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President message continued

2020-2022 Officers

President

Terry Sharp

1st Vice-President

Saralee Peccolo-Taylor

2nd Vice-President

Tami Smith

Recording Secretary

Julie Golden

Corresponding Sec.

Paula Fox

Treasurer

Myra Sowder

Parliamentarian

Janice Walker

Zeta News

DKG Mission statement: The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.

January 2022- PRESIDENT'S MESSAGE

Engage, Empower, Involve

Happy New Year, sisters!!!

I've already been thinking about making intentions, or goals, rather than resolutions. I recently read an article that sums up my thoughts on the topic much more succinctly than I can. I'd like to share it with you:

Scrap the Resolutions and Set New Year's Intentions Instead

Amid COVID-19 and turbulent times, it's time for a revolution in resolutions

by Melissa Locker, AARP, Updated December 29, 2021

Ten years ago, Colleen E. Millett stopped making New Year's resolutions. Instead of setting herself up for a disappointing January filled with broken promises, Millett decided to set intentions instead.

"I found that resolutions were something that never pan out and never come to fruition," says the 54-year-old resident of Spring Hill, Florida.

As another year during one of the most challenging times in history draws to a close, it may be time for a revolution in resolutions. Intention-setting is less about a specific goal and more about a shift in mindset to help achieve that goal.

"An intention is something you want to manifest in your life or some guiding principle that you want to live by," says Diana Raab, a psychologist and author. While resolutions are hard and fast goals that are either achieved or broken, intentions are broader ideas. Raab describes them "as the beginning of a dream or desire" for something that you want for yourself.

Seek out a journey, not an end point

Changing the conversation from an end point to a journey means there is a greater likelihood of being successful, without the risk of failure. Instead of setting a goal that is likely to be broken, a growing wave of folks are turning over a new leaf in a different way.

"I learned years ago that resolutions rarely last past Valentine's Day," says Sandra Scheinbaum, 71, of Scottsdale, Arizona. "On the other hand, setting intentions works because they're associated with your hopes and dreams for the future." For example, this year Scheinbaum intends to do everything in her power to stay healthy.

Continued on page 9

January Meeting

Date: January 24, 2022

Time: 5:00 p.m.

Place: Central High School

5321 Jacksboro Pike

When you go through the gate on campus, you'll turn left in the courtyard, and head towards the far hallway. Room 108

Inspiration: Nancy Irwin

Program: Sue Beverly, director of Ronald McDonald House Charities

Dinner: Bring your own meal and drink.

Myra is bringing tea and lemonade

Vote on 2022 - 24 officers Judy Fleenor

Ronald McDonald House Charities Wish List

Micro twist O-Cedar mops and some extra micro-fiber mop replacement heads

queen size mattress pads

Postage stamps

packing tape

umbrellas (that we give to families as they need them while here)

several bags of de-icer for our sidewalks and steps this winter

We could use some yard implements such as clippers, trimmers, trowels, work gloves, etc

zip lock bags in all sizes

25 watt small based candelabra bulbs

60 watt LED light bulbs

Gift cards to Lowes, Home Depot, Wal-Mart, ACE, Food City

Help Corner

If you would like to bring items to help different groups, see the following list for each month:

February: "Little Dresses for Africa" project (see page 6 for more information).

March: International Projects

April:

May:

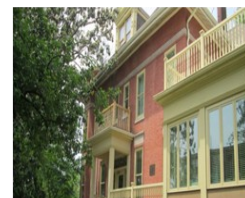
Calendar 2021-2022

*Chapter Meetings

2022



January 24 - 5:00 - Central High School - Service Project - Sue Beverly, director of Ronald McDonald House charities



February 28 - 5:00 p.m. - WHBC - Speaker - Knoxville Mayor, Indya Kincannon

March 28 - 5:00 p.m. - Henry's Deli - 7231 Tazewell Pike, Corryton - speaker from Wild Birds Unlimited

April 23 - Officers training - President, 1st VP/EEC chair, Treasurer, Membership chair, Communication/Web master, Bylaws/Rules chair

April 25 - 5:00 p.m. - WHBC - Induction, Founders Day, and Installation of Officers

May 9 - 5:00 p.m. - WHBC - "End-of-the-Year" and hands-on demo of scarf tying

June 2 - 4 2022, TNSO State Convention, The University of the South, Sewanee

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

International Convention 2024 - National Harbor, Maryland - Gaylord National

International Convention 2026 - Aurora, Colorado - Gaylord Rockies

Concerns

Keep in our thoughts and prayers:
Gloria Kitzke and her husband (Keith)
Beth Eades
Joan Clark (back)

Sympathy

Joan Clark in the death of her brother.
Family and friends of Zeta sister, Micky Perry, who passed away last month.

Scholarships and Awards



Remember: If you have received an award this past school year, please notify: Mary Brockett or Nancy Irwin. (marybrockett@gmail.com) or (artirwin@yahoo.com).

Yearbook

Please send yearbook corrections to: Tami Smith - tami.smith@knoxschools.org or 1609 Cherrybrook Dr. 37912

Congratulations Tami - Highest Honor for Zeta's Yearbook.

Zeta Phone List



Send changes in telephone, address, cell, work numbers to Connie Silvey cfsilvey@bellsouth.net

Next Month's Meeting

Date: February 28, 2022
Time: 5:00 p.m.
Place: West Hills Baptist Church
409 N Winton Road
Program: Knoxville City Government
Speaker: Mayor Indya Kincannon
Inspiration: Nancy Webb



January

| | |
|------------------------|----|
| Beth Eades | 1 |
| Becky Duncan Massey | 2 |
| Saralee Peccolo-Taylor | 11 |
| Ernestine Everhart | 28 |
| Mary Smith | 29 |

NEWSLETTER

Articles, information etc. needed for future newsletters. Please submit to Connie Silvey at cfsilvey@bellsouth.net by the 10th of each month. Thanks, Connie

Deadlines

January 25- Beginning Leadership Management Seminar Application and Reference Deadline
February 1- TNSO Scholarship Application
February 1- International Scholarship Application
February 22- Virtual Legislative Symposium
February 24- TNSO Virtual Hall Meeting on Proposed Budget 2022-2024
February 25- TNSO Middle & High School Essay Contest
March 1- Virtual Legislative "Prep Rally"
March 3- TNSO Legislative Day on the Hill

Incoming Chapter Officer Leadership Training

East Tennessee: Saturday, April 23, 2022 at Oak Ridge High School
This includes training for Chapter President, 1st Vice-President/EEC Chair, Treasurer, Membership Chair, Communications/Webmaster, and Bylaws/Rules Chair.

Details can be found in the Leadership Links.
Registration will be available beginning February 1, 2022

Legislation

Bill Hagerty: hagerty.senate.gov
 Marsha Blackburn: blackburn.senate.gov
 Tim Burchett: burchett.house.gov
 US Congress 2nd district

Board of Education

Terri Coatney, Executive Assistant:
 Terri.coatney@knoxschools.org
 Chair - Kristi Kristy -
 Kristi.kristy@knoxschools.org

Knox Co Commission

Commission@knoxcounty.org
 Chair - Richie Beeler - Richie.beeler@knoxcounty.org

Web Site

Check out Zeta's Web site

dkgxizeta.weebly.com

Tennessee State Organization



www.tndkg.org

Check out the EEC Corner on the website. You will find several programs and projects completed by other chapters that may be of interest

DKG International

dkg.org

Telephone

Members, **please return the callers' calls**, even if you are not making a reservation. A returned call lets the caller know that the message was received.

Weather Policy

The Zeta chapter meeting will be cancelled if Knox County Schools are closed for weather issues.

WANTED:

NEW-MEMBERS

I challenge each member to bring a prospective member to our next meeting. Martha

Slate of officers for 2022 - 23

President: Paula Fox
 1st Vice President: Julie Golden
 2nd Vice President: Tami Smith
 Recording secretary: Ursula Thompson
 Corresponding Secretary: Joan Clark



Nominating Committee
 Sherry Walsh, chair
 Dawn Beigler
 Madeline Ferguson
 Nancy Irwin
 Martha McCluen

The president will select the treasurer and committee chairs.

Submitted by; Judy Fleenor, Nominating chair

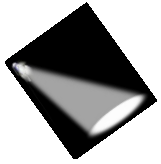
Educational Issues

TEA Public School Advocate, January 3, 2022

Because of years of COVID-19 pandemic effects on education, there are still questions about the "relevance of appropriateness of conducting TNReady assessments and teacher evaluation" the same year after year. It is difficult to measure student achievement and teacher effectiveness during these times. "TVAAS relies on three-year data model to estimate student performance."

"TEA plans to pursue a bill that would reestablish state educator evaluation committee for teachers to have a voice in what is best practices are for evaluating their work."

Submitted by Connie Silvey, Communication chair



Meet Zeta member Dr. Kitty Pruett

Kitty has been a member of Delta Kappa Gamma for 13 years. During her years in the Zeta Chapter, she has served on several committees, but enjoys serving on her current committee the most – the legislative committee. She believes that monitoring legislative action is important to the field of education and that Delta Kappa Gamma members need to stay informed.

Doing for others has been Kitty's favorite aspect of her Zeta membership. She has enjoyed being involved in various service projects completed through her Zeta Chapter over the years such as providing needs for the Ronald McDonald House, providing supplies and suitcases for foster children through Fostering Hope, making blankets for veterans, wrapping gifts in support of the Angel Tree, and supporting early childhood literacy through the promotion of the Imagination Library at Boo at the Zoo in Knoxville.

Knoxville, Tennessee is Kitty's home town, and she graduated from Doyle High School. Following high school graduation, she attended the University of Mississippi where she earned a B.A degree in Social Work and Sociology. She later obtained her M.S. degree in Educational Psychology and Guidance and her Ed.D. Degree in Educational Administration and Supervision from the University of Tennessee.

Kitty has worked in the helping and educational fields for forty years. She worked as an intake worker at Knox County Juvenile Court when she first graduated from college. Since then, she has worked as a school administrator, a facilitator for the Evening Alternative High School, and a school counselor. She has worked the longest as a school counselor and has been highly involved in her professional counseling organization. She has served as the Smoky Mountain Counseling Association president twice and was president of the Tennessee Counseling Association. She has also served as a chairperson on a number of Tennessee Counseling Association committees including the By-Laws Committee and the Ethics Committee. She is currently serving a three year term on the Tennessee Counseling Association Foundation. Kitty has presented at a number of local, statewide, and national conventions. Kitty was chosen to participate in Leadership Education for the City of Knoxville, and she served on the Knox County School Superintendent's Teacher Advisory Council for three years. She also participated in the Counselor in Industry Project where she worked at various businesses one summer. In addition, she did summer recruiting for two different educational institutions two summers and taught a class in the counseling department at Carson-Newman University one summer.

Kitty retired from Knox County Schools in 2019 but continues to be active in various counseling associations. She has been involved as a group member of a local Education for Ministry Group which requires a four year commitment for attendance. She also attends counseling association meetings and Zeta Chapter, DKG meetings as possible. She considers herself to be a movie addict and loves the big screen, especially cinema art. Her hobby is collecting antique and vintage dolls.

Kitty is married to Gary, and they have one daughter, Whitney. Her daughter is what she calls a "Super Nurse". Her daughter and son-in-law live in Knoxville. Last February they blessed her by having a son named Parker. Since Parker lives in Knoxville, she gets the pleasure of looking after him at least a couple days per week. Kitty considers her family her greatest blessing in this life.



International Projects

Last Chance, If you have 100% cotton fabric or pillowcases for the Little Dresses International Project, please don't forget to bring it to our January meeting. This will allow us to make kits and get everything together before we start sewing (probably in March). If you have 100 % Cotton thread, trim, buttons, etc. that you would like to donate that would also be very much appreciated.

Happy New Year! Here is a famous quote from Our founder, Annie Webb Blanton.
Very appropriate for the start of a brand new year!

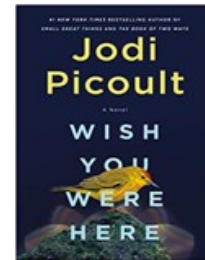
"Be progressive. Keep up with the moving world
while not discarding what in the old that has value.

But don't cling to the old when its worth has passed. Don't be a person so set in your views that nothing can change you."

Dr. Annie Webb Blanton, 1870 - 1945
Women's Activist and Educator

Submitted by Myra Sowder, International Projects chair

Book Corner



Book Synopsis From the #1 New York Times bestselling author comes a deeply moving novel about the resilience of the human spirit in a moment of crisis. Diana O'Toole is perfectly on track. She will be married by thirty, done having kids by thirty-five, and move out to the New York City suburbs, all while climbing the professional ladder in the cutthroat art auction world. She's an associate specialist at Sotheby's now, but her boss has hinted at a promotion if she can close a deal with a high-profile client. She's not engaged just yet, but she knows her boyfriend, Finn, a surgical resident, is about to propose on their romantic getaway to the Galapagos--days before her thirtieth birthday. Right on time. But then a virus that is felt worlds away has appeared in the city, and on the eve of their departure, Finn breaks the news: It's all hands on deck at the hospital. He has to stay behind. You should still go, he assures her, since it would be a shame for all of their nonrefundable trip to go to waste. And so, reluctantly, she goes. Almost immediately, Diana's dream vacation goes awry. Her luggage is lost, the Wi-Fi is nearly nonexistent, and the hotel they'd booked is shut down due to the pandemic. In fact, the whole island is now under quarantine, and she is stranded until the borders reopen. Completely isolated, she must venture beyond her comfort zone. Slowly, she carves out a connection with a local family when a teenager with a secret opens up to Diana, despite her father's suspicion of outsiders. In the Galapagos Islands, where Darwin's theory of evolution by natural selection was formed, Diana finds herself examining her relationships, her choices, and herself--and wondering if when she goes home, she too will have evolved into someone completely different. About the Author Jodi Picoult is the #1 New York Times bestselling author of twenty-seven novels, including *The Book of Two Ways*, *A Spark of Light*, *Small Great Things*, *Leaving Time*, *The Storyteller*, *Lone Wolf*, *Sing You Home*, *House Rules*, *Handle with Care*, *Change of Heart*, and *My Sister's Keeper*, and, with daughter Samantha van Leer, two young adult novels, *Between the Lines* and *Off the Page*. Picoult lives in New Hampshire.

Submitted by Saralee Peccolo-Taylor, 1st Vice President

Order of the Rose

2021



La Noka Rhodes received the Order of the Rose at the Tennessee State Organization Convention in June 2021.

La Noka is a retired Coordinator of Elementary Education for Knox County Schools.

She was inducted into DKG April 1, 1969.

Legislation

Two new laws affecting education took effect January 1. They are:

HB0016- Teacher Discipline Act

"This law specifies that a teacher is authorized to manage the teacher's classroom, discipline students, and refer a student to the principal or the principal's designee to maintain discipline in the classroom and to hold students in the teacher's charge strictly accountable for any disorderly conduct. This bill authorizes teachers to submit a written request to the school's principal, or the principal's designee, to remove a student who repeatedly or substantially interferes with the teacher's ability to communicate effectively with the class or with the ability of the student's classmates to learn if the student's behavior is in violation of the LEA's or school's discipline policy or code of conduct." From WVLT, <https://www.wvlt.tv/2022/01/01/new-tennessee-laws-take-effect-2022/>

HB0752 - Dual Enrollment

As enacted, this bill clarifies that the dual enrollment program will award the in-state tuition and mandatory fees cost up to a maximum amount, which is the cost of tuition and fees at a community college or college of applied technology, for the first four courses taken. For the fifth through tenth courses, TSAC shall decide the amount of the award, not to exceed the maximum amount of the cost of fees and tuition at a community college or college of applied technology.

See <https://legiscan.com/TN/text/HB0752/2021>

Submitted by: Tricia Jones, Legislation chair

International Projects

Did you know that with the support from the Delta Kappa Gamma Society International and others, the Schools for Africa Program is....

- *Benefiting nearly 5 million children, with a special emphasis on girls, orphans, and children living in extreme poverty
- *Building and rehabilitating almost 1,000 schools
- *Training nearly 100,000 teachers
- *Supplying notebooks, pens, desks, chairs, and other essential school materials
- *Making sure schools have clean, safe drinking water and separate bathrooms for boys and girls.
- *Creating schools that offer a protective environment

DKG partners with other donors to provide essential access to quality basic education to millions of children in 11 countries. These include Angola, Burkina Faso, Ethiopia, Madagascar, Malawi, Mali, Mozambique, Niger, Rwanda, South Africa, and Zimbabwe.

Contribution forms may be downloaded from the dkg.org website under Programs/Projects then Schools for Africa.

Submitted by Myra Sowder, International Projects, chair

Resolutions are often focused on smaller goals like trying to maintain good posture, exercising more or cutting down on sugar, according to Raab. But an intention has a broader focus and “often has to do with relationships, careers, self-improvement or a larger call to action, such as [travel](#).”

To ensure successful intention-setting, Raab believes it is important to “commit to your intention,” making it “a part of your everyday thinking.”

Want something a little more concrete to help you follow through? Peter Gollwitzer, a professor of psychology at New York University who specializes in goal-setting, says that people who engage in planning how to achieve a set goal are about three times more likely to succeed than people who leave it at mere goal-setting.

“Specifying the how of reaching your goals makes people more likely to get started on time, stay on track in the face of distractions, and persist until the goal is attained,” Gollwitzer wrote in an email. “And this is true for all kinds of goals, more abstract ones such as New Year’s resolutions (I want [to become more physically active!](#)) or more concrete ones (I want to go running at least once a week!).”

Avoid resolutions that get broken annually

Once you have selected an intention, write it down to keep it in the forefront of your mind and help you manifest it in your everyday life, says Raab, who has written about intention-setting for Psychology Today.

That’s what Beth Graham did last year. I sat down and decided how to approach the New Year and wrote in my journal, ‘Feel life. Live with intention,’” she says. The 58-year-old public relations specialist from St. Augustine, Florida, chose to shake things up for 2021 after breaking her resolutions “every single year.”

Her intention was “to feel life,” which included changing the way she used technology to be more present in everyday tasks, shaking up her morning routine to feel more productive, and even putting on makeup each day.

“Intentions are a bit more spiritual and they’re a bit less tangible—they’re changes made at a much deeper core within your soul,” Beth Graham explains.

Janice Holly Booth, 62, of Charlotte, North Carolina, also had a new plan for herself last year. She “set an intention to try and become a little bit better at everything I do, whether that’s golf, painting, yard work or listening,” she says.

Instead of rushing through her tasks, Booth was “present, mindful and focused” during each activity, a mindset that she predicted would bring improvement in everything from her golf swing to her [gardening](#).

An intention doesn’t have to be an overarching goal, though. Millett, for example, [chooses a specific word to focus on each year](#). In 2019 she selected the word “joy” and worked to imbue it into her everyday life. For 2020 she chose the word “wonder” and for 2021 she chose “flow.”

After several years of massive change and uncertainty, Millett says she feels “ready to let the energy of life flow freely through me, knowing full well how to allow joy and wonder at the same time.”

Tips for setting intentions:

1. Choose a broad, less specific goal for an intention than you would for a resolution: For example, improving health, lowering stress or becoming more mindful or present.
2. Get specific about ways to achieve that intention. For example, using less technology, spending more time in nature or meditating.
3. Plan how to incorporate those efforts into your regular routines.
4. Use a journal to make note of your intentions and your successes as the year continues.

Editor’s note: This article was originally published on December 30, 2020. It’s been updated to reflect new information.

Melissa Locker is a contributing writer who covers lifestyle, home and garden, and arts and culture. She has also written for Southern Living, Time and The Guardian

Terry Sharp, president