

# Founder's Day E- Edition of the Beta Journal

Sisters of Beta Sigma Phi



May 5, 2007

Beta Sigma Phi  
165,000 Women Globally

## Sing a Song of Sisterhood

If you have The Songs of Beta Sigma Phi song book and go to page 37 & 38, you will find the words and music to "Sing a Song." Hopefully, the music and words will inspire you as you begin to create those lovely scrapbooks layered in fabric, swatches and photos reflecting the year now and then. Maybe a yearbook idea will spawn from within the framework of the song of which was the 1941 winner of the Beta Sigma Phi song contest written by Kansas City, MO, Margaret Horan. Or, just maybe the words will comfort you and bring you joy when you need it most.

### VERSE

Let's be friends in need and deed,  
Now to that we've all agreed  
Beta Sigma Phis, let's sing  
Making life a happy thing

### CHORUS

Sing a song and sing it gaily,  
Sing a song and sing it daily  
Sing with laughter  
fun comes after  
song  
Let's make happy  
those around us  
Then our troubles can't confound us,  
Laugh and sing when ev'ry thing seems wrong  
Life is real and life is earnest so the poets say  
But let's make it happy too as we go on our way  
So, sing a song and sing it gaily,  
Sing a song and sing it daily  
Beta Sigma Phi's let's sing a song.



### Inside this issue:

Envoy Day	2
Cruising NYC	2
Panama Pete Mascot	2
Conventions Music Social	3
BSP BRAVO TV	4
Album	4
Beta Shoppe	4

## Tea - Small and Early- by Tudor Jenks

When Dorothy and I took tea,  
we sat upon the floor;  
No matter how much tea I drank,  
she always gave me more;  
Our table was the scarlet box  
in which her tea set came;  
Our guests, an armless one-eyed doll,  
a wooden horse gone lame.  
She poured out nothing, very fast,  
the tea pot tipped on high -  
And in the bowl found sugar lumps  
unseen by my dull eye.  
She added rich (pretended) cream -  
it seemed a willful waste,  
For though she overflowed the cup,  
it did not change the taste.  
She asked, "Take milk?" or "Sugar?"  
and though I answered "No,"  
She put them in, and told me that  
I "must take it so!"  
She'd say "Another cup, Papa?" and I,  
"No, thank you, Ma'am,"  
But then I had to take it -  
her courtesy was sham.

Still, being neither green, nor, black,  
nor English breakfast tea,  
It did not give her guests the "nerves" -  
whatever those may be.  
Though often I upset my cup,  
she only minded when  
I would mistake the empty cups  
for those she'd filled again.  
She tasted my cup gingerly,  
for fear I'd burn my tongue;  
Indeed, she really hurt my pride -  
she made me feel so young.  
I must have drunk some two-score cups,  
and Dorothy sixteen,  
Allowing only needful time to  
pour them in between,  
We stirred with massive pewter spoons,  
and sipped in courtly ease,  
With all the ceremony of  
the stately Japanese.  
At length she put the cups away,  
"Goodnight, Papa," she said;  
And I went to a real tea,  
And Dorothy to bed.

### Special points of interest:

- Sing a Song
- Tea Time
- Envoy Day
- Retreat Pledge Training
- Highlights of NYC
- Panama Pete
- Conventions
- BRAVO/YOUTUBE
- Proceeds from Album

<http://www.betajournal.com/images/theme/singsongsister/themearth07.jpg>  
 Theme Art 2007-2008 in Color Thanks to the Torch Department  
 (The art is enlarged already. There are some duplicates used as place holders)

[http://www.betajournal.com/clip\\_sing2007.htm](http://www.betajournal.com/clip_sing2007.htm)  
 Additional Theme Art 2007-2008

[http://www.betajournal.com/theme\\_packet.pdf](http://www.betajournal.com/theme_packet.pdf)  
 Theme Idea Packet w/ Links - from the Beta Journal 12 pp

[http://www.betajournal.com/songs\\_bsp.pdf](http://www.betajournal.com/songs_bsp.pdf)  
 1st 55 Pages of 115 pages from The Songs of Beta Sigma Phi

<http://www.betajournal.com/wooble.htm>  
 Wooble's Place  
 Submit your own link to be listed (music related)

[http://www.betajournal.com/yardstick\\_tips2006\\_2007.htm](http://www.betajournal.com/yardstick_tips2006_2007.htm)  
 Yardstick Tips - This Year

[http://www.betajournal.com/yardstick\\_2006\\_2007.htm](http://www.betajournal.com/yardstick_2006_2007.htm)  
 Yardstick Form On line - due June 20, 2007

<http://www.betajournal.com/cybercouncil.htm>  
 Contact About Joining An On Line Chapter—Cyber Council

[http://www.betajournal.com/main\\_shoppe.htm](http://www.betajournal.com/main_shoppe.htm)  
[http://www.betajournal.com/main\\_shoppe2.htm](http://www.betajournal.com/main_shoppe2.htm)  
[http://www.betajournal.com/register\\_trademark.pdf](http://www.betajournal.com/register_trademark.pdf)—Trademark Form  
 Beta Shoppe—Gifts for that Special Sister/Chapter or Yourself

[http://www.betajournal.com/bsplink\\_form.htm](http://www.betajournal.com/bsplink_form.htm)  
 Add Your Chapter or Council Link

<http://www.betajournal.com/cgi-bin/discus/discus.cgi>  
 Klatsch BLOG

<http://www.betajournal.com/program0307.htm>  
 Program Orders

<http://www.betajournal.com/sponsors.htm>  
 Beta Journal Sponsors

<http://www.betajournal.com/conventions.htm>  
 List Your Convention On Line  
[http://www.betajournal.com/convention\\_form.pdf](http://www.betajournal.com/convention_form.pdf)  
 Convention Form to International

[http://www.betajournal.com/lockdown/main\\_page01.htm](http://www.betajournal.com/lockdown/main_page01.htm) — FILE CABINET (for more forms and information)



## Envoy Day on June 15th—BBQ or Tailgate It

- Invite the men and young men to a good old fashion BBQ or tailgate party .
- Grill up some male favorites like chicken, pork, ribs, hamburgers and hot dogs.
- Add spice with a fresh pot of home-made chili
- Include favorite snacks: wings, nachos, sub sandwiches
- Don't forget the beer, a good game to watch and comfortable lawn chair
- If needed, BYOC (Bring Your Own

Chair) seems to work along with cooler and own drinks

- Door Prizes could include tickets to a sporting event or game

Game Idea —

### The Great Foot Freeze—FamilyFun.com

WHAT YOU NEED: A child's wading pool, filled with water and lots of ice cubes, plus a plastic bowl or bucket for each participant  
 HOW TO PLAY: Players sit around the edge of the wading pool with their feet poised over the water. At the word "Go," players race to move ice cubes out of the water and into their

bowls within a designated time period. The catch is, they can only use their feet. The winner by a foot, of course, is the person who has the most ice cubes in his bowl when the time is up.



Time to relax, have fun and enjoy!

## New York City/New England & Canada

800-838-4377  
 For All Sisters of  
 Beta Sigma Phi ...

Contact Denise or Yolanda to book the cruise!

We do have E1 Balcony cabins! All Outside Cabins are sold out! 800-838-4377 Ext 7786

Deposit \$250 per person  
 Final Payment—in July 20, 2007  
*Touring NYC Before the Cruise Mars for dinner 9/26*

- *Tours of NYC and Broadway*

show 9/27

- *Headed to Jersey and ship 9/28*
- *Before lunch.*

Sept 28—Oct 7, 2007

### Explorer of the Seas—RCCL

[http://www.betajournal.com/newengland\\_canadapacket.pdf](http://www.betajournal.com/newengland_canadapacket.pdf)

E1 Balcony \$1,560

Promenade \$1,389

1st Seating Dining

Would you like to go to NYC before the cruise or see a Broadway Show, go to Mars? Possibly have sisters meet the ship in Canada? Share a cabin ...



## Where in the World is Panama Pete?

Pete left Woodstock, GA on April 2nd for the Cherry Blossom Parade in Washington, DC. Stopping at Sherrie's in Maryland to rest up first.

He is anxiously awaiting to see all the gals at the California State Convention! Hopefully, Pete is not exhausting the ladies wanting to play fetch on the beach.

**If you would like to see and hostess Pete the Mascot,**

**Go to**

[http://www.betajournal.com/mascot\\_2006.htm](http://www.betajournal.com/mascot_2006.htm)

**Sign Up!!!**



## Conventions in May/June/October

The Golden Heart Goes to War: Flash Back to the 40's " w/ Chatanika (Fairbanks) - Alaska May 24—27, 2007  
**Why not, "Celebrate the Seasons" near Pinetop, Arizona - June 29—July 1, 2007**  
 Go "Around the World in Three Days" with Hot Springs, Arkansas - June 8—10, 2007  
**Come see 'America the Beautiful' in Irvine, California -May 17—20, 2007**  
 Seek the " Faces of Sisterhood" in Broomfield, Colorado June 22-24, 2007  
**Really raise the roof with the "Rhinstone Cowgirls" in Cape Canaveral, Florida - May 18—20, 2007—Waiting List**

Try going "North to Alaska" in Joliet, Illinois—Oct. 19-21, 2007  
**How about a "Hooray for Hollywood" in Bangor ,Maine for the New England Area— June 22-24, 2007**  
 Head over to Great Falls (Windsor) in Newfoundland on June 1—3, 2007  
 "Bond in Socorro '007." June 1-3, 2007 in Socorro, New Mexico  
 Get back to "School Days," with Akron, Ohio—May 18—20, 2007  
**Sit Back and relax in "Friendship Country" in Lancaster, Pennsylvania— Oct 5-7, 2007**  
 Know "The Sky is the Limit in the Tall City" of Midland, Texas—July 19-22, 2007  
 Try "Makin Waves" on board the

**Carnival cruise ship Ecstasy—Oct 11-14, 2007**  
 Go "Bonding in 2007" in Richmond, Virginia—Oct 12-14, 2007  
**"Bells will be Ringing" at the NW Regional in Bellevue, Washington— June 22-24, 2007**



Sing a Song of Sisterhood with the spring/summer conventions!

**2008 Conventions Posted: Conclave, BC, Montana, Great Windsor Falls, NF, Oregon**

I think the Strawberry patch is wonderful! I used it a lot while I was pledging my land chapter. I found out that I learned more- sometimes more than my sisters! - Andi

I think the Strawberry Patch Pledge Training is extremely helpful. In the past, as a Vice President, I used it in conjunction with the Invitation to Life and think it covers the facts extremely well.

My land chapter is hoping to use it this Fall with new pledge members. In

fact, there is a good possibility pledge training for us may become part of a regular chapter meeting to refresh everyone.

Hugs,  
Linda

I love the stories and games; it gives life to the training. I've used it a couple of times and find it a great resource to use with the Invitation to Life.

Marilyn

The Strawberry Patch—"Great Resource to use with the Invitation to Life" for pledge training and all sisters!

## Music Party Ideas (Party Merchant has Decade 40s, 50's, 60's, 70's Ideas)

- Host a 1950's Sock Hop
- Play Name that Tune
- Create a list of products from the era and have the guests guess the price of the items



Great décor for a party.

"Let's Twist Again", "Electric Boogie" (Electric Slide)  
 • Rent an inflatable Juke Box  
 • [http://www.partymerchant.com/decade\\_theme\\_parties.htm](http://www.partymerchant.com/decade_theme_parties.htm)  
 • To get the ideas for the decade you wish to throw a musical party in.

- Turn CD's into phonograph records (cover with black paper)
- Go to the BSP PROGRAM Ordering Online and request:  
[www.betajournal.com/program0307.htm](http://www.betajournal.com/program0307.htm)  
 — 634 Name This Baby-Boomer Tune

# OUT OF IDEAS FOR PLEDGE TRAINING???

Jennifer and I planned a **Pledge Retreat** at my family's cabin and eight of us attended. We arrived Friday night and left on Sunday after lunch. A typed program was brought along.

Each of us were divided into **groups of two** to plan and purchase food for meals with Sunday being the day for leftovers. Jennifer and I had made some **goodie bags** for everyone with pens with yellow roses on top, chip clips, BSP car decals, hotel lotions and other items.

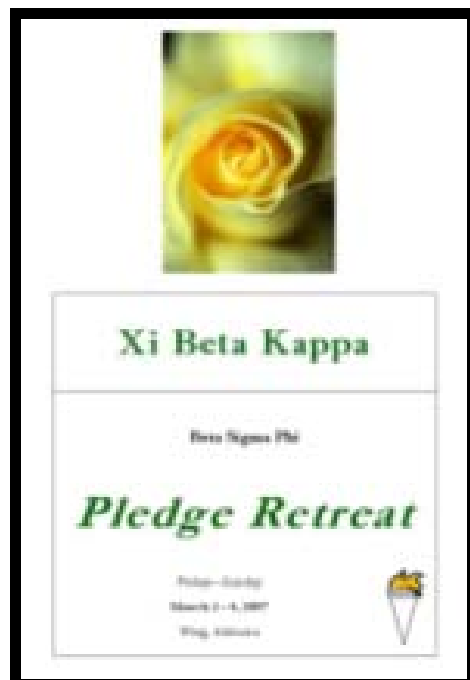
Also, Jennifer and I provided **notebooks** which we divided into sections—1. **Helpful information:** Highlights of BSP, How to wear your pin, Program tips & Greek Alphabet; 2. **Forms and Applications:** Membership, Legacy, Change of add, & Sponsors, directors etc; 3. **Officer Responsibilities:** Pres, VP, Treasurer, Recording Secretary, & Corresponding Secretary; and then the last section was 4. **Awards:** PACE, Chapter of the Year, Pledge of the Year, Woman of the Year and 5. **Surveys:** Member Interest Survey. NOTE: *Much of this was downloaded off of the Internet prior to the Retreat. I had also printed labels and stuck them on 3x5 cards for each Pledge. Questions were on one side and answers on the other as a way for us to study for the Pledge test. This info came out of the book of Beta Sigma Phi and from the Strawberry Patch on line.*

As part of the Retreat, we learned to play **Bunco, did reflexology & line danced.** (The ones that knew taught the one's that didn't know) We did **word searches** and a "**Pig Personality**" test. Had a **toilet paper exercise** where you "take as much as you think you need" and later have to tell things no one else knows about you. You have to tell one thing for ever square you took. If you took 10 pieces you have to tell 10 things. We had **undecorated tags** for every occasion we could think of for Secret Sister gifts. We decorated them with stickers and put ribbon on them. We made one set for each of us. We also had "**Threads of Friendship**" poems that we trimmed and put ribbon through to be used as a Ways & Means item at Gulf Area. We also held our elections for 2007-08 officers, PACE award, pledge and woman of the year.

Everyone contributed at some level. We all had a great time bonding and learned things about each other we didn't know. Some had been together for years, but half of us were new to the chapter.

By the way, we alternated shifts on showering to have enough hot water for everyone. :-)

Thanks,  
Rhonda  
Alabama, Xi Beta Kappa



<http://www.youtube.com/watch?v=42jrSv8VrRw>

I'm a brand new member of Beta Sigma Phi. Great video, very informative and a nice way for everyone to see who we are. Now I'm more excited than ever that I joined Online Delta

Beta Sigma Phi Video on BRAVO TV and on YOU TUBE if you missed it.

- Great for rushing parties and gatherings
- Handy for Advertising—BSP
- Lou Gossett, Jr
- 6 Minute Clip
- Aired on BRAVO TV - March 29th
- Over 20 Comments
- Viewed over 3,365 Times w/ a 4 Star Rating
- Added to 19 Favorites w/ 5 Links

Sisters of Beta Sigma Phi

• Beta Sigma Phi Remembered w/ Music:  
<http://www.lizsolomon.com/album.php>

• "Imaginary Girl" - Liz Solomon

A portion of the proceeds of this album will be donated to the Beta Sigma Phi Endowment Fund. For more information on Beta Sigma Phi, please visit their website at [www.betasigmaphi.org](http://www.betasigmaphi.org)

Stock Up While  
Supplies Last!  
Pins/Pens Go  
Fast!



Enjoy this white rectangular car magnet with "I (heart) BSP" in black letters. Looks great on the back of your car! Get one for you and your Secret Sister! Magnets are 9" x 3" Buy one magnet for \$7 or two magnets for \$12 US Funds, Only! Get yours while supplies last!

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

## Beta Shoppe

Hi, I am a gold angel 1/2 in size and on a 3 by 4 card with the following say: You are someone special to me. Place me upon your shoulder and know that I your secret sister will: Be watching over you..in my thoughts..listening to what you say..sensitive to your words.. watching your eyes for the sign that you need my presence with you. You are a rare find, and that is why I give you this special gift of friendship from me to you. A 4 X 3" Card comes w/ the Angel Pin Cost: \$3.50 plus S&H Cost of S&H depends on the amount purchased and destination. US Funds, Only!



Enjoy one or more Paper Yellow Rose Floral Pens in Mini Pot. These are perfect for chapter correspondence, Beginning Day, Founder's Day, or a special Secret Sister gift. The flower pot base can be personalized with names and year. Pens w/ pots are 8" high Cost: \$5.00 plus S&H (personalization is free!) Cost of S&H depends on the amount purchased and destination. US Funds, Only!



Embroidered tags feature Greek letters, with scripted Beta Sigma Phi on a field of gold, edged in black. Clear plastic strap for attaching to luggage, gym bag, garment bag, lap top case, etc.... Back side has clear plastic sleeve and ID tag. Measures 4.5" x 2.5" \$8 each or 2 for \$15, plus \$1 shipping handling for each tag. When E-mailing for questions or orders, please put "Luggage Tags" in the subject line. US Funds, Only!

Diamond & Yellow Rose Cloisonne Pin in celebration of Beta Sigma Phi's 75th anniversary. Will continue to sell indefinitely. They make great secret sister, birthday and Christmas gifts. Pins are 1" \$6.00 per pin US Funds, Only!



<http://www.youtube.com/watch?v=42jrSv8VrRw>

**ADD "LIVE" TO YOUR DAILY LIFE AND HELP BUILD BONES TO LAST YOUR LIFE TIME!**

### *LIVE—HELP BUILD HEALTHY BONES*

L - Load or weight-bearing exercises make a difference to your bones

I - Intensity builds stronger bones.

V - Vary the types of exercise and your routine to keep interested.

E - Enjoy your exercises. Make exercise fun so you will continue into the future!

\* Even if you do not have osteoporosis, you should check with your health care provider before you start an exercise program.

\* Remember to warm up before starting and cool down at the end of each exercise session.

\* For the best benefit to your bone health, combine several different weight-bearing exercises.

\* As you build strength, increase resistance, or weights, rather than repetitions.

\* Remember to drink plenty of water whenever exercising

\* Do the exercises at least 3 times a week

Beta Sigma Phi Remembered w/ Music: "Imaginary Girl" - Liz Solomon

<http://www.lizsolomon.com/album.php>

A portion of the proceeds of this album will be donated to the Beta Sigma Phi Endowment Fund. For more information on Beta Sigma Phi, please visit their website at [www.betasigmaphi.org](http://www.betasigmaphi.org)

**Envoy's**

#### LINKS TO MORE INFORMATION

[http://www.betajournal.com/images/patch/adobe\\_pdf/patch\\_309.pdf](http://www.betajournal.com/images/patch/adobe_pdf/patch_309.pdf)  
Envoy Facts

[http://www.betajournal.com/images/patch/adobe\\_pdf/patch\\_310.pdf](http://www.betajournal.com/images/patch/adobe_pdf/patch_310.pdf)  
Envoy International

## Men's Appreciation Social

Preceptor Delta Chapter, Montgomery, AL, entertained and honored the men to let them know that they appreciate their continued support and their willingness to accept, without question, their many fun endeavors. We held a "Ritual" and welcomed our men into "BSPPDHD" (Beta Sigma Phi Preceptor Delta Honey Do), with a made-up whimsical handshake that included stomping of the feet. This was followed by a "I am Special" ribbon being ceremoniously presented by each Member to their Special Man.

