



Tau Talk

April, 2013

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Newsletter of Tau Chapter VIII

Limestone-Freestone Counties, Area VIII

Alpha State Texas

The Delta Kappa Gamma Society International

Mission Statement of Delta Kappa Gamma

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

Goldia Liles, Editor

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wonderful day.

Dear Tau Sisters:

Can you believe it? Another school year has almost finished as well as a year of fun, fellowship, and learning and giving through the sisterhood of Delta Kappa Gamma Society International. I am amazed at all of the many accomplishments that our sisterhood has brought about as I compile the information needed to file our PACE Award application. Wow! Together we have really rocked!



But the best is yet to come with our gathering for our Founders Day Luncheon on **Saturday, May 4**. We will be meeting with three Waco area sister chapters. Martha Kirgan reports that there are eleven of us who have made reservations for the luncheon. We will have such fun carpooling and caravanning to Waco as well as networking with our other sisters. This will be a great prelude to the Alpha State Convention in **June**.

Now for the Paul Harvey "rest of the story"...Our own Wynona Lipsett has created a fun and informative ceremony for the honoring of our DKG founders. We had a fun time rehearsing it following our April meeting. I think everyone will enjoy Wynona's work or art that will be the cherry on top of a

It was so much fun for me to host all of you at our April Saturday Saturday brunch meeting. Our own Martha Kirgan presented a very informative and interesting program about her trip to India to meet the children at the orphanage named for her. We marveled at the beautiful sari which she displayed and passed around for our inspection of the beaded handwork.



Martha Kirgan

Reports were given by officers and executive committee chairs. Alicia Smith has filed the DKG Week of Caring Report, Anna Pat Alpert filed the Annie Award application, and Patty Manley filed the newspaper award application to Alpha State. Thanks go to all these sisters for their hard work filing these state forms. Alicia reminded us to bring **school supplies** to the next meeting for donation at the state convention

In Sympathy:

We extend our sympathy to Vickie McDougal in the recent loss of her mother and grandbaby. Our prayers and thoughts are with you at this time.

New Member:



Virginia Riddle and Judy Mulholland

At our meeting, we also held the last new member installation for this year. Judy Ann Mulholland has joined our chapter, culminating a wonderful membership year.

By-Laws:

We approved final changes to our by-laws which were recommended by state. A copy of our current by-laws will be sent to state.

Dates to Remember:

*Saturday Luncheon, **May 4, 2013** Ridgewood Country Club

Time: 11:00 AM

Program: Founder's Day

Sandra Bull, Texas State Corresponding Secretary will give the address, and Joanne Davis, Texas State President will give the greetings and a peek into the convention plans. **TWO** state officers **AND** the AREA VIII coordinator, Barbara Rountree will assure success at this year's luncheon.

*Alpha State Convention **June 20-22, 2013** Austin, Texas

*Southwest Regional Conference **July 10-13, 2013** Orlando, Florida

FYI:

Look for Virginia's second article which is attached.

Alpha State Convention:

Calling all DKG sisters!!! The place is Austin, Texas. The dates are June 20-22, 2013. It's time for the Delta Kappa Gamma Society International Texas State Organization Convention!!!

Tau Chapter has a room reserved at the Renaissance Austin Hotel. I will be staying in that room, but there is room for one to three other Tau sisters to stay with me. Wynona and Anna Pat have reservations to attend, but will be staying in other rooms with their respective hubbies. Tau sisters can go to the Alpha State Web site, www.alphastatetexas.org, to access the special convention info. The daily schedule, activities, and registration form is all there. Registrations must be postmarked by **May 6 to avoid the late fee. Meals cannot be ordered on the registration form after June 5.** Even if you busy sisters cannot attend all four days that I will be in Austin, you can hopefully, attend one or two days and really get a taste of the fun, food, fellowship, learning and networking opportunities that members experience at the annual state convention.

Wynona will be the state pianist again, Anna Pat will be attending training sessions as she moves into her years of presidency, and I will be in the choir and will be representing Tau Chapter as president at the business meetings. I have also made application to be a presenter and, if approved, Anna Pat will serve as the facilitator. Anna Pat will set up our Annie Award display about "My Purse, My Life" for all attendees to see, and we hope for other awards to come our way such as the PACE and the honor that we voted for *The Mexia News*.

Make plans to be in Austin in June, sisters!!!

DKG's Southeast Regional Conference:

If June is just too busy a month for you to attend the state convention—especially, for those who are teaching summer school and tutoring students—there is another upcoming opportunity to combine a fun family vacation with your attendance at the DKG Southeast Regional Conference or one of the other three regional conferences or the European Regional Conference in July and August. The Southeast Regional Conference dates are **July 10-13, 2013, in Orlando, Florida** at the **Gaylord Palms Hotel and Resort**. Go to the Society Web site (www.deltakappagamma.org) to find speakers, workshops, tours, events and special happenings.

Chapter Officers:

- President: Virginia Riddle
- 1st Vice President: Anna Pat Alpert
- 2nd Vice President: Goldia Liles
- Recording Secretary: Margaret Day
- Corresponding Secretary: Patty Manley
- Treasurer: Martha Kirgan
- Parliamentarian: Alicia Smith

Thanks go to Dr. David Lott; PT, DPT, Cert MDT, CKTP; of Lott Physical Therapy Fitness Centers located in Fairfield and Corsicana; for contributing this informative article as a follow-up to Tau Chapter's "My Purse, My Life" program.

A very common shoulder ailment, often seen in middle-aged women, is what is often referred to as "shoulder impingement". This condition can really create some functional restrictions and pain. As we age, gravity along with poor posture and possible genetic predisposition, can cause what is referred to as "forward shoulders," which is frequently accompanied by a "forward head". This postural change can be very mild or much more advanced, creating a stooped posture. Unfortunately, this postural dysfunction creates changes in the way the shoulder joint moves and can lead to decreased space for the shoulder joint to move. Patients will often complain of a "sharp or quick pain" of the shoulder; usually in the front or side; with activities such as reaching in the back seat of the car, fastening their bras, tucking in their shirts, or even getting their fast food at the to-go window; inhibited. Sleeping positions can also be painful and really slow down recovery.

Initially, this discomfort is infrequent and quickly subsides, which makes it easy to dismiss it or delay seeking treatment. If the offending movement is performed repetitively, the pain may become more intense with more frequent onsets, last longer, and often start to refer down the arm or to the upper neck region. This is commonly referred to as "impingement syndrome" and your pain is due to compression of either the bursa (a fluid filled sac in the joint) or tendon (connection between muscles to bone) between your rotator cuff and the collarbone. When I see a patient with a very painful condition of impingement syndrome, they usually have been referred by their primary health care provider and have received anti-inflammatory medications or possible steroid injections, both of which can really help with controlling pain, thus getting them back to normal function. A physical therapist will often look more at the underlying cause of the impingement and work with the patient to improve postural awareness by strengthening their muscle between the shoulder blades, stretching the anterior chest, and performing manual stretching to improve the shoulder joint mobility. I think the biggest benefits I can provide as a physical therapist is to actually educate patients on their condition, discuss daily activities that may be slowing down recovery, and help them develop an independent exercise program for long term relief.