



# EPSILON RHO REVIEW

The Delta Kappa Gamma Society International  
Epsilon Rho Chapter - Texas State Organization  
Area III, Chapter 137 - Pasadena, Texas

*"Leading women educators impacting education worldwide."*

**Mission Statement:** *Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.*



## Laura's Thoughts

Did you know that April is Stress Awareness Month? For teachers, this is definitely a good time to be aware of our daily stressors, especially as we approach testing season and get closer to the end of the school year. This time of year can greatly affect us physically, emotionally and mentally, so having the right tools to help us manage our stress is important. Here are some tips, specifically for teachers, on how to manage stress:

- Breathe (Properly)
- Embrace the Stress
- Be Imperfect
- Practice Emotional First Aid
- Be Grateful
- Limit "Grass is Greener" Thinking
- Work Smarter, Not Harder
- Ask for Help
- Make a Connection

For further reading about each tip, visit the following website:

<https://www.wgu.edu/heyteach/article/9-stress-management-strategies-every-teacher-needs-know1612.html>

I hope you find this information useful and can try some of these strategies next time you are feeling a little anxious and overwhelmed. Just remember that we are at the finish line, and we can do anything if we put our mind to it! I know everyone is tired and has worked hard to ensure our students are successful. I applaud every one of you for your efforts, especially these last two years of uncertainty and the unknown. I can see a light at the end of the tunnel and feel we are finally getting to a place where "normal" can exist again.

**Our Next meeting:**

**Tuesday, April 5th**  
**5pm**  
at  
**Southmore**  
**Intermediate Library**

Call Laura if door is  
locked.



# DKG Founder's Day

## LUNCHEON

Saturday, April 30, 2022

### GOLFCREST COUNTRY CLUB

2509 Country Club Dr.  
Pearland, TX 77581

11:00 am - 1:00 pm

## Menu Selections

*Served with a Tossed Salad, Rolls, Tea & Water*

**Luncheon Cost: \$27.00**

- Pecan-Coated Chicken, Mashed Potatoes, Green Beans
- Cordon Bleu Chicken, Rice Pilaf, Green Beans
- Vegetarian

***Make check payable to Epsilon Rho.  
In memo of check, include meal selection.***

Payment due by **Friday, April 8.**  
Mail payment to Luann Kelly at  
2606 Santa Fe Trails, Deer Park, TX 77536.

**JOURNEY**  
*Which way will you go?*

# Cooking Demo

WITH MARY JAIME



## BREAKFAST BENTO BOX RECIPE

*from March Cooking Demo*

### **INGREDIENTS**

4 pints of strawberries  
2 pints of blueberries  
2 cups of green grapes  
Fresh Mint

### **ORANGE-VANILLA SYRUP**

1 cup sugar  
zest and juice of one orange  
1 vanilla bean

### **HOW TO MAKE**

*For the Orange-Vanilla Syrup, place the sugar, water, orange zest, juice and vanilla bean in a small pot and stir to dissolve the sugar. Bring to a boil. Turn heat to low and simmer for 15 minutes to thicken. Set aside to cool.*

*Cut and slice fruit and place in a large bowl. Pour the cooled syrup over the top and toss together. Garnish with mint leaves.*

## FRUIT SALAD

## BREAKFAST BENTO BOX RECIPE

*from March Cooking Demo*

### **INGREDIENTS**

1 pkg. of Jimmy Dean sausage  
6 eggs  
1/2 cup of heavy cream  
Seasoning of Choice  
1 pkg. of cheddar cheese

### **HOW TO MAKE**

*In a muffin tin, press a sausage patty to form a cup. In a bowl mix eggs, heavy cream, and seasonings of choice. Pour into sausage lined muffin tin. Top with cheese. Bake at 350 degrees for about 20 to 25 minutes. These can be stored in the refrigerator or freezer.*

## EGG BITES

Please visit our Chapter Website:  
<http://epsilonhoop.weebly.com/>

## LUNCH BENTO BOX RECIPE

*from March Cooking Demo*

### **INGREDIENTS**

1 low carb tortilla wrap or lettuce leaf  
 1 Tbsp. garden veggie cream cheese  
 2 oz. roasted turkey  
 1 slice of cheese of choice  
 diced tomatoes  
 lettuce

### **HOW TO MAKE**

*Place tortilla or lettuce leaf on wax paper or foil sheet. Spread with garden veggie cream cheese. Layer the remaining ingredients on wrap and roll up. Cut wrap in half or thirds.*

## ✦ TURKEY ROLL-UP ✦

## LUNCH BENTO BOX RECIPE

*from March Cooking Demo*

### **INGREDIENTS**

2 lbs. boneless skinless chicken breasts  
 1/2 cup sliced almonds  
 1 cup mayonnaise  
 1 Tbsp. Dijon mustard  
 1 cup red seedless grapes, halved  
 2 stalks celery, diced  
 3 green onions  
 2 Tbsp. chopped parsley  
 1 lemon juiced  
 salt and pepper to taste

### **HOW TO MAKE**

*Bake or poach chicken breasts and let it chill in the fridge. Transfer cooled chicken to a cutting board and dice into cubes. Slice and dice celery, green onions, grapes, and parsley. Add ingredients to bowl with chicken. Add mayonnaise, Dijon mustard, lemon juice. Season with salt and pepper. Mix all ingredients together until well combined. Let it chill in fridge until ready to serve.*

## ✦ ULTIMATE CHICKEN SALAD ✦

Please visit our Chapter Website:  
<http://epsilonhoop.weebly.com/>

## LUNCH BENTO BOX RECIPE

*from March Cooking Demo*

### INGREDIENTS

2 carrots  
 1 sprig of parsley  
 1/4 tsp. kosher salt  
 freshly ground black pepper  
 2 Tbsp. extra virgin olive oil  
 1 Tbsp. lemon juice (or rice vinegar)  
 1/4 tsp. Dijon mustard  
 Toasted Pecans

### HOW TO MAKE

*Using peeler, peel the carrots into sheets and cut in halves. Cut halves into julienne strips and put in medium bowl. Chop parsley and add to bowl. Add the remaining ingredients. Let carrot salad marinate for at least 1 hours before serving. Will keep for 5 to 6 days in the refrigerator.*

## ✦ EASY CARROT SALAD ✦

## *Friendly Reminder:*

**LUANN KELLY, TREASURER, WILL BE COLLECTING DUES AT OUR NEXT MEETING. YOU CAN ALSO MAIL YOUR PAYMENT TO HER HOME ADDRESS AT: 2606 SANTA FE TRAILS, DEER PARK, TX 77536.**

***Dues are \$100.00. Cash or Check is acceptable. Make check payable to Epsilon Rho.***

***Payment by Zelle is also available if needed. For more information, contact Laura Rahman, President.***

# Epsilon Rho

## 2021 - 2022 YEAR AT A GLANCE



### SEPTEMBER



#### Welcome Back

W.O.W. by Sara Simmons

#### PROGRAM

*Getting Back to Normal*

#### DATE & TIME

9/7/2021 at 5:00 pm

VIRTUAL VIA ZOOM

### OCTOBER



#### National Book Month

W.O.W. by Barbara Norris

#### PROGRAM

*Share What You're Reading*

#### DATE & TIME

10/5/2021 at 5:00 pm

VIRTUAL VIA ZOOM

### NOVEMBER



#### Fall Craft

W.O.W. by Pandora Freestone

#### PROGRAM

*Let's get crafty!*

#### DATE & TIME

11/2/2021 at 5:00 pm

Location TBD

### DECEMBER



#### Holiday Party

W.O.W. by Allison Sutton

#### PROGRAM

Bring a Dessert & Share your favorite coffee recipes

#### DATE & TIME

12/7/2021 at 5:00 pm

Location TBD

### JANUARY



#### Executive Committee Meeting

#### DATE & TIME

1/4/2022 at 5:00 pm

VIRTUAL VIA ZOOM

### FEBRUARY



#### Legislative Update

W.O.W. by Melodnice Burt

#### PROGRAM

Legislation for Public Education

#### DATE & TIME

2/1/22 at 5:00 pm

VIRTUAL VIA ZOOM

### MARCH



#### Cooking Demo

W.O.W. by Jennifer Freestone

#### PROGRAM

Cooking Demo with Mary

#### DATE & TIME

3/1/2022 at 5:00 pm

Location TBD

### APRIL



#### Birthday Celebration

W.O.W. by Mary Jaime

#### PROGRAM

DKG Birthday Celebration & Induction Ceremony

#### DATE & TIME

4/5/2022 at 5:00 pm

Location TBD

### OTHER IMPORTANT DATES



**MAY - Founder's Day Luncheon (TBD)**

**JUNE 14 - 18 - TSO 93rd State Convention (Lubbock, TX)**



If you have pictures from meetings or events or have a story you would like to share in the newsletter, please email Sara Simmons, Newsletter Editor at: [sjsimmons@pasadenaisd.org](mailto:sjsimmons@pasadenaisd.org)

Please visit our Chapter Website: <http://epsilonrho.tx.weebly.com/>