

# Beta Kappa



August/Sept  
2016

Beverly Utz  
President

## President's Message

My biennium has begun as Beta Kappa President. Many of our members believed in me to represent our chapter. After attending the Leadership Seminar for the Presidents' Training, I met many other Incoming Presidents that felt as skeptical of our responsibilities. I decided I would get off the platform and get on President Tracey's train. At the training session, I learned by reading "The Energy Bus" that there are 10 rules to fuel our lives and chapter with positive energy. I am asking all of our members to attend meetings. All of us can be contributors by being a chairperson for a committee or an active member of a committee. Included in this newsletter, you will find information about "The Energy Bus" with the 10 Rules. I know it is a lot to ask to be on President Tracey's train and President Beverly's bus. By living by the rules of the bus, I believe that we can make a difference for our chapter. Many thanks to all the members who have helped me get started in my new role for the next two years. I need all of your support so get on my Energy Bus for my term of office.



CHAPTER website:

[www.betakappapa.weebly.com](http://www.betakappapa.weebly.com)

STATE website:

[www.alphaalphapa.com](http://www.alphaalphapa.com)

Delta Kappa Gamma International

[www.dkg.org](http://www.dkg.org)



### August

- 11 Brenda Newman
- 17 Marge Keller  
Terri Westfall
- 25 Sally Becker

### September

- 20 Liz Fair

### October

- 15 Mary Ann Dissinger-  
Amspacher
- 18 Jane Little
- 26 Fran Ruda  
McDermott



# The Energy Bus

by

Jon Gordon



Positive energy allows one to learn to manage people's energy including your own. You can live, work, and perform at a higher level to build and lead successful teams if you have

optimism, trust, enthusiasm, love, purpose, joy, passion, and spirit. The negative people are the energy vampires. We must overcome adversity, share contagious energy, bring out the best in others and yourself in order to overcome these vampires. These negative solutions threaten to sabotage your health, family, team, and success.

Every problem has a gift. You can choose to see the curse or the gift. People who need help the most are often the most closed off from receiving it. Every crisis offers an opportunity to grow stronger and wiser. **You are the Driver of your Bus, Rule 1.** Set a vision for your life including your health, a vision for work that includes your career, job, and team, and a vision for your relationship which means family and friends.

**Rule 2 Move Your Bus in the Right Direction. (Desire, Vision, & Focus)** Focus is the energy of thought. When you complain, you get more things to complain about. "We're winners, not whiners."

$E + P = O$

E – events of your life

P – perception

O – outcome

You can't control **events** but you can control how you perceive them and **perception** and response to events determine **outcome**.

**P could stand for positive energy.**

**Rule 3 Fuel Your Ride with Positive Energy.**

Desire, vision, & focus turns the bus in the right direction but **positive energy** takes you where you want to go. Example: You know those golfers who always come home telling you about the one great shot they made. You usually don't hear about the poor game they had. That is what keeps them going back to golf.

When there is a negative, there is always a positive. When there is a dark cloud, there is always a sun shining behind it.

**Rule 4 Invite People on Your Bus and share Your Vision for the Road Ahead.**

**Rule 5 Don't Waste Your Energy on Those Who Don't Get on Your Bus.**

Remember, people draining your energy are those energy vampires.

**Rule 6 Post a Sign That Says: No Energy Vampires Allowed on Your Bus.** Your positive energy and vision must be greater than anyone's and everyone's negativity. Your certainty must be greater than everyone's doubt.

The goal is not to be better than anyone else but rather be better than you were yesterday.

God keeps breaking your heart until it opens. (You must be broken down to feeling powerless to discover your ultimate and true power.)

CEO – (Chief Executive Officer) – become the CHIEF ENERGY OFFICER (CEO) that shares positive, powerful, contagious energy which means communicating from the heart

Emotional Intelligence (EI) – tapping the power of your heart when you are leading, selling, and communicating

EI and heartfelt leadership are one and the same.

Communicating effectively and contagiously with others – to simplify this means people like you, respect you, and they want to follow you

**Rule 7 Enthusiasm Attracts More Passengers and Energizes Them During the Ride**

Enthusiasm – inspired

Walt Whitman – We convince by our presence.

**Rule 8 Love your passengers.**

Love is a process, not a goal.

Love needs to be nurtured.

Focus on bringing out the best in each person.

Letting people share their gifts and strengths is real love.

When you bring out the best in others, you bring out the best in yourself.

Love Rules

Make time for them.

Listen to them.

Recognize them.

Serve them.

Bring out the best in them.



**Rule 9 Drive with Purpose**

**Rule 10 Have Fun & Enjoy the Ride.** Secret of Life: The goal in life is to live young, have fun, & arrive at your final destination as late as possible.

# ALPHA ALPHA STATE CONVENTION



**Louise Garverick – enrichment grant**

**Mary Ann Dissinger-Ampacher – 41 years**

**Doris Large – 50 years**

**Fran Ruda-McDermott -46 years**



Beta Kappa sisters



## 2016 State Convention

## Leadership Seminar



Let's tell our young people that the best books are yet to be written; the best paintings have not yet been painted; the best governments are yet to be formed; the best is yet to be done by them.

John Erskine



## Dues News

### Active members

**\$85**

### Reserve members

**\$50**

### Initiates \$95

The Finance Committee at a June meeting established the dues would remain the same for 2016-2017, and payable by October 31st. Send to Kristine Reynolds.

## UPCOMING DATES



**September 16, 2016 West**  
**Professional Affairs**

**Olympic Night**

**Fran Ruda McDermott's Home, Chambersburg**

**November, 2016 East**

**Personal Growth & Services**

**Tracy Lower (Jessica James) – Author**

**Thomas Harbaugh Library**

**Biglerville**

**January 21, 2017 East**

**Executive Board**

**Beverly's Home, Gettysburg**

**March 4, 2017 West**

**Visual & Performing Arts**

**Enrichment Grant – Louise Garverick**

**Grove Family Library, Chambersburg**

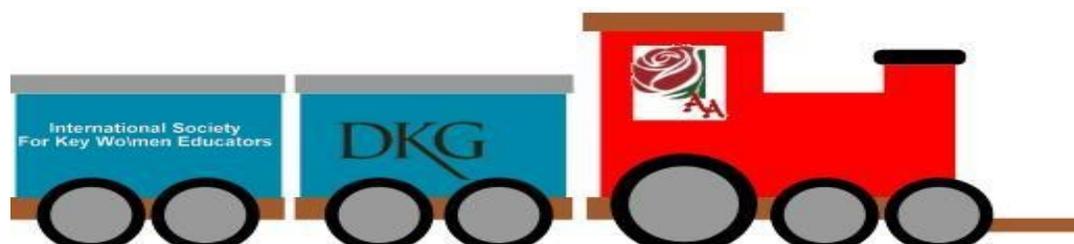
## State Convention News

Twelve BK sisters attended the Alpha Alpha State Convention in State College from June 10-12. Congratulations to Deborah for being the State Photographer. Nineteen members from various chapters throughout the state received Album of Distinction recognition. The Friday Night Fling was for the lucky ones at the casino.

Saturday morning was the First General Session with State President, Tracey Dusch, Psi, presiding, and Heather Lister, middle school teacher/librarian, gave the Keynote Speech, "Make It Happen". She told us how we can make anything we want happen by "working the purpose not the position." The challenge as teachers is to promote why we do something, not what we do.

Workshops followed after recognitions of birthday chapters, and recognitions and achievements were given for membership, communications, and the Nancy Grove Visionary Fund Award for Carolyn Sutton, Alpha Upsilon. The workshops focused on Hola, Havana, You Can, Too, Leadership, Get Your Giggle Going, Learning Commons, and Going Global.

Saturday night's Presidents' Banquet consisted of great food and enjoyable music by the Alpha Alpha State Chorus. Passing of the torch of the outgoing chapter presidents to the incoming presidents included Deborah Yarger-Reed to Beverly Utz from Beta Kappa. The Rosebud Recognition Award, Kathleen Kelly, Beta Alpha. After Sunday's Brunch, Louise Garverick was one of the ten enrichment grant recipients. The grants and three scholarship recipients were presented at the conclusion of the second General Session and the end of the Convention.



Hop on Tracey's Train!