

# Alpha Gamma Matters

President's Message

2019 is winding down! I hope you all cherish your time with family and friends celebrating the most precious gift we have ever gotten, Jesus, during this Christmas season. Presents are wonderful and make us all feel special and loved but our presence is the greatest gift we can give. 2019 has been a great year for Alpha Gamma. We have reached out in the school system and let it be known that one of our goals is to support fellow educators. I am looking forward to all we can accomplish in 2020. Our main focus is adding new, active members to our group. Be thinking of potential new members! Our annual Christmas in January will be on January 8th. Red Boiling Springs #2 Hostess Group will be getting those details out!

Merry Christmas and Happy New Year!

Andrea Flynn

#### TIPS FOR NOT STRESSING CHRISTMAS

Face it, Christmas will be here next week and most people will spend the season in a blur running from place to place. This can be stressful and cause lots of anxiety for some people. However, there are many tips for making the holidays less stressful. According to the Mayo Clinic, learning to say no, sticking to a budget, planning ahead, and keeping healthy habits can help but if these are not going to work for you try taking a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:

- Taking a walk at night and stargazing.
- Listening to soothing music.
- Getting a massage.
- Reading a book.

Hopefully everyone can slow down and enjoy family and the memories to be made during this Christmas season!

Alpha Gamma Leaders 2018-2020 President Andrea Flynn

1st Vice President Julie Carter

2nd Vice President Amanda Groesbeck

> Treasurer Teresa Gregory

Recording Secretary
Nicole Blankenship

Corresponding Secretary Audrey Howser

Parliamentarian Advisor Linda McCrary





Page 2 of 2

Delta Kappa Gamma

Mission
The Delta Kappa
Gamma Society
International promotes
professional and
personal growth of
women educators and
excellence in education

Vision

Leading women

educators impacting

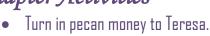
education worldwide.

-News of Interest-Contact: Audrey Howser howsera@maconcountyschools.org

Mark Your Calendar for
Upcoming Events
September 7: State
Leadership
September 17: Meeting
and New Teacher
Reception

Year Preview
September 7: Leadership
Conference
March 15-18: National
Legislative Seminar
June 4-6: Tennessee Stae
Organization Convention
July 7-11: International
Convention

## Chapter Activities







### **Member News**

Wardean Perdue, age 92 of Lafayette, TN passed away Thursday afternoon, November 28, 2019 at Macon Community Hospital in Lafayette. Please remember Mel in your prayers.

Hazel E. Goodman, age 74 of Lafayette, TN passed away Sunday night, November 24, 2019 at his residence. Keep Amanda and her family in your prayers.

Also send warm thoughts Ashley Willis's way. She recently fell and fractured her elbow.

## Next Month's Meeting

September 17, 2019 3:45 pm Lafayette Missionary Baptist Church

Presiding.......Andrea Flynn, President
Inspiration.....Amanda Meredith
Program.....Christmas in January
Music.....Margaret Cook
Public Relations: Andrea Flynn
Hostess Group: RBS #2



CHRISTMAS IS JANUARY IS SCHEDULED FOR JANUARY 7 at the DONOHO HOTEL IN RED BOILING SPRINGS FOR 6:00. The cost of the Meal Will be \$14 per person. RSVP to Regena Copas (615)804-9421 or Nicole Blankenship (615)633-2069

