

# Beta Tau NEWSLETTER



**S** seek new members and opportunities  
**O** pen your heart, mind, and attitude  
**A** ct to serve and share  
**R** each to renew, respond, and relate

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## Beta Tau Newsletter

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### Teressa's Message

Dear Sister,

I don't know about you, but I come alive this time of year, making plans to lose weight, cut sugars and carbs, and work out. Every year it's the same routine. Sometimes I feel defeated by the wins I don't get, but I try to find the courage to be proud of the things I do accomplish. After all, Sisters, we are all accomplished or we wouldn't have been considered for an organization as excellent as DKG. We are veterans at organizing, doing, making, creating. Most of us have a work ethic that drives us to succeed at home and in our careers and hobbies. I might enjoy one too many cookies, or scoff at going to the gym when I know I need to, but I feel proud to be among such great company that leaves a legacy wherever they go. So, I say, continue to make the resolutions in the name of bettering ourselves, but don't forget to eat the occasional cookie, and remember that life is supposed to be savory and sweet.

I hope everyone feels restored and rejuvenated this time of year and celebrates all the accomplishments both finished and still in the works. I also want to take a moment and send prayers to our Sisters who need extra care right now. If there is anything I can do to help with comfort, please let me know. I will see you all soon!

Your Sister,  
Teressa

# Texas State Convention Denton June 24-26, 2025

Attention All Members: If your directory information has changed at all, please send correct information to Myrna Burkes. She is also updating the pictorial directory so if she doesn't have a picture of you, please send her one (or send her a better one of you). Thanks for your help in this matter. Her phone to text is 210-602-3801 or email:mimibetatau@gmail.com.

During the school assembly, the glee club began to warble, "When Irish Eyes Are Smiling." In the middle of the song, a woman began to cry. "I didn't know you were Irish," one of the teachers said, comforting her. "I'm not," the teacher sobbed. "I'm the new music teacher."

Thanks to Charlotte Hains for the humor this month.



*Check out Beta Tau's Website*  
<http://deltakappagamma.org/TX-betatau/>

# SAVE THE DATE

<p>January 11, 2025 11:00 a.m. Happy 89<sup>th</sup> Birthday Beta Tau Speaker – TSO President Bonnie Moore <b>Social Meeting</b></p>	<p>The Silo Restaurant 434 N. Loop 1604W 78232</p>
<p>February 8, 2025 10:00 a.m. <b>Social-Business Meeting</b> Gamma Upsilon Chapter Visit Presenter - Cathy Criner STAR</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches 78217</p>
<p>March 22, 2025 11:00 a.m. <b>Social-Business Meeting</b> Key Women Educator Awards</p>	<p>La Fonda Restaurant Alamo Heights 8633 Crownhill Blvd. 78209</p>
<p>April 26, 2025 10:00 a.m. <b>Social-Business Meeting</b> Presenter - to be arranged</p>	<p>MacArthur Park Lutheran Church 2903 Nacogdoches 78217</p>

Wonderful tasty cookies were abundant at our December meeting. \$399 was raised for our scholarship fund.



# JANUARY MEETING

On January 11 at 11:00 we will be meeting at the Silo Restaurant on 1604 in the Stone Oak area. Renown for their good food this is a popular meeting. Be sure you have reserved your place with Kay Aguilar or through the invite email we received. Drinks are extra. The menu from which to make your choices is below. Our speaker is Texas State President Bonnie Moore. Hope to see you there!



## SALAD

### CLASSIC CAESAR

Hearts of Romaine, Roasted Garlic Croutons, Parmesan Crisp

### SILO HOUSE

Mixed Greens, Red Onions, Cherry Tomatoes, Cucumbers  
Croutons, Honey-Dijon Walnut Vinaigrette

### BABY SPINACH

Crispy Brie, Applewood Smoked Bacon, Raspberries  
Dried Apricots, Spanish Sherry Vinaigrette

## ENTRÉE

### SIGNATURE CHICKEN FRIED OYSTERS

Angel Hair Pasta, Sautéed Spinach, Applewood Smoked Bacon, Tart Apples & Mustard Hollandaise

### POACHED EGGS, SHRIMP REMOULADE, CHICKEN FRIED OYSTERS

Poached Eggs, Sautéed Spinach, Applewood Bacon, Crispy Oysters, English Muffin  
Shrimp Creole Remoulade, Home Fries

### MISO GLAZED ATLANTIC SALMON

Cilantro Lime Quinoa, Toasted Cashews, Baby Bok Choy, Avocado Mango Relish

### PECAN CRUSTED CHICKEN BREAST

Andouille Jambalaya Rice, Sautéed Spinach, Sun-Dried Tomato Caper Cream Sauce

### GRILLED STRIP SIRLOIN

Roasted Garlic Mashed Potatoes, Broccolini, Béarnaise, Shallot Reduction

## DESSERT

### TOASTED COCONUT PIE

Signature Dessert

Chocolate Painted Macadamia Shortbread, Raspberry Coulis

### DARK CHOCOLATE TRUFFLE MOUSSE

Fleur de Sel Caramel, Vanilla Bean Whipped Cream, Cocoa Nibs

### VANILLA CRÈME BRULEE

Fresh Raspberries & Mint



***December Meeting Minutes***  
Beta Tau Chapter Delta Kappa Gamma  
Mac Arthur Park Lutheran Church  
2903 Nacogdoches Road  
San Antonio, Texas 78217  
December 14, 2024

President Teresa Lowrance called the meeting to order at 10:22 a.m. and welcomed members in attendance. She began by informing members and guests of former President Myrna Burkes. Myrna Burkes gave an introductory prayer and inspirational devotion. Kay Aguilar gave welcome and updates for upcoming January 10 luncheon that will be held at the Silo. She requested an RSVP in advance to take a current lunch count for members and guests.

President Teresa Lowrance asks for prayer for the following members:

- Lola Hill- migraines and pinched nerve
- Jeanette Ferguson- continued physical therapy and recovery from treatments
- Evelia Montemayor- endurance and strength as she begins her PHD program and works being an administrator and full time Mom
- Beth (Myrna's daughter)- perseverance as she she continues her chemo therapy
- Patty Flores (visiting guest)- Mom has cancer, upcoming training, and first year teaching
- Francis Fair- health and spirit as she resides in a home in Dripping Springs

Carolyn Dahlgren welcomes guests and gives door prizes.

President Teresa Lowrance gives update that Lynn Fennerty (Life Skills Teacher) will be a new inductee in the upcoming year. President Teresa Lowrance is awarded the new President pin and a brief history of the pin is discussed.

Scotta Williams, Treasurer discusses process and profits of the Christmas Cookie Exchange.

\*The business meeting was adjourned at 12:25 p.m.

*Respectfully submitted by: Oribel d. Rocha*





Favorite

Recipe

From Kathy Helmke

## Grandma's Hash Browns

- 1 (2 pound) package frozen hash brown potatoes, thawed
- 1 (10.5 ounce) can condensed cream of chicken soup
- 2 cups shredded Cheddar cheese
- 1 (8 ounce) container sour cream
- 1 cup butter, melted, divided
- ½ cup chopped onion
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup crushed cornflakes

Gather all ingredients. Preheat the oven to 350 degrees F.

Mix hash browns, Cheddar cheese, condensed soup, sour cream, ½ of the melted butter, onion, salt, and pepper in a bowl. Transfer mixture to a 9x13-inch baking dish.

Sprinkle cornflakes on top, then drizzle with remaining melted butter.

Bake in the preheated oven until sauce is bubbly and top is golden brown, 1 to 1 ½ hours.

# MEETING PICTURES

Roberta Carlson, Patty Raney and Ginny Stowell give photographer, Suzette Price, their best smiles.

Type to enter text



Kathy Helmke, Myrna Burkes and Laura Lopez are plotting their cookie strategy.







Good friends: Brenda Krueger, Jeanette Pierce and Scotta Williams

Secretary Bel Rocha, Carolyn Dahlgren and Laura Lopez pay careful attention to the proceedings.



Carol Burket and Kathy Helmke enjoy sampling the cookies for sale.



Don't forget to sign in!!! Carolyn Dahlgren helps Brenda Krueger and President Teresa Lowrance at the sign in book.



Scotta Williams gives former president Myrna Burkes her gold plated president's pin for her wearing pleasure.

Myrna pins the solid gold president's pin on current president Teresa Lowrance.



## *The Story of Beta Tau's Gold President's Pin*

I will always remember my mother standing before her full length mirror, examining herself in a beautiful red tulle gown trimmed with gold sequins. She was preparing for her initiation into Delta Kappa Gamma. She was so happy and excited. She, along with two other teachers from Three Rivers were headed to Alice, Texas, fifty miles away, for the ceremony. Beta Pi Chapter was comprised of three counties: Live Oak, Jim Wells, and Duval. There was never a teacher happier than Ann Fair to become a member and to serve. She became president in 1951. I remember making the trips to Alice once a month and playing on the school grounds while she was leading a meeting.

Later, as I progressed in my teaching career, she kept asking, "Have you been invited to join Delta Kappa Gamma?" Finally in 1975, in Tucson, Arizona I made my mother happy and became a member. I resigned in 1978 after a teacher strike that greatly displeased my chapter which was about 90% retired.

I was thrilled when Arline Patterson asked to sponsor me in Beta Tau. Needless to say, Mom was too.

One day we were going through her jewelry box and ran across her president's pin. She gave it to me in hopes that I might use it some day (ha ha). The VERY next day I attended a planning meeting for the coming year (I don't remember the year). Scotta was discussing the fact that one of the ways we could save money was to give our presidents a gold plated pin. Ah ha! Lightning struck, and I volunteered Mom's real gold pin to be passed on to each new president to sport at state conventions. The planning committee accepted the idea, and the rest is history. Mom was more than happy about it. We were both highly honored. That pin has been around for 73 years, and the new wearer of it is more than special to me.

My sweet, smart, beautiful Teresa. What an honor to have her of all people with the real gold pin. She was in my Algebra I JS class (junior/senior) at Churchill High School. She, like many, had been brutalized by math and bad math teachers and didn't think that she was capable of much. Oh well, let me tell you that she caught on fire sitting on the back row and aced the class. She has done much with her life since. She has a lovely family, has been and is a great teacher in several areas. Now she is leading Beta Tau with the 73 year old pin, making Mom and me happy.

*From Frances Fair*

# Member News



Kathy Helmke had some holiday fun with the Grinch and her grandchildren.



Our fearless photographer, Suzette Price, needs to have her picture in the newsletter too!

Please remember to send prayer requests and good news to the editor, Kathy Moran, president, Teressa Lowrance, and corresponding secretary, Ginny Stowell.



# Member News

Kathy - I closed on my house in San Antonio on December 19 and moved to Delta County. My new address is 2618 CR 1220, Lake Creek, Tx 75450. I now live near my mom in Sulphur Springs and only a 12 min drive to see my son, daughter-in-law and the grandkids. Delta County was my home for 16 years and where I began my teaching career.

My year ended on a sad sad note. My baby brother died of a pulmonary embolism in his sleep on December 9th. He was only 61. Lost not only a brother but a best friend. Now I begin another new journey in OKC clearing up my brother's estate. My advice to all in 2025 is to make sure you have a will. My brother did not have one.

I plan on remaining a member of Beta Tau and attend a few meetings a year. The chapter I originally joined in this area is dissolving. I'll always cherish my memories of Beta Tau and my Beta Tau sisters. Best wishes to all in the new year.....plus Love and Big Hugs to All!!!

Debra "Rose" Bradley.



Myrna is doing well and would like to thank her sister's for their continued prayers for herself and her daughter. Beth has two more treatments and a bone marrow biopsy before the oncologist will determine further treatment. (Her recent PET Scan shows Lymphoma in her bone.) Overall, there is good news as Scan shows tumors have been reduced in size...which is good. God is good and Myrna is grateful!





## HAPPY JANUARY BIRTHDAYS!

Jane Kernaghan	11
Patty Raney	21
Lola Hill	26
Carolyn Dahlgren.	27

### Mission Statement

The Delta Kappa Gamma Society International promotes Professional and personal Growth of women educators and Excellence in education.

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Texas State  
President

Bonnie Moore

### Vision Statement

Leading Women Educators  
Impacting Education Worldwide

### Beta Tau Officers

PRESIDENT	Teressa Lowrance
1st VICE PRESIDENT	
2nd VICE PRESIDENT	Kay Aguilar
TREASURER	Scotta Williams
RECORDING SECRETARY	Bel Rocha
CORRESPONDING SECRETARY	Ginny Stowell
PARLIAMENTARIAN	Jeannette Ferguson

We're on the Web!

<http://deltakappagamma.org/TX-betatau/>