

## Mu Chapter's Newsletter



Mu Chapter    Region # 1    Rocky Mount, NC  
The Delta Kappa Gamma Society International    NC DKG North Carolina State Organization  
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Mission Statement: *The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.*  
Vision Statement: *Leading Women Educators, Impacting Education Worldwide*



### The President's Corner

Greetings Mu Sisters!

I send each of you a very hearty welcome to the new year. I think we could all agree that the last few months have been filled with lots of uncertainty, stress, and maybe even some anxiety due to the COVID-19 pandemic. There are many sisters in our chapter that are now teaching in virtual classrooms and as of now, they do not know when they will return to “normal” instruction. Please know that your fellow sisters are here to support you and are ready and willing to assist you if needed. Please do not hesitate to ask any of us for help! As your chapter Co-President, I very much look forward to serving our chapter with a spirit of enthusiasm, a willingness to grow, and an essence of pride. I believe Mu Chapter sisters are bold, intelligent, and creative women. Let's harness our skills, talents, and love for DKG into making Mu Chapter the absolute best she can be.

Cheers to a successful year of productivity and growth!

In love, [Tunisia Bullock](#)

**Note:** Mu Chapter is adjusting to virtual meetings, programs, and projects. Please help us by letting us know of any ideas you have. Our next membership meeting will be near the end of October. Date and time TBA

Hello, sisters,

Welcome to our 2020-2021 year!

I am honored to serve as Mu chapter's co-President, but at the same time, I find it is a bit scary! All this technology usage is overwhelming to me-Zoom Meetings, Google Meet, Google Classroom, Seesaw...I have all I can do to send emails and IMessages. So, as we begin this new adventure of virtual meetings, we will try our best to have “get togethers” that are meaningful and fun. We all know we must conduct business at our meetings, but I also want to enjoy sharing/social time. We are a family, and we miss seeing each other! If you have any ideas to share for meetings, please let Tunisia or me know. We are always open to your creative ideas. We will physically gather for our meetings as soon as we can safely do so. COVID19 will not get us down!!! Looking forward to seeing everyone again.

Stay safe, [Elaine Christianson](#)

### Important Dates

End of October, Mu meeting, TBA

Saturday, October 24 – “Every Member Counts: Celebrating NC DKG” Meeting

Sunday, November 1 – Deadline for submissions for Winter NC DKG News

April 23 -25, 2021 —NC DKG Convention, Asheville Crowne Plaza and Resort

# Mu Chapter News

## Mu Chapter 's Fine Arts and Crafts Auction

(from the Mu Chapter Fine Arts Committee)

“Virtually” anything can be done by computer, including enjoying a Mu Chapter Fine Arts and Crafts Auction. The program for the December meeting, a Fine Arts and Crafts Online Auction, will be hosted by the Fine Arts Committee, the Fundraising Committee, and the Program Committee. Homemade items from Mu Chapter members will be auctioned; except for food which will not be accepted due to the COVID-19 virus. The items will be shown, by the member, during the December online meeting. Proceeds will go to the Mu Chapter Fundraising Fund.

Ideas for auctioned items are, but not limited to:

- crocheted, knitted, or needlepoint items,
- drawings (including drawings by family members....children especially)
- paintings (oils, watercolors)
- monogrammed items
- any item that is sewn
- wreaths (homemade....not necessarily by the member, They can be bought from someone else that made it)
- plants
- bookmarks
- handmade bows
- certificate for a performance (the musically talented member can provide a certificate for one performance for an individual or family. The performance can also be presented by a family member or friend. Performances will be virtual)
- certificate to wrap packages (and/or provide homemade packaging)
- poems
- items made by family members
- homemade cards

When an item is contributed, please put your name and address on the item. A member of the Fine Arts Committee will pick up your sold item and deliver it to the lucky person. Checks are to be made out to “Mu Chapter” and mailed to Ann Davis, Mu Chapter Treasurer (608 Smallwood Drive, Rocky Mount, NC 27804) with the word “auction” and the name of the item written on the memo line.

Think you don't have a talent or craft skill? Remember that there are those around you that may be able to help. Reach out to each other, your family, and/or friends. This may be helpful to them as well as

to you and the chapter! “Fun” is the password for the Fine Arts Committee. We are looking forward to a fun time for all!

## Membership – Kim Lehnnes

Please get your prospect card to [Kim Lehnnes](#) by November 15. You can email or mail them to her. Let's GROW our chapter membership!

## Finance – Diane Dixon

All Committees need to give their proposed budget request to [Diane Dixon](#) ASAP.

## COVID-19 Creativity By Ann Davis

All our active teachers have surely had their hands full during these last months. For those who are retired and have been trying to stay safe at home, many have enjoyed expressing ourselves creatively with our extra free time.

In the picture below, taken September 19th, Ann Robbins spreads out one of her pieced quilt tops, as she decides on the best way to finish it. We went together to take this quilt (and two of my own) to be completed by a skilled long-arm quilter who is one of Ann's friends. This particular quilt, which Ann Robbins calls her Scrappy Memory Quilt, was lovingly pieced from many, varied fabrics used by her mother and her over the years to make clothing. This special quilt is the most recent that Ann has designed and pieced. She has completed many beautiful quilts since finishing her first in 2012, and this is the third she has made during the pandemic period.

What about you? Please let us know what you have been creating while COVID-19 has kept you at home!





September	6	Jeannette Pittman
	6	Delana Perry
	13	Carolyn Turner
	15	Ann Bishop
	15	Cierra Parvin
	20	Hunter Stone
	20	Katrina Joyner
	23	Barbara Mize
October	8	Judy Bradshaw
	29	Kim Lehnese
November	14	Jackie Ennis
	14	Martha Johnson
	18	Ann Robbins
	22	Nancy Mooring

**Member’s Corner**

Kim Lehnese lost her Mom. Please remember her and her family.

Katrina Joyner has retired from the Wake County Public School System. Most of her time, however, was in public education in the Nash-Rocky Mount Public Schools. She retired with 32 years of service. She attended our first virtual meeting in September and had this to say, “It really felt good to reconnect with Mu Chapter and see familiar faces on the meet.”



**Member Recipe**

**Chicken Spaghetti Squash**

**By Diane Dixon**

1. ***Ingredients:***

- 1 large spaghetti squash
- 2 tbsp. olive oil
- 10 oz. pkg. mushrooms
- 1 red bell pepper, diced
- 4 scallions, thinly sliced, white and green separated
- 1/2 tsp cayenne pepper
- Kosher salt
- 1 c half and half
- Freshly ground black pepper
- 2 c shredded rotisserie chicken
- 3 c shredded cheddar cheese

2. ***Directions:***

Preheat oven to 425. Cut squash in half lengthwise using a serrated knife. Dig out seeds with a spoon. Place in 8 x 8 microwave dish with 2 tbsp. water.

Cover with plastic wrap and microwave on high until squash is very tender and insides can be flaked with a fork, 13-14 min. Use a fork to scrape sides of squash, separating the strands. Leave scraped strands in squash. Drain and dry casserole dish.

Heat oil in lg skillet over medium heat. Add mushrooms, cook while stirring often, until they release most of their moisture and start to brown, 5 min. Add bell pepper, scallion whites, cayenne pepper, 1 tsp salt and a little pepper. Cook and stir until peppers are soft, 5 min. Add half and half and bring to boil. Reduce heat to medium and simmer until liquid has reduced slightly and starts to thicken, 5-7 min. Find in chicken, add 2 cups cheddar cheese, and stir until melted. Add spaghetti squash strands and combine well.

Transfer to casserole dish, sprinkle with remaining cheese. Bake until bubbly, 17-20 min. Let rest 5 min. Sprinkle with scallion greens before serving.

Nice dish to make, especially when watching carbs.

**T's Tips for Tip Top Health**  
**By: Tunisia Bullock**

See ya, summer! The switch to the shorter and much busier days of autumn is now upon us and let's face fact. That transition can be a tough one. Have no fear sisters! Your public health pro has some advice to help ease you into the season while keeping you healthy.

1. Consume foods that boost your immune system-As the weather turns colder and the start of cold and flu season begins, it is paramount that your immune system be in good working order. Eating foods that are rich in vitamin C (such as oranges and limes) are critical to fighting off nasty infections. Ginger, spinach, garlic, and almonds are winners when it comes to enhancing your health and immunity.
2. Get your flu shot-It's just as simple as that! Getting the once-a-year flu vaccination can reduce the number of days missed at work, decrease visits to the doctor, and can lessen flu illness, should you happen to get the flu. The Centers for Disease Control and Prevention recommends getting the shot before the end of October (CDC, 2020).

**Communication Excellence Award**

Mu Chapter is proud to announce that the chapter has won the Communication Excellence Award. We can proudly display the below logo on our communications. Our website has also been certified and proudly displaces a logo for that.



**Mu Chapter's Co-presidents receive their President's pin. Tunisia Bullock's (left) pin was formerly Ann Williamson's while Elaine Christianson (right) was honored with Phyllis Jacobs pin.**



The NC DKG Educational Foundation is proud to present the twelve-string guitar art of NC educator and artist Travis Driver of Wilson, NC. The art piece has been donated to the Foundation for a raffle to raise funds for teacher grants for NC educators. Go to: [ncdkgef.org](http://ncdkgef.org) for ticket information and grant applications. Drawing is October 17, 2020.

## Every Member Counts: Celebrating NC DKG

by: Dr. Teresa H. Cowan, NC DKG President

The **October 24, 2020**, Fall Executive Board meeting will be a virtual event. The “Every Member Counts: Celebrating NC DKG” virtual event will be open to all NC DKG members. Pass the word to all your members, mark your calendars, watch for further details, and plan to participate. Reports, special presentations, workshops, and more... you do not want to miss out on the “Every Member Counts: Celebrating NC DKG” virtual event. \*Remember: all Executive Board members are expected to participate or have a representative participate in their place. More details about the October 24 event will be announced soon. Watch NC DKG social media accounts and the October Eta Data for more information, including which platform the event will use and the agenda. No voting will take place during the event; voting on necessary items will occur via Google forms before October 24. Members of the Executive Board include NC DKG officers, chapter presidents, related personnel, state committee chairmen, regional directors, and state past presidents.

### **Ready, Set, Grow! with President Dr. Teresa H. Cowan, NC DKG President** Evaluating your NC DKG “She Shed”

Mrs. Spitzer consults her calendar and plans her daily schedule. She checks her tools...” and if you were looking at the picture, she is doing this while standing at her “she shed.” My father used to say, “Use the right tool for the right reason.” That makes more sense as an adult than it did as a child. I often wonder, though, if we each have the right tools in our she sheds? Let’s inventory a few tools that have been recently added to the NC DKG tool shed.

- NC DKG website-Newly updated
- EEC Circle —pool of ideas for programs/projects
- BEE-ginning Teacher Award —resources and implementation strategies
- Mentor TIP —Techniques, Insights, & Pools of resources
- Virtual Resources —Member input on virtual platforms

•Meeting Resources —Videos, documents, and more from recent trainings

Some tools in the she shed are tried and true. We often reach for them simply out of habit. However, ingenuity offers new tools; necessity brings about the need for new tools; and GROWth often mandates the implementation of new tools. It is the season for NC DKG to metaphorically update the she shed.



## September/October DKG News Now Online

The September/October DKG News is now available to read online and share with members. This issue includes news of the International Achievement Award winner, the Acceptance Speech of new International President Becky Sadowski, the major actions of the Administrative Board in July 2020, links to activities of the July Virtual Event, and reminders about deadlines for website compliance (October 31) and filing 990-N (November 15). Log in to the member side of the DKG website to read the full issue.

[September/October DKG News](#)

### **Mu Chapter has a Facebook page**

Mu Chapter, NC DKG

### **Mu Chapter’s website:**

<http://www.dkg-ncmu.com/>

**NC DKG website:** <http://www.ncdkg.org/>

**DKG International Website:** <https://www.dkg.org/>

### **Mu Newsletter Co-Editors:**

[Sandra Holloman](#)

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