

The Delta Kappa Gamma Society International—for Key Women Educators



# Alpha Nu Chapter Chat

October 2021

Volume 14, Number 1



North Carolina  
State Organization

Region X, Alpha Nu Chapter  
Burke and Caldwell Counties

## President's message:

Dear Sisters,



Sports play an integral part of my life. Not everyone understands my love for basketball, football, baseball, volleyball, cross country, bowling, golf, and even "corn-hole." (Mostly, these are my friends who spend hours watching HGTV. No offense intended.)

What do all of these sports have in common? Competition! I thrive on competition. (I've been told it's in my DNA.) I marvel at those who can watch a football game come down to a field goal for the win with one second left on the clock, who show no reaction when the ball either sails through the uprights or hits the goalpost and bounces off to the left or right. (However, the few times I have watched HGTV, mostly in doctors' offices, I can't help noticing how many shows are highly competitive. (Hmm, maybe I should give that network another try.)

Growing up with four older brothers, I had the choice of playing games with them or being by myself playing dolls. (Guess which one I chose!) Everything we did became a competition—tag football, cow pasture softball (This one took great agility!), "tree tag," "King-of-the-Hill," any card or board game—everything! Seeing who could run home the fastest from our bus stop was a daily occurrence.

At the time, I was unaware of the "bigger picture" of what sports/competition could be. I just wanted to play. Now, though, being older and, hopefully, a little wiser, I see sports and competition in other ways than just winning or losing. I am still as competitive as I always have been, but I have learned to temper that with more understanding and compassion for the toll competition can take on athletes, especially younger ones.

Naomi Osaka and Simone Biles, both number one in their sports and two of the most recognized and revered athletes in the world, chose to "take a break" from competition, Naomi from tennis and Simone from some gymnastic events at the Olympics. The backlash these young women endured from around the world, from within their own sports, from those who know absolutely nothing about...well, nothing about anything...took to social media and mass media to castigate them for "quitting," "being cowards," "letting their countries down," "being unpatriotic, selfish, spoiled, ungrateful." The diatribes against these lovely young women had no boundaries.

(President's message continued on page 2)

## Alpha Nu Zoom Meeting

Saturday,

October 9, 2021

The "room" will open at 9:30 a.m. to give us an opportunity to virtually socialize together before the meeting begins.

Please email [Sherry Willis](#) to let her know you plan to attend.

## Inside this Chapter Chat:

- President's message
- Meeting details
- World fellowship October project
- Member news
- Honoring Heroes
- NC DKG Educational Charity Golf Fundraiser
- Updating member profile
- Message from state president
- State Executive Board Members
- Calendar of events

## President's Message continued:

A number of years ago, I may have joined in the chorus of harsh criticism. Thankfully, I have grown a little wiser. (I know I've grown a little older.)

Without even realizing what they had done, their actions brought conversations about mental health out in the open, where it should be. These young ladies NEEDED A BREAK, so they took it. By doing so, they shed light on the damage that is done when one's mental health is not addressed.

Good for them but not so good for Olivia Podmore, a New Zealand cyclist, who lost at the 2020 (2021) Olympic Games. In August, she committed suicide. She was 24 years old. Her last words: "Sports is an amazing opportunity for many people to display their talents. It is also a battle." She lost that battle.

Gratefully, while many were lashing out at Naomi and Simone, others were offering them their full support. Mental health was finally "out in the open." Entire programs were dedicated to this issue. There are and always will be those who see mental illnesses as weaknesses, but others are seeing them for what they are—real illnesses which, left untreated, are dangerous and, sadly, too often fatal.

NC DKG's new president, **Beth Winstead**, is making mental health a priority for her biennium. She is offering monthly a calendar with each day suggesting a way for us to take care of our own mental health, as well as that of our sisters'. To paraphrase Olivia Podmore's final words, "(Being an educator) is an amazing opportunity for many people to display their (devotion and expertise to every person with whom they have been entrusted). It is also a battle." Let's not lose this battle!

Let's take care of ourselves and of our sisters and not be ashamed to ask for help when we are struggling. Let's offer help when we see a colleague struggling. Keep mental health issues "out in the open." Some school systems offer free or reduced costs for seeing a licensed therapist. Take advantage of the opportunity for yourself and recommend it to others. (Mine did, and over the years I encouraged a number of my colleagues to seek therapy. Thankfully, when I was experiencing an unrecognized deep depression after my niece was murdered, a dear friend and officemate said to me, "If you don't go for help yourself, I will drag you there." I had seen her stand up to the biggest, meanest, most threatening boy in school and watch him back down. I went.)

Love and blessings,

[Glenda Foster](#)

Alpha Nu President



## October 9th Chapter Meeting

### Details:



Our first meeting will be held via Zoom. You should have already received the link to the meeting. The "room" will be open at 9:30 a.m. for some social time together. The meeting will begin at 10 a.m.

We will be joined by **Tammy Cullum**, NC DKG second vice-president.

The budget for the year will be presented and voted upon by the membership.

New members will be formally inducted. They include **Cassandra Caldwell, Peggy Wellmon, Kelly O'Toole, Jessica Anderson, Terri Mull, Wendi Craven, and Liz Fredrickson.**

We are happy to welcome Joyce Kendall back to Alpha Nu Chapter.

The Prize Wheel will be spinning again. Some cool prizes are awaiting!

We look forward to seeing you at this meeting!



## Cornet Individual Professional Development Award Application Due November 1.

**Check the DKG website to get more information about this competitive award. Attendance/Participation in conferences, seminars, on-line courses and more can be funded with this award.**

**The award does not fund degree programs or National Board Certification fees.**

## 2021-2023 NC DKG

### Executive Committee

**President: Beth Winstead**

**First Vice President:**

**Hilda Parlér**

**Second Vice President:**

**Tammy Cullom**

**Recording Secretary:**

**Patrice “Patty” Higgins**

**Immediate Past President:**

**Dr. Teresa Holt Cowan**

**Treasurer: Leslie Black**

**Executive Secretary:**

**Elizabeth Miars**

**NC DKG News Editor:**

**Carol Bostian**

**Webmaster:**

**Deb Christensen**

**Parliamentarian:**

**Betty Marshall**

### Alpha Nu Officers 2020-2022:

Alpha Nu President: [Glenda Foster](#)

First Vice-President:

Dr. Anna Moose

Treasurer: Ann Aldridge

Secretary: Michelle Barrier

Parliamentarian:

Mary Lindsay

Other:

Newspaper Editor/  
Webmaster:

[Dr. Sherry R. Willis](#)



*Linking the Past, Present and Future*



**Linking the Past, Present and Future**

**with Fellowship”**

During my biennium, I have chosen the theme “Linking the Past, Present and Future.” I believe it is important to remember our beginnings to continue to work towards our future. If it had not been for the Founders in 1929 taking a risk in creating an organization for women educators, where would we be today? The uncertainty of the world during the past two years has taken a toll on all of us—educators, organizations, and individuals. While there is still uncertainty, we want to work towards continuing forward.

As a part of remembering our beginnings, I want to look closely at the purposes of DKG. I will address these purposes for the next several columns. Let’s begin by examining the first purpose of the Society:

*To unite women educators of the world in a genuine spiritual fellowship.*

I have struggled with the wording “genuine spiritual fellowship.” After some soul searching and research, I believe that in this case, the word spiritual, written in lower case, is that of a community of like believers. In this, I believe that in DKG, the genuine spiritual fellowship is to comfort, encourage, celebrate each other, and recognize our organization’s diversity.

After attending both the DKG International Conference in San Antonio and the Leadership Conference in Atlanta, the fellowship of others was the one thing that impacted me the most. I have so missed this over the past months, and I expect we all feel this way.

I wish I had a crystal ball to see how the next few months will go with the latest variants of COVID, but we will continue to plan for in-person meetings and add virtual sessions as we find necessary. On each occasion we have to gather, we will schedule a time for fellowship. However, we all need and crave the fellowship of other DKG members. After all, our Founders made this the number one purpose.

I encourage you and your chapter to spend some time reconnecting and enjoying the companionship of DKG friends. As two of the speakers in San Antonio mentioned, human connection is necessary to succeed, and the value of belonging is essential. Enjoy fellowship for the well-being of each individual and the health of the chapter.

Beth Winstead  
NC DKG President

(from NC DKG News, Fall 2021)



## Remember to Update My DKG Profile

Fall is a great time to check your MyDKG Profile on the international website to be sure it is up to date. Many members may have retired or changed schools or have never added their profile to the database.

Follow these simple steps to update your profile:

- Login to the DKG website • Click “My DKG” on the right side
- Update or complete the “About Me” information and save it
- Click the “My Participation” tab, scroll down to “Communication Preferences” and click “Yes, include my DKG Profile in the Online Directory” and click Save again. (It is safe and secure, and only fellow DKG members will see it.)
- If you have never logged on to the DKG website or do not remember your password, clicking the Chat feature is the easiest way to get it.  
(From NC Data—September 15, 2021)

**Mark your  
calendars for  
our meetings!**



### Chapter:

**October 9, 2021**—Zoom meeting at 10 a.m. Room opens at 9:30 a.m.

**November 21, 2021**—Annual Tea

Site: TBA/Time: 2:30-4:30;

**February 26, 2022**—Site: TBA

Time: 10 a.m.-12 p.m

**May 6, 2022**—Site: TBA

Time: 6 p.m.-8 p.m.

### State:

**NC DKG Convention—Apr. 29-May 1, 2022**

**Crowne Plaza Resort - Asheville, NC**

### National:

**July 12-16, 2022 — International Convention, New Orleans, LA**

## Congratulations Alpha Nu Chapter!

Alpha Nu Chapter once again earned the Superior Chapter Achievement Award at the 2021 NC DKG Convention. The chapter also received the Communication Excellence Award.



## Alpha Nu Projects:

### Keep Those Collections Going!



- Box Tops for Education for Gamewell Elementary School.
- As part of our on-going partnership with our Girl Scout troop, please collect any pull-tabs to donate to their troop projects.





The North Carolina Delta Kappa Gamma  
Educational Foundation

**2021 Charity Golf Tournament**

*Benefiting teachers and students across NC*

**October 25, 2021**

9:00 a.m. Shotgun Start — Captain's Choice

Colonial Country Club 7047 Colonial Club Dr. Thomasville, NC

Info & Registration at [ncdkgef.org](http://ncdkgef.org)



The NC DKG Educational Foundation, a 501(c)(3) organization


## NCDKGEF Golf Tournament is October 25 in Thomasville

Be a part of **Tee It Up for Teachers**, a charity golf tournament with proceeds going to the NC DKG Educational Foundation to fund innovative educational projects and professional development.

Create a team, be a sponsor, or make a contribution. Your generosity will impact your community and reach beyond to assist NC educators and students.

The 2021 Foundation charity golf tournament will be held Monday, October 25, at Colonial Country Club in Thomasville. Check-in opens at 7:30 a.m. and the tournament begins with a shotgun start at 9:00 a.m.

Box lunches and prizes will follow the conclusion of the tournament. Sponsorships and membership registration forms are available only at [www.ncdkgef.org](http://www.ncdkgef.org) or from a Foundation Board member. For more information, contact Sheila Groves at [ncdkgef97@gmail.com](mailto:ncdkgef97@gmail.com). The Foundation is a 501c(3) organization. Contributions are tax deductible to the extent allowed by law.



## Celebrate A Teacher Honoring Heroes

The role of teachers has never been more challenging or more important. In the last year teachers have been asked to keep learners engaged and motivated while dealing with the difficulties of digital connection, lack of person-to-person contact, and the uncertainty of what will be required as students return to classrooms.

The Foundation wants to celebrate the dedication, innovation, and courage of our NC educators by **Honoring Heroes** statewide. Each contribution to the NC DKG Educational Foundation will honor an inspirational teacher and help to support grants for learning programs, classroom projects, and professional development.

Through your generosity, the Foundation has grown from granting \$1,000 in 2016 to awarding more than \$67,500 in grants and scholarships to date!

Please participate in the statewide **Honoring Heroes** project.

**Celebrate a Teacher** and support the Educational Foundation too!

Complete the donation form below and send your contributions to Betty Marshall, Foundation Treasurer, 1112 Anchor Court, Raleigh NC 27615.

Or make your contribution on the Foundation website Donation Page, [www.ncdkgef.org/donation-page.html](http://www.ncdkgef.org/donation-page.html)

Send **Celebration Certificates** to the **Heroes** you choose!  
Duplicate as many times as needed! Let our teachers know they are **Heroes!**

Chapters will be recognized for their contributions with a badge designed for display on newsletters and web sites. One chapter from each region will be honored at the 2022 NC DKG Convention.

A copy of this donation form and a copy of certificates will be emailed to you so that you can duplicate them to send to those heroes you choose to honor.



## Member News

Condolences are sent to the following members of Alpha Nu Chapter who lost dear loved ones:

**Rexanna Lowman** whose mother, Betty Pennell, passed on May 14. Rexanna also lost an aunt, Peggy Huffman on September 9.

**Amy Vaughn** whose father, Max Price, passed on May 15.

**Gina Beach** whose aunt passed on May 30. (Gina's aunt's name will be listed in next newsletter).

**Ann Aldridge** whose brother, John B. Hayes Jr. passed on July 1

**Teresa Larson** whose father, Joey Adkins, passed on August 22

**Melissa Camp White** whose mother, Judy Camp, passed on August 30.

**Wendi Craven**, whose cousin, Donald O. Smith Jr., passed on Sept. 21

## Congratulations.....

Congratulations to **Rev. Charlotte Brendel** who was recognized at the NC DKG Convention as one of Region X's Rising Stars.

Congratulations to **Dr. Anna Moose** who was appointed principal of Liberty Middle School in Burke County.

**Dr. Sherry R. Willis** is featured on the NC DKG website in the current Member Spotlight section as a "Present Leader" in DKG.

Please send Member News items to [Dr. Sherry Willis](mailto:Dr.SherryWillis@dkg.org)



## World Fellowship/Community Support Committee

**Rev. Charlotte Brendel**, chair

For our Alpha Nu Chapter 2021 October donation project we will collect snacks for the Burke County Literacy Council. This is a project organized by Alpha Nu's World Fellowship/Community Support Committee.



### Recommended items to collect:

1. snack-sized bags of chips
2. Cheez-it crackers
3. animal crackers
4. goldfish
5. mini water bottles
6. Nabs



Collection Sites: Sunday, October 10: Lowe's in Lenoir from 2:00-3:00 pm (1201 Hickory Blvd. SE, Lenoir)  
Saturday, October 16: old K-Mart in Morganton from 11:00 am-12 noon (110 Bost Road, Morganton)

We had originally planned to do this last year, but due to the pandemic the Literacy Council was not having in-person meetings. They are now meeting.

We want to offer support by collecting snacks for the participants. Check the list of recommended snacks. You can start purchasing these items now, and bring to our collection sites on **Sunday, October 10 (Lenoir)** or **Saturday, October 16 (Morganton)**. Thank you for your support to two of our Alpha Nu sisters: **Browning Rochefort**, Executive Director of the Burke County Literacy Council, and **Dr. Anna Moose**, board member.

Look for Charlotte's DKG car!



### Collection Schedule:

1. Sunday, October 10: 2:00-3:00 pm at Lowe's in Lenoir off Hwy. 321 N (1201 Hickory Blvd. SE, Lenoir)
  2. Saturday, October 16: 11:00 am - 12 noon at old K-Mart parking lot in Morganton off Hwy. 181 N (110 Bost Road, Morganton)
- . Write checks to "Burke County Literacy Council." Look for the large "DKG" sign on my car!

Thank you for your support to the October project.

## Important Links:

(Tech Tip: Press Control + click)

Alpha Nu Chapter website: <http://www.alphanunc.weebly.com>



NC DKG website:

<http://www.ncdkg.org>



NC DKG News-

[fall 2021 nc dkg news vol. 81-1 color.pdf \(ncdkg.org\)](#)



DKG News website: [www.dkg.org](http://www.dkg.org)



DKG website: [www.dkg.org](http://www.dkg.org)



The Bulletin: [www.dkg.org](http://www.dkg.org)



Collegial Exchange

[www.dkg.org](http://www.dkg.org)



NC DKG Educational Foundation website:

[www.ncdkgef.org/](http://www.ncdkgef.org/)



## Sale of International Headquarters Is Complete

DKG has been involved in the process of selling the international headquarters building for the past two years. That process has been completed, and the sale was final on September 1, 2021. The conversations surrounding next steps will now transition into action as the Administrative Board finalizes plans to move to a new site.

A meeting of the International Administrative Board was called in August to determine a plan for the transition to a new office space. The Board determined it would be in the Society's best interests to lease office space for the immediate future. Due to the dynamic nature of the Austin area real estate market, an ad hoc committee was appointed to approve potential lease options.

Members may inquire about how the proceeds from the sale will be managed or used. Because the building is considered a permanent asset, the proceeds from the sale of it were appropriately deposited into the Permanent Fund of the Society. The Constitution defines in Article IV how the monies in the Permanent Fund may be used and will be the guide for any future use of the sale proceeds.

A previously appointed ad hoc committee, consisting of board members, members, and staff, is working on a recommendation regarding archiving, preserving and keeping, moving, selling and/or disposing of the furnishings and other items in the building. The recommendation from that committee will be considered by the Board during its next meeting.

Under a lease agreement, the building will be occupied by DKG for six months after the sale. While the six months provides some time to consider all viable options, DKG leaders also realize that time will not allow them to move too slowly. And so, the journey to a new site continues forward with increasing momentum.

(From NC Data, September 15, 2021)

If you have not sent Sherry a headshot of yourself for the pictorial directory please do so as soon as possible.

New nametags have been made for those from whom I received requests. If you need one and have not let me know, please email me with that request.