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## Lambda Kappa Korner

Magnolia/Montgomery – Area 18 2019 Vol. 37 #7 Summer 274

**Bridging yesterday and tomorrow**

### Officers:

President—Patricia Souriall

Vice President—Marcia Barren

Recording Secretary—Annette Bopp

Corresponding Secretary—Ann Allen

Treasurer—Janet Robb

### PLANNING MEETING SET FOR AUGUST 8

Whaaat? It's already time to plan for a new year again? Yes. Thursday, August 8 at 5:30 at Carrie Cassata's house. She is opening her home to give us a place to work together to plan for the year. Thanks, Carrie, for welcoming us into your home.

Patty will send out an email soon to give us address/directions—as well as what to bring to match the menu.

### STATE CONVENTION REQUEST—

If any of you attended state convention, please email me any news of the sessions/results, so that I can use them in the newsletter.



### MEMBERS ROUND OUT THE YEAR WITH SUMMER GOODIES

Our mission to help those former CPS children who have reached age 18 continues by sharing. Both Clara and Ann A. have been faithful in taking each batch of collected items.

At left is the picture of Clara and Ann delivering Easter joy to the former CPS students. At right the two again showed up with a basket of summer fun—with sunscreen!—decorated in red, white and blue.

## CALENDAR

08/08 Planning Meeting  
Carrie's house

Other dates will be available following our planning meeting.

## BIRTHDAYS

07/15 Ann Allen

07/23 Anne Sundquist

08/10 Clara Lynch

09/24 Marcia Barron



Thanks for bringing your change to fill our piggy bank. Your change helps us successfully complete our projects.



Posted  
from the  
President....

Dear Sisters,

Summer is winding down—much sooner than what I thought it would be. Many of you have spent time traveling. I know at least two sisters went on a cruise—Di Ann to Alaska and Anne to the Mexican Riviera. Clara made her trip along the Gulf Coast. Let us know other trips that some of you took or the special things you've been doing since June.

August 8 is our major planning meeting. Please come with your ideas. We have been a Godsend to those students who reached 18 and were no longer under foster care. We can decide if we wish to continue or find another mode of service. Bring your calendars so we can plan the schedule for the school year.

Let's also try to find ways to bring others into the chapter. I would really like to see us increase our membership this 2019-2020 year.

Love,  
*Patty*

*Reminder.* Bring a guest to one of our meetings. Your action will help our chapter grow and give a professional an opportunity to be a part of the organization for leaders in education.



*Almost time  
for school...*

Dear Sisters—

Many of you may have seen the Facebook post in which Clara shared her experience while she and her sister were taking a vacation together. I asked her permission to share it in the newsletter.

I did something last week that could have taken my life. I'm going to share my mistake so people will learn from my mistake and not repeat it. My sister and I were vacationing in Biloxi Miss and waiting for our lunch to be delivered in one of the casino's eatery when I was struck with pain in my chest. Bad pain! I announced that I was having a bad case of heartburn. The pain continued and worsened. I just sat there and waited for it to pass. My sister gave me a Zantac. Only when pain in BOTH arms and on both sides of my neck started did we ask the waiter to call 911. I was having a heart attack! My blood pressure was 210 over ? when the EMTs arrived.

I've heard for years that a woman will often present cardiac symptoms differently than a man but didn't believe that I could possibly be having a heart attack! Thankfully, the EMTs convinced me to go on to the ER. My enzymes continued to rise and they got me into the Cath lab...I did not have a blockage, so no stents!

I am back in Texas and have an appointment with my Doctor on Wednesday. We'll see what changes he'll make for me.

My point in all this, don't ignore chest pains...although as bad as the pains were, I don't know how you could go for long without seeking help. Listen to your body.

Thanks, Clara!

*Anne*

Have news or ideas for the newsletter?  
Please contact Anne Sundquist, editor, at  
sun1gypsy@gmail.com.