



BETA JOURNAL E-EDITION

Beta Sigma Phi



Volume 1, Issue 7

October 31, 2004

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- *Have a Happy and Safe Holiday!*
- *Enjoy the spirit of Giving*
- *Embrace those you love*
- *Put a smile on the face of a stranger*
- *Extend a hand to those in need*
- *Add to your holiday memories by doing something different*

Blessing Mix

*Each ingredient in this snack mix symbolizes something associated with Thanksgiving.

2 cups Bugles brand corn snacks - shaped as a cornucopia, a horn of plenty.

2 cups pretzels - represent arms folded in thanks and prayer.

1 cup candy corn - during the first winter, the Pilgrims were each allotted only 5 kernels of corn per day because food was so scarce.

1 cup dried or candy fruits - Thanksgiving is the celebration of the harvest.

1 cup peanuts or sunflower seeds - seeds represent the potential of a bounteous harvest for the next season if they are planted and well tended.

In a large bowl mix all ingredients together. Other ingredients such as dry cereals, candies, or marshmallows can also be added. Make this mix as a family and eat while discussing each ingredient and how it relates to Thanksgiving.

Nance from Reno, NV



Each ingredient in this snack mix symbolizes something associated with Thanksgiving

Turkey Talk

1. What is a male turkey called?
2. What is female turkey called ?
3. Where will you find the turkey's wattle?
4. Where will you find the turkey's caruncles?
5. Where is the turkey's snood?
6. About how long does it take a domestic turkey to grow from

birth into a turkey that is plump enough for market?

Answers

1. A male turkey is called a gobbler.
2. A female turkey is called a hen.
3. The wattle is the flabby skin growth that hangs from the turkey's throat.
4. The caruncle is the growth of skin that dangle from the turkey's chin.
5. The snood is the growth of skin that droops over the gobbler's bill.
6. About 10 weeks.

Daneille's Place.com

Our Troops—Operation Homefront

I belong to another group called the Grand Rapids Jaycees (www.grjaycees.org) and after attending a monthly meeting last week I jumped at the chance to chair a project called "Operation Homefront".

As a former member of the Air Force this project hits home for me since I was overseas during the Gulf War. I have friends who are still serving in the military and are overseas in various locations in the world. Also, my older brother is in the Army Reserves and anticipates finally being sent overseas after the holidays. So, I truly have a vested interest in this project on multiple levels.

This project is a "thank you letter" writing campaign to our troops overseas.

Now the beauty of this project is:

1. Doesn't matter whether you're a Democrat, Republican, Leprechaun or something else. Political persuasion doesn't matter. :-)
2. Doesn't matter if you're in agreement with the war or opposed to the war. The troops are overseas doing their job that we as a country ask them to do regardless of our personal opinions on their tasks.
3. It's simple. Anyone can do it. Young kids can draw pictures (and so can us adults as well). Mom's and Dad's can write a simple thank you card using a post-card, fancy note-paper, simple lined paper, blank computer paper or whatever paper you have lying around.
4. It would be so appreciated by the people overseas serving our country.

So, what I'm asking is that you take a quick moment and write a note to a person you don't know. This person, who is risking their life daily for our way of freedom.

Your note doesn't need to be addressed to anyone in particular, just to Dear "Military Member" or "Armed Forces Personnel" or whatever way you're comfy. And then say thank you for whatever you wish...for being brave, for defending our way of life, for the hard work they're doing, for being away from their family and friends, etc.

Just think of all the bad news reports you hear on TV daily about mortar attacks, car bombs, snipers, and assorted other fights and skirmishes going on over in Iraq, Kuwait, Afghanistan and other areas.

Think about what a friendly letter from a total stranger might mean to someone who has to face these horrors every day. Think what it might mean to someone who's been away from their family and friends and see the effects of war every day.

Think how it might brighten their day, week or whatever.

Maybe your letter of encouragement or thanks is the last thing they read before they go off to do battle...maybe it'll give them more courage or determination to make it to the other side in one piece, or maybe it'll be the last thing they ever read and that'll have provided some comfort to them knowing that they were appreciated.

Your letter could have a dramatic impact upon a person you don't even know and that ripple effect could change everything in a positive way.

So, again I'm asking that you take a moment and write a note. It can be as long or as short as you wish, but please keep it positive.

Just to let you all know how big this project

is growing...it's only a week old and I've already received over 500 letters/pictures from over 5 states. I've asked our public schools and some private schools to get involved next week when school starts and I have that commitment...we'll get letters and pictures from the children.

I've involved over 50 areas churches, our city and county government as well as working on our state government.

I have 15 different fire and police departments working on composing letters...from one service provider to another.

I have the 3 area hospital staffs working on it as well as 6 retirement homes.

I'm amazed at the response and just how many people are willing to write a simple note to someone they don't know just to help brighten their day and remind them that they are truly appreciated.

The plan is to collect as many of these letters as possible and then send them overseas this fall in time to arrive for the holidays (which happens to be the toughest time to be away from your family) and hopefully spread some cheer.

My group is taking care of the packing and mailing and such. All I'm asking from you is to write a note or send a postcard. We will take care of the rest.

Please send it no later than October 1st: Ask if you can still send things.
Grand Rapids Jaycees
Operation Homefront
2774 Birchcrest Dr SE
Grand Rapids, MI 49506

This is such a simple project and will have a dramatic impact...

Tammy Foster
Grand Rapids, MI wevge7@aol.com

The Gift Our 3 Year Old Granddaughter Wanted for Christmas



Now that she is 16 she'd probably just love one.

At the time she lived between our home and my husband's deer lease. On one of his trips back before Christmas he picked her up to bring her back here. Also with him was one of his hunting buddies who dressed up as Santa in his neighborhood every year. Since he knew he was going to our house to see her as Santa he was asking her lots of questions about what she

wanted. Her answer to everything was "Little Mermaid" things.

The night he came over she went to the door and those eyes got really big when she saw who it was. He came in, sat in the chair by the Christmas tree and she immediately climbed on his lap.

He asked her what she wanted Santa to bring her.

Her answer was a Corvette. Needless to say Santa was speechless as we all were. We all then cracked up and laughed so hard. Don't know where she ever got that idea but to this day we still ask if Santa is going to bring her a Corvette. Now that she is 16 she'd probably just love one.

Ann—Texas

Letter from Marilyn Ross

Dear Sisters in Beta Sigma Phi,

Many of you have heard of Bill's hospitalization due to pneumonia. Just want to set the record straight in regard to two issues.

First of all, he is making great improvement & responding well to treatment. His appetite is returning, he is feeling & looking better each day & his spirits are wonderful, as always. As he improves, so do I. There has been no mention yet as to when he will be able to return home, but I feel confident we are growing closer each day. The best thing you can do for him is keep him close in your thoughts & prayers.

Secondly, an email has been sent from this area that includes *our home address* indicating all cards & letters can be sent there. You can only imagine how inundated our mail box is becoming, so Bill & I ask that **all cards, letters, messages, emails be sent to the International Office**. The International Office is much better equipped to handle the volume as opposed to our little mail box out front. Thank you. Bill (& I) love hearing from you & treasure your comforting & loving messages. You'll never know just how much it means to us. So, if you would please honor this request we would be deeply grateful. Thank you.

Beta Hugs,

Marilyn Ross

International's address:

Beta Sigma Phi International
PO Box 8500
Kansas City, MO 64114
Attention: Bill Ross

The Gift made by Daddy

It would be easy to say someone purchased my most memorable present for me. I do remember a bottle of real perfume by Price Matchiabelli given to me by my steady as a graduation present but that's not the most memorable.

Gifts given me by my husband rate right up there too, especially a custom-made, sterling silver, unicorn ring he purchased for me more than 10 years ago. I wear it every time I go out.

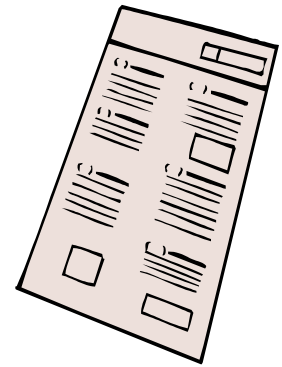
Many of the items our children created and brought to me with such pride still reside in our home including a small shelf our son laboriously produced in wood shop in high school. It takes pride of place on one kitchen wall because I know how much he hated that class and how hard he worked to finish the project. My most memorable gift however, was a doll high chair my father made for me

when I was quite young. It has long since fallen to pieces, having lived through the childhoods of a couple of nieces and our own daughter. I remember the first time I saw it, painted a sunny yellow and setting resplendently beside the Christmas tree. It was about three foot tall, nearly as tall as I was. It had wide arms and a footrest. It even had a fold-down tray like a real baby's high chair. I was so proud of it and even though I was more likely to play in the dirt with my cowboys and Indians, or plop in the straw beside one of my 4-H animals to read, that high chair was my pride and joy. It sat in my bedroom beside the hand-made crib an old friend of Daddy's made for me the year before. Later I was given a purchased cradle to add to the set but the high chair was always my favorite. I was sad when I finally had to say

goodbye to it. It had been repaired one to many times and the wood would no longer hold nails or screws. There were so many coats of paint on it, it's no wonder the legs finally gave out.

I will always cherish the memory of that chair and of Daddy. Even though he was my stepfather, no child could ask for a better Daddy than he was. I knew he loved and supported me in all my efforts.

Diana
Nebraska Zeta Eta
Online Gamma



“Bill & I ask that all cards, letters, messages, emails be sent to the International Office”



“I will always cherish the memory of that chair and of Daddy.”



Looking for those car magnets? Plenty is available online - just ask a sister!

New Items in the Beta Shoppe

Roses Jewelry Set

Enjoy one of these Gold tone Roses Necklace & Earring Gift Sets or send one to a friend.

Each set - Matte gold tone with clear crystals.

16" necklace with 3" extender.

3/8" diameter clip or pierced earrings. (please specify whether or not you want clip or pierced earrings)

Get your gift set today for only \$10.00

Items are shipped from Florida
(No Picture of Items)

ΒΣΦ Socks



Enjoy these lovely Beta Sigma Phi socks for yourself or a sister.

Socks come in gold, navy, green and lilac.

Sizes: 9 - 11

Get your pair of socks for only \$6.00

Socks are shipped from Indiana—Xi Iota

BCA Ribbon Magnets



Decorate your car, office or home with these lovely magnets!

Each magnet is 3

x 7.5 inches

Plenty in stock!

Get your magnet for only \$4.00

The chapter needs your help and purchases as they overstocked. Magnets are shipped from Missouri

Advent Calendars



Make a child smile each day before Christmas with this Advent Calendar filled

with goodies.

Each day has a different goodie. small toys, candy, etc

Buy one for each child; your child, a friends child, nieces, nephews.

Great for the Holiday Season.

Advent Calendars are \$5.00 each and are 8.5" x 11"

Calendars are available until Dec. 1st They are shipped from Illinois

Breast Cancer Magnet



Show your support for Breast Cancer with this Breast Cancer Magnet.

Put it on your car, on your mailbox, or your re-

frigerator.

Great Secret Sister gift or great for a tie on for a package.

Give it to your friend, your sister, your niece, your aunt, your mother, your grandmother or YOURSELF!

Magnets are \$5.00 each and are 4" X 8"

A portion of the proceeds will be going to International as a donation for Breast Cancer Research. - Thanks Sisters!

Magnets are shipped from Illinois Preceptor Epsilon Beta

This is a terrific addition to any

Yellow Rose—T-Shirts



BSP wardrobe - especially yours!

The image is on the front of the t-shirt pocket size and a lar-

ger one is on the back of the shirt.

They are all made using Hanes High Quality. There is no feel to the image and it will not crack or peel - it can even be bleached.

We would be happy to help surprise your Secret Sister she will never know who sent it. We would be happy to include a special note or greeting from you.

Small-X-Large are \$20.00 and XX-XXX Large are \$22.00 (including shipping)

When emailing with a question please put " Yellow Rose T-shirt" in the subject line.

Find the above items online at:

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

NOVEMBER 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Valentine Contest Deadline</i>	2	3	4	5	6
7	8	9	10	11 <i>Veterans Day</i>	12	13
14	15 <i>Yearbook Contest Deadline</i>	16	17	18	19	20
21	22	23	24	25 <i>USA Thanksgiving</i>	26	27
28	29	30				



Schedule of Events

- November 1st— International Valentine Contest Deadline
- November 11th—Veterans Day
- November 15th—International Yearbook Contest Deadline
- November 25th—USA Thanksgiving

Reminders

FILE CABINET USERS:

*If you are using the File Cabinet and cannot get in, check and see if you are using the same E-mail address you registered with. If it has changed or you are using a friend's account, it will kick you out.

IF YOU NEED HELP,
PLEASE SUPPLY YOUR
NAME, CHAPTER NAME,
LOCATION & MEMBER
NUMBER—when E-mailing!

This way we at the Beta Journal know it is for a sister, chapter or council and not, a spammer.

I WILL MAKE TIME TO ANSWER SISTERS

Know that I have a busy schedule behind this computer. If it does take more than a day to get your answer, I am sorry that other things are happening. I will get to you!

Thank you all for your support and kindness!!! I so appreciate the kind notes.—Karen

PUT A SUBJECT IN THE SUBJECT LINE

This helps myself and International know where to direct and file the incoming mail.



Knowledge Leads to Better Understanding!

BETA SIGMA PHI

Life, Learning and Friendship

This newsletter is for the Sisters of Beta
Sigma Phi

Email: tikitex@betajournal.com

BETAJOURNAL.
COM

Thank you dear sisters for the support and kindness you have shown each month with your donations and notes.

Please note that we have a new address in which to send donations, notes, cards or letters to.

If you are sending a donation:

Checks are to be made payable to: **TIKI Services Corp.**

Amounts vary and can be what you would like. \$12 is what most send.

TIKI Services Corp.

Box 52

Wylie, TX 75098-0052

Please include your name, E-mail address and address in which to send correspondence to.—Karen Ing

International Disaster Relief Fund

We are starting to get requests for Disaster Relief Fund Forms, and soon we will start having members asking for help. Please let your chapters and other members know that we can use any donation they can spare for this fund. We have a pretty nice amount in it right now but about 150

requests will wipe out what we have. This looks like it could be

a hard hurricane season so we appreciate any sisters who wish to help with donations.

*Laura Ross Wingfield
laura@betasigmaphi.org
September, 2004*



“Please let your chapters and other members know that we can use any donation they can spare for this fund.”