



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

FEBRUARY
2012

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

ORGANIZED 1929



From Our President.....

What do Delta Kappa Gamma and Valentine's Day have in common? Remember those conversation heart candy that had messages like....."I'm Yours", "Be Mine", "Let's Talk", etc.? You can apply those to being a Delta Kappa Gamma member.

"I'm Yours": When you are asked to be a member and accept, you will find that Delta Kappa Gamma belongs to you. It is there to help you with educational advice and opportunities, mentors, and Sisters for life who will be with you through thick and thin.

"Be Mine": When you join you are saying, that you are proud to show off the DKG pin, being a Sister, and what DKG has given you to help make you a better teacher. You now have an opportunity to share with fellow teachers how you have grown in your profession.

"Let's Talk": You can take the opportunity to encourage others to be a part of an organization that will help them as well. You have the knowledge and tools gained through the seminars, meetings, conventions, and publications to become a source for others increase to your expertise.

February is the month of the "heart". Each of you has a big one. You are constantly giving of yourself not only to your personal family, school family, and community, but also to Delta

Kappa Gamma. You ARE my Valentine. I appreciate each of you and encourage you to continue telling people about Delta Kappa Gamma, and start now looking for potential new members. You and your faithfulness to Alpha Chapter is the life blood to our upcoming 75 years celebration in March. You are the "heart" that keeps the blood pumping. Thank you seems so little and insignificant, but I thank each of you.

Happy Valentine's Day.

Patti

Remember our Alpha slogan for 2011-2012:

Motivate-Move- Momentum



Our next meeting

Date: Thursday, February 9, 2012

Time: 5:00 p.m.

Location: St. John's United Methodist Church

3921 Murray Hills Road

(Directions on the next page)

Program: Milton McLain, Photography II

Devotion: Patti Skates

Hostesses: Janice Payne, Bobbie Blackshear,

Joy Billings, Debbie Erwin



Directions to St. John's United Methodist

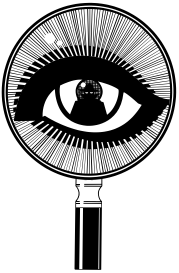
Church: Depending on where you live...go to Highway 58 N or S. Exit onto TN 58E toward Decatur. Turn left on Murray Hills Drive. Church is on the left. If you reach Oak Hill Road, you have gone too far.)

Park in the main parking lot and enter at the end where there are steps. The other entrance should be available for those who have difficulty with steps. We will be meeting in the Learning Center, which is where we met last year.

It is very important that all Alpha Sisters be at this meeting because the plans for the 75th Celebration will be finalized.



Jill Reese spoke to the Sisters at the January meeting about the Teach Here program in Hamilton County.



Who is the Mystery Alpha Sister?

This Alpha Sister lives in Chickamauga, Georgia with her husband, son, and daughter. She attended Hiwassee College and received her B.S. degree in Psychology from the University of Tennessee at Chattanooga. She has her Georgia TAPP in Special Education. She has taught at Georgia GNETS- grades 6-8. She has been at Ridgeland High School for two years. If she had not been a teacher, she thinks she would have been a counselor or case manager.

Her hobbies are running, working out, and church volunteer work. Her favorite vacation was to Destin, Florida. She listens to Christian music. She volunteers twice weekly at Oakwood Baptist Church in Chickamauga.

She feels honored to be asked to become an Alpha Sister and wants to grow professionally and serve the community.

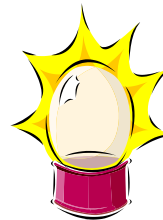
Who is this Mystery Sister?

(Answer above will be in the March newsletter)

Answer to the December Mystery Alpha Sister: Barbara Graham



Some of the items Alpha Sisters brought to the January meeting at the Ronald McDonald House. All items were donated to the RMH.



What's in the Alpha's Future?

Our much anticipated 75th Anniversary Celebration on March 18th

"The best way to pay for a lovely moment is to enjoy it."

--Richard Bach



Don't Forget Our Service Projects!

Please bring any of the following to the January Alpha Chapter meeting.

***General Mills' "Box Tops for Education"**

For a limited time, Box Tops are being doubled on selected products. To see a list of products which have double box tops, go to:

<http://www.boxtops4education.com/learn/Default.aspx>

Please be aware that box tops have expiration dates.

42 box tops were brought to the January meeting.

***Campbell's "Labels for Education" - just bring UPC, not the entire label.**

9 labels were brought to the January meeting.

***Toiletries for Vets -any size toiletries. They can also use phone cards, white socks, and white T-shirts.**

65 items were brought to the January meeting.

***Magazines - Cut off or mark over your personal information.**

61 magazines were brought to the January meeting.

If you have an assisted living and/or nursing home you would like the magazines to be taken to, please contact Serie.

***Hardback or paperback books to be bought by other Alpha Sisters for the scholarship fund.**

***Items for the Orphanage Emmanuel located in Honduras which is a new Alpha Chapter service project this year. [Diapers - all sizes, pull-ups, baby items such as formula, baby lotion, baby powder, baby shampoo, baby soap, diaper rash ointments, etc.]**

"Real life isn't always going to be perfect or go our way, but the recurring acknowledgement of what is working in our lives can help us not only to survive but surmount our difficulties."

--Sara Breathnach

Xi State--Tennessee



February 21-22: Xi State Legislative Symposium

March 15, 2012: Application for Communications Award Due

March 15, 2012: Nominations for Order of the Rose Due

April 1, 2012: Nomination due for Xi State Achievement Award

April 15, 2012: Chapter Excellence Award Due

June 7-9, 2012: Xi State Convention The University of the South, Sewanee, Tennessee

July 19-21, 2012: Seminar in Purposeful Living Hyatt Regency, Arlington, VA

July 24-28, 2012: Delta Kappa Gamma International Convention Sheraton New York Hotel & Towers (7th Ave) New York, New York

July 10-13, 2013: Southeast Regional Conference Gaylord Palms Orlando, Florida

July 28-August 1, 2014: Delta Kappa Gamma International Convention: J. W. Marriott, Indianapolis, IN

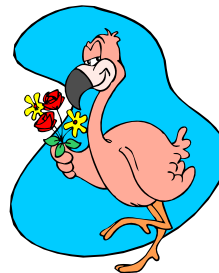
July, 2015: Southeast Regional Conference: Georgia

July, 2016: Delta Kappa Gamma International Convention:

Gaylord Opryland Resort and Convention Center, Nashville, Tennessee

-www.XiState.org

Patsy Williamson asked that the following be in the newsletter: "Be sure to read the Delta Kappa Gamma newsletter for January/February. Maybe some of you members can give yourself a 'once in a lifetime' treat! New York City! With Friends! There was every effort to keep the prices low..still not cheap, but you deserve it."



Keep in your thoughts and prayers...

Betty Ball

Bobbie Ruth Hodges

Sara Jo Hudson

Naomi Hay's brother,

Hilray Perkins.

Frances Wilson



*Happy Birthday to our
Alpha Sister.....*

Marcia Brown February 17



Be sure to visit:
www.DKG.org
www.XiState.org
and
www.AlphaChapterDKG.com



Recipe of the Month



The Ultimate Strawberry Shortcake

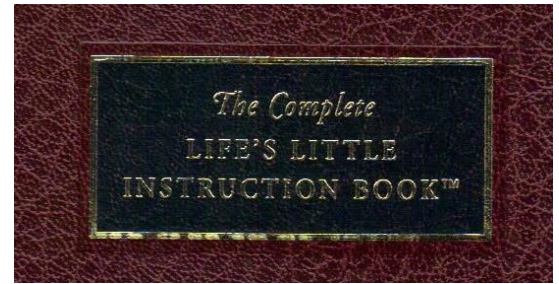
Ingredients:

- 1 quart fresh strawberries (or more if you like)**
- 1/2 cup sugar**
- 8 ounces cream cheese, softened**
- 1 cup powdered sugar**
- 1 (8 ounce) container of frozen whipped topping**
- 1 (14 ounce) angel food cake, cut into cubes (can be bought angel food cake)**

Directions:

- 1. Wash, stem, and cut strawberries in half**
- 2. Add sugar, toss to mix well.**
- 3. Chill.**
- 4. Beat cream cheese and powdered sugar well.**
- 5. Fold in whipped topping and cake cubes.**
- 6. Spread cake into an ungreased 13" x 9" dish.**
- 7. Cover and chill for at least 2 hours.**
- 8. Cut cake into squares; top with strawberries.**

..And Even More Excerpts from



by H. Jackson Brown, Jr.

- Never underestimate the power of a kind word or deed.
- Don't be afraid to say, "I need help."
- Never compromise your integrity.
- Look for opportunities to make people feel important.
- Be open to new ideas.
- Don't use time or words carelessly. Neither can be retrieved.
- Set short-term and long-term goals.
- Don't rain on other people's parades.
- Don't interrupt.
- Be prepared. You never get a second chance to make a good first impression.
- Don't expect others to listen to your advice and ignore your example.
- Go the distance. When you accept a task, finish it.
- Watch for big problems. They disguise big opportunities.
- Give people the benefit of the doubt.
- Question your goals by asking, "Will this help me become my very best?"
- After you've worked hard to get what you want, take the time to enjoy it.
- Never underestimate the power of words to heal and reconcile relationships.
- Accept a breath mint if someone offers you one.
- When you feel terrific, notify your face.
- Remember that everyone you meet is afraid of something, loves something, and has lost something.
- Talk slow but think quickly.
- Never betray a confidence.
- Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
- Don't overlook life's small joys while searching for the big ones.
- Don't be surprised to discover that luck favors those who are prepared.

LAUGH WHEN YOU CAN, APOLOGIZE WHEN YOU SHOULD, AND LET GO OF WHAT YOU CAN'T CHANGE. KISS SLOWLY, FORGIVE QUICKLY, PLAY HARD, TAKE CHANCES, GIVE EVERYTHING, AND HAVE NO REGRETS. LIFE IS TOO SHORT TO BE ANYTHING BUT HAPPY!

Health

The Power of Positive Thinking

Not a glass-half-full type? Don't worry, you can train yourself to look on the bright side.

Yes, it's true, "optimism can be learned, just like a new skill or hobby," says John Tauer, Ph.D., associate professor of psychology at the University of St. Thomas in St. Paul, Minnesota. A few fake-it tricks: Try forcing a smile when you're feeling down (being angry or sad when you're smiling is really heard, says Tauer) and saying thanks more often--expressing gratitude helps you see the world in a more positive light. Need more motivation to jump on the "Yes I Can!" bandwagon? Consider this:

- You won't get sick as often. People who expect good things to happen have stronger immune systems, according to University of Tennessee research. "When you feel optimistic, immunity-boosting hormones like oxytocin and growth hormones may get activated," says study author Suzanne Segerstrom, Ph.D.
- You're less likely to have a stroke. "Optimism is associated with a slower buildup of plaque in your arteries that can lead to a stroke," says Eric Kim, lead author on the University of Michigan study that found that the more positive people were, the lower their odds of having a stroke.
- You'll make better decisions. "Negative emotions can lead to tunnel vision, whereas people who smile tend to be better at flexible, 'big picture' thinking," says Kareem Johnson, Ph.D., who led a study on the subject at Temple University. For example, if you're buying a car but worried that your friends won't think it's fancy enough, you might make a choice solely based on how the car looks and not give enough weight to how the car handles or its safety ratings.

-Women's Day, December 2011

Technology

No More Paper!

Make your life slimmer, trimmer, and paper-free.

- ❖ You come across a story or recipe on-line that you want to savor or save. What do you do? You press "Print". Pretty soon, you've got a stack of reading. Instapaper.com lets you assemble your on-line

- ❖ reading in one place--with no ads or goofing coding to distract you. Bookmark today.
- ❖ Have you started to resemble "Pigpen", with paper scraps and jottings trailing you wherever you go? Toodledo.com lets you keep your to-do lists on-line, where you can update and manage them electronically.

- Wall Street Journal

Ways to Help Others

- GoodShop.com and GiveClicks.com donate a portion of proceeds to charity.
- If shoes are cluttering up your closet, Soles4Souls.org distributes them to the poor and disaster-struck around the world.
- If you have spare business apparel, CareerGear.org (for men's clothing) and TheWomensAlliance.org (for women's clothing) collect donations of "lightly worn" professional attire for outfitting job candidates for job interviews.
- If you want to help locally, HandsOnNetwork.org and VolunteerMatch.org pair neighbors with volunteer needs.
- If you enjoy surfing the Internet, GoodSearch.com automatically donates to a favorite worthy group as you browse.

-Parade, November, 2011

24 Clever Ideas to Make Life Easier

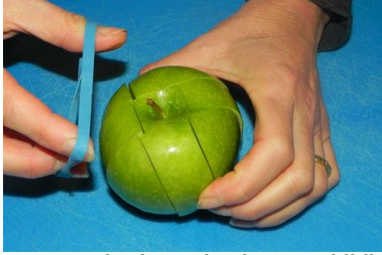
Why didn't I think of that?! We guarantee you'll be uttering those words more than once at these ingenious little tips, tricks and ideas that solve everyday problems.



Hull strawberries easily using a straw.



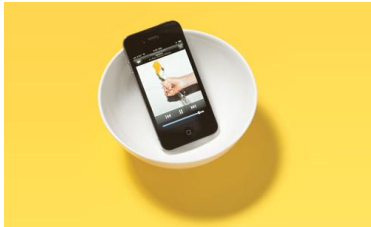
Rubbing a walnut over scratches in your furniture will disguise dings and scrapes.



Stop cut apples browning in your child's lunch box by securing with a rubber band.



Overhaul your linen cupboard, store bed linen sets inside one of their own pillowcases and there will be no more hunting through piles for a match.



Pump up the volume by placing your iPhone & iPod in a bowl. The concave shape amplifies the music.



Re-use a wet-wipes container to store plastic bags.



Add this item to your beach bag. Baby powder gets sand off your skin easily, who knew?!



Use wire to make a space to store gift wrap rolls against the ceiling, rather than cluttering up the floor.



Find tiny lost items like earrings by putting a stocking over the vacuum hose.



Make an instant cupcake carrier by cutting crosses into a box lid.



A muffin pan becomes a craft caddy. Magnets hold the plastic cups down to make them tip-resistant.



Bread tags make the perfect cord labels.



Bake cupcakes directly in ice-cream cones, so much more fun and easier for kids to eat.



Install a tension rod to hang your spray bottles.



Turn your muffin pan upside down, bake cookie-dough over the top and voila, you have cookie bowls for fruit or ice-cream



Store shoes inside shower caps to stop dirty soles rubbing on your clothes.

-e-mail from Patti Skates

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

--Albert Einstein

STUDENT WHO OBTAINED 0% ON AN EXAM

.....I would have given him 100%

1. In which battle did Napoleon die?
* his last battle
2. Where was the Declaration of Independence signed?
* at the bottom of the page
3. River Ravi flows in which state?
* liquid
4. What is the main reason for divorce?
* marriage
5. What is the main reason for failure?
* exams
6. What can you never eat for breakfast?
* Lunch & dinner
7. What looks like half an apple?
* The other half
8. If you throw a red stone into the blue sea what will it become?
* It will simply become wet
9. How can a man go eight days without sleeping ?
* No problem, he sleeps at night.
10. How can you lift an elephant with one hand?
* You will never find an elephant that has only one hand..
11. If you had three apples and four oranges in one hand and four apples and three oranges in other hand, what would you have ?
* Very large hands
12. If it took eight men ten hours to build a wall, how long would it take four men to build it?
* No time at all, the wall is already built.
13. How can you drop a raw egg onto a concrete floor without cracking it?
* Any way you want, concrete floors are very hard to crack.

- e-mail from a friend

Pun Intended

1. Two antennas met on a roof, fell in love and got married. The ceremony wasn't much, but the reception was excellent.
2. A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
3. Two peanuts walk into a bar, and one was a salted.
4. A dyslexic man walked into a bra.
5. A man walks into a bar with a slab of asphalt under his arm, and says: "A beer please, and one for the road."
6. Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"
7. "Doc, I can't stop singing The Green, Green Grass of Home." "That sounds like Tom Jones Syndrome." "Is it common?" "Well, It's Not Unusual."
8. Two cows are standing next to each other in a field. Daisy says to Dolly, "I was artificially inseminated this morning." "I don't believe you," says Dolly. "It's true; no bull!" exclaims Daisy.

9. An invisible man marries an invisible woman. The kids were nothing to look at either.
10. Déjà Moo: The feeling that you've heard this bull before.
11. I went to buy some camouflage trousers the other day, but I couldn't find any.
12. A man woke up in a hospital after a serious accident. He shouted, "Doctor, doctor, I can't feel my legs!" The doctor replied, "I know, I amputated your arms!"
13. I went to a seafood disco last week, and pulled a mussel.
14. What do you call a fish with no eyes? A fish.
15. Two fish swim into a concrete wall. The one turns to the other and says, "Dam!"
16. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Not surprisingly it sank, proving once again that you can't have your kayak and heat it too.
17. A group of chess enthusiasts checked into a hotel, and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office, and asked them to disperse. "But why," they asked, as they moved off. "Because," he said. "I can't stand chess-nuts boasting in an open foyer."
18. A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt, and is named 'Ahmal.' The other goes to a family in Spain; they name him 'Juan.' Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal. Her husband responds, "They're twins! If you've seen Juan, you've seen Ahmal."
19. Mahatma Gandhi, as you know, walked barefoot most of the time, which produced an impressive set of calluses on his feet. He also ate very little, which made him rather frail and with his odd diet, he suffered from bad breath. This made him (oh, man, this is so bad, it's good), a super-calloused fragile mystic hexed by halitosis.
20. A dwarf, who was a mystic, escaped from jail. The call went out that there was a small medium at large.
21. And finally, there was the person who sent twenty different puns to his friends, with the hope that at least ten of the puns would make them laugh. No pun in ten did.

- e-mail from a friend

A Friend Is Like A Valentine

A friend is like a Valentine,
 Heartwarming, bringing pleasure,
 Connected to good feelings,
 With memories to treasure.
 Seeing a special Valentine
 Brings happiness to stay,
 And that's what you do, friend,
 You brighten every day!

By Joanna Fuchs

Life is a flower of which love is the honey.

—Victor Hugo

Love is the master key that opens the gates of happiness.

—Oliver Wendell Holmes

Love is a perfume you cannot pour onto others without getting a few drops on yourself.

—Emerson

Love is the mortar that holds the human structure together.

—Karen Casey

"I love you" in different languages:

- In French, "I love you" is "Je t'aime"
- In Spanish, "I love you" is "Te Amo"
- In English, "I love you" is "I Love You"
- In German, "I love you" is "Ich liebe Dich"
- In Hebrew, "I love you" is "aNEE oHEIVET oTKHA"
- In Chinese, "I love you" is "Wo ie ni"



Alpha's 75th Celebration
March 18, 2012
3:00 p.m.
Brainerd United Methodist Church

Important: The Committee co-chairs, Sara Jo Hudson and Patsy Williamson, must know with certainty that each Sister will attend and will fulfill her assigned responsibility; therefore, *please e-mail Serie at smbland@comcast.net OR call Serie at 886-7096 no later than February 15 to confirm you will be at the Celebration at your appointed time.* Every Sister has been assigned to help before, during, and/or after the Celebration. *All Sisters should plan to stay for the entire Celebration.*

Committees

Set-up Committee: (Please arrive @ 12:30 p.m.)
Nancy Thompson, Naomi Hay, Sylvia Kubic,
Sue Crowder, and Celebration Committee

Serving Committee: (Please arrive no later than 2 p.m.)
Angie Neely, Bobbie Blackshear, Harriet New,
Kay Swanson, Joy Billings, Allison Hodges

Take-down Committee (Please arrive @ 2:45 or earlier)
Marcia Brown, Barbara Graham, Jennifer Wright,
Karen McCuiston, Debbie Erwin

Photography: (Arrive per time to set up prior to 2:30)
Mary and Milton McClain

History Committee: (Arrive prior to 2:30 p.m. or as
needed to set up) Kay Schwieger, Nancy Klein

Food Committee: (Arrive by 2:00 p.m. -report to
McFerrin Kitchen [small kitchen adjoining
McFerrin Room (chapel) with food assignment]
Patsy Williamson, Sara Jo Hudson, Marion
Mossburg, Susan Grow, Lavene Guthrie, Carole
Russell-Humble, Betty Lee, Carolyn Attaway

Guest book/name tags: (Arrive prior to 2:15 p.m.)
Betty Fassnacht, Janice Payne, Robin Scruggs,
Pat Varnell

Are you wondering what to wear to the 75th Celebration? "Sunday Best"; Pant outfits are OK. Patsy suggested if you get a new Spring or Easter outfit, get it in time for our big celebration! Some Sisters have asked about wearing gloves and/or hats since it's a 75th Anniversary. Feel free; they are optional!

From Sara Jo Hudson: We will have a simple, elegant menu:

Petite Fours, cheese straws (homemade), mixed nuts, mints, tea (tiny) sandwiches, punch.

Sara Jo needs 2 or 3 more members to help with the food. If you are willing to help, please contact Sara Jo at sarajohudson@aol.com or call her at 892-1190 Your help will be appreciated.