

Kappa Kappa Iota

Lambda State Kan Kan

Fall Issue 2021, 4th Edition
Kathy Russell, Publisher

From the desk of the President:

Good News!! The State Presidents meeting in Tulsa is happening this year. My flight is scheduled for the morning of October 1, 2021. During this meeting the NEC will hear about Lambda State concerns. Many thanks to chapter presidents and Lambda State members who've shared their concerns with me.

Our website is updated to include a new feature. The Lambda State Handbook located on the Lambda State Only page is now a "flip book". You can turn the pages instead of having to scroll through. This page is password protected by using the name of our newsletter. Many thanks to Stacey Laverick for her input on how to make our site user friendly.

Many thanks to Lori Burks for offering to assist Anita Beasley with the President's Book. Information to follow.

I'm hoping our Spring Convention will be an in person event. Cross your fingers with me, wish upon your favorite star, find a lucky rabbit's foot, whatever it takes for us to actually SEE one another again.

Mu Chapter member Dr. Barbara Culp presented the following as a possible school related service project. *This year why not share books about love, friendship, and/or bravery. I feel children are too caught up with being home-bound that many of them are missing the messages that love, friendship, and bravery bring. The main characters in these books could be bears if that is what we want.* What do YOU think?

Our Fall Conference will be by ZOOM. Kathy Russell will send the link to you. The Executive Committee will meet beginning at 10:30 AM. The business meeting will begin at 11:00 AM.

Let's *Ride the Waves Together* for a fruitful year.

Carol A. Lunsford.
President Lambda State Kappa Kappa Iota





Fall Festival



Saturday, October 16th Virtual ZOOM Meeting



Executive Committee (elected officers) will meet at 10:30 a.m.;

Other members may join in beginning at 11:00 a.m.

Carol A Lunsford is inviting you to a scheduled Zoom meeting.

Topic: Carol A Lunsford's Zoom Meeting

Time: Oct 16, 2021 10:30 AM Eastern Time (US and Canada)

Executive Committee Meeting 10:30 AM-----Business Meeting 11:05

Join Zoom Meeting

<https://us02web.zoom.us/j/84303753150?pwd=S3F2ZnRGbnJBQINseDZtakdNOFg3Zz09>

Meeting ID: 843 0375 3150

Passcode: Lambda

One tap mobile

[+13017158592](tel:+13017158592),84303753150#,,,,*846164# US (Washington DC)

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[+1 253 215 8782](tel:+12532158782) US (Tacoma)

[+1 346 248 7799](tel:+13462487799) US (Houston)

[+1 669 900 6833](tel:+16699006833) US (San Jose)

Meeting ID: 843 0375 3150

Passcode: 846164

Find your local number: <https://us02web.zoom.us/j/84303753150?pwd=S3F2ZnRGbnJBQINseDZtakdNOFg3Zz09>

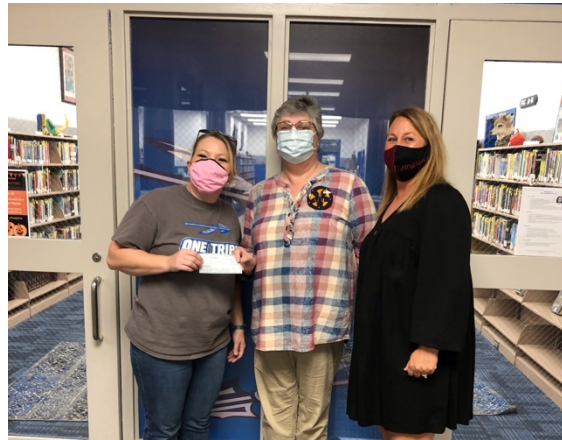
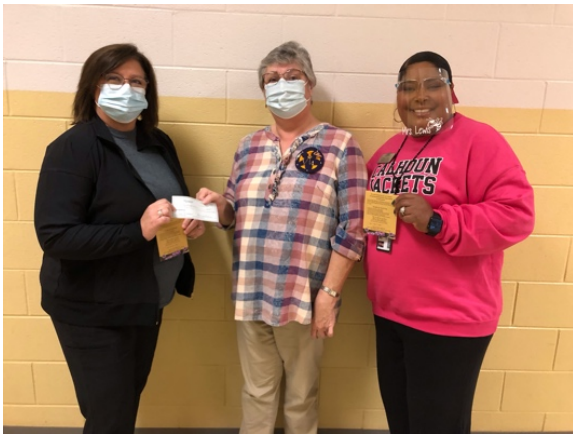
News from our Chapters

Tales from Tau



Tau Chapter presented checks to Ashworth Middle School, Red Middle School, and Calhoun Middle School nurses to use for feminine hygiene products or any other needs they may have. Kathy Russell and Joann Meadows presented checks at each school.

Pictured (left) at Calhoun Middle School are Lisha Nichelson, school nurse; Kathy Russell, Tau President; Misty Washington, Assistant Principal. Pictured (right) at Ashworth Middle School are Amber Leigh, school nurse; Kathy Russell, Tau President; Sket Angland, principal.



Alice Roberson and **Melinda Sams** are both rehabbing following knee replacement surgery; and doing quite well I might add. Alice drove Melinda to our September Tau meeting and both maneuvered the steps very well, one with a cane and one unassisted! I'm sure they will have a *spring in their step* in no time!

Reva Utz continues to be extremely busy in her retirement. She has begun her second school year of keeping her grandson and 2 grand dogs while her son-in-law Chris teaches and daughter Caroline does her administrative job at Gordon County School's Central Office.

Graham has just turned 18 months old and one of his daily delights is reading his books. He has baskets of books and every day he "reads" several himself and then decides which ones he wants Mimi Reva to read to him. He takes books that are about dogs and reads them to his dogs. He is such a happy and active little fellow who keeps Reva hopping. He loves to dig in the dirt just like Reva does with her extensive flower beds. She can't wait until next spring for him to help with planting. Another highlight is taking Graham to visit her mother, **Evelyn**, who has just turned 93. The two of them have such a sweet relationship.



Reva's mother celebrated her 93rd birthday on September 22 with her first motorcycle ride. Reva recently had her first ride too, taking a 60 mile ride with her brother, Randy, on his new trike. They decided that Mom would love a ride, so with Reva's help they surprised her, got her on the trike, and off they went. She loved it! Life is good!

Reva & Randy



Mom & Randy



Janet Martin, Tau member and State Farm Agent, has been busy in her Cartersville Community:

- "Fire Prevention week is October 3- Oct. 9th, 2021. As a State Farm Agent Sponsor of Fire Prevention Week, my team and I took State Farm Fire Prevention Kits to Bartow County's Mission Road Elementary, Cartersville City Fire Department and Bartow County Fire Department. It is our hope to help prevent fire and to keep people safe."



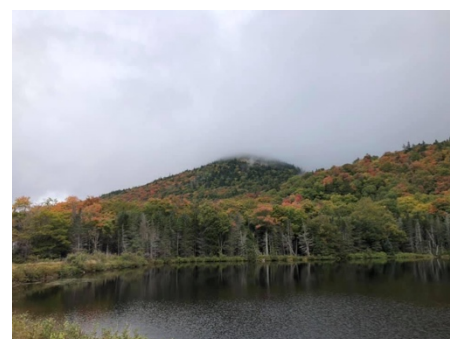
- “On September 28, My State Farm Office observed a *Neighborhood of Good Day*. We took Car wash cards, Janet Martin State Farm Canvas Bags and doughnuts to the Bartow County Tag Office’s Staff. These public workers need to be thanked and appreciated for the work they do- helping auto insured’s obtain their Car Tags, as these public service workers go above and beyond for the people and for my office personally.”



- “In addition to *Neighborhood of Good* On September 30, we took ear buds to ALL the 5th grade students at Bartow County’s Mission Road Elementary School. We were only able to get a few of the students in the picture but they all seemed to be thrilled to receive these!”



Ken Russell and his son Kent spent a week in New England touring with musician/composer/arranger Joseph Martin. Highlights of the trip included Salem, Massachusetts; Kennebunkport, Maine; Heritage Train ride through Saco River Valley, a Fall Foliage Excursion through White Mountains Trail, and a musical concert in Lancaster, New Hampshire. The trip ended with three days in Boston including dinners in Little Italy, tour of Fenway Park, Quincy Market, USS Constitution, and Cheers Bar, among other sights.





Kappa News

K

Wanda Culpepper

It is with great sadness, that we say good-bye to longtime Kappa Kappa Iota member Wanda Culpepper. Wanda died peacefully in her sleep on July 27, 2021. A native of East Tennessee and graduate of the University of Tennessee, Wanda began her teaching career in the hills of the Smoky Mountains in a one-room schoolhouse. After moving to Georgia, Wanda taught young children in the Atlanta Public School System for many years before retirement. Wanda was a Life member of Kappa Kappa Iota, and was extremely active in the Kappa Chapter before health issues prevented her from attending. She spent the last few years of her life in Assisted Living.

Wanda served faithfully in many capacities in Kappa Kappa Iota, attending numerous National Conventions, State Conventions, and local meetings. Wanda served as the President of Lambda State in 1992-1993. She also served on numerous committees. Wanda always made sure that her opinion was shared with her fellow Kappa friends, and often participated in lively discussions with whomever chose to engage with her. Wanda was extremely proud to be a Kappa and enjoyed nothing more than being with her Kappa friends.

Wanda is survived by her daughter, Teresa (Jerry) Vigil, her son, Terrell (Cathy) Culpepper, five grandchildren, and five great-grandchildren.



At our last **Theta** meeting, our guest speaker was Carrie Newman, a Gwinnett County Middle School math teacher. Carrie and her daughter traveled to Uganda, Africa before the pandemic. She shared pictures from their trip and information about the country, which is one of the poorest in the world. We learned of the awful living conditions in the village such as the lack of food and housing, and lack of sanitary conditions. Yet in this environment there is also hope. There is a school built for the children through 8th grade through private funds as the government does not support education. This is where Carrie and the other visitors spent most of their time, working on the school building or with the children.

Her stories and pictures led us to offer support to Legacies and Mercies, <http://www.legaciesandmiracles.org/>, which is the group that supports families in Uganda. The children need school supplies, and the families need food. Our contribution will do much to help buy red beans and rice - their staple diet and school supplies. We are asking each Theta member to donate \$10.00 so we might forward a check to Legacies and Mercies. Please send your check to Brenda Toeppen. If any other Kappa sister would like to donate, we welcome your gift as well.

Anita Beasley has been out west to visit with her son twice since summer began. Once she and Wayne arrived in July, her son, Chad, girlfriend, and neighbors all traveled to Dinosaur National Monument and drove on the “jeep trails” on the Colorado side and visited the dinosaur fossils in the quarry on the Utah side of the monument. They continued their “dinosaur and jeep trails” down in Arches and Canyonlands National Park, visiting some of the back trails where dinosaur footprints can be found. She visited Colorado Springs again with her son, Kirk in September and they went “jeep off-roading” in the surrounding mountain forests. They thought they had planned the trip in time to see the aspens in their fall glory but due to the warm beginning of September, the leaves had not turned yet. However, the scenery was still beautiful, and Anita says she can see a whole lot more jeep riding than hiking! Before returning to Georgia, she visited Chad at his work location in Mountainair, NM. He wanted her to see it before he moves on to his next site. It is a very small town in mid New Mexico, but it has examples of art deco buildings because of one of its founders, quirky art and building murals as well. Nearby were three 400–600-year-old missions built by Native Americans and Spanish missionaries at the Salinas Pueblo Missions National Monument. Anita enjoyed visiting these ruins and the town even though few make it to this area of New Mexico. Anita would also like to thank all the Kappa sisters that called, emailed, and texted in August when several members of the family were sick with Covid, one had a heart attack, and another was in a bad car accident. All four family members are well and improving each week.

Loretta spent most of the summer in Colorado Springs this year enjoying her time with the grandchildren and traveling about the state of Colorado.

Train ride from Durango to Silverton on narrow-gauge track.

The donkey is from Cripple Creek. The donkeys roam the streets and are considered a Living National Monument. They are descendants from the original gold miners.



“The family traveled to Vail, CO for a Farmer’s Market. Tom and I went to a ballgame at a park near our condo. We took our grandson to the Colorado State Fair.”



Loretta injured her eye while there and had surgery. Luckily, was referred to one of the best eye surgeons in the area so all is well now.

“We stopped in Iowa for a family reunion on our way home from Colorado. Always good to visit with family and reconnect with cousins.”

Margaret Van Buren’s daughter Jenna was married on August 6th in Le Pouliguen, France. “My husband and I were unable to attend but we did get to see the newlyweds when they traveled to the U.S. in August.”

Mu Crew News

M



MU Chapter is Lambda State's only virtual chapter. With two members residing out of state, two members recovering from COVID-19 and one member a full-time resident of a nursing home the officers made the decision to become a Virtual Chapter. When an in-person meeting is necessary ZOOM is used.



Paulette Bass can now receive visitors at her residence if a reservation is made in advance. Paulette will meet you in the lobby and then a location for the visit is selected. The visit must take place in the location selected. Her residence has changed ownership. It is now Fayetteville Center for Nursing and Healing. Her room number is the same. She appreciates all cards she can receive. She states she misses her Kappas.

A letter from member **Lori Burks**:

Dear Kappa Family,

I want to extend my gratitude and thanks for the multitude of cards, notes and other well wishes for the passing of my son Branden and my husband Alan. Even though it's been since February, I miss them every day and think of them often. I appreciate your thoughtfulness and this among other things empathy is one of the best things that Kappa does. God bless you all.

Kappa love,

Lori Burks

Kathy Crocker-Paridon continues to travel from Georgia to Ohio to oversee her mother's care. Her mother is a Past State President of Phi State Ohio.

Dr. Barbara Culp is a COVID-19 "Long Hauler". She still has symptoms of COVID although she has recovered from the disease. She still uses her "down time" to express herself through her writings. Using Kappas project of Books and Bears, she's written an excellent article on the types of books helpful during this pandemic. That article appears elsewhere in the Kan Kan.

Members **Evelyn and Mark Davidson** are busy with work and family. Evelyn spends a great deal of time traveling to San Antonio to see about her mother who is battling breathing difficulties and dementia. The drive takes about five hours. Mark's immediate superior tested positive for COVID. Mark may be staying home for some time.

Member **Joyce Farrar-Roseman's** Squeeze the Hope Teddy Bears™ are being purchased world-wide. Through her Etsy site her bears have gone overseas. Lambda State and MU Chapter purchased two bears to donate to Children's Hospital of Atlanta Hughes Spalding Hospital for children undergoing treatments for cancer.

In the photo: Left to right:

1. Joyce Farrar-Rosemon (member of Mu Chapter Lambda State-creator of "Squeeze the Hope Teddy Bears")
2. Carol Hilburn, Special Projects Chair Lambda State
3. Charice Holt Coordinator Donations Children's' Healthcare of Atlanta (CHOA)
4. Kappa Guy Tom Lunsford (known as "Barney" to many)
5. Carol Lunsford President Lambda State



Iota News

I



Thank you to Kappa Kappa IOTA Retired Educators for providing bookbags for children that officers come in contact with throughout their duties. (posted on FB by Milledgeville Police)

Iota Chapter also donated backpacks to the Baldwin County Sheriff's Dept. and the Milledgeville Fire Dept.



Special to the Kan Kan

An Informative Article about Books and Bears by Dr. Barbara Culp

Making a Teddy Bear Kind of Difference

To make a teddy bear, you collect several small things: a yard and a half of fabric, two plastic eyes, a snippet of felt for the nose, a bag of stuffing, and thread. Using scissors and a little time, you cut and sew the fabric. After stuffing the bear, you sew up the last seam. The final step is to deliver your creation to someone else.

This year, our organization wants to send something different to everyone who has lived through this time of immense change. We offer options for your reading list, as well as those of your children. These books will inspire and uplift you as we go about the process of rebuilding. Open a book and open your world in new ways.

One thing is certain: as we've watched everything in our lives change, we've had to be brave. Books for adults include *Activist: Portraits of Courage* by KK Ottesen to discover how small acts created big changes. This is *How We Rise* by Claudia Chan guides men and women to become leaders for equality. *Ella Baker and the Black Freedom Movement* by Barbara Ransby offers masterful inspiration from one person who changed society.

Younger readers many books from which to choose. *The Proudest Blue* by Ibtihaj Muhammad takes place in school, while *The Day You Begin* by Jacqueline Woodson talks about connecting even when kids feel alone. *Courageous People Who Changed the World* is an inclusive series that offers a lot of options.

One of the bravest things we can do is to love others. Books that help us reach out and truly touch each other include *The New Kind of Love* by EW Kenyon. For a big dose of self-love, *More Than Enough* by Elaine Welteroth is a powerhouse read. And *Soul Care in African American Practice* by Barbara L Peacock will help you nourish your soul.

Teens can find answers in the novel *Piecing Me Together* by Renee Watson, or *Love, Hate and Other Filters* by Samira Ahmed. Young readers can turn to *When Stars are Scattered* by Victoria Jamieson for an award-winning graphic novel about brothers who build their own family. In *The Seeds of Compassion* by The Dalai Lama, children discover how to turn the smallest thing into a powerful gift.

Compassion is such a powerful force that we can't help but offer it to our friends. Books that make us better at supporting friends include *You are Your Best Thing*, a collection of essays edited by Tarana Burke and Brene Brown. To reach people with difficult issues, try *What Happened to You?* by Oprah Winfrey. Teens can find ways to connect with others in *Stand Beautiful* by Chloe Howard, and young readers can be given *Thank You, Omu!* by Oge Mora. Use these books to form a new type of friendship, one that says I'm here for you.

We might find the task of using small things to help our friends or ourselves challenging. But just like making a teddy bear from scraps, we can use books to create something better for ourselves and others. We can find new ways to forge friendships even when we can't connect in person. Using the scraps at hand, we can cut and sew something new. We can demonstrate the compassion we all so desperately need.

This year, let us seek the comfort to be found in the human heart. Let every greeting we give and receive stand for the compassion all of us, young and old. Let our eyes shine with the bravery that bolsters our souls. We've stayed safe by pulling together. We will continue to be here, together, when this crisis is over. Like making a teddy bear from scraps, we can survive difficult times and still make something wonderful. Best of all, we can make gifts of these books or leave them on our shelves to return to again and again.