**Delta Kappa Gamma**

**Beta Alpha Chapter Meeting**

**February 16, 2021**

This meeting was held via Zoom and began with an informal chat. Our guest speaker, Carol Gott, was introduced by Summer Aulich-Benford. Carol is the owner of Northhill Therapeutic Body Works in Evansville. Carol’s topic “Celebrating Wellness” started with a discussion of how anxiety affects us. She reminded us to think about what we *really* know and what we *think* we know. She explained that media concentrated on issues and how the coronavirus has impacted everyone—no matter our differences. She urged us to think about “how grateful we are with what we have, rather than focusing on what we don’t have.” “Changing our focus is imperative”, said Carol. She stated that we need to get out of the ‘fight or flight mode’ (a sympathetic mode) and into a para-sympathetic mode. In order to do this, we need to take a walk, or get a massage, or read while lying on our stomach. These activities stimulate the vegas nerve and promote the rest and digest mode. She suggested that this would promote an active, alert, and present-in-the-moment attitude.

Carol led the group in a calming exercise in which we closed our eyes and thought of our bodies as a tree planted in the soil. She explained that we need to decide what are we going to get rid of to maintain our desired state and replace those with positive things to fill our mental space. She encouraged us to focus on the good stuff and reminded us that mindfulness is curating our thoughts. She said we should help our community (those around us) and keep our mental health in balance. She stressed the importance of taking care of ourselves by handling all the stressors in our life.

Our business meeting was called to order at 7:35 p.m. by President Simone Nance. She read the Treasurer’s Report submitted by Marcia Onnybecker. The report gave a previous balance of $2428.86 and showed a deposit from the Pound Auction of $460. From that balance the gift cards of $360 for the SEE project at Lincoln School were deducted, giving a current balance of $2528.86.

 Carolyn reported nothing new from the SEE project. Simone reminded anyone wishing to take part in the book club discussion, that the book “Becoming” by Michelle Obama will be discussed on March 18th.

Simone stated that the state convention was moved to June 12th, a one-day event to be held in Indianapolis at the Primo Banquet Hall. She said that she assumed we would still need to submit a poster for that convention. Simone also explained the standing rules changes from the state and the need for those to be included in our next revision of our standing rules. Those changes included a change from 12 separate councils to 5 regional councils. Other rules were changed as they were impacted by the reduction in councils. Simone will send those to Lorie Maltby.

Simone discussed the need for members to submit anecdotes and/or challenges which impacted their career or life to focus on “perseverance”. These will be compiled and made available after our May meeting. Simone explained that members could record on their phone, or type out an email or send photos to be included in our compilation. Our May 10 meeting will be a discussion by Dr. Denise Lynn from USI (topic: ‘Challenges and Obstacles facing Women in Education’).

Darlene mentioned that there will be a Vincent Van Gogh traveling exhibit in Indianapolis in June, which may be an additional point of interest to members who wish to attend the Alpha Epsilon convention. Simone said that our state president Jo Jones will be attending our virtual May meeting.

Angie Schonberger stated that we still need to initiate our newest member, Jo Beth Bootz. The initiation has been delayed due to Jo Beth being unavailable or Covid restrictions.

The minutes of the November meeting will be distributed soon and will be approved at the May meeting.

Submitted by Carolyn Bucko, for Kerseclia Patterson, Chapter Secretary