



GAMMA OMEGA FOCUS

Gamma Omega Chapter
Texas State Organization
The Delta Kappa Gamma Society International
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.

Volume 42 Number 8 Summer 2019 Area 7 No. 96 Austin, Burleson, Lee, Waller, and Washington Counties
Editor: Adriana Mendoza Focus Contact: Lou Pruett

**DKG 2018-20 International Theme:
Leading Women Educators Impacting Education
Worldwide**

**2017-2019 TSO Theme
Bridging Yesterday and Tomorrow**

PLANNING MEETING

Program: Planning for 2019-2020

June 26, 2019

11:00 a.m.
St. Paul's Lutheran Church Fellowship Hall
Phillipsburg, Texas
Hostesses: Hempstead/Caldwell
Meeting only \$1.00
Light lunch
Door Prize
Perfect Attendance Prize
Reply to:

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by Monday, June 24, 2019

PRESIDENT'S MESSAGE



Summer is here at last and school is out. Convention time is approaching fast. We have already received our certificate for the Five Star Newsletter Award. Our April meeting saw awards presented to deserving members. It will be a busy summer with the planning session on June 26 to plan programs for the next year. Our first meeting in August will be start of another great year!

I am looking forward to my last year as your president with the best slate of officers ever. It is an honor to serve a chapter like Gamma Omega.

I hope you have a wonderful, relaxing summer. I hope to see all of you at the Planning Meeting. Stay safe – may God bless!

Lou Pruett

Society Websites

Gamma Omega

www.gammaomegatx.weebly.com

Delta Kappa Gamma International

www.dkg.org

Texas State Organization

www.dkgtexas.org

April Meeting Highlights

The meeting was attended by 48 members. The delicious lunch, birthday cupcakes, and beautiful decorations were provided by the Bellville members. Perfect Attendance Awards, Recognition of Past Presidents, and Chapter Achievement (Jeanell Dallmeyer) were presented by Jesse Kokemor. Janet Allphin spotlighted Trudy Holland, Melanie Ueckert, Lou Pruet, Jeanell Dallmeyer, and Shelley Nies.

Summer Birthdays

June

4 Rebecca S.
4 Trudy H.
7 Mary W.
7 Sandra M.- F.
10 Carolyn G.
11 Heather S.
24 Sharon L.
25 Allene P.
28 Carole F.

July

4 Treva B.
7 Deborah P.
11 Christina G.
16 Annette B.
21 Melanie C.
23 Myra N.
23 Kathleen D.-W.
24 Sarah G.
25 Pam Y.
26 Jackie R.
30 Eunice S.

Reaching Out with Heart

Let's use the summertime to commit the random acts of kindness where ever we are. A smile or a simple act of kindness in line at the grocery store goes a long way....

The Focus Committee

Adriana Mendoza, Editor
Annette Balke
Jackie Romine
Gail Schroeder
Linda Braun
Ramah Barnett
Mary Jean Brehm
Sandra Strong

Remember to **reply promptly** telling the hostesses whether or not you will attend the meeting. An **email** or phone call is sufficient.

If you can't attend, please tell us and give a reason. Thanks for helping out your Gamma Omega Sisters.



Jeanell D. received the Chapter Achievement Award.



Past Presidents of Gamma Omega



Jackie with donations for Focusing Families.



Members with Perfect Attendance

MEMBER NEWS

Lizzie reports that Bridgette Gail Jurica was born June 6, 2019! Big sister Ellie is very proud!

Linda Pinkerton was reelected to another 3-year term on the Somerville School Board.

Carolyn Golan reports that she is retiring (again) at the end of June. She retired from teaching in 2001 and has been working at Capital Farm Credit for the last 18 years. Since high school and college, she has been in the workforce 51 years. She is looking forward to finally doing things on her own time schedule and attending all of her grandchildren's activities.

Shelley Nies reports that she and her husband are leaving for Scotland on the 17th of this month. They are both very excited – she might be a little more because Scotland is where her mother's family is from.

Mary Alice Cure just spoke on the lesser acknowledged "Daughters of the King" at the Ladies Day at her congregation. They had 103 ladies in attendance who also enjoyed a lovely lunch.

The 2019 State Convention will be in Arlington, Texas, on June 20-22.

Directions to Meeting

Brenham to Phillipsburg Church:

Take Highway 36 south to Austin County line; turn left at the first road, Church Road (a very short distance). Then turn right on Phillipsburg Church Road, you will see the Church on the right.

Sealy/Bellville to Phillipsburg Church:

Take Highway 36 north, turn right on Sempronius Road (approx. 1 ½ miles from the Kenney overpass). At the cemetery turn left on Phillipsburg Church Road, and the church will be on the left.

Health Hint (Refresh Spring 2019, p. 8)

Plan your day with quality sleep in mind by following these tips from the National Sleep Foundation.

Wake up when your alarm goes off. The minutes of sleep you get after hitting the snooze button is not quality sleep.

Exercise in the morning or afternoon. People who get the recommended 150 minutes of moderate to vigorous exercise a week, or just over 20 minutes a day, are less likely to feel tired during the day and more likely to sleep better at night. On the other hand, exercising too closely to bedtime can keep you energized and make it harder to fall asleep.

Eat your dinner at least two hours before your bedtime. Large meals can interfere with sleep quality.

Avoid caffeine too soon before bed, as it can take approximately 12 hours to completely leave your system.

Another great recipe from the kitchen of Gail Schroeder

Spicy Crackers

2 boxes mini saltines

1 1/3 cups butter-flavored popcorn oil

1 pkg. dry ranch dressing mix (regular or spicy)

1 to 3 tbsp. red pepper flakes (depending on your heat preference)

Empty mini saltines into a large, airtight container. Drizzle with half of the oil; stir well. Drizzle remaining oil over crackers and stir again. Sprinkle about 1/3 of the dry ranch dressing mix over crackers & stir again. Repeat twice more. Sprinkle red pepper flakes over crackers & stir again. Let sit in bowl; after about 15 minutes, turn the bowl upside down. Let sit another 15 or 20 minutes & flip over again. Repeat two more times. Keep stored in airtight container.

These are also good with taco seasoning mix or green onion dip mix instead of the ranch dressing mix.