

The Delta Zeta Review

The Delta Kappa Gamma Society International
Dare County, Region 1, Eta State, North Carolina



April 24, 2017

Volume 5, Issue 1

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Chapter Officers:

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Diane Childress

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Jodie Mitchum

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Recording Secretary:

Susan McFarlane

Corresponding Secretary:

Debbie Ashe

Treasurer:

Nancy Griffin



Survival!

Diane Childress, President

It's hard to believe it's April! Many of us just returned from a "Spring Break" and I hope you spent it doing whatever makes you happy! Maybe you traveled, spent time with family, did some spring cleaning, or just got caught up on sleep? Whatever it is, I hope you were productive!

Now that I've returned from my break where I traveled, spent time with family and got caught up on sleep, I feel like the key word is "survival". The end of the school year and the transition from spring to summer always feels super busy and we all do whatever we can to survive! In DKG, we've got a small group attending Convention and returning to our May meeting where we will initiate our newest honorary member, Tess. At school, we're all dealing with students with "spring fever" and testing. At home, many of us are attending sporting events and/or school events for our children. In retirement, you all seem just as busy, volunteering, tutoring, and maybe even planning weddings!!

If you're feeling as though motivation is low, stress is high and fun is far away, there are several things that you can do for YOU:

1. Get enough sleep!
2. Read a good book!
3. Take a nice long walk!
4. Share your struggles with someone!
5. Look ahead and find something to look forward to...
6. Accomplish one large job and two small jobs at a time!
7. Let's remember our "Lifesaver" Theme and be the support for each other to finish the year strong!

The Executive Board will be asking for some feedback following our May meeting to help us plan for the next year of Delta Zeta. Thanks to you all for being my lifesaver this first year as president! Let's finish strong!!

Diane (childressdi@daretolearn.org)

BEGIN ANYWHERE ~ JOHN CAGE

**"He who has a *why* to live can bear almost any *how*."
Friedrich Nietzsche**



Happy Mystery Quilt in the upcoming Gallery of Fine Arts



April 11 & 12 • 4:00pm-4:00pm • REC Center UMF

DKG International News

Your Money Business

The Delta Kappa Gamma Emergency Fund was established in 1948. It helps members who have sustained major losses due to natural disasters.

Members contact their state organization president and the state organization president then contacts International. The executive director approves the request and \$500 is mailed or wired to the member.

The Emergency Fund is supported through contributions made by members. Members can donate using Form 43 online, through chapter and state organization treasurers or directly to Society Headquarters. Donations are also collected at breakfasts at regional and international conferences. Source: DKG News Vol 74 NO 2 MAR/APR 2017

ETA State News

Gallery of Fine Arts

New Gallery of Fine Arts to open May 1 includes six Eta State NC artists—Laveita Brinson, Dr. Judith Carlson, Brenda Carter, Terry Denny, Willie Harriett, and Lynn K Nadel. Watch for more info on them in the next Eta State News. Submission window for the next Gallery of Fine Arts will open in August—so plan ahead now!

Eta Data ~ Updates for Chapter Presidents and Editors Vol. 8, No. 10 "Create the Future—Imagine, Inspire, Ignite" April 15, 2017

Delta Zeta News

Relay for Life - Saturday, May 6th

We <https://tinyurl.com/DZ-RelayDonate>

The Opening Ceremony is at 12 Noon followed by a Survivor lap, Care Giver's lap, and Team lap.

Ideally, we would like to have a Delta Zeta member on the track at all times. The following link allows you to sign up for a specific time.....BUT.....if someone is signed up at a time that works for you, please come and walk with them! <https://tinyurl.com/DZ-RelayforLife> are a little under our goal of \$1500 so if you have not donated....here is the link:

Contact Rendy King with questions.

BEE Awesome!



Chapter Highlights

Spelling BEE

As everyone knows, Kitty Hawk Elementary School was "the place to BEE" in our community on March 20, 2017.

Thanks to all of our sisters for helping to make the 9th Annual Delta Zeta Community Spelling Bee a huge success. We had a very spirited competition with a tight finish between the Manteo High School Stingers and the Identify Yourself Spellunkers! With the latter taking the top spot.



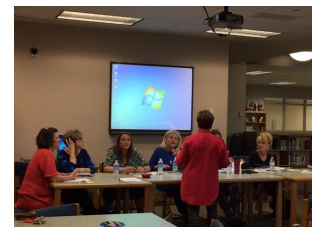
Your hard work helped us raise over \$3,500 for the Dare Education Foundation, grants-in-aid to high school seniors, and scholarships for our teacher members. We have been able to renew the student scholarships yearly, which has been most appreciated by our recipients. Funds for staff development for teachers are scarce; our scholarships have enabled teachers to attend conferences, pay for master's degree classes, and be used toward National Board Certification.

Lushes With Brushes

Saturday, February 25th six Delta Zeta sisters met at Trio for an afternoon of painting and fellowship. While catching up on family and travel news, local artist Meghan Sadler guided them through each step of their painting. Each sister created a unique and beautiful portrait of a jellyfish. All of this with no lines to follow! Great job ladies!

Beginning Teacher Panel

Dare County Schools Personnel Director, Dr. John Donlan invited Delta Zeta members to participate in a recent Saturday Beginning Teacher Workshop. Sharing their expertise were retired educators Pam Mills and Becky Strickland and current administrative intern (and chapter president) Diane Childress, technology facilitator Cathy Evanoff, and teachers Hunter Will, Susan Blackwell and Tamara Jones. Many great tips were shared about the exciting world of education.



Career Fair - FFHS

In March, First Flight High School held a Career Fair. Delta Zeta sisters participated sharing their knowledge of various career paths. Of course, we were most interested in encouraging students to consider a career in education.



Good reads...

We Were the Lucky Ones
by Georgia Hunter

Factory Man
by Beth Macy

A Gentleman in Moscow
by Amor Towles



Looking Forward...

- April 28 - 30 - Eta State Convention - Wilmington, NC Region IV
- May 6 - Relay for Life - First Flight High School
- May 13 - Delta Zeta Meeting - First Flight Elementary - 10AM
- June 23 - 25 - Eta State Leadership Development Seminar, Camp Caraway, Asheboro, NC
- July 19 - 22 - SE Regional Conference - Myrtle Beach, SC

From the Kitchen...

Grilled Chicken Pita Salad

2 boned, skinned chicken breast halves	6 Tbsp. Extra-virgin olive oil
2 Tbsp. fresh lemon juice	1 Tbsp. fresh oregano leaves
½ tsp. Freshly ground black pepper	1 bunch asparagus (trimmed, cut in half lengthwise)
½ c. pitted kalamata olives	2 c. halved grape tomatoes
4 oz. block feta cheese, broken in chunks	2 c. pita chips
2 c. loosely packed baby arugula	

Prepare charcoal or gas grill for high heat (450 to 550 degrees; you can hold your hand 5 in. above cooking grate only 2 to 4 seconds). Coat chicken breasts with 1 tbsp. oil and cook, turning once, until no longer pink in the center and grill marks appear, about 7 minutes total. Let rest 10 minutes, then slice.

Meanwhile, in a small bowl, whisk lemon juice, ½ cup oil, oregano, and pepper; set aside. Bring medium pot of salted water to a boil, drop in asparagus, and cook until bright green, about 2 minutes. Drain and rinse thoroughly with cold water.

In a medium bowl, combine chicken, cheese, asparagus, tomatoes, olives and pita chips. Pour reserved dressing over mixture and toss gently to coat. Add arugula and toss once more to combine.

Of Interest...

Tech Tip - Clear your cache in seconds...

Quickly clear your cache by pressing "Control," plus "Shift," plus "R." This will also refresh your page.

Delta Zeta Website

<http://tinyurl.com/DZnews>

Check out Delta Zeta on Facebook