

Sing a Song of Sisterhood

2007-2008

Beta Sigma Phi Theme Ideas



SING A SONG

Let's be friends in need and deed,
Now to that we've a-greed Beta Sigma Phi's, let's sing
Making life a happy thing
Sing a song and sing it gaily
Sing a song and sing it daily
Sing with laughter, fun comes after song
Let's make happy those a-round us
Then our troubles can't con-found us,
Laugh and sing when ev-rything seems wrong
Life is real and life is earnest so the poets say
But let's make it happy too as we go on our way
So, sing a song and sing it gaily,
Sing a song and sing it daily
Beta Sigma Phi's let's sing a song

*Words by Margaret Horan MO Alpha Sigma, Kansas City
(3rd Prize in the 1941 Beta Sigma Song Contest)*

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Pages 37 & 38 - The Songs of Beta Sigma Phi*



#422 Songs of Beta Sigma Phi \$4.95
#1410 Cassette \$5.50
Add \$2 for shipping for \$10 and less orders
Add \$4 for shipping for orders over \$10

Call Toll Free 800-821-3989
GIFTS – gifts@betasigmaphi.org
Payment must accompany order!

Note: 1932 *_The Torch_* of Beta Sigma Phi was first published in January of 1932 as a small 4-page booklet. The first contest for Beta Sigma Phi members was held. Gladys Marley of Arizona Beta, Phoenix and Helen Venters of Illinois Delta, Decatur won for their respective entries, "The Song of Beta Sigma Phi" and the "Song of Friendship." The first Founder's Day celebration was held in Vinita, Oklahoma in late April of 1932.

<http://www.befera.com/>

Claire Cecilia Befera, 79 of Duluth Minnesota, died on Dec. 7, 2006 in Duluth. Claire was born in Des Moines, Iowa on Jan. 4, 1927. Claire attended St. Joseph's Academy in De Moines, Iowa excelling in music and acrobatics. She was just 4 years old when she began singing and dancing with her older sisters. During her high school years she sang with big bands and sat in with greats like Les Brown and Stan Kenton. Claire was also a featured vocalist at KSO radio in Des Moines and traveled with a US Army troupe dancing and singing for the military. Under her stage name, Claire Davis, she continued her singing career and while on the road, met her husband, Frank and settled down in Hibbing, Minnesota.

She was a member of Women of the Moose, Women of the Elks and the Hibbing chapter of Beta Sigma Phi.

From the Beta Sigma Phi Greek Chat Bulletin Board

erica812

10-07-2002, 10:01 AM

(SONG)

We are **B.**

We are **B-E.**

We are **B-E-T-A S-I-G-M-A.**

We are Beta Sigma Phi
with our torches to the sky.

We are **B-E-T-A S-I-G-M-A P-H-I.**

(Tune: Well...I know it as "I am a C. I am a C-H. I am a C-H-R-I-S-T-I-A-N" Not sure where else it comes from)

(a Rush SONG)

If you're Beta and you know it, clap your hands *c* *c*.

If you're Beta and you know it, clap you hands *c* *c*.

We are Beta Sigma Phi.

We are sisters 'til we die.

If you're Beta and you know it, clap you hands *c* *c*.

(Tune: Obviously..."If you're happy and you know it...")

(CHANT)

Beta *clap* *clap*
Beta SIGMA Phi

Beta *clap* *clap*
Beta SIGMA Phi

Beta *c* *c*
Sigma *c* *c*
Sigma Phi *c* *c*

Beta SIGMA Phi!

(The SIGMAs are in caps to give you a sense of the rhythm. Stress the capitals.)

I have a few more, but I have no idea how to explain the tunes. They are mostly old Sunday School songs;)

Erica

View the famous classic – “The Sound of Music” and see if anyone can recall the scales.

Doe, a deer, a female deer

Ray, a drop of golden sun

Me, a name I call myself

Far, a long long way to run

Sew, a needle pulling thread

La, a note to follow So

Tea, a drink with jam and bread

That will bring us back to Do... (*repeat*)

<http://www.youtube.com/watch?v=vzcYMVK0B4Q>

DO RE MI - Sound of Music Clip on YOU TUBE

(Not responsible for comments on this site)

If a band is what you need, make some music with these easy to make instruments any sister can make and play.

Jingle Bell Mitt

Felt

1/2 to 1 Inch Size Jingle Bells

Glue

Needle and Thread

Instructions:

Cut out 4 slightly over-sized mitten shapes out of felt. Attach 2 of the felt pieces together with glue, or sew them together, leaving the bottom open for the hand to fit in. Repeat with the other 2 pieces of felt. Sew 4 Jingle Bells along the finger edge of each mitt. Slip the mitts on and clap your hands together to make music!

Noise Maker

Film Container

Curling Ribbon

Pony Bead

Glue

Rice (or other options from below)

Instructions:

Poke a hole in the film container lid with a cutter or ice pick. Cut a piece of the curling ribbon about 12 inches long and feed one end thru the hole in the film container. Feed that end into a pony bead. The bead will not be seen once you close the lid; it's purpose is to hold the ribbon. Now feed that end of the ribbon back thru the hole. Now you have the lid with two ribbon ends on the outside of the lid. Add more pieces of contrasting/complimentary ribbon until you get the desired effect.

Tambourine

2 heavy paper plates

stapler or glue – Tape side shut if need be

hole punch

string

jingle bells

stickers/glitter

Staple or glue two paper plates together, facing each other. Using a hole punch, make holes around the plates and tie jingle bells to the holes with string. Decorate.

Drum

empty oatmeal box with cover
yarn
pen
2 pencils
2 spools
construction paper
crayons

Before beginning, you can decorate the oatmeal box with construction paper and/or crayons for a colorful effect.

Place the cover on the box. Use a pen to make a hole in the center of the cover and in the center of the bottom of the box. Through these holes, pull a piece of yarn long enough to hang around child's neck and down to their waist.

For the drumsticks, place the spools at the ends of the pencils, secure with glue if necessary.

Chimes

ruler or stick
washers
nail polish
string
mixing spoon

Hang the washers from the ruler or stick with pieces of string by wrapping the string around the ruler or stick and securing. Strike the washers with the mixing spoon to play.

Note: You can make this craft colorful by painting the washers first with different color nail polishes, such as red, gold, glittery, etc. Parents should supervise this part of the activity closely.

Have some fun with dances crazes and memorable songs through the ages and even plan a program with “Name That Tune.”

Whether it's the *Mashed Potato* or *Locomotion*, we can still bring back songs and dances from the past to make us feel good again. Center your gatherings around the decade and complete the social with costumes to reflect the time period. Display and carry the decade in your yearbook and/or scrapbook to give this year a lasting touch to remember.

Some examples of dress and socials could be:

- Dress as a flapper from the roaring 20's and also known as the jazz age
- Fluff up that poodle skirt for a fun sock hop of the 50's
- Shine those go-go boots for a flash back into the 60's
- Wear a grass skirt and have a hula dance complete with all the Hawaiian trimmings

Recall a popular CBS 1950's television show of which pitted two contestants against each other in order to guess and name the short tune played each time?
NAME THAT TUNE

Play oldies (Name That Tune) on line with sisters using your computer complete with sound and answers to help. *Hint: #1 is “The Candyman”*

<http://www.niehs.nih.gov/kids/nametune3.htm>

National Institute of Environmental Health Sciences – Kids Pages
(Scroll down to the bottom of the NIEHS page to find more oldies)

<http://www.the-north-pole.com/nttune/index.htm>

The North Pole – Name That Tune

(Enjoy naming that tune to Christmas music and identify the key it's in. Each time you are right it gets harder.)

Program 634 under “Just for Fun” has a great outline and guide called – Name This Baby Boomer Tune. You may order the outline on line at:

<http://www.betajournal.com/program0307.htm> BSP Programs

Some information and tips that will help guide you when getting ready to do an informative program or gathering are:

<http://www.geocities.com/teeley2/chimeart.html>

History and Making of Wind Chimes

For thousands of years people have used wind chimes to tell them when the wind is blowing. On hot days it makes them feel a little cooler because they can hear the soothing sound of the chimes. The random music appeals to people on a spiritual level and relaxes and refreshes them.

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<http://www.home.earthlink.net/%7Egraypoodles/constzone.html>

BASH THE TRASH CONSTRUCTION ZONE FOR INSTRUMENT MAKING

Make the 4-in-1 Coffee Can

Happy New Year Noise Maker

Tube Horns

Tube Trombones

Finger Piano

Rubber Band Box Guitars

Tube-tar

Styrocello

INSIDE THE PHILHARMONIC

<http://www.nyphilkids.org/lockerroom/main.phtml>? -- Uses Shockwave

Go to New York Philharmonic to the Kids Zone to Learn About Instruments
percussion, brass, woodwinds, strings

Visit the dressing rooms of the musicians and read about their backgrounds

Go to the instrument lab and see how the homemade instruments are made,
complete with audio direction and sound

Visit the Musicians Lounge and connect their faces with names

Swing by the Composition Workshop to

a.) Compose Your Minuet Mixer - Composer Mozart (You can randomize the selection, up the tempo or clear all)

b.) Go to the Orchestra Station

The Old Castle from Pictures at an Exhibition - Song

You can hear it in LEGATO (All notes are connected smoothly)

STACCATO (All notes are separate and short)

SPECIAL

Learn About Famous Composers - Walk around the gallery and choose a composer to read about

Read the News from the Newstand

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INSTRUMENT ENCYCLOPEDIA

a.) Browse by Reference - Percussion, String, Wind, and Electronic

b.) Browse by Geography

i.e. Castanets - S. America

Go to Connections and References for more resources

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Other Program Tips

History of a Musical Instrument. Select any instrument and use online resources and the library to learn about its history and development. Present your information in PowerPoint, or other type of presentation software where you can include pictures, sounds, and graphics with your text information.

Identify Famous People Who Play(ed) an Instrument. Create a poster that shows well-known people in varied career fields with the musical instruments they played.

Investigate the Science of a Musical Instrument. Pick an instrument and investigate the science behind the sound the instrument makes

Compare and Contrast Two Different Instruments. Investigate two very different musical instruments include design, sounds and history.

VISIT THE National Music Museum

<http://www.usd.edu/smm/>

Take a Virtual Tour (Example of Pennsylvania Pipe Organ)

Medieval & Renaissance Instruments

<http://www.music.iastate.edu/antiqua/instrumt.html>

(What is a Psaltery?)

<http://library.thinkquest.org/22673/timeline.html>

The SYMPHONY TIMELINE - Composers

Other Interesting Programs You Can Do Centered Around Music:

***Bells Around the World** - conclude with Bell Playing w/ members

Profile of a Music Box

-History

-Types

-Popular Today

Links from taking a simple violin class to composing your own melody

http://www.muffled.dk/mems_dyr.html

Sound Matching Game

<http://www.muffled.dk/memsound.html>

Harder Sound Matching Game

<http://www.niehs.nih.gov/kids/musicmovies.htm>

Musical Movies with Lyrics

<http://www.niehs.nih.gov/kids/musicold.htm>

Songs from A-Z

<http://www.niehs.nih.gov/kids/musicpatriot.htm>

Patriotic Songs Including O Canada

<http://www.flashmusicgames.com/orchestra03.html>

Listen to that Musical Instrument and Match It to the Sound Played

(If Correct a background of what it is and information on it appears)

http://www.flashmusicgames.com/virtual_band.html

Conduct You Own Virtual Band

<http://www.flashmusicgames.com/notepair.html>

Find All the Musical Note Pairs and Match them by sound

<http://www.flashmusicgames.com/music01.html>

Repeat the Melody on the Piano Keyboard

http://www.flashmusicgames.com/memory_sound.html

Sound Memory Game (Try to repeat the melody of the song birds)

<http://www.flashmusicgames.com/finderror.html>

Find the Error in the Music - Ear Training

<http://www.flashmusicgames.com/drums01.htm>

Play the Drums On Line

http://www.flashmusicgames.com/guitar_machine.html

Play Guitar

<http://www.ababasoft.com/music/dragmusic.html>

Drag the Notes with Your Mouse and Compose Your Own Melody

<http://www.pianonanny.com/1.html>

Begin to Learn to Play Piano with Piano Nanny- Free Lessons

(Has Pop Up Keyboard and Notepad to take notes - Go at Your Own Pace)

http://violinmasterclass.com/mc_kids.php?PHPSESSID=e7797d2c6d2591eec3aab69d58098a64

Take a Simple Violin Class

<http://www.boowakwala.com/vase/flower-vase.html>

Play a Basic Song using the Musical Scale - Kwala Plays It Back

http://everything2.com/index.pl?node_id=1502177&displaytype=printable - *Modern Way to Learn the Scales*

Do, the stuff that [buys](#) me pop

Re, the [man](#) who sell the pop

Me, the guy who [drinks](#) the pop

Fa, a long [way](#) to buy pop

So, let's have another [pop](#)

La, the [French](#) word before pop

Ti, [no thanks](#) I'm having pop

That will [bring](#) us back to do, do, do, do.

<http://www.filmsite.org/soun.html>

BACKGROUND/WORDS TO SOUND OF MUSIC

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LEARN TO READ MUSIC

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<http://datadragon.com/education/reading/clefs.shtml>

Clefs - Treble and Base

<http://datadragon.com/education/reading/timesig.shtml>

Time Signatures - Whole Note, Half Note, Quarter Note, Eighth Note and Sixteenth Note

Common Time and Cut Time

<http://datadragon.com/education/reading/rests.shtml>

Types of Rests - Whole, Half, Quarter, Eighth, Sixteenth

<http://datadragon.com/education/reading/symbols.shtml>

Flat, Sharp, Fermata

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Shaping and Volume of Music

For music to have some real feeling and expression it must be shaped.

Volume of notes

f	Loud
ff	Loud Loud
fff	As loud as possible
p	Quiet
mp	Medium Quiet
mf	Medium Loud
pp	Quiet Quiet
cresc	Louder

Stuff that affects notes

sfz	Hit note then back way off and build back up
tr	Trill
vibrato	Add waves to sound
legato	Smooth

Stuff that affects the speed of note

poco.	Gradually
accel.	Faster
rit.	Slower
dim.	Diminish
solli	Shared solo in section
solo	1 person solo (wow)

