



## Delta Zeta Review

December 2021

### President's Message

I hope you all enjoyed some quality family time over Thanksgiving. Being together with our loved ones is a treasure- as was our recent in person meeting! Active teachers, keep calm and carry on, as we can make it to Christmas break! Retired teachers, keep up the good work in our communities and your families.

Please remember to submit nominations for new members to Laura Piland by Dec. 15. Let's pump up our sisterhood!

Best wishes for a peaceful holiday season,

Anna

### Meeting Highlights

At our November meeting, Leela Harpur Heyder, founder and CEO of Calm Minds, Kind Hearts, shared information about the programs she is doing in the community and in schools to raise awareness of the benefits of teaching mindfulness techniques.

The rules were reviewed to ensure that protocol is being followed in the timeline for nominating new members. It was determined that we have missed the timeline outlined in the rules. Nancy Griffin made a motion to suspend the rules this year. The motion was seconded by Linda White and unanimously approved. Nominations are due Dec. 15, 2021. A virtual meeting will be held on Jan. 13, 2022 to discuss nominations. Voting for nominated members will occur at the Feb. 5, 2022 meeting. Induction of new members is scheduled for May 5, 2022.

### Christmas Greeting

*Wishing you and your family peace, health, happiness, and prosperity in the coming year.*

*May the good times and treasures of the present become the golden memories of tomorrow. Wishing you lots of love, joy, and happiness. Merry Christmas! ~True Experiences blog*





# Kassie Mount

## Member Spotlight



When and where were you the happiest?

I am happiest when I am playing with my children outdoors. The simplicity of fresh air and their laughter is so refreshing!

What do you most value in your friends?

The trait that I most value in my friends is authenticity. My closest friendships are all built on a mutual understanding that we will be there for one another no matter what comes our way – sorrow, busyness, or joy.

What is your greatest regret?

My greatest regret is worrying too much! I've wasted so much time by overthinking situations rather than living in the moment.