>th</sup> Street*, what is the name of the department store that hires Kris Kringle during the holiday season?
26. What is the name of the guardian angel who takes care of George in *It's a Wonderful Life*?
27. What is the wish George says out loud every time he taps his lighter in *It's a Wonderful Life*?
28. According to the movie *Elf*, what are the four main food groups for elves?
29. In *The Polar Express*, what word does the conductor eventually punch in the main character's ticket?
30. What gift does the elf give Charlie in *The Santa Clause*?
31. In the movie *Home Alone*, what do Harry and Marv introduce themselves to Kevin as at the doorstep?
32. In the universe where George is never born, Bedford Falls has a different name. What is it?
33. What does Santa say to Ralphie when Ralphie tells him what he wants for Christmas?
34. What is Charlie Brown upset about in *A Charlie Brown Christmas*?
35. Who says, "There's a certain magic that comes with the very first snow. For when the first snow is also Christmas snow, well, something wonderful is bound to happen."?

1. The moon; 2. Thanksgiving; 3. Jacob Marley; 4. The Adventures of Tom Sawyer; 5. 785; 6. Pool; 7. Max; 8. Betty and Judy; 9. Red; 10. A pink bunny suit; 11. Bernard; 12. *Christmas with the Kranks*; 13. Clarice; 14. Dancer; 15. Old Man Marley; 16. Skip Christmas; 17. Santa's sleigh bells; 18. Hot chocolate; 19. Red Rider BB gun; 20. Put on the Santa suit; 21. 4; 22. Bell from Santa's sleigh; 23. Wings; 24. Ovaltine; 25. Macy's; 26. Clarence; 27. "I wish I had a million dollars, hot dog"; 28. Candy canes, candy corn and syrup; 29. Believe; 30. A snow globe; 31. Santa Claus and his elf; 32. Potteryville; 33. "You'll shoot your eye out"; 34. The commercialization of Christmas; 35. Frosty the Snowman