

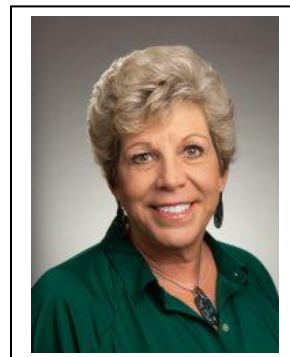
News and Notes

September 2025



State President's Message

How exciting it was to see all the pictures of students and teachers on their first day of school! It's always such a special time. Speaking of pictures, Kathy Smith, our state webmaster has added many fabulous pictures from this summer's International Convention to the Texas AΔK website. Make sure you check it out!



As we enter September, we are reminded that we're not only starting a new school year, but we're starting our second year of the biennium. One of our State Goals is: Nominate sisters for awards, scholarships, and grants by increasing awareness. I've added the guidelines for the Chapter Merit Award and the application for the Mini M.E.T scholarship to this newsletter. Make sure you check out Nancy Carr's Fraternity Education article on the Woman of Honor and the AΔK of Distinction awards and Andrea Plowman's article on the Excellence in Education award. Don't forget about all the wonderful Alpha Delta Kappa grant and scholarship opportunities.

Let's make the 2025-2026 school year the best ever!

Remember...we're Making a Difference. We're Texas Alpha Delta Kappa!

-Shelly Couch

Altruism in Action

It's back to school! Best wishes to all of you active in education, may it be your best year yet!

Our state altruism project, CACTX, supports students all over Texas, with more than 70 local centers. They provide comprehensive case management for children when they need it most. How can you help? Contact your local centers through CACTX.org and find out. Each center has different and unique needs.

Shelly Couch and I were privileged to meet with the headquarters advancement team and donor coordinator last month and found out about some great resources. They offer Speaker's Series Webinars, free of charge. Child abuse prevention starts with education. Contact the center or watch this newsletter for links to the upcoming webinars.

As always, thank you for MAKING A DIFFERENCE



Ellen Schmear, State Altruistic Chair

Chapter Treasurer News

An important due date is October 15 for the 990N e-postcard. The International website has instructions on filing the e-postcard. Use the Chapter Officers tab on the Resource Library Page (scroll down to find chapter treasurers). You should have the login information from last year. Headquarters can also assist in filing the e-postcard. To get started go to: <https://sa.www4.irs.gov/epostcard/>. The IRS now uses two-step authentication. If you do not already have an account, you will need to create one. Chapters completing the e-postcard will earn a pearl. This is required by the IRS.

It is never too early to start collecting dues. January is closer than you think.

Also, to those still teaching, I hope you had a wonderful start to the school year.

Katie Loftus

State Treasurer

Katie96ag@yahoo.com



BYLAWS UPDATE

The new International Bylaws were voted on prior to the convention in Austin and are posted on the website. If you have not had a chance to look at them follow these steps. Log on to the alphadeltakappa.org website. Click on Member Only and choose Resource Library. Under Guiding Documents and Policies go to the Governance and Organizational Documents. Scroll down and open ADK International Bylaws and Constitution Amended July 2025. You might read the entry below which is ADK and Procedures. You may recall that items that were in the previous International Bylaws were removed from that document and placed in Policy and Procedures. This could be a great Fraternity Education.

Remember that Texas voted to abide by the International Bylaws and have Policy and Procedures for the state. Go to the Texas website and review the state Policy and Procedures. Texas chapters no longer have bylaws. Chapters have Policy and Procedures. If you still have chapter bylaws, they are not valid. If you have questions about this, please let me know.

Minetta Smith
Texas Bylaws Chairman



Congratulations, Katy Matthews!!!



SUPER EXCITED TO ANNOUNCE...KATY MATTHEWS IS THE FIRST TWO YEAR MEMBER AT LARGE for the International Executive Board of Alpha Delta Kappa! Congratulations Katy!

Katy is a member of the Texas Gamma Nu Chapter. She joined on March 13, 2017. Currently she is in her 17th year in Plano ISD. She graduated from the University of North Texas with a Bachelor of Science in Interdisciplinary Studies with a concentration in Special Education and a Master of Education in Special Education in Mild/Moderate Disabilities. Katy loves teaching and especially helping a child make connections in all areas of learning.

We are super excited for Katy to continue to make connections in Alpha Delta Kappa! Congratulations Katy!

Fraternity Education

The Texas Alpha Delta Kappa of Distinction and The Texas Alpha Delta Kappa Woman of Honor

During the month of January, chapters have an opportunity to nominate a deserving member to be the TX ADK of Distinction and a deserving woman to be the Texas ADK Woman of Honor. What are the differences between the two? The **TX ADK Woman of Honor** is awarded to a woman that is not a member of Alpha Delta Kappa and has served in Texas “by distinguishing herself in public service, in the arts, in science, in education, or in a special endeavor worthy of recognition.” (From the application form.) In past years our state has honored women in law enforcement, women in political positions, women in news media, women in education, women in scientific areas, etc.

The **ADK of Distinction** has been awarded to outstanding Alpha Delta Kappa members who have been Alpha Delta Kappa members in good standing for at least ten years; have served as an officer or committee members above the chapter level; have attended at least two state conventions, one regional conference, and one international convention; and, have made notable contributions to the advancement of Texas Alpha Delta Kappa. Some notable honorees from past state conventions include Carol Johnson, Paula O’Neill, Ann Hudson, Kathy Smith, Carol Dugger, Olivia Cook, Paula Raeke, Carol Kovach, and Jan Snow.

Applications for the TX Women of Honor and the TX Alpha Delta Kappa of Distinction will be open after the first of the year with the deadline in March. Be thinking about who your chapter wants to nominate in the next few months.

Nancy Carr

TX IPP



Fall Mini Grant Opportunity!

The Fall Mini Grant of up to \$500 is due Oct 15. It is for non-ADK activities like workshops & conferences that take place from Jan 1 to May 1. Remember retired members may apply too. They might want to attend a flower making class or a non-degree college course on zoom or excel or QuickBooks and connect it back to chapter needs and present a program there or at district or S/P/N level, etc. South Central had several recipients for fall mini but not for spring mini. You need to apply!

To find the JotForm application go to the International website and find the Foundation tab, then find Scholarships, then scroll down to Grants. Under that is summary then purple boxes—find fall mini and read the rubric. You can’t win if you don’t apply!

Rachel Shankles

Past IVP SCR 2019-21

Current SCR Rep on International Regional Professional Development & Mini Scholarship Committee 25-27

Excellence-in-Education Award 2026

This is a quote from Paula O'Neill, IPP and from Texas Beta Chi: *"As International Chairman for this award, I said at our International Convention last summer that many of us, or our students, had received awards because of our excellence in education. Let's continue to foster the recognition of outstanding teaching in Texas!"*

As the students and many of our Alpha Delta Kappa Sisters have returned to the classroom, you might start to notice that you have an outstanding teacher in your midst. The application form for the Excellence-in-Education (EiE) Award is open and now is the time to begin the nominating process (essays and obtaining support letters) for a well-deserving AΔK Sister. The Excellence-in-Education (EiE) Award is our highest honor and recognizes educational excellence. This form has been streamlined with the entire application process combined into one form and one deadline of November 1, 2025. The Alpha Delta Kappa Foundation recognizes the Texas recipient with a monetary award of \$500 and an EiE pin. A nomination narrative/essay is required and can be provided by the applicant (self-nominated), a member, or a chapter designee. This narrative should include why the person is a worthy candidate and include a statement regarding the relationship with the nominee. This award increases visibility and promotes AΔK at the state, regional and International levels. Consider nominating your outstanding AΔK active educator Sister! For complete details visit alphadeltakappa.org and follow this path: Membership > Awards & Recognitions > Excellence-in-Education Award. The application process is through Kaleidoscope, an electronic company, and a link will appear for that company. The nomination can take place over a period of time and does not have to be completed in one day. It is wise to read all of the guidelines and information before starting the application. Members may self-nominate. The deadline for completion of the application is November 1, 2025.

Andrea Plowman, Excellence in Education Chair



Due Dates

- **October: Alpha Delta Kappa Month**
- October 1: Classroom Grant deadline
- October 1: KAPPAN submission deadline
- **October 15: 990-N IRS E-Postcard deadline**
- October 15: Regional Mini Fall Scholarship application deadline
- November 1: Excellence in Education application due
- **November 15: Texas Mini M.E.T Scholarship due**
- November 15: Innovation Grant Deadline
- **June 11-13, 2026: Texas State Convention, League City, Texas!!!**
- **July 20-22, 2026: South Central Regional Conference, New Orleans, LA**

Membership Matters!

The International Membership Committee (IMC) encourages chapter leaders to take a moment to review their goals for the 2024-2026 biennium with the Chapter Needs Assessment (CNA) process. The start of the biennium's second year is a perfect chance to look back on your goals—celebrating what has been achieved, learning from challenges, and considering any adjustments needed for the year ahead. State/Provincial/National (S/P/N) leaders will be contacting chapter leaders to have a conversation around the chapter goals prior to October 15, 2025. The intention of this check-in is to connect with chapters, celebrate successes, and offer support or resources where needed. This reflection is not going to be submitted using a JotForm and is not for a pearl.

Chapter leaders are encouraged to reflect with the chapter as a whole prior to the conversation with the S/P/N leader. Questions for reflection:

- What are you most proud of in the first year of the biennium with your chapter?
- What is the progression towards reaching each of the 2024-2026 goals?
- Does the chapter need to revise any of the goals?
- Are there other goals that the chapter will work on this coming year?
- What support might your chapter need from the S/P/N Membership Team?

A detailed description of this process can be found on the international website:

Chapter Needs Assessment Mid-Biennium Reflection (Conversation) - completed by October 15, 2025

To find on the website > Resource Library > Chapter Officers tab > Chapter Needs Assessment (CNA) > Chapter Reflection 2025 > CNA Guidelines Mid-Biennium Reflection (Odd Year)

The IMC has updated the Membership Development Manual (MDM). This manual has incredible information that can assist in recruiting new members.

This [video](#) describes the MDM and the updates. To find the document on the website > Resource Library > All Members tab > MDM–Membership Development Manual.

(The majority of this information was taken from an email from Kathy Beatty.)

Kathy Beatty

International Vice President for Membership



Alpha Delta Kappa

*Empowering women educators to advance inclusion,
educational excellence, altruism, and world understanding.*

ATTENTION Chapter Presidents!

Hello Sisters,

I hope you all enjoyed a refreshing summer and are now ready to begin a new school year—or to simply continue savoring your well-earned retirement. Thank you for sharing your thoughtful newsletters and chapter minutes from the first year of the 2024–2026 biennium. I truly enjoyed reading about your creative programs, the strong bonds of friendship within your chapters, and the inspiring speakers who so generously shared their knowledge and experiences.

Please continue sending your newsletters and/or minutes to:

- ☐ State President – Shelley Couch: shellycouchadk@gmail.com
- ☐ President-Elect – Robin Miller: survivorrobin@yahoo.com
- ☐ PCCP – Olga Cisneros: olgacisneros@gmail.com
- ☐ Your mentor

As PCCP, one of my responsibilities is to select and highlight outstanding programs your chapters host throughout the year. The Idea Bank Awards are chosen from these noteworthy submissions. When submitting a program, please include a detailed description so its impact is clear.

At the next Executive Board meeting in September, twenty programs will be presented. From those, ten will be selected for recognition. I will personally contact the winning chapters to extend congratulations, and they will also be highlighted in News and Notes.

Thank you for your continued dedication and for the difference you make every day. Please email me, text me, or call me if I can be of any help.

Warmly,



Olga Cisneros, PCCP

olgacisneros@gmail.com

956-459-4363



Planning for Fraternity Education Month

It is never too early to start planning ... next month is Fraternity Education Month and you may be wondering what to plan for a program. Let's look at a few great ideas.

The first thing to do is go to the Alpha Delta Kappa website. Log in. Click on the "Members Only" tab, then "Resource Library." When the Resource Library appears, click on the "All Members" tab. Under that section, click "Membership." Under "Membership" you will find "Fraternity Education Resources." When you click on that topic all these resources appear.

The topics include: AΔK Month Proclamation; Founders Individual Bios; Games – non-tech devices; Games – tech devices needed; Information, Skits & Plays; videos; and programs.

You may print the AΔK Month Proclamation. Contact the mayor's office of your city and ask that the mayor proclaim the month of October as Alpha Delta Kappa Month. Get your sisters to join you at the signing of the proclamation and publish a picture and story with the local media.

There is a plethora of ideas and games listed under the various topics and all you would need to do is make copies of games such as "Seven Pearls Fraternity Ed", "AΔK Mad Libs", "AΔK Sister Tic Tac Toe", "Coffee Personality Test", "Find Someone Who", or "Hattie's Library", just to name a few.

When a computer is available, there are PowerPoint presentations that would be great to show at your meeting. Also, there are programs that everyone may participate in on their phone with the use of QR codes or website links. For example, "In Her Words" is a QR code program; "AΔK Traffic Light" is a link game.

Take advantage of these resources available to you on the Alpha Delta Kappa website. The games, plays, skits, and information are ready for you and all you need to do is choose which one you would like to present to your chapter to celebrate Alpha Delta Kappa's founding, heritage, and legacy. It is literally at your fingertips.

Enjoy learning and sharing something new about your sorority as we celebrate Alpha Delta Kappa Month in October.

Lynda Wright



Alpha Delta Kappa Month Chair

Supporting Active Teachers in Our Chapters and Area



This August, Epsilon sisters adopted HUNT ISD by donating supplies. They chose this district because HUNT ISD opened their school to the community, assisting and caring for the influx of first responders after the devastating July 4th floods. They did this at the same time as they prepared for the upcoming school year.

Epsilon Sigma put flyers in the teachers' mailboxes at Jones Elementary (where they usually meet) saying "You're an All Star, Have a Great Year!" They included Lone Star crackers and added a couple fruit baskets.



Gamma Xi sisters delivered these lovely baskets to all their active members at their school where they are teaching. Over half of their members are active teachers!



Texas Chapter Merit Award

Don't forget about the Chapter Merit Award! The award is important for keeping our organization strong and relevant in today's world.

If each chapter accomplishes all the following tasks and becomes a six-merit chapter, Texas Alpha Delta Kappa will be making a difference for all Texas sisters. At the state convention in 2026, we will recognize chapters with these awards.

Merit #1

Communication: Send a minimum of six newsletters OR chapter minutes each year of the biennium to the state president (Shelly Couch shellycouchadk@gmail.com), the state president-elect (Robin Miller suivorrobin@yahoo.com), the president of the chapter of council presidents Olga Cisneros (olgacisneros@gmail.com), and the district mentor.

Merit #2

Membership: Initiate or reinstate one member each year of the biennium OR host a membership event—includes either a tea, reception, party, or other fun event.

Merit #3

State Altruistic Project: Have a chapter program dealing with Children's Advocacy Centers of Texas OR participate in one of the Children's Advocacy Centers of Texas fundraisers OR make a project donation or monetary contribution to the Children's Advocacy Centers of Texas.

Merit #4

World Understanding: Have a minimum of one world understanding program each biennium.

Merit #5 (First year of the biennium only)

Chapter Policies and Procedures and Official Policy Statement: Send revised chapter policies and procedures AND official policy statement to the district president by March 1, 2025.

Merit #6 (Second year of the biennium only)

Nomination/Application Process--Pick one or more: Nominate an outstanding Texas Alpha Delta Kappa educator for the Excellence in Education (EIE) Award OR nominate an outstanding community leader to be considered by your district to be the district nominee for Texas Alpha Delta Kappa Woman of Honor OR nominate a sister for Texas Alpha Delta Kappa of Distinction OR have someone from your chapter apply for any Alpha Delta Kappa Scholarship or Grant (this may be from the first or second year of the biennium).



Dear Sisters,

Alpha Delta Kappa's Breast Cancer Awareness Community has begun the 2025 Breast Cancer Campaign. We are reaching out to all our Sisters to let them know we are back.

Did you know that 1 out of 8 women in your life will be diagnosed with Breast Cancer? We know that there are sisters in our organization that have had or are experiencing breast cancer right now~ Our SURVIVORS!

Our group has started working on our 2025 platform for October's Breast Cancer Month. We want to show our support as well as to educate our sisters with important information about Breast Cancer.

First, this committee has created a JotForm for sharing a Breast Cancer Journey story from our survivors. Also, we are asking for additional stories of how sisters have supported another sister through her journey of Breast Cancer. These stories give all of our sisters the Hope and Healing needed in our community. (Link for - "Share Your Story" -- <https://form.jotform.com/252326113859155>)

The stories received will appear on our Social Media venues and our Breast Cancer Awareness Community on CONNECT.

Next, we are continuing our "CHALLENGE" for sisters to get a MAMMOGRAM. Early detection is the key. Do you know that 1 in 2 women don't get their annual screening done? We are hoping that more sisters join us this year for our challenge. Keep a look out for the numbers of sisters who have taken our challenge as we share the results. (Link for "Mammogram-A-Thon" -- <https://form.jotform.com/252326797535063>)

Another way you can show support is to join our Breast Cancer Awareness Community on CONNECT. As our CONNECT Community, we will be sharing stories and information. Also, as other CONNECT Communities can be used as a vehicle for questions and discussions.

Breast Cancer Awareness Month means different things to different people. For some, it has changed their lives forever. For others, it is a chance to show support to our sisters who have been diagnosed with this disease.

Alpha Delta Kappa's sisterhood is one of the most precious gems we get when we join. As a community, please join us and stand together to support Breast Cancer Awareness Month.

Please take the time to share our message with your members.

Fondly,

Joyce McAloon, Breast Cancer Survivor

Pam Collins, Supporter

Phyllis Robinette, Supporter



2025-2026 International Teacher Education (ITE)

The ITE Scholars are a highly qualified group of women who are the recipients of both the Fulbright and Alpha Delta Kappa scholarships.

Three of the scholars, Shehneela Naz from Bangladesh, Meri Kadagidze, from the country of Georgia and Alejandra Coz who graduated from Harvard in May attended the International Convention this summer.



Meri Kadagidze, Shehneela Naz and Alejandra Coz Fernandez represented the ITE scholar beautifully at the Educational Symposiums. They shared their educational experiences and their goals when they return to their countries. Many Alpha Delta Kappa sisters enjoyed meeting them at the International Convention.

Welcoming the ITE Scholars for 2025-2026

2025-2026 International Teacher Education Scholars



Shehneela Naz
University of Illinois
Country – Bangladesh
Birthday – December 5
Second Year Scholar



Meri Kadagidze
University of Washington
Country – Georgia
Birthday – September 24
Second Year Scholar



Emma Martinez University of Pennsylvania Birthday Country — El Salvador August 24 Hengly University of Nebraska Birthday Country — Cambodia April 9 Nondumiso Birthday Syracuse University Country — South Africa January 13 Thango University of Washington Sangsupa Country Birthday — Thailand May 4 Penrach Country University of Delaware Thembisile Birthday — South Africa June 6 Buthelezi



Texas Mini M.E.T.

Scholarship Application

The Mini-MET Scholarship is offered twice a year. All Texas Alpha Delta Kappa members are eligible to apply. It is intended to help fund non-AΔK sponsored workshops, conferences and other activities for personal enrichment. Several scholarships are awarded each fall and spring. The amount is capped at \$300 per recipient.



Name _____

Date _____

Address _____

City _____, TX Zip _____ Phone _____

Email _____

Chapter _____

Name of Workshop or Activity _____

Brief Description _____

State reason you are attending _____

Are you receiving additional funds? Yes _____ No _____

If so, from whom and how much? _____

Date(s) of Activity _____ Cost _____

***Important* - A copy of your registration form or proof of payment must be included with this application.**

Due: November 15, 2025, to the State Scholarship Chairman

Johnna West

524 Vonda

Sulphur Springs, TX 75482

Jewest98@gmail.com

Making a Difference...and Enjoying Sisterhood!



