



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

APRIL
2011

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL
ORGANIZED 1929



From Our President.....

Remember when you became a member of Delta Kappa Gamma? Each of us was charged with a responsibility to be committed to this prestigious organization. Each of our lives is constantly being pulled in different directions. We all have priorities. But when we accepted our membership, we made a choice. That choice was to uphold those responsibilities.

For almost 75 years, this chapter has stood by each of its members during the ups and downs of the educational roller coaster. Those who have been chosen as Alpha Sisters are special - the "best of the best". Our meetings are a chance to experience our special bond. Teachers do so much and most times are not thanked. That is why attending those nine meetings are very important. No, we don't get paid to attend, and, yes, it does take planning, but the benefits cannot be measured.

We have created an ad hoc committee for the birthday celebration and the ladies who are on this committee are working very hard. I say this because they are going to need help from each of us to make this a very, very special event. We will have other chapters attending along with state officers and, hopefully, our international president will come. This event is one to be celebrated, but it will take each of us to do our part.

This month's President's Message is not the norm. But with attendance down and many of our members not coming to the monthly meetings, I feel saddened that those who work so hard to bring the programs, find the locations, fix

refreshments, and serve on the various committees are not being rewarded by your attendance.

As a new season has arrived, please make an extra effort to attend the Alpha meetings. We have a Joint Founder's Day Brunch on the 30th of April. Please make your reservations to attend and support your fellow teachers as we celebrate this event and we begin our countdown toward our own Birthday. Remember we are Alpha and we are proud!!!

Have a good month!

Patti



Our next meeting is...

Delta Kappa Gamma Founder's Day Brunch

Date & Time: Saturday, April 30 at 10:00 a.m.

Location: Brainerd United Methodist Church

Speaker: Kathie Harned, Xi State Corresponding Secretary

Cost: \$17 (Covers meal, facility, etc.)

Caterer: Bertin's Taste of Orleans

Menu: Banana nut bread, fresh fruit, croissant with creole chicken salad, sausage and egg casserole, shrimp and andouille gumbo, spinach salad with zesty orange dressing, beverages.

Deadline for reservation is April 14 (must be received by Susan by this date)

Please mail your your check to mail to: Susan Grow
2417 Bending Oaks Drive
Chattanooga, TN 37421

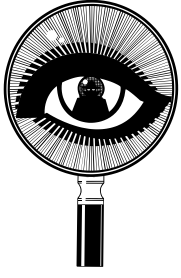
Your check is your reservation.

Come and represent Alpha Chapter!

You'll have a wonderful time.

Please wear your ΔΚΓ pin and/or name tag to the meeting.

Health



Who is the Mystery Alpha Sister?

This Alpha Sister has two daughters and three grandchildren. She graduated from George Peabody College of Vanderbilt University with a B.S. degree, and received her M.A. degree from Trevecca Nazarene College. She has taught kindergarten at Calvin Donaldson, Piney Woods, Trinity in Williamson County, and is presently teaching at Battlefield Primary in Catoosa County. She was the 2004 Trinity Teacher of the Year and 2006 Tennessee Education Association Elementary Teacher of the Year. Her hobbies include reading, bike riding, Pilates, and scuba. She has visited Fiji, Canada, and the Cayman Islands. She states: "It's my 38th year to teach kindergarten, and I still love it!" She also teaches Sunday School and Children's Church at Ooltewah United Methodist Church.

(Answer in the summer newsletter)

Answer to the March Mystery Alpha Sister: Pat Varnell



Recipe of the Month

Oriental Salad

Ingredients:

- 1 package (bag) of cabbage or mixed coleslaw
- ½ cup of sunflower seeds
- ½ cup of slivered almonds
- 1 package of beef Ramon noodles
- ½ cup of sugar
- ½ cup oil
- 1/3 cup of vinegar

Directions:

- 1) Break up Ramen Noodles in the package and then open to take out beef flavor
- 2) Mix sugar, oil and vinegar with beef flavoring from the Ramen noodles until sugar dissolves
- 3) Layer coleslaw, noodles, sunflower seeds and almonds in a pan.
- 4) Sprinkle sauce over just before serving.

Take Care of Your Heart So Your Heart Can Take Care of You

Your Amazing Heart..

1. In an average lifetime, your heart will beat over 2.6 million times.
2. The typical adult heart pumps 2,000 gallons of blood a day.
3. Your blood vessel system—including arteries, veins, and capillaries—adds up to over 60,000 miles long. Enough to go around the world more than twice!
4. It takes just 20 seconds for your heart to pump blood through your entire body.

Take Care of Your Heart

Cholesterol, high blood, and family history can all increase your risk of heart disease. But you can help reduce your risk. Eating healthy foods and adding even a small amount of exercise are steps in the right direction. And, don't forget to see your doctor and get your cholesterol checked.

- Partners for Health

Clever Ideas Worth Knowing

- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold.
- Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while it is cooking.
- To really make scrambled eggs or omelets rich, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream and then beat them. (Caution: be sure you like this consistency of scrambled eggs.)
- Add garlic immediately to a recipe if you want a light taste of garlic, and at the end of the recipe if you want a stronger taste of garlic.
- Leftover Snickers bars from Halloween make a delicious dessert. Simply chop them up with a food processor or chopper. Peel, core, and slice a few apples. Place them in a baking dish and sprinkle the chopped candy bars over the apples. Bake at 350 degrees for 15 minutes. Serve alone or with vanilla ice cream.
- Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and

Life Explained

heat until warm. This keeps the crust crispy--no soggy microwave pizza.

- When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cakes/cupcakes with the same amount. You also eat less sugar and calories per serving.
- Place a dryer sheet in your pocket to keep mosquitoes away. Can also be put in a baseball cap.
- To keep squirrels from eating your plants, sprinkle with cayenne pepper. The cayenne pepper doesn't hurt the plant and squirrels won't come near it.
- Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that in cling when wearing panty hose. Place a pin the seam of the slacks. Static is gone!
- Before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient such as peanut butter, and watch how easily it comes right out.
- To get rid of pesky fruit flies, take a small glass, fill it 1/2" with apple cider vinegar and 2 drops of dishwashing liquid; mix well. You will find those flies drawn to the cup and be gone forever.
- Put small piles of cornmeal where you see ants. They eat it, take it "home", can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have to worry about pets and small children being harmed.

- e-mail from a friend

On the first day, God created the dog and said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. For this, I will give you a life span of twenty years.." The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" So God agreed.....

On the second day, God created the monkey and said, "Entertain people, do tricks, and make them laugh. For this, I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God agreed.....

On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed again.....

On the fourth day, God created humans and said, "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said, "Only twenty years? Could you possibly give me my twenty, the forty the cow gave back, the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God. "You asked for it."

So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty years, we slave in the sun to support our family. For the next ten years, we do monkey tricks to entertain the grandchildren. And for the last ten years, we sit on the front porch and bark at everyone. Life has now been explained to you.

- e-mail from a friend



Thank you to Kay Schwieger for allowing us to meet at her beautiful home for our March Founder's Day Tea. Thank you to Kay, and the other hostesses, Sue Crowder, Carolyn Attaway, and Nancy Klein. Everything was lovely and delicious!



*Sue Crowder
Marion Mossburg
Nancy Thompson*

*April 6
April 22
April 22*



Please be collecting the following over the summer and bring to the August meeting.

- General Mills' "Box Tops for Education"
- Campbell's "Labels for Education" - just bring UPC, not the entire label.
- Toiletries for Vets -any size toiletries. They can also use phone cards, white socks, and white T-shirts.
- Magazines - Cut off or mark over your personal information
- Hardback or paperback books to be bought by other Alpha Sisters

The magazines collected at the March meeting.
 The following were collected at the February meeting:
 123 magazines to go to Assisted Living/Nursing Homes
 15 toiletries for Vietnam Vets
 49 Box Tops
 29 Campbell soup labels

The magazines from March were taken to the East Ridge Retirement Center and St. Barnabas Downtown.

Thank you to Carolyn Attaway for initiating the sale of the iris note cards at the tea. \$50 was made which goes in the Alpha scholarship fund.

\$24 was collected to be sent to Xi State as our contribution to a gift for outgoing Xi State President, Dee Dee Rives. An Alpha Sister donated \$25 for the World Fellowship fund plus more was added by Susan Grow for a total donation of \$36.



*Xi State Convention
 June 9-11, 2011
 University of the South
 Sewanee, Tennessee*

Please plan to attend the convention this year. If you have never attended one, you are missing a real treat. Alpha Chapter only had four Sisters attend this past summer. PLEASE consider going to the convention. See page 6 -7 of the February 2011 *Xi State News* to see a list of the convention workshops. The registration form can be found on-line at www.xistate.org, in the February 2011 *Xi State News*, or contact Serie for a form.



Betty Ball
 Betty Fassnacht
 Janice Payne
 Frances Wilson

Remember..

Happiness keeps you sweet,
 The IRS keeps you broke,
 Trials keep you strong,
 Sorrows keep you human,
 Failures keep you humble,
 Success keeps you glowing,
 But only friends keep you going.
 -e-mail from a friend



Xi State Silent Auction Basket
Won't you help?

Each year at the Xi State Convention, each TN chapter contributes a basket for the Silent Auction. The Silent Auction is one of the most anticipated events at the convention and the proceeds benefit the programs of the Leadership Committee.

We know economic times are tough; however, we hope you will contribute an item or monetary contribution. This year our basket theme is "Relaxation".

Last year three Alpha Sisters paid for the basket and contents. This year the basket and its contents need to be contributed by entire chapter. The Sisters at the March Tea were generous with their contributions; however, more items are needed. Please give your contribution to Janice Nelms or Patti Skates at the Founders' Day Brunch April 30.

"A friend is someone who understands your past, believes in your future, and accepts you just the way you are."
 -Unknown

There are benefits to eating together

When's the last time you sat down to a meal with your entire family around the table? Recent studies indicate that family meals are declining, and the exact number of times a family eats dinner together is elusive. Families with younger children tend to eat together more often than families with teens because of the hectic schedules of older children and parents.

It might interest you to know that children of all ages in families who eat meals together benefit from that time in a variety of ways. Better grades, healthier eating habits, closer relationships to parents and siblings, ability to resist negative peer pressure and resilience in the face of life's problems are all outcomes of gathering around the dinner table on a regular basis.

"We were shocked when we looked at the research and found that something as simple as sharing a meal as a family on a regular basis had the potential to impact the lives of children in such profound ways," said Cara Hicks, member of the current Leadership Chattanooga class and part of Team educate. "Based on the research we decided to take this on as our team project. Our goal is to educate families about the importance of family meal time and challenge them to be intentional about eating together."

Consider these findings:
■ 19 percent of teens who have fewer than three family dinners per week report a great deal of tension or stress between family members compared to 7 percent who have at least five family

First Things First

By Julie Baumgardner

dinners per week.

■ More mealtime at home was the single strongest factor in better achievement scores and fewer behavioral problems in children of all ages.

■ More meals at home results in less obesity.

■ More than a decade of research by the National Center on Addiction and Substance Abuse at Columbia University has found that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs.

"We want families to sign up for the Family Meal Challenge on Facebook (Facebook.com Family Meal Challenge) and then let us know how it goes," said Hicks. "You can post recipes, find conversation starters and share thoughts about the experience."

Here are a few pointers for taking the challenge:

■ Turn off all technology.
■ Set the expectation that everybody sits down together at least two times a week for a meal.

■ Let family members take turns preparing simple meals.

■ Take turns bringing discussion topics to the table. This is a great place to talk about values, share family stories and discuss current events.

Are you willing to take the challenge?

E-mail Julie Baumgardner at julieb@firstthings.org.

-Chattanooga Times Free Press

The Three Symbols of Delta Kappa Gamma

The crest or coat of arms is often printed on Society publications. The top portion of the crest represents leadership. The cup of knowledge and the laurel wreath representing achievement are also found on the key pin. The torse below the laurel wreath on the crest represents inspiration. The lamp of learning, the rose, and a book are found on the crest. Finally, the name of the Society, in Greek, completes the crest.



The **keypin** is given to each member upon initiation. It is the emblem of Society membership and is worn only over the heart. No other pin, piece of jewelry, or name tag may be worn above it. It is not to be worn pinned to scarves or on collars. Upon resignation or other situations which results in non-membership, the pin should no longer be worn.



The **red rose** is the official flower of the Society and is used in all ceremonies and for special occasions.



- Florida Rays



Mary McLain was notified by Xi State that the Alpha Chapter's yearbook has earned Highest Honors. Thanks for your hard work, Mary.

At Xi State Convention, Alpha Chapter will be recognized with the Highest Honor in Communication certificate.



Our sympathy to Susan Grow and her husband, Brian, in the passing of his mother, Rosemary Kendizor, on February 23 in Elkhart, Indiana.



L to R: Pat V., Pat P., and Harriet New

"I Was Drugged by My Parents"

When I was asked why we didn't have a drug problem when you and I were growing up, I replied, "I had a drug problem when I was young. I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered profanity. I was drug to the neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood.

Those drugs are still in my veins and they affect my behavior. They are stronger than cocaine, crack, or heroine. If children today had this kind of drug problem, America would be a better place."

-written by a concerned citizen



L to R: Susan G., Betty F., and Marcia B.

March 13 Birthday Tea Photos



Patti addresses the Sisters



Nancy informs the Sisters about legislation.

Adult Truths

- Part of a best friend's job should be to immediately clear your computer history if you die.
- Nothing is so bad as the moment during an argument when you realize you are wrong.
- There is a great need for a sarcasm font.
- Was learning cursive really necessary?
- I totally take back all the times I didn't want to take a nap when I was younger.
- Obituaries would be a lot more interesting if they told you how a person died.
- I can't remember the last time I wasn't at least kind of tired.
- Bad decisions make good stories.
- You never know when it will strike, but there comes a moment at work when you know that you just aren't going to do anything productive for the rest of the day.
- Can we all just agree to ignore whatever comes after Blue Ray? I don't want to have to restart my collection...again.
- I think the freezer deserves a light as well.
- I have a hard time deciphering the fine line between boredom and hunger.
- How many times is it appropriate to say "What?" before you just nod and smile because you didn't hear or understand a word they said?
- Sometimes I'll look down at my watch 3 times and still not know what time it is.
- Even under ideal conditions, people have trouble locating their car keys in a pocket, finding their cell phone....but I'd bet everyone can find and push the snooze button from 3 feet away in about 1.7 seconds, eyes closed, first time, every time.

--e-mail from a friend

Heal the past, live the present, dream the future.



April prepares her green traffic light and the world thinks Go. -Christopher Morley

**And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark
breast rose from the dreams of its wintry rest.**
-Percy Bysshe Shelley

April hath put a spirit of youth in everything. -
William Shakespeare

Showery Time

by Evelyen Stein

The April rain-drops tinkle
In cuckoo-cups of gold,
And warm south winds unrinkle
The buds the peach-boughs hold.

In countless fluted creases
The little elm-leaves show,
While white as carded fleeces
The dogwood blossoms blow.

A rosy robe is wrapping
The early red-bud trees;
But still the haws are napping,
Nor heed the honey-bees.

And still in lazy sleeping
The apple-buds are bound,
But tulip-tips are peeping
From out the garden ground.

And yonder, gayly swinging
Upon the turning vane,
A robin redbreast singing
Makes merry at the rain!





- When taking a bite into a chocolate bunny, 76% of Americans prefer to bite off the ears first, 5% eat the feet first, and 4% eat the tail first.
- The first chocolate eggs were made in Europe in the early 19th century.
- For Americans, Easter is the second most important holiday to eat candy. Halloween is the first!
- The custom of giving eggs at Easter time has been traced back to Egyptians, Persians, Gauls, Greeks, and Romans, to whom the egg was a symbol of life.

Easter Facts

- Easter is a Christian Festival that celebrates the Resurrection of Jesus Christ. On the third day after Good Friday, the day of his crucifixion, now called Easter Sunday.
- Easter is now celebrated on the first Sunday after the full moon which happens on or after March 21, the Spring Equinox.
- The first Easter baskets were made to look like bird's nests.
- The traditional act of painting eggs is called Pysanka.
- 90 million chocolate Easter bunnies are made for Easter each year.
- Each day, five million marshmallow chicks and bunnies are made in preparation for Easter. Americans buy more than 700 million Peeps during the Easter season.
- 16 billion jelly beans are made for Easter which is enough to fill a plastic egg the size of a 9-story building.

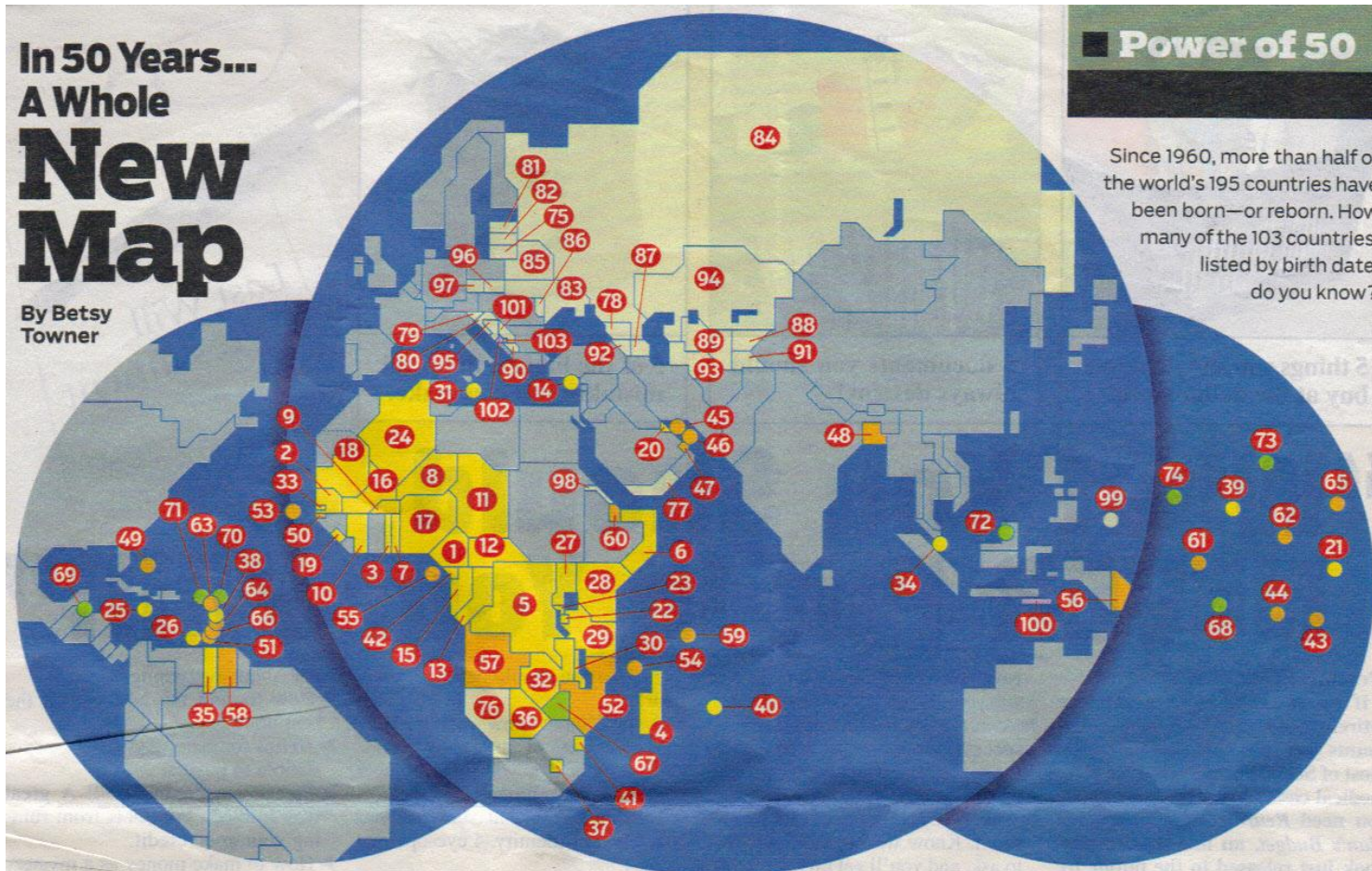
It means so much at Easter time
To keep in touch with friends
To wish them happiness and cheer
And joy that never ends.
This brings heartfelt greetings
Especially for you
Together with best wishes
For a happy Springtime too.
- Jon Bratton

In 50 Years... A Whole New Map

By Betsy
Towner

Power of 50

Since 1960, more than half of the world's 195 countries have been born—or reborn. How many of the 103 countries, listed by birth date, do you know?



1960s

- 1 Cameroon 1/1/1960
- 2 Senegal 4/4/60
- 3 Togo 4/27/60
- 4 Madagascar 6/26/60
- 5 Democratic Republic of the Congo 6/30/60
- 6 Somalia 7/1/60
- 7 Benin 8/1/60
- 8 Niger 8/3/60
- 9 Burkina Faso 8/5/60
- 10 Côte d'Ivoire 8/7/60
- 11 Chad 8/11/60
- 12 Central African Republic 8/13/60
- 13 Congo 8/15/60
- 14 Cyprus 8/16/60
- 15 Gabon 8/17/60
- 16 Mali 9/22/60
- 17 Nigeria 10/1/60
- 18 Mauritania 11/28/60
- 19 Sierra Leone 4/27/61
- 20 Kuwait 6/19/61
- 21 Samoa 1/1/62

- 22 Burundi 7/1/62
- 23 Rwanda 7/1/62
- 24 Algeria 7/5/62
- 25 Jamaica 8/6/62
- 26 Trinidad and Tobago 8/31/62
- 27 Uganda 10/9/62
- 28 Kenya 12/12/63
- 29 Tanzania 4/26/64
- 30 Malawi 7/6/64
- 31 Malta 9/21/64
- 32 Zambia 10/24/64
- 33 Gambia 2/18/65
- 34 Singapore 8/9/65
- 35 Guyana 5/26/66
- 36 Botswana 9/30/66
- 37 Lesotho 10/4/66
- 38 Barbados 11/30/66
- 39 Nauru 1/31/68
- 40 Mauritius 3/12/68
- 41 Swaziland 9/6/68
- 42 Equatorial Guinea 10/12/68

1970s

- 43 Tonga 6/4/70
- 44 Fiji Islands 10/10/70
- 45 Bahrain 8/15/71
- 46 Qatar 9/3/71
- 47 United Arab Emirates 12/2/71
- 48 Bangladesh 12/16/71
- 49 Bahamas 7/10/73
- 50 Guinea Bissau 9/24/73
- 51 Grenada 2/7/74
- 52 Mozambique 6/25/75
- 53 Cape Verde 7/5/75
- 54 Comoros 7/6/75
- 55 São Tomé and Príncipe 7/12/75
- 56 Papua New Guinea 9/16/75
- 57 Angola 11/11/75
- 58 Suriname 11/25/75
- 59 Seychelles 6/29/76
- 60 Djibouti 6/27/77
- 61 Solomon Islands 7/7/78
- 62 Tuvalu 10/1/78
- 63 Dominica 11/3/78
- 64 St. Lucia 2/22/79
- 65 Kiribati 6/12/79
- 66 St. Vincent and the Grenadines 10/27/79

1980s

- 67 Zimbabwe 4/18/80
- 68 Vanuatu 7/30/80
- 69 Belize 9/21/81
- 70 Antigua and Barbuda 11/1/81
- 71 St. Kitts and Nevis 9/19/83
- 72 Brunei 1/1/84
- 73 Marshall Islands 10/21/86
- 74 Federated States of Micronesia 11/3/86

- 87 Azerbaijan 8/30/91
- 88 Kyrgyzstan 8/31/91
- 89 Uzbekistan 9/1/91
- 90 Macedonia 9/8/91
- 91 Tajikistan 9/9/91
- 92 Armenia 9/21/91
- 93 Turkmenistan 10/27/91
- 94 Kazakhstan 12/16/91
- 95 Bosnia and Herzegovina 3/1/92
- 96 Slovakia 1/1/93
- 97 Czech Republic 1/1/93
- 98 Eritrea 5/24/93
- 99 Palau 10/1/94

1990s

- 75 Lithuania 3/11/90
- 76 Namibia 3/21/90
- 77 Yemen 5/22/90
- 78 Georgia 4/9/91
- 79 Slovenia 6/25/91
- 80 Croatia 6/25/91
- 81 Estonia 8/20/91
- 82 Latvia 8/21/91
- 83 Ukraine 8/24/91
- 84 Russia 8/24/91
- 85 Belarus 8/25/91
- 86 Moldova 8/27/91

2000s

- 100 Timor-Leste 5/20/02
- 101 Serbia 5/21/06
- 102 Montenegro 6/3/06
- 103 Kosovo 2/17/08

Sources: National Geographic maps; U.S. Department of State country background reports; Online CIA Factbook; Federal Research Division, Library of Congress Country Studies

Map graphic by Nigel Holmes