The Delta Sigma chapter of Delta Kappa Gamma Society International met Thursday, Nov.16, 2017 at 4:30 pm at the Boger City United Methodist Church in Lincolnton. Linda Yoder greeted the members with a quote from Oprah Winfrey entitled “Be a Queen”. Dana Ayers gave the invocation that focused on a personal experience from one of the students at her school then closed with a prayer for teachers.

Members of the Communications Committee hosted the meeting by providing healthy snacks for the group.

Rhonda Hager introduced the speakers for the meeting, Mae Stamey, FNP-BC and her husband Johnny. Mae Stamey is a PA with Lincoln Family Practice. Mae gave a talk on women’s health and wellness. She reminded the group that women need to take care of ourselves to be able to carry out all the different roles they have. Mae discussed latest guidelines on preventive screenings for breast cancer and pap tests. Mae spoke on tips for a healthy mind, body and soul. She encouraged the group to (1) do something you love on a regular basis (2) establish a relationship with your body (3) take part in nature (4) let go and release (5) find an exercise you enjoy (6) build confidence and self-esteem (7) try meditation (8) keep a journal (9) do away with doubt and (10) be positive. In conclusion, Mae Stamey reminded the group that a healthy body equals a healthy mind.

Mae Stamey’s husband, Johnny Stamey spoke to the group about exercise. Johnny is a clinical exercise physiologist. He is now working as a trainer at the Rock Fitness. Johnny described what is exercise and the top myths concerning exercise. Johnny shared the secret to exercise -- find enjoyment in what you do!

President Libby Fletcher brought the business portion of the meeting to order. Jill Eaddy thanked the members that had signed up to help with the Speak Up for Children Foundation “Tour of Homes”. Jill stressed to the group that more volunteers are still needed. Jill told the group had tickets for sell ($15) and named the various locations where they could be purchased.

Minutes of the last meeting had been previously provided to the members. Libby accepted a motion by Elaine Jenkins to approve the minutes, motion was seconded by Renee Smith and unanimously approved. Kellie Goins shared the treasurer’s report. She was excited to share with the group that all dues for this year have been collected and reports sent to the state offices.

Libby shared from Laurie Sellers, chairperson of the Beginning Teacher Support committee, that beginning teacher gifts were delivered to new teachers. Rhonda Hager reported the gift which included an electric pencil sharpener was very appreciated and delivered to the BT-1s at a meeting where all but two were present.

Cindy White, chairperson for the fashion show reported that she had been checking with various members to see if they would be willing to model in the fashion show. Tickets for the fashion show will be distributed at the Feb. meeting.

Libby praised Elaine Boysworth for the outstanding work she did on the chapter newsletter. Members were reminded to check the newsletter for various grants and opportunities available and deadlines for applying.

Dana Ayers spoke to the group on the fund-raising drive she was leading for an adapted playground at Lincolnton Middle School. She explained why it was needed and encouraged personal and community support for this project.

Libby expressed how glad she was to have our new members at the meeting.

Next meeting will be January 11, 2017 at 4:30 at the Boger City United Methodist Church. It will be an afternoon of fun and fellowship.

Respectfully submitted by Pat Carpenter

**Members Present**

Dana Ayers, Edwina Beam, Frankie Beam, Elaine Boysworth, Pat Carpenter, Jenny Dellinger, Jill Eaddy, Kennan Eaddy, Libby Fletcher, Annette Geymont, Kellie Goins, Nelva Goodson, Rhonda Hager, Becky Heavner, Melanie Huss, Elaine Jenkins, Donna Jolley, Judy Jones, Jennifer Luper, Wanda Lutz, Sara Miller, Heather Myers, Gayle Reid, Judy Shuford, Renee Smith, Cindy White, Shelia Wright, Linda Yoder

**Absent**

Dana Avery, Becky Burke, Diana Carpenter, Jennifer Carroll, Katie Crocker, Deanna Dunn, Jane Goodson, Rhonda Harrill, Sherry Hoyle, Jennifer Huskey, Brenda Kinney, Betsy Laws, Susan McConnell, Jane Morton, Wendy Mosteller, Denise Patterson, Suzanne Peeler, Tammy Price, Kristian Reynolds, Kesha Ruppe, Laurie Sellers, Darla Stines, Phyllis Tallent, Glenda Walker, Kay Wilson, Kelly Withrow