



# Alpha Eta News Flash



November 2014 Volume 10, Issue 1

Delta Kappa Gamma Society International—Alpha Delta State—Alpha Eta Chapter  
Promoting Professional and Personal Growth of Women Educators and Excellence in Education

[www.dkg.org](http://www.dkg.org) ([www.deltakappagamma.org/OH-alphaeta/](http://www.deltakappagamma.org/OH-alphaeta/))

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## November

### Meeting Information

**Monday, November 3**

Highlands United Church of Christ  
1910 St. Paris Pike  
Springfield, OH

#### Highlighted Teachers

Diana Buffenbarger  
Joyce Collier  
Billie Pfeifer  
Cathy Wilson

**Meeting: 5 p.m./Dinner: 6 p.m.**  
\$11

#### Menu

Chicken, Au Gratin Potatoes,  
California Medley, Toss Salad,  
Dessert!

#### Inspiration

Joyce Collier

#### Program

Greeting from State President  
Emily Williams and  
Committee Meetings

#### Collecting

Socks (for older kids, mid-calf,) spiral notebooks, folders, pencils, and small calculators for  
*On the Rise*

#### To Change or Make Dinner Plans

Call Mary Steele by 5 pm  
Wednesday, October 29  
937-845-2376



**Reminder: Business Meeting Begins at 5 pm and Dinner at 6 pm**

### Calling All Alpha Eta Members

*Submitted by Ellen Smith, Co-President*

Alpha Eta Chapter needs your help at the State Convention April 10-12, 2015 at the Polaris Hilton in Columbus. We are part of the planning committee. Our chapter's involvement is important to the overall success of the upcoming convention. Volunteers are needed to work registration, greet in the lobby, give direction to others, and to set up and retrieve table decorations for the Birthday Luncheon, President's Banquet, and the Inspirational Breakfast. Help is also needed to distribute favors and hostess information envelopes at each of the meals. There will be a sign-up sheet at both the November and December meetings. Please indicate

what part of the convention you plan to attend as well as any preferences you have for assignments/responsibilities.

I realize this is very early to commit to attending the convention, but this responsibility only comes around about every ten years. The chairman, Judy McClanahan, will be contacting us in January for a list of members who are willing to serve. I encourage all members to consider joining our chapter in serving at the state convention. It is always interesting to talk with the ladies from other parts of our state. This is also an opportunity to spend time fellowshiping with our own members.

### Chapter Officers

Co-Presidents: Diane Page and Ellen Smith  
1<sup>st</sup> Vice President: Mary Steele  
2<sup>nd</sup> Vice President: Lydia Pizner  
Recording Secretary: Stephanie Chatwood  
Corresponding Secretary: Diana Buffenbarger

### Hot Off the Press: Chapter Yearbooks are Ready

Most of you attended October's meeting and received your yearbook. Those who haven't yet, they will be available for pick up at November's meeting. We will be at Highlands United Church of Christ. If you cannot make it, please consider asking someone to pick up your book for you.

Yearbooks will be mailed to reserve members.

Whenever contact and professional information changes, please notify Mindy Hartley or Sandy Kachurek.

### SOS for Stress

Mary Steele and Elaine Scott provided an entertaining and humorous program on reducing stress which included Laughter Yoga.



Elaine opened by giving us a definition of stress (credited to Richard S. Lazarus) which said that stress is a condition or feeling experienced when a person perceives that demands go be-

yond the personal and social resources the person is able to mobilize. Elaine went on to say that stress is not all bad. Two pros to stress are that it can increase awareness and also promote creativity. (I wish stress improved my creative side better). A person's level of stress depends on their level of support and how much is on the person's plate.

We were given a handout on 10 Tips to Reduce Stress. Taking time for the stress-relieving tips can take you from OMG to om. The tips are:

1. Meditate
2. Breathe Deeply
3. Be Present
4. Reach Out
5. Tune into Your Body
6. Decompress
7. Laugh Out Loud
8. Crank Up the Tunes
9. Get Moving
10. Be Grateful

At the left are pictures of us enjoying Laughter Yoga. We sang Ho Ho Ho, Ha Ha Ha, and He He He to tunes such as Row, Row, Row Your Boat and When the Saints Go Marching In.



Bonnie Pinkerman, Diane Page, Billie Pfeifer. Kathv Richison.



Toya Bess, Nadine Steele, Joyceann Dunlap, Kathryn Siegel, Ruth Carter.



Vickie Nickels, Joyceann Dunlap, Ana Kitts

Faces were obscured if the Internet Permission stated 'local only' because the newsletter also appears on our local website.

### Connect with DKG

**NATIONAL:** [www.dkg.org](http://www.dkg.org)

**STATE:** [alphadeltastate.weebly.com/index.html](http://alphadeltastate.weebly.com/index.html)

**LOCAL:** <http://www.deltakappagamma.org/OH-alphaeta/>

Happy Birthday

NOVEMBER

Lori Yowler	7
Mary McCauslin	8
Judith Evans	11
Julie Cuy Castellanos	13
Toya Bess	22
Connie Bost	29

### SUNSHINE REPORT

**Mary McCauslin** had cataract surgery and is doing fine.

**Bonnie Pinkerman** had a gall bladder operation in August. She feels much better after the surgery.