



# ALPHA LAMBDA

**THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL**

Volume 55 Issue 3  
February 2012

## President's Message



### UPCOMING EVENTS

**MARCH 5, 2012** 4:30 P.M.

Program:  
"Inspiring Future  
Memphis Leaders"  
White Station Church of Christ

**April 14, 2012** 11:00 A.M.

Program:  
"Founders' Day"  
Chickasaw Country Club

**May 8, 2012** 4:30 P.M.

Program:  
"Little Dresses for Africa"  
White Station Church of Christ

**June 7-9, 2012**

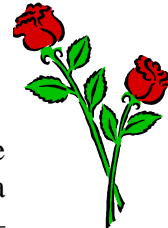
Xi State Convention  
Sewanee, TN

**July 24-28, 2012**

DKG International Convention  
Sheraton Hotel



Dear Alpha Lambda Sisters,



Certainly, the experience of being in a Society is unique for each member. No matter what prompted you to join Delta Kappa Gamma, being a DKG member is a reason to be proud – proud that you are connected to a sisterhood that values Love, Labor, Learning, and Loyalty.

From our recommitment ceremony in January to our Founders' Day program in April, it seems to be an appropriate time to reflect on our Society experiences and be thankful for all the friendships and support, as well as the life lessons we've shared and learned in our Alpha Lambda chapter.

Aye in DKG

*Chrissie*

## HATS OFF TO FOUNDERS' DAY!!

Mark your calendars for our annual Founders' Day Luncheon on Saturday, April 14, 2012 at the beautiful Chickasaw Country Club at 11:00 am. Alpha Lambda Chapter is responsible for the program for Founders' Day so we are looking for a great turnout. The cost of the luncheon is \$24 and you must have your reservation into Camille no later than Monday, April 9th. The Country Club has offered to work with anyone requiring special diets, so if you need one (diabetic, gluten free, etc.) make sure you inform Camille about your requirements when you make your reservation. Special place cards will be available for you when you sign in and these will notify the staff of your special requirements. Pretty neat, right!! We hope to see you there!!!





## AND AWAAAAY WE GO!!!

By Mary Jo Wilson



Pack your bags ladies because Alpha Lambda members are ready to hit the road with a multitude of travel tips that will make our travels safe, worry free and more fun!!! At our February meeting, Carolyn Taylor gave an enthusiastic presentation of travel tips that she knows and uses on her various travels around the world. This is one adventurous young lady and one that doesn't stay still for very long periods of time!! One of the best parts of her presentation was when she showed a map of all of the places she has visited in her travels. Have backpack and Carolyn will travel!!! She shared some of her favorite travel magazines and booklets with us and gave us the opportunity to sign up for copies of our own.

Her tips included ideas like pocket sized currency exchange cards to help with money exchange rates and tearing pages from travel books so you don't have to carry around heavy books. Who knew!! Keeping one's travel documents and money safe and secure is important anywhere you travel and Carolyn showed various items that would help you with this task.

But what woman doesn't want to know what and how to pack for a trip?? Carolyn gave some handy tips to making this process go smoother with fewer headaches. Good walking shoes are a must and when traveling abroad stay away from those white tennis shoes!! Keep your colors to a minimum and make sure your clothing items can be mixed and matched. She is a real believer in rolling clothes and putting items inside one another to save space in her suitcase. She told the funny story of how her travel buddy wore the same black pair of pants for two weeks and all she did was change tops!! She makes sure she leaves the "bling" at home and takes advantage of buying jewelry from the "locals" during her travels. She says scarves are really good accessories because you can use them in several different ways.

The final part of her presentation was geared to all of us planning on attending the International Convention in New York City in July. One of her best recommendations was to take advantage of all the "free" activities you can and save your money for something else...like shopping, eating, or Broadway! She shared maps and subway schedules and answered questions from the audience. So what are you waiting for??? Pack your bags and lets start traveling.

## WOMEN'S HEART HEALTHY TIPS

By Mary Jo Wilson

In addition to travel tips at the February meeting, heart healthy tips were provided by Gloria Dahlman. Gloria shared her personal account of her heart attack and told us symptoms to watch for since women's symptoms differ greatly from those in men. She told us to be aware of changes and to see your doctor if you think there is something "not right".

Good advice for all of to follow!





## CONGRATULATIONS TO THE NEW 2012-2014 ALPHA LAMBDA OFFICERS

Cathy Meredith: President  
 Carolyn Taylor: First Vice President  
 Martha Bailey: Second Vice President  
 Debi Gray: Recording Secretary  
 Jane Youngston: Corresponding Secretary  
 Camille Dolan: Treasurer  
 Chrissie Allen: Parliamentarian

We have complete confidence in these ladies and know our chapter will continue to grow and shine under their leadership. It will be up to all of us as chapter members to give them our continued support.

### THE MOUNTAIN TOP EXPERIENCE

Xi State Convention is fast approaching and reservations are now available on line at the Xi State website. Ask anyone who has ever attended and they will tell you it makes a big impression!! Who could ask for more in two days?? Fellowship, workshops, yummy meals, slumber parties in the dorms, sleeping on a rubberized twin mattress and trying to not fall off, Cheetos!!, laughter, tears (for some of us), hugs, the serenity and beautiful scenery and the ceremony that is all Xi State. So make plans to attend, it won't be the same if you aren't there!!



Xi State Convention  
 June 7-9, 2012  
 University of the South  
 Sewanee, TN



### NEW YORK, NEW YORK

The registration form for the 2012 International Convention at the Sheraton Hotel and Towers is now available on line at the DKG website. Have you made plans to attend????

2012 International Convention  
 July 24-28, 2012



## A VISIT TO THETA CHAPTER

By Mary Jo Wilson



Our dresses for Africa project is beginning to get noticed by other chapters around the state!! At a meeting with the Beta Sigma Chapter in Bolivar, TN in January, Becky Sadowski and Mary Jo Wilson shared information on our dresses project with some of the gathering. Needless to say, questions and answers followed along with an inquiry from Dee Dee Rives if we would be interested in telling about the project at one of her chapter meetings. Several weeks later, an invitation from her chapter was sent and Martha Bailey and Mary Jo packed up the sewing machine, the instructions, fabric and notions and several completed dresses and headed down interstate I-40 to Pinson, TN.

The Schools for Africa Project was Theta's February program and following the United Nations video, Martha and Mary Jo shared information about the Little Dresses for Africa project and how our chapter became involved. Following the meeting, interested members stayed for a hands on demonstration and work session. Before the end of the evening they had several dresses completed and in various stages of completion. A follow up work session was planned for the next day. Everyone had a good time and many of the members present said this was the perfect opportunity to pull out their unused sewing machines and dust off their sewing skills. One of the members said she even enjoyed the ironing process as it gave her time to relax and just be with her chapter members. Afterwards, Dee Dee treated Martha and Mary Jo to a tasty burger and tater tots at the local ice cream café!!



**Alpha Lambda goes RED in support of Women's Heart Health Month.**