

# 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.

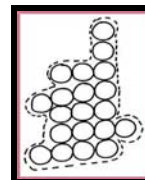
## Make a Bunny with Biscuits

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 Week-  
 end"

#### 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 Interna-  
 tional 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 mail-  
 ing and are not done elec-  
 tronically.*  
[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 web-  
 page.



Enjoy the many  
 selections and  
 recipes from Ap-  
 petizers & Bever-  
 ages, Soups, sal-  
 ads, 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 paint-  
 ing 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 Conven-  
 tion
2. Rho Omega—1st  
 Deaf Chapter
3. Captain's Ta-  
 ble—Bill Ross
4. Online Connec-



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

5. Rose Garden—  
 Collection of Po-  
 etry.

The main index  
 page will receive a  
 new look and more  
 will come this sum-  
 mer as time per-  
 mits.

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

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

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

### 10. As a Beta Sigma Phi:

- She will be patriotic (flag)
- She will stay young at heart (Beanie Baby Bear)
- 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.