

# Beta Journal E-Edition

## A Look Inside...

- Christmas Wreath Raffle Winner. Proceeds Benefiting Hurricane Victims in Florida
- New Online Convention Listings for Idaho—05, New York—05, Oklahoma—05 & Virginia—06
- Three new Beta Shoppe Items added
- Beta Journal changes coming this summer. Many pages to be archived and put into PDF's
- Polly the Perfect Pledge Skit—full version
- Canadian Sisters in St. Thomas, Ontario—"Fantasy of Lights"
- Special Service Project for Alabama Service Project benefiting APT

## Thank You for Your Support!

After a summer of hurricanes hitting the coasts of Florida the members of South Dade City Council in Miami decided to help their fellow sisters by holding a fundraiser for the Betty Center International Disaster Fund. This fund was originally set up with the help of Betty Center of Greater Miami City Council in 1992 following Hurricane An-

drew's devastation of South Florida.

It was decided to hold a raffle of a Christmas wreath made by Robin Lluberes



***Wreath Raffle Winner  
Mary Ramsdell of Rho Master in Miami, FL***

of Laureate Gamma Psi Chapter. The raffle was a huge success with the proceeds of \$1,000 being donated to the Disaster Fund. Af-

ter selling tickets to our sisters around the country, Mary Ramsdell of Rho Master Chapter in Miami won the drawing.

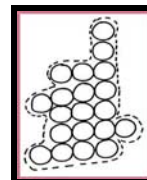
## Make a Bunny with Biscuits

You will need 2 cans of refrigerated biscuits, plain or cinnamon. (20 biscuits needed)

Grease cookie sheet. Preheat oven according to the package direc-

tions. Open cans and place biscuits on cookie sheet using the drawing. Press gently to close spaces between biscuits. Decorate with cherries or raisins and bake according to package di-

rections. After Bunny Bread is cooked, add icing, if cinnamon rolls have been used .



## NEW CONVENTION LISTINGS

### Updated in February & March, 2005

#### Idaho

June 24–25, 2005  
Theme: "Get Roped & Tied in Beta Sigma Phi  
[www.geocities.com/idconvention/](http://www.geocities.com/idconvention/)

#### New York

Sept 23–25, 2005  
There is a waiting list for this convention.  
Theme "Wedding Weekend"

#### Oklahoma

July 15–17, 2005  
Theme: "Soul Sisters"  
[www.bsp-okconvention.org](http://www.bsp-okconvention.org)

#### Virginia, 2006

Changed E-mail address for convention contact & new website  
[www.bspva2006.com](http://www.bspva2006.com)

Convention Chairmen—  
*Please fill out the International forms received from the International office in hard copy by mail. These forms need to be sent into Laura Ross Wingfield. Yes, these forms have be filled out and signed before mailing and are not done electronically.*  
[laura@betasigmaphi.org](mailto:laura@betasigmaphi.org)



[www.betajournal.com/conv1.htm](http://www.betajournal.com/conv1.htm)

Find all the new items and more  
in the Beta Shoppe (2 pages)  
Online at:

[www.betajournal.com/main\\_shoppe.htm](http://www.betajournal.com/main_shoppe.htm)  
[www.betajournal.com/main\\_shoppe2.htm](http://www.betajournal.com/main_shoppe2.htm)

Enjoy a "I Love BSP" pin or add it to your collection!

## BETA SHOPPE ITEMS



Sorority Jewelry from Preceptor Gamma Kappa, Virginia has been updated and changed. Items and pricing vary, so it is best to view the items on the webpage.



Enjoy the many selections and recipes from Appetizers & Beverages, Soups, salads, main dishes, breads, desserts, casseroles and more... Cookbooks are \$5.00 each courtesy of Oregon's Beta Upsilon



Enjoy this lovely 5" X 7" rose oil painting in your home or buy one to give as a gift for a secret sister. A great gift for the sister that has it all and enjoys something different and new. Each painting is \$25 each.

## BETA JOURNAL CHANGES COMING THIS SUMMER

Due to the vast number of sisters no longer updating their E-mail links online and the limited time I do have these days, by summer all E-mail Individual Sister Links will no longer be displayed or updated online. Council, chapter and sister websites will still be updated and linked online.

A number of the webpages will be converted to PDF's

and archived. The pages with the least number of visitors or activity will go into this archive. On the list to be archived so far are:

1. Kansas Convention
2. Rho Omega—1st Deaf Chapter
3. Captain's Table—Bill Ross
4. Online Connec-



Coming this summer! Look for changes in the Beta Journal in the coming E-Editions

5. tion Guide—taken out
5. Rose Garden—Collection of Poetry.

The main index page will receive a new look and more will come this summer as time permits.

Thank you for your patience as we re-build  
Karen Ing

# Polly the Perfect Pledge—Original Skit

(An original skit by Pat Tryer, Texas Xi Rho Psi  
performed on the 2004 Texas State Convention Cruise)

**This skit is performed with three people:** one as speaker, one as model and one as decorator. *Make a copy of the skit and highlight the props for the one who will 'dress' Polly.* You may use as much detail as you like such as specifics about your chapter activities if the skit is used during a Rush Party. Or do it just for fun!

The props may be customized to your chapter. Use your imagination. The props in parenthesis are only suggestions. The ideas are endless. You can be as detailed or as simple as you wish. It really makes for a funny skit if you have a model who will 'ham-it-up'!

## Introduction:

*"Isn't it great to be a Beta Sigma Phi!*

*Remember when you first joined...how excited you were and maybe just a little bit scared and confused?*

*[Motion toward model] Meet Polly Pledge!*

*We are going to give her a makeover and turn her into the "Perfect Beta Sigma Phi"!*

### 1. Program (magazine)

a. Whether it is on arts and crafts or travel, she will be prepared to give that all-important Cultural Program.

### 2. Service (watch – one with stretchy band works best)

a. From nursing homes to shelters, food basket to town projects, she will be ready to give her time for service projects.

### 3. Ways & Means (dollar bills)

a. Whether it's a little or a lot, Beta Sigma Phi's know how to make their Treasury grow.

### 4. Healthy Appetite (fork)

a. Of course she has to have a healthy appetite because BETA SIGMA PHI'S LOVE TO EAT!!

### 5. Socials

- a. Then there are all those fun socials (hat)
- b. She might be Valentine Princess (roses)
- c. There are Christmas (jingle bells) and cookie exchanges and all that cooking (towel over arm and wooden spoon.)
- d. And you know what that means... Eating!! (fork)
- e. There are Easter egg hunts for the little...and big...kids (Easter basket)
- f. She might get Woman of the Year at Founder's Day (trophy)
- g. There are great conventions with fun themes like "Mardi Gras at Sea" (mask)
- h. And, of course, there are all those dinners in between (big serving fork)

### 6. Secret Sister Gifts (gift bag)

a. Another fun thing is giving...and getting! gifts from our Secret Sisters.

### 7. Creative Mind (boxer shorts or other gag)

a. She will learn to have a very creative mind!

### 8. Contact Committee (phone)

a. She'll have a great excuse to talk on the phone on the Contact Committee

### 9. Courtesy Committee (yellow rose)

- a. She will learn to be courteous to her ailing sisters by taking her a yellow rose and preparing a meal.
- b. Uh-oh! Time to eat again (bib)

### 10. As a Beta Sigma Phi:

- a. She will be patriotic (flag)
- b. She will stay young at heart (Beanie Baby Bear)
- c. And she will find that dreams do come true (dream catcher)

### 11. Yearbook (yearbook with contents out)

a. Of course no Beta Sigma Phi is complete without her "Beta Sigma Phi Bible"...her yearbook.

### 12. President (gavel)

a. Then, after all this knowledge, she could be elected President of her Chapter!!

### 13. Eat (BIG serving spoon)

a. And now ladies, in just a little while, we will all get to practice what we love to do best...EAT!

## Canadian Sisters Display in a “Fantasy of Lights” Annual Park Project



On the left is a photo collage showing a combined effort of three chapters in St. Thomas, Ontario—Canada. Each year the chapters put together a display in the “Fantasy of Lights” located in an area local park.

Linda says, “there are many participants, and we feel lucky that we can participate & promote Beta Sigma Phi.”

## Special Service Project Raisi



Preceptor Delta Chapter, Montgomery, Alabama, and their husbands answered phones and took pledges of money for Alabama Public Television (APT). APT is supported, entirely, by public funds and is

an ad-free channel that provides family entertainment and education. During the evening of taking pledges, our Chapter raised over \$10,000 for the cause. We had fun, got lots of publicity during the event, and enjoyed the food and hospitality of the staff at the TV Station.