



ALPHA PHI INFORMER

MARCH 2016

EDITED BY
LIN MARTEN AND SHARON
MCMAHAN

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Jots from Jeni

When I served as Alpha Phi chapter president in the mid-80s (before a few of you were born!), I was young, green in DKG and eager to lead, though I was very ignorant of all that the Society is and how valuable the chapter is to the organization and its members as a whole. Serving for a second time this biennium, after having been so involved in state organization and international leadership for so many years, really gave me pause coming into the position.

Why? Because now I know, now I understand how important membership is to each of us, how much we can benefit from our involvement in the Society. Now I know how critical each chapter and its success is to the Society as a whole, that we succeed or fail as an organization at the chapter level. The state and international levels can give us resources, grants and scholarships, professional and personal development, opportunities to support early-career educators and schools in Africa, and so many other things to make our membership meaningful.

But it is the chapter that is the most important. It is the members of our chapter, individually and collectively, that make us all function better in our careers and in our personal lives. Each of you is so important to the wellbeing of our chapters and members, and I appreciate having the opportunity to work with you and see you succeed.

During this biennium we have seen the birth of two chapter babies, Matthew Clark (Danita England Clark) and Josephine Quillen (Amy Swoope Quillen) and the passing of longtime valued member Martha Becton. Five younger educators have joined our ranks while others have chosen to let their membership lag.

I look forward to supporting our new officers and hope that you will support them also, with our presence, our encouragement, and our willingness to support them in every way. While we don't say "Delta Kappa Gamma members never say no" much anymore, we should think long and hard about saying yes as much as we can! We will benefit ourselves and everyone else in the chapter when we do.

Thank you for two wonderful years as your president.

Upcoming Meeting

APRIL MEETING

FOUNDERS DAY

April 23, Saturday 11:00 A.M. Chattanooga Choo Choo
 Choo Choo Centennial Hall
 1400 Market Street,
 Chattanooga, TN, 37402

Joint meeting with all four Chattanooga chapters to honor our founders, to enjoy a delicious spring lunch and to fellowship with our sisters!

Speaker -- Hamilton County Commissioner, Randy Fairbanks. Distinctive Service to Education Award will be presented.

Reservation of \$22 to Susie Westbrook by April 1.

Hostesses: Patsy Woodham, Jensi Souders

Menu: Club Car Buffet Salad bar, pasta salad, fruit
 Beef Medallions and Chicken Piccata
 Broccoli, cauliflower, carrots, green beans, rice pilaf
 Rolls, assorted deserts, coffee/iced tea

Directions to the Choo Choo:

From Hamilton Place Mall area, take I-75 south. Merge on to I-24 West via exit 2 toward Chattanooga and Birmingham. In approximately 6 miles, take the US-27 N exit, EXIT 178, toward Market St/Downtown/ Lookout Mt. Keep right to take the Market St/TN-58 N ramp, then in 1/4 mile, merge on to Market St. In approximately 1/2 mile, turn right on to east 14th St. You are at the Choo Choo!

Centennial Hall is on the far right in the convention center across from the main complex. Surface parking is free.

2015-2016 Calendar of Events

April	April 23, Saturday	11:00 A.M.	Choo Choo Centennial Hall	Joint Founders' Day brunch
	<i>Hostesses: Patsy Woodham, Jensi Souders</i>			
June	June 2 - 4, Thursday - Sunday	Xi State Convention	Sewanee, TN	Includes training for International Convention volunteers
July	July 5 - 9, Tuesday - Saturday	2016 International Convention	Opryland Hotel	Nashville, TN
August	August 6, Saturday	10:00 A.M.	Jensi's house	Business and fellowship
	<i>Hostesses: Sharon McMahan, Sandy Smith</i>			

Congratulations To Our New Officers

At our meeting on March 12th, our new officers were installed.



L to R: President: **Cami Mitchell**, 1st Vice President: Christina Neighbors (not shown), 2nd Vice President: **Jeanette Underwood**, Secretary: **Danita Clark**, Treasurer: **Susie Westbrook**



Amanda Pritchett (on left), Area Director for Area 3, as our “visiting dignitary, installed our new officers with assistance from **Lin Marten** (on right).

March Meeting

3/12/2016

A good time was had by all!



L to R: Amy Dendy, Susie Westbrook, Cami Mitchell and Jeanette Underwood



L to R: Barbara Northcut and Marcia Christian



L to R: Amy Dendy and Lin Marten



L to R: Amy Thompson and Danita Clark



Don't you wish you knew the joke?

Member News

Bob Smith, spouse of **Joanne Smith**, has been having heart issues. Keep them in your thoughts and prayers.



A thank you note from **Judy Nixon**; “The family of Robert Nixon acknowledges with grateful appreciation the kind expressions of your sympathy.”

Our new president, **Cami Mitchell**, won the door prize at the March meeting, and was the proud recipient of \$100 from Alpha Phi for use in her classroom! Way to go, Cami!



L to R: Cami Mitchell and Susie Westbrook



Christina Atchley (left) and Cami Mithcell (right) are attending Beginning Leadership Seminar next month in Memphis.

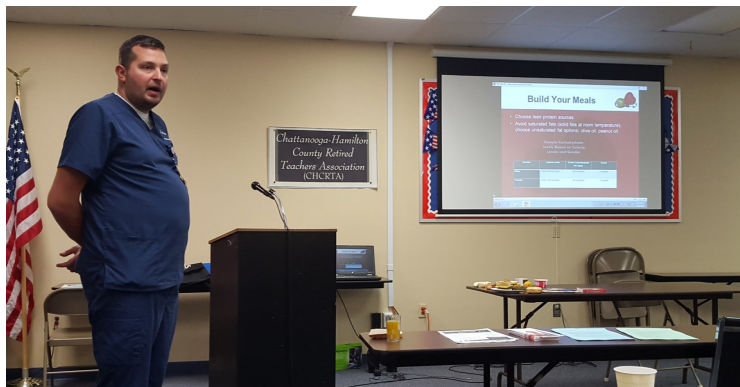
We have several Alpha Phi members in the The Mid South Band, They just celebrated their 25th anniversary on February 26th by playing in Orlando at Universal Studios. Way to go! Please be aware that their “First Day of Spring” concert is this Sunday at Volkswagen’s Conference Center at 3:00—free. You are ALL invited!



February Meeting

2/18/2016

Jason Peter, a registered nurse and dietician from CHI Memorial, provided a lot of information about good diet and diabetes risk - especially Type 2 diabetes. For those of you who could not attend, and would like to assess the risk of diabetes to you or a family member, go to <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>



Build Your Meals

- Choose lean protein sources
- Avoid saturated fats (solid fats at room temperature), choose unsaturated fat options: olive oil, peanut oil

Sample Carbohydrate Levels Based on Calorie Levels and Gender

Gender	Calorie Level	Grams Carbohydrate Per Meal	Snack
Male	1800-2000 kcal/day	45-60 grams	15 grams
Female	1500-1600 kcal/day	30-45 grams	15 grams

Alpha Phi Chapter Minutes February 18, 2016

Alpha Phi held its chapter meeting February 18, 2016 at 5:30 pm at the HCEA Building. Lin Marten, substituting for President Jensi Souders, called the meeting to order. Members present were Christina Neighbors Atchley, Susie Westbrook, Amy Dendy, Cami Mitchell, Patsy Woodham, Lin Marten, Sharon McMahan, Maryjo Baughman, Barbara Northcut, Ann Moore.

Westbrook presented the treasurer's report which was accepted and placed on file.

Marten introduced the speaker for the evening's program. Jason Peters is a registered nurse at CHI Memorial Hospital. Peters spoke about type 2 diabetes. Weight loss is one of the best ways to control it. Symptoms are vague. Once you have it, you always have it but it can be put into remission.

In chapter business, Patsy Woodham, chair of the nominations committee, presented the slate of officers for 2016—2018. There were no nominations from the floor. Patsy moved that the slate be approved by acclamation. Motion passed. The following were approved:

- Cami Mitchell—president
- Christina Atchley--1st vice president
- Jeanette Underwood--2nd vice president
- Danita Clark—secretary

The following positions are not voted on, but are appointed:

- Susie Westbrook--treasurer
- Sharon McMahan—newsletter
- Lin Marten—webmaster

The nominations committee still needs to determine the slate for the next nominations committee. They should be elected at the next chapter meeting.

In other business, members went on line to update their DKG profiles.

The next meeting is March 12th at Hixson UMC, Fellowship House, 10:00 am.

---- Sharon McMahan for Danita Clark, secretary



Happy Birthday to our Members

March

April

3rd: Dianne Kelehear
 3rd: Patsy Woodham
 18th: Laura Belue
 26th: Sharon McMahan
 29th: Danita Clark



3rd: Karla Riddle
 13th: Sherry McCullough
 26th: Joy Hudson

2016-2018 Nominations Committee

Attendees voted to approve the Nominations Committee as presented by Patsy Woodham, chair of the Nomination Committee for the previous biennium . Our new Nominations Committee include

- ◇ Marcia Christian, co-chair
- ◇ Pat Hartline, co chair
- ◇ Amy Dendy
- ◇ Barbara Northcut
- ◇ Jeanette Underwood



Oh, By the Way,

- ◆ It is not too late to register for the Xi State Convention in June. You can download a registration form for Xi State from the Xi State website (www.xistate.org), fill it out and send it in. Or contact any one of your officers for assistance.
- ◆ It is also not too late to register for the International Convention in July. Go to www.dkg.org and register online or download the form or contact one of your officers for assistance.
- ◆ Don't forget to go on www.dkg.org and set up your profile. Your user-id is your member id number, found on your membership card and on the mailing label of the DKG Newsletter. Or call Susie, if all else fails - she has a list of all member id numbers. The default password is `dkg2014society`.
- ◆ Our chapter is responsible to prepare decorations for the Saturday brunch at the Xi State Convention. If you would like to help prepare the decorations, please come to the Work Day at Susie's house on May 21st at 9:00 A.M.

New Website

Please bookmark it for quick and easy access!



www.deltakappagamma.org/TN-alphaphi/

Amy Thompson Shares a Recipe



Cream Cheese Delight

Amy shared this at our April meeting. Thanks, Amy!



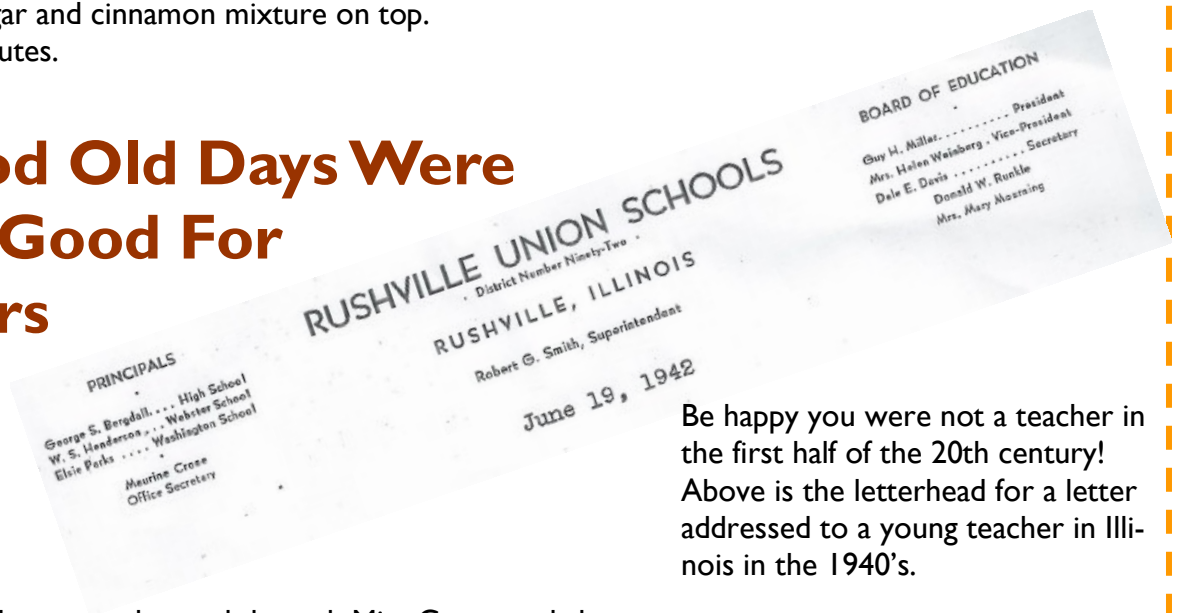
Ingredients:

- 2 cans crescent rolls. (Don't buy the cheap ones. They don't work well for the crust)
- 2 8 oz packages of cream cheese at room temp
- 3/4 cup sugar
- 1 egg
- 1 tsp vanilla
- 1/2 cup sugar
- 1 Tbs cinnamon mixed with sugar for sprinkling on top

Directions:

1. Preheat oven to 350 degrees.
2. Grease 9 x 13 pan.
3. Line the bottom with the crescent roll dough. Pinching the seams together to make a crust.
4. Mix cream cheese, egg, sugar and vanilla. Spread on top of crescent dough.
5. Top with the second can of crescent roll dough, pinching seams closed.
6. Sprinkle the sugar and cinnamon mixture on top.
7. Bake 25-30 minutes.

The Good Old Days Were Not So Good For Teachers



Be happy you were not a teacher in the first half of the 20th century! Above is the letterhead for a letter addressed to a young teacher in Illinois in the 1940's.

It says, in part, "I have learned through Miss Crone and also through the press that you have recently been married. I offer my congratulations but at the same time, regret very much to lose from our high school faculty a good commercial teacher. According to the resolution which is in force relative to married teachers, it is necessary to declare the position held by you as vacant as women automatically forfeit their contract upon marriage. However, I would appreciate having your formal resignation in order that I may present it to the Board of Education to become a matter of record."