

For All Sisters of Beta Sigma Phi

# Valentine E-Edition Of the Beta Journal

FEBRUARY 1, 2007

## Some Tips to Get You Through the Winter

Women are said to be the most prone to Seasonal Affective Disorder (SAD). When the weather takes a shift around late October until the middle of March, women become prone to depression which lasts for only the season, winter. All the energy that was present in ones body came from the stored sunshine days of spring, summer and fall.

Just how do women adjust when SAD takes hold?

Modernmom.com has some good tips to get women of any age through the "winter ups and downs."

\*Go outside for a brisk 20 minute walk even

when the sky is gray. If it is too cold, then exercise indoors.

\*Keep the curtains or blinds open everyday even on cloud covered days.

\*Buy brighter lighting for your home.

\*Add 2 grams of fish oil and vitamin B to your diet.

(do check w/ your dr. before taking these vitamins)

\*Increase your carbohydrate intake to in-



The beauty that surrounds us can also sadden us.

crease serotonin (the body craves it for a reason during the winter).

\*Try aroma and herb therapies (do check w/ your dr. first)

\*Try black tea if you have trouble with PMS during this time or a remedy that works best for you. PMS is at a high because of estrogen levels and sero-

tonin levels during the winter months.

**Tips were given by David Edelberg, M.D.**

[www.triplewhammycure.com](http://www.triplewhammycure.com)

## A CHOCOLATE DECCADENT DESSERT

Blend together:

1 1/2 cup plain flour  
1 1/2 stick margarine  
(Recommended—No Salt Butter)  
1 1/2 cup chopped nuts

Press into 9" x 13" pan butter coated pan. Bake for 10 minutes at 375 degrees.  
Cool

Cream together:

1 cup powdered sugar  
1- 8 oz package of cream cheese (at room temp)  
Fold in 9 oz. of Cool Whip.  
Spread onto the cooled flour, margarine & nuts layer.

Mix well:  
1 large box of chocolate INSTANT pudding  
Add 3 1/2 cups milk

Spread on top of the second layer...

Spread a 9 oz. container of Cool Whip on top of the third layer and refrigerate.

Top: w/ Chocolate Bar Shavings (use a grater to make shavings from a chocolate bar)

**Special points of interest:**

- Let's Go to Conventions 2007-2008 BSP Gift Discounts Extended Until Founder's Day
- Valentine Symbols/Roses
- Story: "Don't Forget Your Sisters"
- Sisters son helps with an Extreme Makeover home.
- Beta Shoppe—Magnets, Mugs, Cozies





## Let's Go to Convention... (Information is On Line)

"The Golden Heart Goes to War: Flash Back to the 40's" w/ Chatanika (Fairbanks) - Alaska May 24-27, 2007

Why not, "Celebrate the Seasons" near Pinetop, Arizona - June 29-July 1, 2007

Go "Around the World in Three Days" with Hot Springs, Arkansas - June 8-10, 2007

Come see 'America the Beautiful' in Irvine, California - May 17-20, 2007

Seek the "Faces of Sisterhood" in Broomfield, Colorado June 22-24, 2007

Really raise the roof with the "Rhinestone Cowgirls" in Cape Canaveral, Florida - May 18-20, 2007

Try going "North to Alaska" in Joliet, Illinois-Oct. 19-21, 2007

How about a "Hooray for Hollywood" in Bangor Maine for the New England Area- June 22-24, 2007

Head over to Great Falls (Windsor) in Newfoundland on June 1-3, 2007

Come to the meet at the "Rogue Valley Rendezvous" in Medford, Oregon-June 20-22, 2008

Sit Back and relax in "Friendship Country" in Lancaster, Pennsylvania-Oct 5-7, 2007

Know "The Sky is the Limit in the Tall City" of Midland, Texas-July 19-22, 2007

Try "Makin Waves" on board the Carnival cruise ship Ecstasy-Oct 11-14, 2007

Go "Bonding in 2007" in Richmond, Virginia-Oct 12-14, 2007

"Bells will be Ringing" at the NW Regional in Bellevue, Washington-June 22-24, 2007

## Valentine Symbols

Ribbon/Lace: knights would ride in from battle with a ribbon given to him by his lady love.

Cupid: Desire

Rose: Says Love or Eros of which is the God of Love

Love Knots: Symbol of Everlasting love with no beginning and no end.

Lavender -- Enchantment and Uniqueness

Orange -- Fascination

Pink (Dark) -- Thankfulness, Friendship and Admiration

Red -- Love, Respect and Courage

Peach -- Modesty, Grati-

tude, Admiration and Sympathy

Pink (Pale) -- Grace, Joy and Happiness

Deep Red -- Beauty and Passion

White -- Innocence, Purity, Secrecy, Silence, Reverence, Humility and

(according to some sources) True Love

Yellow -- Joy, Friendship, Jealousy, Hope and Freedom

Black -- Farewell

Red/White -- Unity or Engagement

Yellow/Orange -- Passionate Thoughts

Peach -- Modesty, Grati-

tude, Admiration and Sympathy

Pink (Pale) -- Grace, Joy and Happiness

Yellow/Red -- Congratulations

Rosebud -- Beauty, Youth and a Heart Innocent of Love

Red Rosebud -- Purity and Loveliness

White Rosebud -- Girlhood

One Dozen Red Roses -- "I Love You"

Single Red Rose in Full Bloom -- "I Love You"

Tea Roses -- "I'll Remember Always"

From: Holiday Spot .Com

"A Yellow Rose Alone Means-- Joy, Friendship, Jealousy, Hope and Freedom"



Contact Denise Wolf to book your cabin!

Sept 28-Oct 7, 2007  
Explorer of the Seas

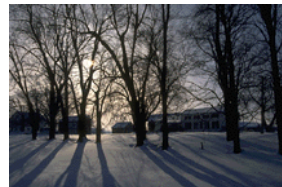
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800-838-4377

Ext 7786

[http://www.betajournal.com/newengland\\_canadapacket.pdf](http://www.betajournal.com/newengland_canadapacket.pdf)

## INTL Gift Discounts Extended to Founder's Day

We discovered that most chapters did not receive the gift discount mailing, so we are sending it again and ex-



Thinking About Founder's Day...

tending the deadline to use the discount until Founder's Day. If you would ask your chapter presidents to keep an eye out

for it and to let us know if they received it. We are trying to find out what the problem might have been.

Thank you,  
Laura Ross Wingfield  
01/31/2007

# Don't Forget Your Sisters

A young wife sat on a sofa on a hot humid day, drinking iced tea and visiting with her mother. As they talked about life, about marriage, about the responsibilities of life and the obligations of adulthood, the mother clinked the ice cubes in her glass thoughtfully and turned a clear, sober glance upon her daughter.

"Don't forget your sisters," she advised, swirling the tea leaves to the bottom of her glass. "They'll be more important as you get older. No matter how much you love your husband, no matter how much you love the children you may have, you are still going to need sisters.

Remember to go places with them now and then; do things with them."  
"Remember that 'Sisters' means ALL the women... your girlfriends, your daughters, and all your other women relatives too. "You'll need other women. Women always do."

What a funny piece of advice! The young woman thought. Haven't I just gotten married? Haven't I just joined the couple-world? I'm now a married woman, for goodness sakes! A grownup! Surely my husband and the family we may start will be all I need to make my life worthwhile! But she listened to her Mother. She kept contact with her sisters and made more women friends

each year. As the years tumbled by, one after another, she gradually came to understand that her mom really knew what she was talking about. As time and nature work their changes and their mysteries upon a woman, sisters are the mainstays of her life. After more than 50 years of living in this world, here is what I've learned:

## THIS SAYS IT ALL:

Time passes. Life happens. Distance separates. Children grow up. Jobs come and go. Love waxes and wanes. Men don't do what they're supposed to do. Hearts break. Parents die. Colleagues forget favors. Careers end. BUT.....Sisters are there, no matter how much time and how many miles are between you. A girl friend is never farther away than needing her can reach.

When you have to walk that lonesome valley and you have to walk it by yourself, the women in your life will be on the valley's rim, cheering you on, praying for you, pulling for you, intervening on your behalf, and waiting with open arms at the valley's end. Sometimes, they will even break the rules and walk beside you...or come in and carry you out.

Girlfriends, daughters,



There are no miles between sisters.

granddaughters, daughters-in-law, sisters, sisters-in-law, mothers, grandmothers, aunts, nieces, cousins, and extended family, all bless our life!

The world wouldn't be the same without women, and neither would I. When we began this adventure called womanhood, we had no idea of the incredible joys or sorrows that lay ahead. Nor did we know how much we would need each other.

Every day, we need each other still. Pass this on to all the women who help make your life meaningful. I just did. Short and very sweet:

There are more than twenty angels in this world. Ten are peacefully sleeping on clouds. Nine are playing. And one is reading her email at this moment.

Author Unknown

Sent in by BSP Classy Lady, Rebecca

(This was E-mailed to Rebecca, and she wanted to pass this on to all of you!)

*If Punxsutawney Phil sees his shadow, it means six more weeks of winter. If he does not see his shadow, it means spring is just around the corner.*

*Sisters are there no matter how much time or how many miles are between you. A girlfriend is never farther away than her reach.*



BETA SHOPPE ITEMS



**Great  
New  
Items**

## Yellow Rose Tea Pot Cozies

Enjoy a teapot and/or cozy for yourself or give one as a gift to that special sister. Cozies are also available in holiday fabrics and designs for Easter, Christmas, July 4th etc...




Any BSP Sister, Chapter or Council may request to sell their items or item in the Beta Shoppe at No Charge!

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

- Featured Items:**
- BSP Car Magnets
  - Black TX BSP Mug
  - Teapots & Yellow Rose Cozies
  - Open and Closing w/ Mizpah Rose Cards
  - BSP Jewelry, Balloons,— Updated Items
- For All Sisters of Beta Sigma Phi  
No Charge to List!**

### TUNNEL OF FUDGE CAKE

1 3/4 c. butter, softened  
 1 3/4 c. granulated sugar  
 6 eggs  
 2 c. powdered sugar  
 2 1/4 c. all purpose flour  
 3/4 c. cocoa  
 2 c. chopped walnuts

**GLAZE:**

3/4 c. powdered sugar  
 1/4 c. cocoa  
 1 1/2 to 2 tbsp. milk

Heat oven to 350 degrees. Grease and flour 12 cup fluted tube pan or 10 inch angel food tube pan. In large bowl, beat butter and granulated sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Gradually add powdered sugar; blend well. By hand, stir in remaining cake ingredients until well blended. Spoon batter into prepared pan; spread evenly. Bake at 350 degrees for 58 to 62 minutes. Cool upright in pan on cooling rack 1 hour; invert onto serving plate. Cool completely.

## A Sister's Son Helped with an Extreme Makeover Home

Faith Tipton-Smith, her son and two daughters lost their home to a fire. Then, together they picked out a house plan, which was to be their family's dream home. Three months after the fire, Faith's son and eldest daughter were in a tragic car accident, her son died. Due to the massive hospital bills, construction of the home had to stop. Then came a hazardous mold problem, which is seemingly beyond repair without the help of the crew from Extreme Makeover: Home Edition and Oakwood Homes, Woodstock, GA.

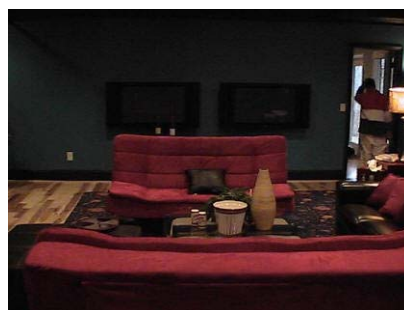
Courtesy of: extrememakeover.com

David Hicks (BSP Member—Beverly Hicks, son) became a part of one family's incredible rebuilding of a dream and their lives. For the Tipton-Smith family things were going to change because of many selfless people that volunteer and with guidance from the Extreme Makeover team.

Beverly's son David did the theatre room as well as helping with the electrical & wiring of the whole house.

David says "What an amazing project this has turned out to be – I couldn't be more excited about being involved. And, as luck would have it, they decided to do a home theater room with a DLP HDTV, surround sound, rope lighting and a ticket counter."

David recalls how blown away they (Tipton-Smith's) were, and he felt they were very nice and deserving of this abso-



David did the theatre room and wiring



Airing on Sunday, March 4, 2007 at 8:00 PM CST

lutely incredible home.

Beverly tells us, "I am so proud of David for giving of his time & money to be a part of this. This spring he is going to help remodel a home for the mom of another boy who was killed in the same car accident. She is a neighbor of the family who got the Extreme Makeover & all of the publicity. A couple of the guys who worked on the makeover think she needs help, also."

January 3, 2007

Dear Member,

A new year has begun and it is the perfect time to add new members to your chapter. Spring breathes a freshness into the world just as new members would bring unique and priceless newness to your chapter.

The Rushing Department has been keeping the printer busy with new bulletins, new posters, and new brochures. Please take the time to review your rush packet when it comes in, carefully. You will find the new Pledge Applications that represent the annual fee and enrollment fee changes and a sample of a new rushing brochure.

The "Torch" issues will start to feature a "Watts the Big Idea?" section that will include rushing ideas from chapters such as yours. If you would like to be featured, please send in your ideas to share.

Please remember that each Friendly Venture chapter this sorority year will be known as a Walter W. Ross chapter and will be a special part of our 75th year history. They will also receive special recognition in the Torch and certificates. The first 75 Friendly Ventured chapters this sorority year will also have their chapter name, location, and organizer engraved on a beautiful medallion. This medallion will be placed on a beautiful plaque that will hang at the International Headquarters for all to view.

We are here to help you be successful in giving the gift of friendship...just call us.

Sincerely,

Lola Ruby  
Membership Director

## What's New in the File Cabinet?

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- Installations—Written By Sisters
- Ritual of Light
- New Chapter Pledge Report Form Coming Soon

**Adding this Clipart to the Beta  
Journal in February, 2007**

Reflections of Love  
Sisters of the Heart  
From Dust into Stardust