

E-Edition of the Beta Journal

Beta Sigma Phi

Summer Issue 2004

Travel to Otter Creek in New York

Otter Creek, N.Y. (about 30 miles south-east of Watertown) is a conservation area set aside for Horse Riding Trails. (4 wheelers are allowed on the trails but must stop and give way to the horses.) There are over 670 acres of land kept in its natural setting with 3 "camping areas"- a graveled circular area with fire pits set around the edges, Horse stalls along 2 sides. Riders come in with their horses and trailers and can set up camp and ride out from here. Trails are mapped out and marked, maps are available at the rangers station. You camp on a first come - first set up basis - no saving places for friends. We were taken here

about 11 years ago and always plan on several weeks time spent here during the summer.

Wayne likes the riding- I go to sit in the quiet after everyone's out on the trails and work on my quilting or cross stitching or knitting. It's a great way to holiday- no electricity, phones or people coming to the door! We have met some people who have become very good riding friends here.

Meals within our group (we usually have about 3 or 4 others who go down with us) are seldom "Planned" but more of a pot luck sort of



See Sister Top 5 to 10 Travel Destination Selections...Pages 5—7

meal- but they are always good! and we've never even come close to going hungry! We just put out whatever we have for the next meal!

Eleanor - Online Sigma

Volume 1, Issue 5

June 30, 2004

Special points of interest:

- *Packing That Bag/Otter Creek*
- *Travel Tips/Yearbook/I-6 Mascot*
- *Pork Pigs*
- *Beta Shoppe Discontinued Items*
- *Rose Sugar in a Jar*
- *Panama Cruise Form*
- *I-6 Form/Ariana*
- *The Wild and Wacky Social from Ft Worth to North Dallas*

Otter Creek Horse Trails caters to the equine crowd and one of the requirements is you have to take your horse with you when you go to camp there! -

TIPS TO HELP A SISTER PACK THAT BAG(S)

I've found the best way (at least for me) is to keep my hanging clothes on hangers and put in plastic cleaners bags. Open suitcase and starting with the longest one place bottom half into suitcase. Top half will remain outside suitcase. Keep rotating clothing around the four sides of the suitcase until all is done.

Place all remaining clothing (jeans, shorts, underwear, shoes {covered}, hairdryer,

etc. in center of hanging clothes and alternately place top half of hanging clothing inside over the top of your folded clothes. This way your clothes wrinkle less and you have enough hangers with you.

I also pack the same way on the return trip. Hanging clothes remain on hangers and dirty ones are bagged and placed back in middle.

Also, if you're traveling and staying overnight in a different place every night, I've found that if you wash out clothes at night, and they aren't quite dry the next morning, place them in plastic bags and hang them up the next night. I also packed a collapsible bag for those souvenirs we never have enough room for.

Ann in Texas—Online Alpha

Sister Suggested Travel Packing Tips

Roll your clothes, don't fold them. It cuts down on wrinkles and I seem to be able to get more in.

Stuff shoes with socks and underwear.

Put your pills for each day in snack size baggies. They take up less space than those weekly pill dispensers. The only pills I bring in the bottle with the pharmacy label are my controlled substance pain pills. **DO NOT PUT PILLS IN A BAG THAT WILL BE CHECKED IF YOU ARE FLYING!** While we are on the subject of pills, you should always carry with you, prominently in your wallet, a list of all your meds (dosage and frequency) and doctor's name and phone #. I have various specialists so I just put my PCP

on the list. I do my list in Word in 8 point font, cut it out of the big page and then "lamine" it with clear packing tape on both sides. When you unzip one side of my wallet, it's the first thing you see.

Wherever possible, use travel sizes of shampoo, tooth paste, etc. For a short trip, determine if you really need all the various creams, etc. Try to bring dual use products. (ie: my foot cream works really well as a hand cream, too)

If you are checking luggage, make sure anything of value is in your carry on.

Put things that might leak in plastic bags or something similar that is waterproof.

Prepare a list ahead of time of everything you need to bring. Take it with you and when you are packing up to go home, check through the list again to make sure you don't leave anything behind.

*Liz in New York
Online Beta*

WORKING ON THE YEARBOOK

"Give the Gifts of Sisterhood" - 2004—2005 Theme

THEME ART

http://www.betajournal.com/clip2004_10.htm—ADDITIONAL

<http://www.betasigmaphi.org/themeart.shtm>—INTERNATIONAL'S

PATCH YEARBOOK INFORMATION

http://www.betajournal.com/patch_280.htm

Think of your cover or binders as the gift or package, and wrap it with paper or fabric and add bows and glitz!

Imagine the dividers as the gift tags inside and cut to the desired gift tag shape.

Think of a character or animal you or the group likes best and look for a pair together and add pink bows for sisters. Use this throughout as the theme of your yearbook.

(Frogs, bears, geese, Precious Moments...)

Present your yearbooks in gift bags!

Consult the chapter members as you work on the yearbooks, they might need or have changes. If you don't plan to be updating your yearbook often, make it without the theme and only put the theme on the inside page.

Karen M. Ing

Editor of the Beta Journal

THE I-6 MASCOT BEGINS HER JOURNEY—ARIANA

Ariana, the fairy angel of magic and mystery invites you to share in the International I-6 vision in KC, 2006. Please welcome her and make plans to hostess her before the 2006 convention begins!



Help her along the way as she tries to find and discover what the I-6 is all about!

[Sign Up to Reserve Your Time At:](#)

http://www.betajournal.com/convention_angel.htm

SIGNED UP SO FAR:

Charlotte—Florida

Judith—Missouri

Liz—New York

Marti—Michigan

Bobbi—Texas

Marilyn—Tennessee

Dianne—Pennsylvania

PORK PIGS CONTINUE THE ADVENTURE

Penelope and Mud Pie Pork have truly enjoyed each and every visit with sisters, friends and family. They thank you for your kindness.

As always, their journey will end one day. Leann in New Mexico will be their last stop.

Visit the calendar and story at:

http://www.betajournal.com/pork_pigs.htm

Read about their North Carolina visit in PDF (Adobe)

SEE THE REMAINING VISITS

Tiffany—Kansas—*They're Here Visiting Tiffany & Friends!*

Annette—Canada

Cynthia—Virginia

Pennie—California

Carmella—Maryland

Dianne—Pennsylvania

Leann—New Mexico



We're missing stories and hope to get them one day!

DISCONTINUED ITEMS IN THE BETA SHOPPE

ITEMS DISCONTINUED IN MAY, 2004

Colors of Friendship Bracelet—
DISCONTINUED SALE

Yellow Rose Pin w/ Austrian Crystals—
SOLD OUT

ITEMS DISCONTINUED IN

JUNE, 2004

BSP Leopard Logo Shirts—Sold Out

Pocket Stones

Friendship Suncatchers

Rhinestone BSP Pins

Candy Bar Wrappers

2003—2004 Calendars

Black Fold—N—Go Totes

BSP Checkbook Covers—Sold Out

“If you have discontinued your chapter/council item, please let Karen know at tikitex@betajournal.com”

NEW IN THE SHOPPE—Yellow Rose Flags!

http://www.betajournal.com/main_shoppe.htm

Rose Sugar in a Jar

This sugar is delicious sprinkled on fresh berries or used in shortbread cookies that call for confectioners' sugar. It is also wonderful in homemade lemonade.

1 cup tightly packed, unsprayed, fragrant rose petals*

1 1/2 cups granulated sugar

Mix together rose petals and sugar in glass or stainless bowl. Cover bowl halfway with plastic wrap. Let stand 2 days in dry place, stirring every day.

Then toss, cover completely with plastic wrap and let stand 4 to



Lasts Up to 9 Months

5 days longer or until petals and sugar are dry, stirring every day or so. If sugar has stuck to bottom of bowl, gently tap bowl on counter to loosen.

Process mixture in blender or odor-free coffee grinder in small batches until sugar is powdered and no bits or lumps remain. (If using blender, process sugar in about 3 batches. If sugar has a hard time getting going in blender, shake blender cup with lid on and blend on high. You may need to shake it a couple of times before it gets going.)

Place sugar in glass jar with tight-fitting lid and keep in cool dry place up to about 9 months.

Yields about 1 1/2 cups.

- Be sure to use unsprayed rose petals and, after you rinse them, let the petals get thoroughly dry before you add them to the sugar. Old-fashioned and heirloom roses produce very fragrant blooms that will perfume the sugar best.
- *From RecipeGoldmine.com*

Beta Sigma Phi Summer Issue 2004

ONLINE CONVENTION/CRUISE

*More information will be available for both events come
August, 2004*

Panama Canal Cruise—January 2006

Galveston, TX

Interest Form

http://www.betajournal.com/panama_cruise2006.htm

Contact: tikitex@betajournal.com—Karen

I-6 International Convention—June 2006

Overland Park, KS

Interest Form

http://www.betajournal.com/convention_2006.htm

**Contacts: ILJarvisI6@aol.com—Irene or
tikitex@betajournal.com—Karen**

This newsletter is for the Sisters of Beta Sigma Phi

Email: tikitex@betajournal.com

NEW JOURNAL CALENDAR

<http://www.betajournal.com/cgi-bin/calendar/webcal.pl>

Life, Learning and Friendship



THE WILD & WACKY SOCIAL FROM FT WORTH TO NORTH DALLAS

The flawless plan—worked out on the web-sites--was to board the Trinity Railway Express train at the Richland Hills station, ride to Dallas, catch the Dart train to Mockingbird station, see a movie at the artsy Angelika Theatre, and browse the shops and restaurants. Our chairman, Tanya Dodd, had worked out the train and movie times, and we knew when the last train left Dallas. OK. Things started splendidly except Pamela Moon (who will tell you herself that she cannot find her way out of a paper bag) took a wrong turn to get to the starting point, Richland Station. Well, that caused her to be running late to catch the train, and she had the nervous President Reva Watkins with her. When she finally got back on the correct freeway, they were really running late. Finally, as time was seriously running out, Pam figured what did she have to lose, so she turned on her flashing hazard lights, started honking continuously, and cranked the speed WAY up. Reva said maybe the cops will think we're having a baby and not stop us. Or more likely...a heart attack.

As Pam & Reva barreled into the train parking lot---horn honking and lights flashing---the other girls were jumping up and down on the platform, waving and screaming, pointing with

one arm at the tooting train approaching, and pointing with the other arm at Reva as she was pitched from the car while Pam sped on to park. This all ready looked like a movie! Pam got the car parked and goes galumphing toward the other girls who are running toward the Ticket Taker Conductor Lady whose head was swiveling right to left as she witnessed all this frenzied activity.

Bouncing and breathless, with arms outstretched holding tickets, we approached the Conductor who said, "I'm sorry, y'all can't get on the train." We stood there stunned and panting, ready-to-kill, when the Conductor broke into a grin. She was joining in the frenzy with us, and we all burst into the giggles as we lumbered up onto the train. And that was just the beginning of this social.

So we got there, saw our movie, had margaritas, shopped and laughed around. When it was almost time to go home, we became brazenly overconfident, got on the wrong train (against Tanya's advice), ended up at one of the far north Plano train stations in the middle of the prairie, in the dark of night, outside, with no one else there, and no idea if another train was going to come along headed south or not

that night.

As the charge on everyone's phone was dwindling, hallelujah, here came a South-Bound, and we got back to Mockingbird Station. Course we still had to get on the Trinity to come west, so we did, but we had already missed the last train that went ALL the way west, so we only got as far as the airport (definitely a negative consequence of deviating from the plan). After humbly begging, Beverley Figueroa's husband gallantly rescued us, and drove us to our cars. I think we all finally got home around midnight from our so-called "afternoon" adventure.

Pamela

Preceptor Omicron Psi

Fort Worth, TX

Top 5 to 10 Picks for Travel Destinations

1. New York City
2. San Francisco
3. Orlando FL
4. New Orleans
5. Napa Valley
6. Madrid
7. Athens
8. Berlin
9. London
10. Paris

Maureen
Laureate Beta Theta
and On Line Delta
Aurora, Colorado

1. Washington, D.C.
2. Alaska
3. Mt. Rushmore
4. Nice, France
5. British Columbia, Canada
6. Fontana, North Carolina
7. Smoky Mountains
8. London, England
9. New Orleans, Louisiana
10. Rome, Italy

Ann
Laureate Zeta Gamma & OLA
Texas

10. Key West
9. Destin, FL
8. Alaska
7. New York City
6. Garmish, Germany
5. San Francisco
4. Seattle
3. Disney World
2. Lake of the Ozarks, MO (Branson)
1. Savannah, GA

Mary Jo
Online Gamma
Preceptor Alpha Lambda
Alabama

1. Scotland
2. San Antonio, Texas
3. Long Beach, California
4. Houston/Galveston, Texas
5. Mt. Rushmore
6. Washington, D.C.
7. Santa Fe, New Mexico
8. Vicksburg, Mississippi
9. Gatlinburg, Tennessee
10. London, England

Arlene, Texas Preceptor Iota Iota
Online Theta

10. Tour of Switzerland
9. New Zealand
8. Barbados
7. Alaskan Cruise
6. BSP Tour of Anchorage, Alaska
5. BSP Tour of San Antonio, Texas
4. Edinburgh, Scotland
3. Isle of Skye, Scotland
2. London, England
1. Otter Creek Horse Trails, Lowville, N.Y

Eleanor
Online Sigma
Ontario

Sydney, Australia;
North Island and South Island,
New Zealand;
All islands in Hawaii;
Venice, Italy;
Washington, D.C.;
New York City; San Francisco, CA;
Portland, OR;
Charleston, SC;
Las Vegas

Carol
Gamma Beta Master
California

10. Alaska
9. Cozumel
8. Vancouver Island, Canada (Victoria)
7. St. John's Island, U.S.V.I.
6. Nassau, The Bahamas
5. The Maritime Provinces of Canada
4. Key West, Florida
3. Hawaii
2. Boston, Massachusetts
1. San Francisco, CA

Karon
Online Delta
Colorado

1. Stahekin Valley Ranch, on Lake Chelan, WA
2. Garmish, Germany
3. Cunningham Field, Ohau, Hawaii
4. New York City
5. Key West, Florida
6. Camano Island, WA
7. Old Saybrook, CT
8. Hollywood, CA
9. The pyramids, Egypt
10. Vancouver, BC

Loretta
Online Beta & Iota Master
Oregon

- 10 - Memphis, Tennessee
- 9 - San Francisco, California
- 8 - Edgewater Hotel Casino, Laughlin, NV
- 7 - Calaveras State Park, California
- 6 - Grand Canyon, Arizona
- 5 - Manzanillo, México
- 4 - Ballachulish, Scotland
- 3 - Kauai, Hawaii
- 2 - Denali - Mt. McKinley, Alaska
- 1 - Dingle, Ireland - Inch and the Dingle Peninsula (51 Pubs and a population of 3,000)

Kathy
Preceptor Kappa Omega—California

Top 5 to 10 Picks for Travel Destinations

Scotland;
Alaska;
New England states;
Toronto, Ontario, Canada;
Pennsylvania Dutch countryside;
Northern Illinois in the fall;
Washington, DC;
Williamsport, VA;
Kansas City, MO;
Prescott, AZ;
Atlanta, GA

Glenda
Laureate Beta Eta
Arizona

1. Kenya and Tanzania Photo Safari
2. Hong Kong
3. England
4. Scotland
5. Germany
6. Austria
7. Switzerland
8. Thailand
9. Tahiti
10. Jamaica

Beth (Travel Agent, also)
Online Beta
California

1. Yellowstone National Park
2. Bar Harbour, ME
3. White Mountains of NH
4. Prince Edward Island, NS
5. Glacier National Park, MT
6. Rapid City MT - Black Hills, Badlands, Mt. Rushmore
7. Eureka Springs, AR
8. San Francisco
9. Canadian Rockies from Calgary AB to Vancouver, BC
10. Victoria, BC

Pat
Online Alpha
North Carolina

10. Washington, DC
9. San Francisco
8. Savannah, GA
7. Bahama Islands
6. Las Vegas
5. Orlando
4. Mexico
3. Asheville, NC
2. Chicago
1. New York City

Carol
Online Beta
Florida

10. - The very best - St Augustine, FL
9. - Bath England
8. - Washington DC
7. - London England
6. - Deep Creek, MD - Western Maryland mountains
5. - Toronto Canada
4. - Stillwater, MN
3. - Blue Ridge Parkway, Va
2. - Amelia Island, FL
1. - Shreveport, LA

Evelyn
Preceptor Eta Psi & Online Sigma
Florida

Alaska
Budapest, Hungary
Vienna, Austria
Penticton, BC
Tigh-na-mara resort in Parksville, BC
White Rock, BC
Victoria, BC
Balatonsemes, Hungary (a mineral springs resort)
Any beach, or campsite in BC

Janice
Online Sigma
Canada

1. Newport OR
2. New York City
3. Rochester NY
4. Phoenix AZ
5. Sacramento CA
6. Portland OR
7. Honolulu HI
8. Mount Rushmore
9. Vancouver BC Canada
10. Spokane WA

Jacki
Xi Epsilon Epsilon & Online Delta
Washington

10. Singapore
9. San Francisco
8. Monte Carlo
7. Hawaii
6. Carmel, California
5. Paris
4. Italy
3. British Columbia
2. Mostique
1. Fiji

Jan
Online Eta
Western Australia

Florida Keys
Victoria B.C.
San Francisco, CA
Boston, MA
San Diego, CA
Fort Walton Beach, FL
New Orleans, LA
Columbia River Gorge, Oregon
Napa Valley, CA
Washington D.C.

Susan
Online Eta
Utah

Top 5 to 10 Picks for Travel Destinations

10. West Coast of Florida - beautiful beaches!
9. Edinburgh, Scotland
8. Florence, Rome, Naples Italy & Isle of Capri
7. Lake Tahoe
6. Charleston, South Carolina
5. New Orleans, Louisiana
4. Asheville, North Carolina
3. Piscah National Forest - Blue Ridge Parkway
2. Santa Monica, California
1. Orlando, Florida - Disney, Universal, etc.

Stacy
Online Eta
Florida

Cairns, Australia
Victoria, BC
Palm Springs CA
Hawaii
Las Vegas

Alice
Omicron Master
Alberta

*For the **August** issue of the E-Edition, submissions or write ups of “how you began your journey into Beta Sigma Phi” will be featured. It doesn’t need to be long - a couple of sentences will do. Online chapter and land chapter sisters are welcome to submit their write ups. Or, a write up on your chapter beginnings can be done. “How the members were collected, the first meeting and the learning process of how to run a chapter.”*

Send it by E-mail or E-Form to Karen Ing tikitex@betajournal.com or http://www.betajournal.com/edition_form.htm

Only first name, chapter name, state, province or country will be included. No cities or last names will be listed.

Articles on your beginnings are needed on or before August 25th. The next E-Edition is due out August 30, 2004.

Thank you for everyone’s interest and support.

Only 6 E-Editions go out annually!

Remember: this is a volunteer service that myself and husband give to sisters of Beta Sigma Phi!