



Alpha Chapter Newsletter

Organized 1937

www.AlphaChapterDKG.com

of Xi State

Organized 1935

NOVEMBER
2011

OF DELTA KAPPA GAMMA SOCIETY INTERNATIONAL

ORGANIZED 1929



From Our President.....

As we wind down October and November quickly approaches, the colors on the trees are beginning to take on their brilliant colors. The weather is finally becoming cool, and we await the Thanksgiving season and those days off.

Fall colors and Thanksgiving have a lot in common with Alpha Chapter. As our chapter president, I have so much to be thankful for, both personally and professionally. I am blessed to be the leader of a great group of ladies who have so much to bring to Alpha - their "colors" of expertise, experience, energy, and talents to just name a few. I know that even though we are busy, we find time to be a vital part of Delta Kappa Gamma. The time is quickly approaching to celebrate our 75th year, and each Sister will play an extremely important part of the celebration.

Another thankful moment for me is that we are adding more "colors" to our chapter as we induct five new members - Kay Swanson, Allison Hodges, Robin Scruggs, Karen McCuiston, and Jennifer Wright. Their talents will enhance our chapter. I want to ask each of you to mentor them with your specialty and make them feel welcome as they become one of us. They are excited and willing to work to make our chapter even better than it is already.

As you enjoy the colors of fall, think about how blessed we are, not only with the visual content of the leaves, but the specialness of each sister's color. Take time to tell, at least one of our sisters, how much they mean to you. Drop them a card, give them a call or just tell them in person. Just as we praise our students for the positive, we need to do the same for each other.

Each of you blesses me in so many ways. And from comments from others, you bless others as well. I hope each of you will be at the Joint Chapter's Initiation and Dinner on November 15th. Come and give your support, not only to the chapter, but to each of our new inductees. The food and fellowship is always wonderful, but the added incentive this time is our new members.

Have a wonderful Thanksgiving and enjoy your days off.

Patti



Our next meeting

Joint Chapters' Initiation and Dinner

Location: Tyner United Methodist Church

Date: November 15, 2011

Time: 5:30 p.m. Initiation practice for sponsors and new members; 6 p.m. Initiation; 6:30 p.m. Dinner

Speaker: County Mayor Jim Coppinger

Caterer: Burton's Taste of New Orleans

Menu: Salad with dressing

Pork roast with pineapple jam

Rosemary garlic mashed potatoes

Corn macque choux

Bread pudding w/ whiskey sauce

Lemonade tea

Rolls/butter

Cost: \$20 includes meal, service, etc. **Mail your check to:**

Susan Grow 2417 Bending Oaks Drive

Chattanooga, TN 37421. Deadline to pay is

October 29. Your check is your reservation.

No late reservations will be taken.

Alpha Chapter has five initiates this year.

Please plan to attend and support Alpha Chapter

and our new initiates. [Please wear your name tag.]

Remember the Alpha slogan for 2011-2012:
Motivate-Move- Momentum



Don't Forget Our Service Projects!



*Who is the Mystery
Alpha Sister?*

This Mystery Sister received her B.S. degree in Secondary Education with a math concentration from the University of Tennessee at Chattanooga. She is presently teaching at Notre Dame High School. and has been named "Teacher of the Year" at Notre Dame.

Her hobbies include hiking, biking, baking, reading, singing, dancing, and cross stitch. She has visited Montreal, Canada, but her favorite vacations include Mackinaw Island in Michigan and the Appalachian Trail.

She likes to listen to contemporary Christian music. If she were not a teacher, she thinks she would have liked to be an owner of a country inn.

She enjoys Alpha Chapter because of the sense of belonging and the camaraderie.

Who is this Mystery Sister?

(Answer above in the December newsletter)

Answer to the October Mystery Alpha Sister: Marion Mossburg



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

Please bring any of the following to the regular Alpha meetings. ***Do not bring them to the Joint Initiation and Dinner. Please bring to the December 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>

[68 box tops were turned in at the October meeting] Please be aware that box tops have expiration dates.

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

[19 labels were turned in at the October meeting]

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

[46 items were brought to the October meetings.]

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

[68 magazines were brought to the October meeting. They were taken to St. Barnabas(5th Street) and Life Care Center of Red Bank.]

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.]**

Thank you, Alpha Sisters, for bringing all of these items. Keep up the good work!

We cannot hold a torch to light another's path without brightening our own.

-Ben Sweetland



Recipe of the Month

Pumpkin Crunch

Betty Fassnacht served this at the October meeting and many Sisters wanted this recipe. Thanks, Betty!

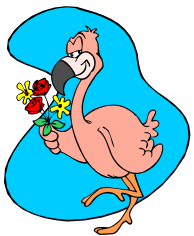
Ingredients:

1 package yellow cake mix
1 can (16 oz) solid pack pumpkin or fresh pumpkin
1 can (12 oz) evaporated milk
3 eggs
1 1/2 cups sugar
4 teaspoons pumpkin pie spice
1/2 teaspoon salt
1 cup chopped pecans
1 cup melted butter
whipped topping

Directions:

1. Preheat oven to 350 degrees.
2. Grease bottom of 9" x 13" pan.
3. Combine pumpkin, milk, eggs, sugar, pumpkin pie spice, and salt in large bowl.
4. Pour into pan and sprinkle dry cake mix evenly over pumpkin mixture.
5. Top with pecans; drizzle with melted butter.
6. Bake for 50 to 55 minutes or until golden.
7. Cool completely.
8. Top with whipped topping or ice cream.

Refrigerate leftovers.



*Keep in your thoughts
and prayers...*

*Bobbie Ruth Hodges
Betty Ball*

Seven Practices of Great Teachers

1. A great teacher gets to know each child individually. A great teacher doesn't bark orders and talk to children in the "to whom it may concern" style; she/he gets to know each child as a unique individual, spending time cultivating one-on-one relationships with each child. Great teachers know children deserve to be treated with individual respect, even if they are in a group setting. It is only as individuals that they can be fully appreciated and understood
2. A great teacher shares a joyful spirit. A great teacher knows it is not enough to be "present". Children require us to share our presence emotionally as well as physically. By sharing joy with children, and carrying a positive attitude, great teachers give children hope, encouragement, and a sense of the world being a good place.
3. A great teacher loves to learn as well as teach. A great teacher is as open to learning as she/he is excited about teaching. Great teachers know that learning and teaching are lifelong processes that go hand in hand. They encourage their students to view learning as fun, and view teaching as a natural outcome of wanting to share enthusiasm for learning.
4. A great teacher knows how to get back to basics. A great teacher knows children learn best from down-to-earth experiences. Great teachers are less concerned with technology than with nature. They know the value of a walk in the park over a video game. They understand that the best things for children are not always the newest, flashiest or most "advanced". Great teachers understand that children learn from life itself, not just educational toys and man-made experiences.
5. A great teacher learns from his/her students. Great teachers influence and are influenced by their students. Not only do great teachers learn about their students, they learn from their students, too. By listening to students, asking them questions, and getting their opinions, great teachers encourage a dialogue that is meaningful and educational for all.
6. A great teacher looks at the big picture. Great teachers know how to put learning into context. They help their students understand how each new piece of information fits in with the rest. They seldom teach isolated facts and skills. Instead, they try to help children see how ideas are related to each other, and how they connect to the child's life.
7. Great teachers inspire and motivate others. Great teachers share their passion for teaching, and in doing so, inspire those around them, including students, parents and other teachers. Great teachers are gifted in finding the good in each person, uncovering the talents in every child, and fueling the fire of greatness that exists in us all.

<http://mrsstahlheber.com/foreducators/inspiration/seven/seven.html>

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn.

-John Lubbock

Xi State

Forms are available at:
<http://www.xistate.org/forms.html>

Achievement Award

- Chapters or members may nominate members for this award.
- The award is announced at the annual Xi State Convention.
- Nominees should have made significant contributions to the progress of Delta Kappa Gamma at the state and/or international level.
- **Deadline April 1.**

Advanced Leadership Application

- **Advanced Leadership Management Training is offered the spring of every odd-numbered year.**
- **Sixteen ladies are selected from the available applicants to attend this seminar, which will begin on Friday afternoon and last through Sunday morning.**
- **It is open to those Xi State members who have successfully completed the two-day beginning Leadership Management Training. An application form is required in order to apply for one of the slots.**
- **Deadline January 31 (odd numbered years)**

Chapter Excellence

- **Chapters may work toward chapter excellence designations of gold, silver, bronze, or honorable mention each year.**
- **Chapters earning a chapter excellence award are recognized at the annual Xi State Convention in June.**
- **Points may be earned for member and/or chapter participation in a variety of local and state activities**
- **Award years run from April 1 through March 31 of the following year.**
- **Deadline April 15.**

Governor's Books from Birth Accountability

- Share your chapter's participation in the Governor's Books from Birth Foundation (GBBF).
 - League of Extraordinary Teens
 - Monetary contribution to the GBBF
 - Signing up children for Imagination Library
 - **Deadline March 31.**

Leadership Management Seminar

- **Fifteen applicants are chosen for each training session.**
- **The training begins on Friday evening and ends on Sunday at noon.**
- **All applicants must fill out an application form and submit a professional reference and chapter president's reference form.**
- **Leadership training is offered in the spring and fall of the even numbered years. An Advanced Leadership Seminar will be offered in the spring of the odd numbered years.**
- **The training site rotates between West, Middle, and East Tennessee.**
- Participants hone their leadership, communication, and organization skills.
- **Deadline September 30.**

Legislative Award Form

- **Chapters may work toward recognition of their involvement in the legislative process in our state.**
- **Chapters earning a legislation award are recognized at the annual Xi State Convention in June.**
- **Points may be earned for member and/or chapter participation in a variety of activities.**
- **Deadline March 15.**

Legislative Symposium Registration

- **The annual Legislative Symposium gives Xi State members an opportunity to interact with state legislators on issues affecting education.**
- **Tuesday night's Symposium features distinguished panelists and speakers discussing current issues affecting education.**
- **Wednesday morning's breakfast is a time of good food, fellowship, and a guest speaker.**
- After the breakfast, chapters are encouraged to schedule visits with their own legislators and talk with them about educational issues throughout the day on Wednesday.
- **Deadline January 30.**

Liz Whorley Bradley Professional Growth

- This award is administered through the Xi State Vision Foundation.
- It provides financial assistance for one or more of the following:
 - a national or international seminar, workshop, or professional meeting
 - a new classroom practice you plan to initiate
 - a new supervisory practice that you plan to initiate
 - a new administrative practice that you plan to initiate
 - a new workbook, textbook, or other professional writing that you plan to undertake.
 - **Deadline December 31.**

Nominations for Xi State Office and Elected Committees

- Xi State bienniums run in odd-numbered years with the next biennium starting in 2013.
- Nominations may be made for any Xi State Officer and for membership on the Xi State Nominations Committee, Finance Committee, Personnel Committee and Vision Foundation Director. Nomination forms are accepted between March 1 and October 31 of the year prior to the start of the new biennium.
- Guidelines, policies & procedures, and state president's qualifications are online as well as the nomination form. **Deadline October 31**

Order of the Rose

- **This recognition is for members who have made *outstanding* contributions to chapter and community, but who have not received recognition at the state level through other means. Twelve members will be recognized during the Xi State Convention.**
- **The nominee shall have been an active participating member for 15 years.**
- **Only one member may be nominated per chapter.**
- **Each chapter is responsible for including a picture with the nomination.**
- **Honorees are recognized at the annual Xi State Convention.**
- **Note: Chapters must include a check for \$10 with the application to help defray part of the cost for the Order of the Rose pin guard. If an applicant is not selected, the \$10 will be returned to the chapter.**
- **Deadline March 15.**

Vision Foundation Project

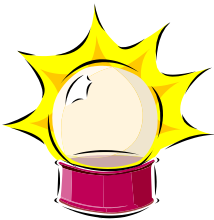
- This award is administered through the Xi State Vision Foundation.
- It provides financial assistance to conduct educational research and to develop special projects related to the improvement of education in Tennessee
- Deadline December 31.

Xi State Scholarships

- These scholarships are awarded:
 - Special (Stipend of \$3000) for pursuing a doctoral program.
 - Isabel Wheeler (Stipend of \$3000) for pursuing a doctoral program.
 - Maycie K. Southall (Stipend of \$3000) for study beyond the Master's Degree
 - Mary Hall (Stipend of \$3000) for study beyond the Bachelor's Degree
 - Evengeline Hartsook (Stipend of \$1250) for study beyond the Bachelor's Degree.
 - Lottie McCall (Stipend of \$1250) for study beyond the Bachelor's Degree.
 - Louise Oakley (Stipend of \$1250) for study beyond the Bachelor's Degree.
 - Eleanor Osteen (Stipend of \$1250) for study beyond the Bachelor's Degree.
- Applicants must have been a member of Delta Kappa Gamma for at least **three** years.
- Service to Delta Kappa Gamma is an important criterion in the selection of a recipient.
- Regular attendance at chapter meetings and activities shall be considered, as well as convention participation at all levels of the Society.
- Former recipients of major (\$3,000) scholarships are not eligible again.
- Deadline February 1.

Xi State Workshop Proposal

- If you are interested in presenting a workshop at the 2012 Xi State Convention, submit this proposal to the Xi State First Vice President.
- Workshop topics range from relevant professional development topics to leisure-time activities.
- Deadline December 1.



What's in the Alpha's Future?

December: Bring new toys for "Toys for Tots" to our meeting.

January: Photography with Milton McLain Part II.

Stuff You Didn't Know You Didn't Know!

- Every day, more money is printed for Monopoly than at the U.S. Treasury.
- On average, men can read smaller print than women can; women can hear better.
- Coca-Cola was originally green.
- It is impossible to lick your elbow. (I know you tried it....anyway, who would want/need to?)
- The state with the highest percentage of people who walk to work is Alaska.
- Twenty-eight percent of Africa is wilderness.
- Thirty-eight percent of North America is wilderness.
- The average number of people airborne over the U.S. in any given hour is 61,000.
- Intelligent people have more zinc and copper in their hair.
- **Tom Sawyer** was the first novel ever written on a typewriter.
- The San Francisco cable cars are the only mobile national monuments.
- Each king in a deck of cards represents a great kind from history: Spades-King David; Hearts-Charlemagne; Clubs-Alexander the Great; Diamonds-Julius Caesar
- Only two people signed the Declaration of Independence on July 4, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until five year later.
- Half of all Americans live within fifty miles of their birthplace.
- Bulletproof vest, fire escapes, windshield wipers and laser printers were all invented by women.
- Honey is the only food that doesn't spoil.
- In English pubs, ale is ordered by pints and quarts...so in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase: "Mind your P's and Q's".

-e-mail from Mary McLain



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

Barbara Graham November 13



..to our October hostesses:
*Betty Fassnacht, Sue
Crowder, Sylvia Kubic, Kay
Schwieger*



The seasonal decorations and delicious food at our October meeting. More October meeting photos can be found at www.AlphaChapterDKG.com

You Know You Are Living in 2011 When...

- You accidentally enter your PIN on the microwave.
- You haven't played solitaire with real cards in years.
- You have a list of 15 phone numbers to reach your family of three.
- Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.
- You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.
- Every T.V. commercial has a web site at the bottom of the screen.
- Leaving the house without your cell phone, which you didn't even have the first 20, 30, or 40 years of life, is now a cause for panic and you turn around to go and get it.
- You start tilting your head sideways to smile. :-)
- You're reading this and nodding and laughing.

-e-mail from Mary McLain

**Who dares to teach must never
cease to learn.**

-John Cotton Dana



Kathy McCormick, teacher at Signal Mountain, spoke to the sisters at the October meeting about the International Baccalaureate program at Signal Mountain High School.

Xi State--Tennessee

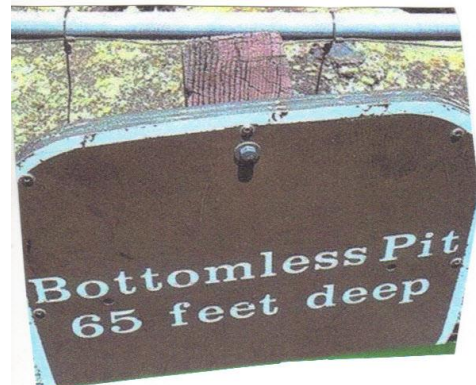
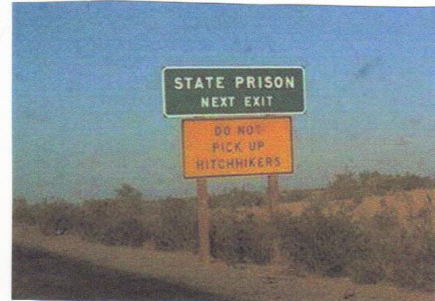
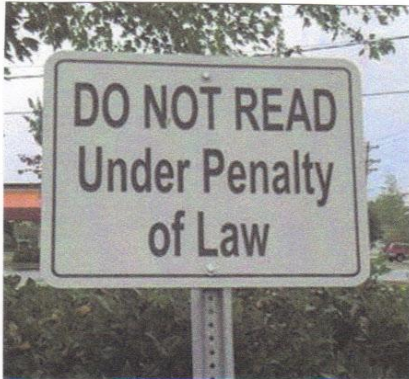


- December 1:** Workshop Proposal for 2012 Xi State Convention due to Dr. Dorrie Powell
- December 15:** Deadline to submit two paper copies or one paper and one CD of your chapter yearbook to Dr. Dorrie Powell
- December 31:** Deadline to apply for Liz Whorley Bradley Professional Growth and/or Vision Foundation Project
- February 1, 2012:** Deadline for Chapter President's Annual Report
- February 1, 2012:** Deadline to submit application for Xi State Scholarships and DKG International Scholarships
- May 1, 2012:** Application Deadline for Cornet Award for Professional Development
- 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

**Education's purpose is to replace an
empty mind with an open one.**

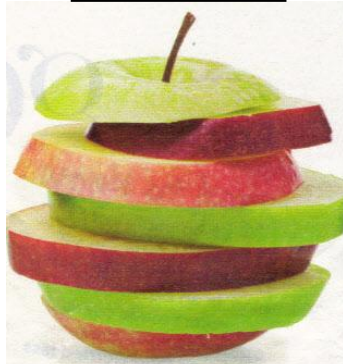
-Malcom S. Forbes

Signs of the Times??



-e-mail from a friend

Health



An Apple a Day...

...apparently can keep the doctor away. After 160 women ages 45 to 65 were assigned to eat either dried apples or dried plums every day for a year, a Florida State study found that the apple eaters experienced a 23% decrease in artery-clogging LDL cholesterol and a 3% jump in healthy HDL cholesterol. And despite the extra 240 calories a day, the apple group lost an average of 3.3 pounds. This could be due to the feel-full (thus eat-less) effect of the fruit's pectin, the researchers say.

-Good Housekeeping

Good Health News

Scanning the news headlines, you might think this country's overall health is decreasing. But not all health news is bad. The CDC reports the country made some serious strides toward improving public health in the first 10 years of this century. The top achievements include:

- Making advances in the prevention of infectious diseases, like AIDS and tuberculosis
- Improving motor vehicle safety (be creating safer roads and requiring seat belts and child safety harnesses)
- Fighting tobacco use
- Reducing the incidence of heart disease and stroke
- Preventing lead poisoning
- Reducing the number of cancer deaths
- Preventing birth defects
- Improving public preparedness for bioterrorism, flu epidemics

As a result of these improvements, CD researchers say, Americans are living longer. In fact, from 1999 to 2009, the death rate in the United States declined from 881.9 per 100,000 population to 741 per 100,000, a record low.

-WebMD the Magazine, October 2011

How Long Will You Live?

Living to 100.com is a 40 question calculator created by the researchers at the New England Centenarian Study which estimates your chances of making it to 100...and, based on your answers, provides personalized advice you can share with your doctor.

For beautiful aerial photos of Earth, go to:

<http://justpaste.it/3ky>

-e-mail from a friend

Technology

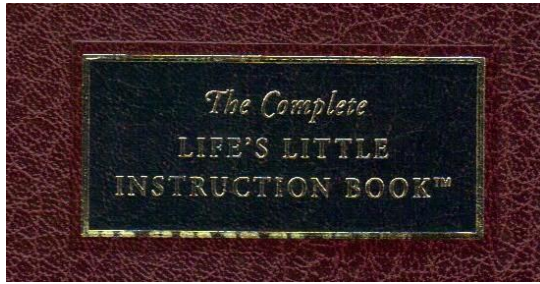
How to Speed Up Your Computer

- "Defragment" your hard drive.
As you save or modify files on a Windows-based PC, pieces are stored in different locations on the hard drive, so it takes the computer longer to reassemble them when you access the files. To fix, set the Disk Defragmenter (in the System Tools folder) to run once a week.
- Exit out of programs you're not using.
Don't just minimize their windows. Otherwise, you may not realize some are running in the background. On a PC, look at the screen's lower right hand corner for the small icons.
- Empty your Recycling Bin or Trash.
These are temporary holding areas--you have to delete their contents in order to free up space.

You can learn many things from children. How much patience you have, for instance.

-Franklin P. Jones

Excerpts from



- Compliment three people every day.
- Watch a sunrise at least once a year.
- Have a firm handshake.
- Look people in the eye.
- Say "thank you" a lot.
- Say "please" a lot.
- Sing in the shower.
- Plant flowers every spring.
- Be the first to say, "Hello".
- Live beneath your means.
- Be forgiving of yourself and others.
- Buy whatever kids are selling in their front yard.
- Return all things you borrow.
- Treat everyone you meet like you want to be treated.
- Make new friends but cherish the old ones.
- Don't postpone joy.
- Write "thank you" notes promptly.
- Keep a tight rein on your temper.
- Vote.
- Stop blaming others. Take responsibility for every area of your life.
- Make the best of bad situations.
- Use your wit to amuse, not abuse.
- Whistle.
- Don't take good health for granted.
- Think big thoughts, but relish small pleasures.
- Smile a lot. It costs nothing and is beyond price.
- Learn to listen.
- Pray not for things, but for wisdom and courage.
- Be tough minded but tenderhearted.
- Avoid negative people.
- Be kinder than necessary.

Children have never been very good at listening to their elders, but they have never failed to imitate them.

-James Baldwin



As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. -John Fitzgerald Kennedy

Thanksgiving Day comes, by statute, once a year; to the honest man it comes as frequently as the heart of gratitude will allow. -Edward Sandford Martin

He who thanks but with the lips
Thanks but in part;
The full, the true Thanksgiving
Comes from the heart.

-J.A. Shedd

May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
Have nary a lump.
May your yams be delicious
And your pies take the prize,
And may your Thanksgiving dinner
Stay off your thighs!

-Author Unknown

All in a Word

T for time to be together, turkey, talk, and tangy weather.
H for harvest stored away, home, and hearth, and holiday.
A for autumn's frosty art, and abundance in the heart.
N for neighbors, and November, nice things, new things to remember.

K for kitchen, kettles' croon, and kith and kin expected soon.
S for sizzles, sights, and sounds, and something special that abounds.

That spells ~ *THANKS* ~ for joy in living and a jolly good Thanksgiving.

-Aileen Fisher

