



Alpha Gamma Matters

President's Message

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

2019

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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!





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

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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



- Turn in pecan money to Teresa.
- New Bank Draft option for dues
- Daddy Daughter Dance "Under the Big Top"

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

MusicMargaret Cook

Public Relations: Andrea Flynn

Hostess Group: RBS #2



CHRISTMAS IS JANUARY IS SCHEDULED FOR JANUARY 7 at the DONOHIO 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