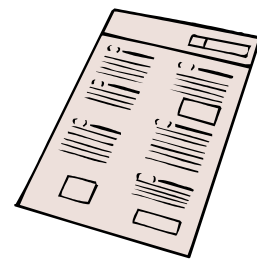


INSIDE THE GIFT OF SISTERHOOD

August E-Edition of the Beta Journal



Think Outside the Lunchbox with Brunch

Brunch should be pleasurable, taste good and always deserves that special setting.

When planning that next brunch, have it outside or at place the group hasn't been to before. Call restaurants, service areas ahead of time to see what is available.

Start the brunch with the Cheddar Apple Lasagna and work your way to the Raspberry Stuffed French Toast for starters.

Cheddar Apple Breakfast Lasagna

1 cup sour cream
1/2 cup brown sugar
2 (9 ounce) packages frozen French toast (or 12 slices homemade)
8 ounces sliced, boiled

ham
2 1/2 cups shredded Cheddar, divided
1 (20 ounce) can apple pie filling
1 cup granola with raisins

Grease a 9 x 13 inch baking pan.

In a small bowl blend together the sour cream and sugar. Chill.

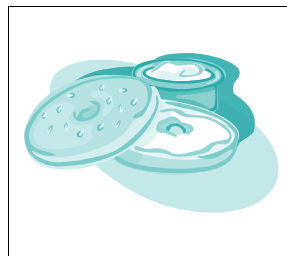
Prepare the French toast according to the package directions and place 6 slices in the bottom of the prepared pan. Top with a layer of the ham, 2 cups of cheese, and the remaining French toast. Spread the pie filling over the toast and sprinkle with the granola.

Bake in a 350° F. oven for

25 minutes. Top with the remaining 1/2 cup of cheese and return to the oven until the cheese melts. Serve with the sour cream mixture.

(Raspberry Toast on page 2.)

Add your own touches to complete the brunch with fruit plates, ham and drinks.



**Grab Their Attention
with a Fabulous
Brunch!**

My 1st Year Chapter History

In the beginning, there was the world of Beta Sigma Phi. And it was good. The torch of Life, Learning and Friendship was enhancing the world with its light and warmth. The spirit of Diotima spoke to the hearts and souls of a small group of women. They were friends, acquaintances and newly-introduced. They were, however, sorority soul mates: hungry to be fed with the torch's enhancement, to develop deeper friendships through socialization, educational and cultural experiences; each having the opportunity for personal

growth through sorority participation.

In the year 2003, on May 12th, Theta Omicron came into being. And it was very good. The group's initial bond was strong and grew as they worked together in sisterhood and friendship. They enjoyed and supported each other through chapter business, fund-raising, fun, illness and new experiences. They studied the Book of Beta Sigma Phi and Invitation to Life. Sorority rituals moved them to tears. They struggled at times. They learned from their interactions, from atten-

dance at sorority functions and from their programs. They laughed, hugged, listened and cried together. Their myriad of growth was shared with new members and with a Friendly Venture. I smiled.

In its first year, Theta Omicron has been blessed by and has shared the light of the torch. Our bonds of glorious sisterhood are strengthened by the good, the true and the beautiful... Diotima smiles.

Susanne
VA Theta Omicron

August 31, 2004

Volume 1, Issue 7

Special points of interest:

- ✓ Apple Lasagna & Raspberry French Toast
- ✓ A Sister's Beginning Journey into Beta Sigma Phi
- ✓ Ham Balls
- ✓ New Gift Items in the Beta Shoppe
- ✓ Florida Sisters Relief Fund

Inside this issue:

Recipes	2
Gift in a Mug	2
Rubs/Mixes Theme Shirts	3
Sisters Beginning Day Gifts	4
Letter to Laura & Sisters	4
Florida Relief Patch	5
Panama Canal Cruise—01/2006	7

Raspberry Stuffed French Toast (cont. from page 1)

Raspberry Stuffed French Toast

One 10-ounce package unsweetened frozen raspberries
Two 8-ounce packages cream cheese, softened
1 Tablespoon sugar
1 teaspoon ground allspice or nutmeg
4 loaves day-old French bread
6 eggs
2 cups milk

Thaw and drain the frozen raspberries. Mix with the cream cheese, sugar, and allspice/nutmeg. Cut the ends off the French bread. Then cut the bread lengthwise, part way through (as if making a hero sand-

wich.) Pull out a narrow trough of bread in center. Fill the trough with raspberry cream cheese mixture and close the top over the bottom. Chill overnight or for several days. Can freeze for up to 1 month (wrap tightly).

Mix and beat together the eggs and milk. The amount needed may vary depending on how dry the bread is. Brush butter-flavored oil onto a 4 sided shallow cookie sheet. Cut stuffed French bread in 1 inch slices and dip into egg-milk mixture. Bake in preheated oven at 350 degrees for 30 to 35 minutes, turning once after 20 minutes. Pour small amount of heated sauce over

French toast.

Serves: 8 to 9

To make raspberry sauce to go with the above recipe, pour raspberry juice drained from the frozen raspberries into a saucepan. Add 1-1/2 to 2 cups of sugar and heat slowly until melted. Boil for several minutes until syrupy. Pour over the French toast above. You will have more raspberry sauce than you need for his recipe.

Recipes by -

Mary Ellen of That's My Home

Just One More Recipe to Add to Brunch...

Country Ham Balls

2 pounds cooked ham, ground
1 pound uncooked pork sausage
2 cups dry, unseasoned bread-crumbs
2 eggs
1/2 to 1 cup milk
2 cups brown sugar
1 cup white vinegar
1 tablespoon prepared Dijon mustard

Combine ham, sausage and bread-crumbs and use side of fork to cut them together. Beat eggs slightly, and stir them into mixture briefly. Add 1/2 cup milk, and mix with your hands. When mixture is moist - add more milk if necessary - and can be formed into balls, shape into balls about size of walnut. (You can freeze the balls at this point.)

Mix brown sugar, vinegar and mus-

tard in small saucepan. Add 1 cup water, and bring to boil, stirring constantly, over medium-high heat.

Heat oven to 350° F. Pour sauce over ham balls and heat until ham balls are warmed thru and bubbly. Cooking time will vary from 30 - 45 minutes depending on if meat-balls were frozen.

By *Mary Ellen*

Gift in a Mug

Tortilla Soup Mix in a Mug

3 tablespoons crushed tortilla chips
2 tablespoons instant rice
1 tablespoon Lipton Vegetable Soup Mix
1 teaspoon chicken bouillon granules
1/4 teaspoon onion



Gifts can be Given in Many Different Ways...Try using a mug to place the gift in.

powder
1/8 teaspoon garlic powder
1/8 teaspoon cumin

Measure all ingredients into a small zip-top plastic bag. Shake to combine. Tuck plastic bag into a microwaveable mug. Attach a gift tag with

the following instructions:

Tortilla Soup
Empty contents of bag into mug. Add 1 cup water. Stir, and microwave for 1 1/2 to 2 minutes. Stir again. Cover and let sit for 3 minutes. All ready to eat!

From Gifts in a Jar

World's Largest Pink Ribbon

The pink ribbon means something different for everyone. For one it might be a memory of one lost to breast cancer. For another it might be a symbol of what the future could bring. For yet another, it could mean survival. No matter what it represents to each individual, it brings hope to the thousands of people who are affected by breast cancer every year. If you're one of these people, join Post-it® Brand in creating the World's Largest Pink Ribbon and "sticking up" for the cause that touches so many lives.

How and when will the ribbon be constructed?

The World's Largest Pink Ribbon will stand over 70 feet tall and consist of over 75,000 pink Post-it® Super Sticky Notes. By entering your name, city and state on the website, you will not only be supporting City of Hope through the 3M contributions noted below, but also be represented by one of the more than 75,000 Post-it® Super Sticky Notes making up the World's Largest Pink Ribbon. This giant ribbon will be unveiled in New York's Times Square during the first week of Breast Cancer Awareness Month in October 2004.

http://www.3m.com/us/office/postit/research/largest_pink_ribbon.jhtml -

3 M



Theme Art 2004—2005



Theme Shirts/Rubs/Cookie Mixes/Book

FL Preceptor Iota Theme Shirts

Quantities are limited, so buy yours today!

If you buy 4 or more shirts to be shipped to the same address, you can deduct \$1 per shirt off. What a deal!!! Contact: Carol

washley1@tampabay.rr.com

Virginia Alpha Rho's Rubs and Cookie Mixes

Spice Rubs: 1 for \$3, 2 for \$5

Cookie Mixes: 1 for \$5, 2 for \$8

Contact: Liz

lizgodoy@cox.net

Or Heather

heather.brown@eds.com



\$16 to \$18
Florida Preceptor Iota
Theme Shirts

"Leaving Home" Book— Written by: S. Australia's— Preceptor Alpha \$8.00 each

Contact: Desiree

desireeu@chariot.net.au



INSIDE THE GIFT OF SISTERHOOD

Robin Lynn Pask
Gamma Alpha Epsilon
Marysville, CA

Each sister at Beginning Day was handed a bag of items along with a card of explanation as shown below:

- Bubbles**—Feel the enthusiasm bubbling up from inside you!
- Life Savers**—Have fruitful rushing activities!
- Smiley Face Stars**—Celebrate recognitions joyfully!
- Seeds**—Plan for future growth!
- Race Car**—Stay active in chapter activities!
- Band-Aid**—Heal any hurt feelings from the past!
- Gum**--Value chapter unity, but admire individuality, too!
- Sunglasses**—Share your chapter’s vision with others!
- Heart Pencil Sharpener**—Stay sharp & put your heart into all you do!
- Birthday Candle**—Remember to let the Torch light Your way!

Letter to Laura and Sisters

Dear Laura,



I wanted to let you know about an important drug demonstration program that would cover thousands of dollars in medicine costs for qualified participants. If you or someone you know qualifies to participate, we urge you to take advantage of this opportunity.

Just a few weeks ago, the U.S. Department of Health and Human Services announced plans for the Medicare Replacement Drug Demonstration, a program that will provide breast cancer patients access to several important oral anti-cancer drugs that were not previously covered by Medicare.

Click here to visit Centers for Medicare and Medicaid Services for additional information <<http://komenpolicy.org/ct/K1q3QpS1Xa-6/>>.

It is estimated that demonstration participants will save up to 90 percent, in some cases thousands of dollars, off the retail cost of these life-enhancing medicines, depending on the specific medicine and the beneficiary’s income level. Slots to participate in this drug demonstration program are still available and qualified Medicare beneficiaries without drug coverage are encouraged to apply.

The drugs included in the project are tamoxifen (Nolvadex®), letrozole (Femara®), exemestane (Aromasin®), anastrozole (Arimidex®), and toremifene (Fareston®). Last week, the HHS announced the addition of two new drugs to the list of drugs covered under the demonstration program including Mesnex tablets. Mesnex tablets are used to prevent some side effects in patients undergoing certain kinds of chemotherapy and are a replacement for intravenous Mesnex.

Information about the program, including the complete list of covered drugs, brochures, and application forms, may be downloaded from the Centers for Medicare and Medicaid Services (CMS) Web site <<http://komenpolicy.org/ct/K1q3QpS1Xa-6/>> participating in the program. Please pass this information along to anyone you think might be interested in



Thank you. —Diane L. Balma
Director of Public Policy—The Susan G. Komen Breast Cancer Foundation

A Special Thank You goes out to the following sisters/sponsors:

Donna - IL, Jane - IL, Karen - GA, Nancy - MS,

Marcia - WA, Maureen - CO, Maudie - WA,

Alpha Rho Chapter - VA, Virginia - TX

Online Alpha - WWW

We truly appreciate each and every sister and chapter that took the time to send a note along with her/their donation.

If you would like to help Floridian sisters that were effected by Hurricane Charlie, please contact: Irene If your chapter/council would like to donate cash, make checks payable to: Irene Jarvis. She will get the money to the sisters in need, and what is left from the funds sent to Florida sisters will go into the International Disaster Relief Fund.

Irene Jarvis, International Contact in FL
(321) 254-7326
4161 Careywood Dr, Melbourne, FL 32934
ILJarvis@aol.com

Hurricane Relief

Irene said that they are mostly in need of money as they have no home or place to put things sent. Some chapters and councils even lost their pins and yearbooks.

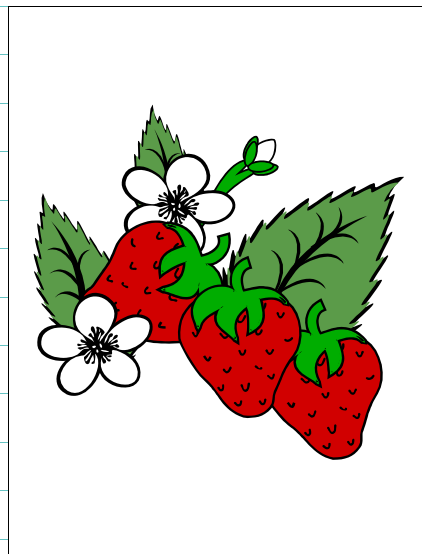
Coming Soon to the Strawberry Patch

CITY COUNCIL INFORMATION

- **Suggested City Council Activities**
- **Suggested Bylaws for City Council**
- **Recommendations for Your City Council**
- **A New Year in City Council**

ENVOY INFORMATION

- **Envoy Information—7 Articles and Information**



More Coming...

BETA SIGMA PHI & RED HATS

Mexican Riviera Cruise

KAPPA PHI & THE CRIMSON MAGNOLIAS

Flowery Branch, GA

October 2 – 9, 2005

We're going to cruise the Mexican Riviera for seven (7) days in October, 2005. We will be sailing on the Carnival Pride from Los Angeles (Long Beach), and we would like for you to join us. Family and friends are welcome. This is not just for Sorority and Red Hats. Come with us and join the fun.

The ship leaves from Long Beach at 4:00 p.m. on October 2nd. We're at sea for two (2) days then we visit Puerto Vallarta, Mazatlan, Cabo San Lucas, then back to Long Beach. You can arrange for extra time in LA before or after the trip for the same air fare if you want to spend extra time on the West Coast.

The special rates including Roundtrip Air, Transfers, Port Charges and Taxes are based on double occupancy and are as follows:

Category 4A inside cabin \$1,096.00 per person including air fare round trip from Atlanta and transfers. With air fare from DC the rate would be \$1,175.00 per person.

Category 6A outside cabin is \$1,236.00 per person from Atlanta and \$1,315.00 from DC per person.

Category 8A balcony cabin is \$1,350.00 per person from Atlanta and \$1,425.00 from DC per person.

Call for the Special Rates from Your City!

The cruise lines will allow up to four people per cabin, which will reduce your cost. These rates include a very special group discount. These rates include a very special group discount for us with champagne and chocolates in the cabin upon arrival, as well as a \$50.00 per cabin onboard credit.

To hold your space for this cruise, we need a \$250.00 per person deposit by August 12, 2004. Your final payment will be due July 15, 2005. Cancellation/Medical Insurance is available and recommended at time of booking. We have plenty of time to save for a Fantastic Vacation!

Contact **Betty Brown (BB)** if you would like to come join us! 770-967-5116 or 202-258-9036. E-Mail **BBIAM@charter.net**

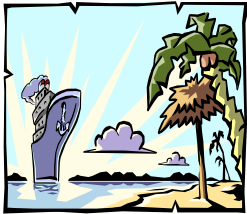


Leisure Travel with Fred & Ginger
 PO Box 92-4302 Houston, Texas 77292-4302
 (713) 681-4774 (800) 360-4774 Fax (713) 682-4839
 Email: NRGvlee@sbcglobal.net
 www.cruiseandleisuretravel.com

Celebrity's "GALAXY"

Bahamian Registry

You deserve to get away . . . Not to worry, there's an INTERNET CAFÉ!



Panama Canal

12 night Beta Sigma Phi Online Panama Canal Cruise

Gift of Friendship Cruise

Special Beta Sigma Phi Events are being planned!

- 1 Galveston, Texas—6:00 PM
- 2 At Sea
- 3 Cozumel, Mexico—9:00 AM—6:00 PM
- 4 Belize City, Belize- 7:00 AM-4:30 PM
- 5 At Sea
- 6 Panama Canal (Cruising Canal) 7:00 AM-3:00 PM
- 6 Cristobal Pier, Panama—3:00 PM-7:00 PM
- 7 Puerto Limon, Costa Rica—7:00 AM -7:00 PM
- 8 At Sea
- 9 Montego Bay, Jamaica- 6:00 PM- 10
- 10 George Town, Grand Cayman—7:00 AM-6:00 PM
- 11 At Sea
- 12 At Sea
- 13 Galveston, Texas

Do you need air? Yes No

From what airport? _____

January 21, 2006 –Depart Galveston, Texas aboard the GALAXY for a fun, relaxing twelve night adventure. When the Panama Canal opened in 1914, this engineering miracle saved ships nearly 8,000 miles of Atlantic to Pacific travel time. Today, the 50-mile-long canal joins two worlds into one great adventure.

\$25 deposit holds a cabin; 2nd deposit of \$425 due 17 Sept 2005 & balance due Nov 7, 2005

Triple & Quad rooms are available on request & subject to full deposit. Prices are based on double occupancy and availability at time of booking

Use your LEGAL name, that which is indicated on your passport or i.d.papers

Sign Us Up

Inside Cabin

\$ 861.00 p/p

Outside Cabin

\$1161.00 p/p

Balcony

\$1661.00p/p

Port & Tax

\$ 273.20 p/p

Optional insurance

\$

Total: _____

We always suggest that you take insurance.

Early dining _____
 Late dining _____
 Special celebration? _____
 Special needs? _____

Our block is filling quickly at these great prices. Reserve YOUR cabin TODAY!

Name, Passenger 1 _____ Date of birth _____
 Address _____
 Name, Passenger 2 _____
 Phone, fax and email address _____

Method of Payment Visa MasterCard American Express
 Bill Me Check

Credit Card # _____ Exp. date _____

Signature _____

Leisure Travel with Fred and Ginger are independent travel specialists with Cruisemax Cruises and Vacations and serve as booking agents with each cruise line. By booking with Cruise max Cruises(R) or Leisure Travel with Fred & Ginger you acknowledge that in any event Cruisemax Cruises® or Leisure Travel with Fred & Ginger will not be liable for any consequential damages. Cruise max Cruises(R) will not be held liable for weather delays, personal identification requirements or cancellations for reasons beyond our control. We highly recommend travel insurance!