



## CALIFORNIA STATE, AREA XIII BETA MU CHAPTER

Penny Keach, President  
Debbie Sims, President

Nov.- Dec., 2022  
Diane Deal, Editor

\*

\*

\*

Our **October meeting** was on “Mindful or Mind Full”, brought to us by Dr. Stephanie Varnon-Hughes



She shared with us a number of mindfulness practices that help to keep one focused, grounded, and relaxed. She cautioned that multitasking, particularly when dealing with people, is not a good thing. Focus on one thing at a time. She encouraged relaxation by a minute of breathing and the unclenching of the jaw. She also urged a sense of gratitude and time to play. She emphasized that our brains are plastic; new experiences create new synapses. Lastly, be kind, to yourself and others. Her book is *Interfaith Grit: How Uncertainty Will Save Us*.

\*

\*

\*



A red rose and a big “**THANK YOU**” to **Candy Campbell** for our new directories. Candy has taken on this chore for many years, and she most certainly is appreciated by all!

\*

\*

\*

Our co-presidents, Debbie Sims and Penny Keach, were presented with their **presidents’ pins** by Jean Bristol, chapter president from 2006-2008.



\*

\*

\*

On Friday, **November 4**, the **Beta Mu Book Club** will meet and discuss the book “The Mysterious Affair at Styles” by Agatha Christie, at the Enchanted Rose Tea Parlour in San Dimas . Questions? Call Sue, 909-599-5793.

\*

\*

\*



Professor Benjamin Brown will be the guest speaker on **Monday, November 14 at the Bonita High School library at 6 p.m.** He will present information on **“Composting and Vermiculture Composting”**. Benjamin Brown is a professor of Horticulture at Mt. San Antonio College where he teaches home gardening courses for adults of all ages. He attended Cal Poly Pomona where he received a bachelor’s degree in Environmental Biology and a Masters degree in Regenerative Studies. Benjamin was awarded over 20 scholarships for his work during his educational career, including Cal Poly Pomona’s President’s Counsel Scholarship for 2016, and the prestigious National Garden Scholarship for 2017. Benjamin is the founder of the Regenerative Learning Gardening Project.  
-Sharon Komoto

*(Did you google “vermiculture”, or were you ahead of most of us?)*

\* \* \*

**The Hostesses for the November meeting are Kathy Henkins, Sue Fernandes, and Carolyn Gomm.**

\* \* \*

### **November Birthdays**

6 Jackie Allen      8 Sharon Komoto      10 Jean Bristol      19 Betty Butler



### **December Birthdays**

5- Christina Quon      19 Judy Lewis      27 Carol Bennetts

\*

\*

\*

## *Presidents' Message*

Welcome to autumn, my dear Beta Mu sisters. The cooler weather and shorter days are a pleasant relief from the hot summer days. Along with this season also comes an opportunity to reflect and appreciate where we have been and where we are going. With this in mind, we invite you to remember why DKG was founded and why you decided to join the society.

Delta Kappa Gamma Society International was founded May 11, 1929 by Dr. Annie Webb Blanton. She was a member of the faculty of the University of Texas and a former state superintendent of public instruction in Texas. The founders believed that there was need for an organization in which women educators might be united for efforts toward better professional preparation, recognition of women's work in the teaching profession, and scholarships for those needing aid in improving their professional preparation.

Now, consider why you joined this society of women educators? We imagine somewhere in your story is the part about wanting to come along side fellow educators as they strive to educate a new generation of well-prepared, well-rounded students. DKG's seven principles support this endeavor. We encourage you to continue to invite guests and prospective members to our meetings and fundraisers. Who knows, maybe some of them will decide to join DKG for many of the same reasons you did.

We want to give a big shout out to 1) Sharon Komoto for bringing in Dr. Stephanie Varnon-Hughes as the well-spoken speaker on Mindfulness for our October meeting 2) the hostesses Sharon Komoto, Betty Butler, and Gloria Holcomb for providing a delicious variety of refreshments 3) Candy Campbell for compiling and publishing our yearbook again this year. This task is time-consuming and tedious and we are forever grateful to her accepting this responsibility.

The next few months are full of activities for Beta Mu and DKG. We are excited and we could use your help.

- November 14 is our meeting with speaker Benjamin Brown, Professor of Horticulture.
- Our Christmas Luncheon is scheduled for Dec 3 at Peppertree Café in Glendora.
- The Women in History Award and Recruitment Grants will be presented at the January 17 meeting. *We still need a chairperson and two committee members for our Woman in History presentation. It is a short, one-time commitment; please let us know if you can help.*
- Area XIII Conference is February 4. Beta Mu is responsible for 1) *selling tickets with a minimum of 4 volunteers needed.* 2) *Providing 24 bags or baskets in which attendees can place their raffle tickets: 1+ volunteer(s) are needed.*

We wish each of you a beautiful fall and holiday season. We are truly excited about the upcoming events and look forward to sharing them together as Beta Mu sisters.

*Debbie Sims and Penny Keach*

\*

\*

\*

We received the sad news that **Anna Jean Newton** has passed on. Anna Jean became a member of Beta Mu in 1972, and served in many capacities, including president from 1992-1994. Anna Jean was a part of the group that set up the Citizenship Awards program that has truly distinguished Beta Mu for these many years. She was also our 1992 Woman in History. Living with family in Idaho for the past several years, Anna Jean was 96. Those of us who knew her, remember her as well-organized and willing to support the chapter wherever she was needed. She was a lovely person!



\*

\*

\*

At the November meeting, remember to bring your small-size hygiene items for the **Inland Valley Hope Partners** basket. Also, you'll want to peruse the library of **Buck-a-Book**.

\*

\*

\*



## From the Editor:

This space is for all members!

- We encourage you to share your creativity, be it a poem, a drawing, a photo...
- We would rejoice with you and your happy events, such as special anniversaries, additions to the family, accomplishments, or awards...
- We would enjoy stories from your teaching career that may be helpful to young teachers, or just fun to relate...

Please send your contributions to Diane Deal at [lavernedeals@gmail.com](mailto:lavernedeals@gmail.com).

\*

\*

\*

# Happy Thanksgiving



**FOR ALL THAT IS OURS, LET US GIVE THANKS.**

\*

\*

\*

## December Meeting



We will be kicking-off our holiday season on **Saturday, December 3**, when we have our Christmas luncheon/fundraiser at the **Peppertree Cafe** in Glendora. We will meet from 12-3 p.m. to enjoy a buffet luncheon, join in with festive music, and perhaps even take home a gift! The price of thirty dollars will cover the cost of the lunch and include a ten-dollar donation for citizenship awards and recruitment grants. To make it more fun, we're asking each member to **bring a wrapped gift** valued at no more than ten dollars. It may be homemade (think of some of the wonderful foodstuffs offered at our previous Christmas boutiques), or something you find out shopping (no white elephants, please!). Karen Oaks suggests Home Goods as a great place to find good things for under \$10.

And, as always, guests are very welcome!



***More information as to reservations and a deadline will be sent later.***

\*

\*

\*



*To those of us who celebrate Hanukkah, may your home be filled with  
light, love, and peace.*

*To those of us who celebrate Christmas, may your spirit rejoice in the  
coming of your Lord and Savior.*

*To those of us who are secular, may you enjoy the season with happiness,  
generosity, and good will.*

**HAPPY HANUKKAH**  
**MERRY CHRISTMAS.**  
**SEASON'S GREETINGS**



***The minutes of the October meeting and the current financial report  
are available here.***



DKG Beta Mu Chapter Minutes    October 17, 2022

Meeting held in room 205 of Bonita High School

Members present: Jean Bristol, Betty Butler, Candy Campbell, Diane Deal, Sue Fernandes, Carolyn Gomm, Gloria Holcomb, Lou Jones, Penny Keach, Sharon Komoto, Peggy Redman, Sherry Sheppard and Debbie Sims

The meeting was called to order at 6:07 p.m. by Co-President, Penny Keach. Gloria Holcomb's inspirational reading included reflections about October.

Sharon Komoto introduced our speaker for the evening, Dr. Stephanie Varnon- Hughes, a professor and administrator at Claremont-Lincoln University. Her very interesting talk was entitled, "Mindful or Mindfull: Mindfulness Practices for Busy People".

After the presentation, which included a question and answer period, we had a refreshment break. Hostesses for tonight's meeting were Betty Butler, Gloria Holcomb and Sharon Komoto.

The business meeting started afterwards. The minutes of our September meeting were accepted as presented.

Treasurer's Report: Sue Fernandes had emailed members the Treasurer's report and tonight explained the latest income items and expenditures. With a net expenditure of \$276.08, the ending balance was \$9,230.60.

Committee Reports: Ist Vice-President (Programs): Sharon Komoto previewed the next two upcoming meetings. On November 14<sup>th</sup> we will meet again at 6:00 p.m. at Bonita High School to hear Professor Benjamin Brown speak about composting. The Christmas Buffet Luncheon/Fundraiser will be held on December 3<sup>rd</sup> from 12:00 p.m. till 3:00 p.m. at the Peppertree Cafe in Glendora. We will need to know by the end of November how many members and guests are expected to attend.

2<sup>nd</sup> Vice-President (Membership): Jean Bristol announced that she has been in touch with our newest members, encouraging them to attend our meetings. She has also been in contact with a prospective member, Rosa Leong, who acts as a liaison for homeless and immigrant students in the Claremont Unified School District. Continuing a discussion of recruitment, Debbie discussed her recent presentation at Bonita High School. Six teachers attended and she discussed Beta Mu activities, etc. and encouraged them to attend one of our meetings. Some of them may be coming in the future.

On a sad note, Jean Bristol announced that Anna Jean Newton (96), a long-time member of Beta Mu, had recently passed away in Idaho and Sue Fernandes told us that Judy Lewis has been having serious health problems. We will be keeping her in our thoughts and prayers.

Jean, who has been in charge of Jared Boxes for our Chapter, contacted two hospitals about resuming our practice of providing the boxes to their pediatric wings. A staff member from San Antonio Hospital told her that parents seem to prefer having their children treated in children's hospitals, therefore they no longer do in-patient pediatric care. Jean hasn't heard from Pomona Valley Hospital yet. It was suggested that Jared Boxes might be good to have in emergency rooms, for the children waiting there for care.

Jean presented our two co-presidents, Penny Keach and Debbie Sims, with their president's pin.

Jean repeated that the basket for collecting toiletries for the Inland Valley Hope Partners will be available at all our meetings.

Scholarships: Debbie also announced that she has been meeting with a first- grade teacher from Roynon Elementary School, to help her fill out the paperwork for a Penne Ferrell Scholarship.

Ways and Means: Carolyn Gomm explained more about our Christmas Fundraiser/Luncheon on December 3<sup>rd</sup>. \$10.00 has been added to the cost of the ticket, which is for the fundraiser. She said that there will be a "Gift Exchange" at our luncheon, and that more information about this will be forthcoming.

Communications: Candy Campbell handed out a draft of the Yearbook, and asked members to proofread it. She announced that she needs a picture of Christina Quon for the book.

Diane Deal has agreed to be in charge of our Newsletter, the Bond. She has already sent out one Newsletter and she hopes to send one out every two months. She will regularly include a Presidents' and Treasurer's report, as well as the latest meeting minutes. She encourages members to send her news items.

---

New Business: We voted for our Chapter's Most Valuable Member, to be announced at the Area XIII Conference in February.

Members wishing to attend are asked to register for this conference online and then send in their check for \$40.00 (made out to our Chapter) to Sue Fernandes as soon as possible. This year our Chapter's responsibilities include providing two people to greet attendees and sell door prize raffle tickets. We also need to provide 24 bags, which are placed in front of the gift baskets, to collect the raffle tickets. Our Chapter is also to act as host for the speaker and supply a gift for her.

It was necessary for us to officially amend our chapter rules to allow us to meet virtually. Diane Deal moved to do so, and Jean Bristol seconded. The vote was unanimous.

"Buck a book" started tonight.

After singing the Kappa Gamma Song, the meeting was adjourned around 8:15 p.m.  
Respectfully submitted, Betty Butler

Delta Kappa Gamma Treasurer Report  
6/2/2022 through 10/17/2022

10/17/2022

Page 1

Date	Num	Description	Memo	Category	Amount
<b>BALANCE 6/1/2022</b>					<b>9,506.68</b>
7/15/2022	1705	DKG International	27A@\$40 2R@\$20	Dues	-1,080.00
7/15/2022	1704	DKG California	27A@\$24 2R@\$10	Dues	-668.00
7/6/2022	1701	Penny Keach		Conferences:State Confer...	-140.00
7/15/2022	1706	Debbie Sims		Conferences:State Confer...	-140.00
7/15/2022	1703	DKG CA	31 Members	State fees incl. Insurance	-122.00
10/3/2022	1714	DKG Area XIII	Area assessment	Dues	-120.00
9/19/2022	1711	Trinity Unjited Methodis...	Use of hall	Programs	-75.00
10/17/2022	1715	Stephanie Varnon-Hug...	Speaker	Programs	-75.00
7/6/2022	1702	Sue Fernandes	2 Pres.Pins	Supplies	-58.12
9/28/2022	1712	Peppertree Cafe	Deposit	Christmas expense	-50.00
8/24/2022	1708	DKG International	Smith & Ferguson	Dues	-40.00
9/9/2022	1709	DKG International	Quon	Dues	-40.00
9/30/2022	1713	Jean Bristol	Meeting expenses	Supplies	-32.46
9/15/2022	1710	DKG CA	Quon	Dues	-24.00
9/15/2022	1707	DKG CA	Fees Quon	State fees incl. Insurance	-6.50
6/2/2022	DEP ...	Deposit	Spring Fund raiser	Donations	100.00
7/30/2022	DEP	Deposit	6A@\$85	Membership dues	510.00
6/24/2022	DEP	Deposit	7A@\$85	Membership dues	595.00
6/2/2022	DEP ...	Deposit	14 A members	Membership dues	1,190.00
<b>6/2/2022 - 10/17/2022</b>					<b>-276.08</b>
<b>BALANCE 10/17/2022</b>					<b>9,230.60</b>
<b>TOTAL INFLOWS</b>					<b>2,395.00</b>
<b>TOTAL OUTFLOWS</b>					<b>-2,671.08</b>
<b>NET TOTAL</b>					<b>-276.08</b>

Financial Report Budget  
DELTA KAPPA GAMMA  
BELT AND CHAPLAIN