

# Fall E-Edition of the Beta Journal

Beta Sigma Phi Sisters

November 1, 2007

## Special points of interest:

- Candlelight soothes the guests during a meal.
- Do you cut the turkey legs off first when carving?
- Scattergories can be challenging for all at your next meeting.
- How about a Cookie Swap

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## Getting Ready for Thanksgiving

Thanksgiving is a wonderful time to embrace family, friends and neighbors, and it should go really well with a bit of help and planning ahead.

How do you carve a turkey?

<http://www.post-gazette.com/pg/06323/739205-34.stm>

Pittsburg Post Gazette—12 Minute Video on “How to Carve a Turkey,” with chef Jacky Francois - by Curt Chandler and Lizabeth Gray.



Enjoy Thanksgiving!

Keep the setting simple using fall colors to enhance the tables. Forks to the left, spoons and knives to the right and add a napkin to each place setting in a glass or on top of the dinner plate.

Candlelight soothes and calms individuals and in turn helps aid in digestion. Consider putting a couple of tea lights in a bowl of cranberries to lighten the mood.

Happy Thanksgiving!

## Cookie Swap

When's the last time you had a cookie swap? Or have you done one before? Why not do an exchange with your chapter members this year?

Gather the sisters and count how many are coming. Ask them each what type of cookies they are making, so that no one duplicates “sugar cookies” or something else. You will end up with all “sugar cookies” if someone doesn't keep a list of the different types and ask ahead of time. Once the list is put together, then instructions can be given out. Each sister is to bake enough cookies for each guest to have one cookie. The sister is to also bake an extra batch, so that everyone can sample a cookie at the gathering. The recipe for the cookies needs to be written on a 3 X 5 card to be placed by the cookies that are to be eaten at the Cookie Swap.

# NOVEMBER 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Photos	2	3
4	5	6	7	8	9	10
11 Veteran's Day	12	13	14	15 Year-book	16	17
18	19	20	21	22 Thanks-giving	23	24
25	26	27	28	29	30	

## Schedule of Events

- ◆ 11/1 Photos Due for Valentine Contest
- ◆ 11/11 Veteran's Day
- ◆ 11/15 Yearbook Entries Due
- ◆ 11/15 Holiday Exchange Sign Ups End for On Line Sisters
- ◆ 11/22 Thanksgiving



Add Some Spice to Your Meal!

## Coffee Cake Muffins

- 1 1/4 c. all-purpose flour
- 2/3 c. quick cooking rolled oats
- 1/4 c. packed brown sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. salt
- 1 slightly beaten egg
- 2/3 c. milk
- 1/3 c. cooking oil
- 1/3 c. chopped walnuts
- Non-stick spray coating

In a medium mixing bowl stir together flour, rolled oats, brown sugar, baking powder, pie spice and salt. Make a well in the center. Combine egg, milk and oil. Add all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in 1/3 cup chopped walnuts. Transfer to an airtight container. Cover and store in refrigerator for up to 7 days.

### STREUSEL TOPPING:

Mix 2 tablespoons chopped walnuts, 2 tablespoons flour and 1 tablespoon brown sugar. Cut in 1 tablespoon brown sugar. Cut in 1 tablespoon butter. Place in airtight container and store in refrigerator.

## OLLA Helps Overseas Kids

On Line Legacy Alpha hopes to help children in Iraq feel a little more special and better due to some small stuffed creatures and notes they are sending to the children during November.

Tiffany has gathered eight animals she has purchased in the

stores and thinks they will help more than one child.

The animals they send will be small and should fit in the palm of one's hand due to safety restrictions and caution.

They are able to do this because a special legacy, Fiona and her mom, Heather. Both

thought it would be a great project for the legacies.

We thanks them and the people helping!

We also would like to thank the legacies for helping them, too!

Karen and Charlene

**On Line  
Legacy  
Alpha's  
Service  
Project for  
November**

## Play Scattergories At the Next Meeting

**RULES:** Use the 1st letter of your name to answer each of the following...they have to be real places, names, things...

*Try to use different answers.*

**What is your name:**

**4 letter word:**

**Vehicle:**

**TV Show:**

**City:**

**Boy Name:**

**Girl Name:**

**Drink:**

**Occupation:**

**Something you wear:**

**Celebrity:**

**Food:**

**Something found in a bathroom:**

**Reason for Being Late:**

**Cartoon Character:**

**Something You Shout:**

[www.betajournal.com/main\\_shoppe.htm](http://www.betajournal.com/main_shoppe.htm)

# Beta Shoppe



**Blue Theme Shirts**—Price per shirt \$17.00 for sizes S, M, L & XL and \$19.00 per shirt for XXL, 2X and 3X. Shipping Included in the Price.



**“Light the Fire” Tote Bags** are 15" x 13" x 5" and are \$20.00 each plus \$5.00 shipping and handling.



**Aprons**—The material may vary - but will be a yellow rose theme. Note: Carol can make aprons out of any material - themes - Halloween, Christmas, Valentine’s day, cats, etc. Cost: \$17.00 per Apron

**Valentine Queen Pins** are \$25 U.S. each (Postage & Handling Included).



**BSP Socks**—The sister will take credit card orders for the socks, please include your phone number in order to process the card. The socks have been reduced to \$6.00 Each

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# Beta Shoppe



## Drawing - December 1st



**BSP T's -(Green, White):** 1 for \$10 OR team up with your chapter and order 3 for \$25 Price includes shipping.

[http://www.betajournal.com/images/shoppe/raffle\\_ticket.pdf](http://www.betajournal.com/images/shoppe/raffle_ticket.pdf)

**Raffle Ticket Link** to Form Above—Drawing for Quilt Above is December 1st. Raffle Tickets \$1.00 each OR 7 for \$5.00 — Quilt is 110" X 110"



**Yellow Rose Blinkies** are \$6.00 each plus shipping and handling. Price on orders of 10 or more, shipped to the same address, will be reduced to \$5.00 each and shipping will be free.

**BSP Hooded Jackets** come in either Light Blue with Navy Lettering or Light Pink with Bright Pink Lettering. Jackets come in S, M, L and XL \$40.00 Each

**Silver Rose Frames** — to be used with your favorite 4" x 6" picture. Frames are 7 1/4" X 7 1/2" \$26.94 Each Frame.

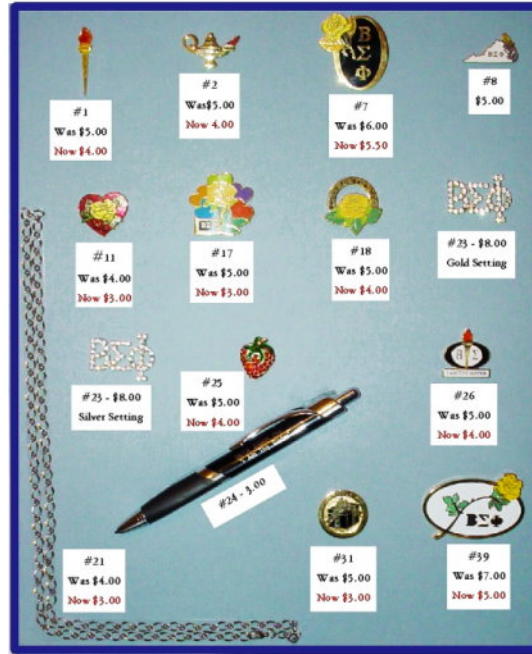


**Key Chains**—Laser engraved black brass with Greek letters in gold on one side and a rose on the other side. Can be personalized with your name instead of the rose. Measures approximately 1 1/2 x 2 1/2. Cost: \$7.00, engraved BSP and rose (includes S&H) Cost: \$8.50, engraved BSP and your name (includes S&H)

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# Beta Shoppe

BETA SIGMA PHI JEWELRY  
Big Holiday Sale Till January 31, 2008



Big Holiday Sale Till January 31, 2008



VIRGINIA LAUREATE UPSILON

Big Holiday Sale Till January 31, 2008



**Available Until Jan. 31st**

# Beta Shoppe

Enjoy these hand-painted theme ornaments for yourself or a special sister.

You can either get a flat ornament or round one for the same price.

The flat ornament is 3 1/4"

The round ornament is 1 1/2"

Note: The hand-painted ornaments will only be available until December 15, 2007.

Ornaments are \$10.00 each plus shipping and handling.



**Available Until Dec. 15th**