

## Use of Essential Oils Is Shared with Alpha Beta Chapter

by Carol Hughes, Roanoke

On October 10 Alpha Beta Chapter of the Delta Kappa Gamma Society International met at Edinger's Filling Station in Pontiac. Lisa Zimmer of Eureka shared how doTerra Essential Oils helped her recover from serious health issues. With her recovery using these natural remedies, she learned about the effectiveness of the oils which all in her family now use. Essential oils are found in the seeds, bark, stems, roots, flowers, and other parts of plant.

When distilled these oils become highly concentrated and often only a drop is needed to be effective. Depending on the health or bodily need, the oils can be inhaled, taken internally, or applied. Zimmer also said that the inexpensive oils now being sold are ineffective and not safe as they are composed of a very small amount of oil from the actual plant and supplemented with a large amount of petroleum. Those who wish more information on doTERRA Essential Oils may contact her at [lisazimmer.net](http://lisazimmer.net) or 309-645-7517.

President Barb Baumann (Minonk) brought up a list of suggestions for chapter programming which were shared at the ten-minute takeaway sessions at the Lambda State Executive Board Meeting. These suggestions will be published in future newsletters.

A memorial ceremony was held for longtime member and a past chapter president Reta Riley who passed away in May. Marianne Davis (Dwight) and Janet Whittington (Roanoke) shared about the life of Reta and Carol Hughes (Roanoke) added a DKG memory of this key woman educator.

Finance Chair Margaret Janssen (Pontiac) presented the yearly budget which was approved. Treasurer Janet Kilgus (Fairbury) said that membership dues help support many projects at the international, state, and chapter levels.

Legislation Chair Lou Ann Jacobs (Normal) reported to be aware of the federal reduction of taxes bill as it does not appear to be helpful to middle class taxpayers.

Pres. Baumann reported that she and Elaine Cunningham (Minonk) attended the Creative Arts Retreat on October 6-8 at the Lorado Taft Campus in Oregon. Barb displayed the tulle wreath, gold foiled cube, shibori-dyed bag, and other items she had created. Elaine, who chairs the Lambda State Music Committee, played the music and directed a play which were featured at the event.

Kay Hammer (Fairbury), International Projects Co-Chair, collected \$90 which will be directed toward the chapter purchase of an eighth well in Malawi.

Alpha Beta's next meeting will be at Edinger's Filling Station in Pontiac on November 7 at 5:30 pm. Sue Dion will present the program, "Zentangle Time". Zentangle is an easy-to-learn, relaxing, fun method to create beautiful images by drawing structured patterns.

The Delta Kappa Gamma Society International is an organization for key women educators that promotes the professional and personal growth and excellence in education. The Society has chapters in 17 countries and serves over 71,000 members by providing grants for educational projects, scholarships, leadership training, mentoring, and global networking opportunities. For more information, visit [www.dkg.org](http://www.dkg.org) or contact Carol Hughes at ([chughes@mtco.com](mailto:chughes@mtco.com)) or 309-933-7370.

**Pictured in photo:** Speaker Lisa Zimmer (Eureka) applies a doTERRA essential oil to the palms of members Marianne Hall (Dwight), Gail Thorson (Pontiac), and Janet Whittington (Roanoke).

