

**Ottawa Beta  
Sigma Phi  
Chapter  
Chatter  
2009-2010**

# AWARDS AND HONOURS

## **Order of the Rose:**

Nancy McDonald, Laureate Alpha Iota  
Sylvia Archambault, Laureate Epsilon Gamma  
Rosemary Jull, Laureate Epsilon Gamma

## **Silver Circle:**

Jill Ghaiti, Xi Chi  
Brenda McKee, Preceptor Alpha Eta  
Diane Russett, Preceptor Alpha Theta  
Karen Little, Preceptor Alpha Theta (in chapter)  
Cheryl Cavell, Preceptor Alpha Lambda  
Ronnie Hogan, receptor Alpha Lambda

## **Gold Circle:**

Penny Barkley, Alpha Upsilon Master  
Katie Seymour, Alpha Theta Master  
Dency Sharkey, Alpha Master (2009)

## **Diamond Circle and Founder's Award 60 years:**

Joan Smiley, Beta Master  
Lois McMonagle, Alpha Theta Master  
Barbara Stroulger, Alpha Theta Master  
Betty Tweed, Alpha Theta Master

## **Founder's Award 65 years:**

June Johnston, Beta Master

## **Sister of the Year:**

Beta Eta Master- Shirley Armstrong  
Receptor Alpha Eta- Diane Cranton  
Preceptor Alpha Lambda- Ronnie Hogan  
Laureate Alpha Upsilon- Marilyn Matheson  
Laureate Phi- Madeline Bissell  
Laureate Epsilon Gamma- Dawn Bailey  
Laureate Alpha Iota- Debbie Kind  
Laureate Lambda- Carroll Larose  
Xi Chi- Jill Ghiati  
Xi Alpha Lambda- Irene Arkorful  
Sigma- Tara Hamilton

## **In Memory:**

Kay Roth, Beta Master  
Helen Reavely, Theta Master

## **Alpha Master Chapter 2009-2010**

### **GREETINGS, SISTERS...**

ALPHA MASTER Chapter has had another quiet, but not uneventful, year. Several of our meetings were cancelled due to inclement weather, illness, etc., but we did manage to get out and about.

### **SOCIAL**

We helped Joyce Shearer celebrate her 93<sup>rd</sup> birthday on July 29<sup>th</sup>, 2009 at Longfields Manor. Following the celebrations, we headed to BIAGIO'S ITALIAN KITCHEN for lunch. On October 7<sup>th</sup>, we attended SID CRATZBARG'S FASHION SHOW AND LUNCHEON at the Talisman. November 12<sup>th</sup> we dined at THE NEW DUBROVNIK. Our CHRISTMAS DINNER/GIFT EXCHANGE planned for December 9<sup>th</sup> was cancelled due to inclement weather and rescheduled to January 13, 2010 at BIAGIO'S ITALIAN LITCKEN. February 10<sup>th</sup> we met for Chinese food at THE GOLDEN PALACE and March 10<sup>th</sup> found us lunching at PILO'S GREEK RESTAURANT. We will be attending FOUNDER'S DAY and looking forward to having Mary Cook and former member Deana Herbert join our table. Plans are afoot for our WIND-UP some time in June. I believe we sill qualify as *social butterflies!*

### **WAYS AND MEANS**

GIFT WRAPPING at THE BAY during the Christmas season was again our biggest contributor to the treasury. And, once again, we thank Madeleine Haines, husband Ron (our Envoy), daughter Carol and granddaughter Andreanne for their time and effort. Where would we be without them! Therefore, we have a healthy treasury again this year and plan to make donations to other deserving organization at he close of this Sorority Year.

Our Chapter wish to thank our Sister MADELEINE HAINES for taking over the gigantic task of organizing the Gift Wrapping project form City Council. It demanded a lot of patience we're sure and she came through with flying colours!

### **SERVICE**

We supported the MS CHRISTMAS PARTY, the SHENKMAN CENTRE'S "ARTICIPATE" Endowment Fund (via City Council), and the INTERNATIONAL ENDOWMENT FUND. We plan to make further donations to other deserving organizations at he close of the Sorority Year.

### **PROGRAM**

We meet twice a month. Our first meeting takes the form of a Luncheon at a restaurant that coincides with our upcoming Program. The Hostess for our Business Meeting provides a scrumptious lunch, sometimes complete with wine, and then the Program is presented, followed by the business portion. This lifestyle fits very nicely into our Master Mode. We have dined and learned about

a multitude of countries and their traditions over the past year as well as having some very interesting discussions on the topic of the day. There is one controversial topic on the radar right now—Dalton's updated of Sex Education in Ontario Schools could prove to be a very enlightening discussion! (FLASH...this has been put on hold pending further review!) But Masters are still very inventive and imaginative!

ETCETERA....

We were happy to welcome transferee BARBARA McMULLOCH into our chapter and held her Ritual of Welcome on September 30.

CONDRATULATIONS to MADELEIN HAINES who will be receiving the SILVER CIRCLE.

Of course we are always missing members who are unable to get our to many of our meetings, in particular Joyce Shearer, Betty Carr, Bonnie Bjerke and Elizabeth Whittingham. We just want them to know they are in our thoughts.

Chapter ELECTIONS were held in March and re-produced the following Slate of Officers for 2010-2011:

President-Audrey Couzens  
Vice-President- Madeleine Haynes  
Treasurer- Dency Sharkey  
Recording Secretary- Jackie Brewie  
Corresponding Secretary- Dianne Wheeler  
City Council—Dianne Wheeler

If you're thinking things haven't changed, you're right!  
Well...almost. We have a New City Council Rep! And, yeas, we are still quite comfortable in our *jobs*.

**HAVE A GREAT SUMMER!**

Prepared by Dianne Wheeler.

## **Alpha Theta Master 2009-2010**

We began in September with a luncheon and meeting at the home of Betty Tweed.

In October we enjoyed a luncheon and fashion show at the Travelodge, "JoAnne's Fashions".

In November Barbara Stoulgier was our hostess for lunch. We played Bingo after lunch and Lois was the big winner.

We had a great Christmas Party in December at restaurant International. Our gracious hostess was Margaret Holland, and we were pleased to have four guests join us. Two members were unable to come.

January and February we didn't hold any meetings, due to the weather and illness.

On March 17, 2010, our hostess Lois McMonagle had a great St. Patrick's luncheon and meeting, everything was green for the occasion.

Five members attended the Founder's Day luncheon on April 24<sup>th</sup>, at Centurion Hall. Katie Seymour received her gold pin for fifty years, and three members were honoured for sixty years in Beta Sigma Phi—Lois McMonagle, Barbara Struolger and Betty tweed.

In April, we were back at the Travelodge again for another fashion show and lunch.

Betty Tweed was our hostess for our May meeting and lunch.

The luncheon held in June will be at Algonquin College, and it will be our last meeting of the year.

Our Executive has not changed.

## **Beta Eta Master Chapter**

We had a wonderful year of fellowship. We had a Book Sale within the Chapter to raise funds and it was a great success.

We had several Social Events such as: A Mixed Valentine Pot Luck Party, a Card night with our Hubbies, and a wonderful Bus trip to see the leaves and at the same time we

were treated to a fantastic Church Turkey Dinner with all the trimmings. It was a great trip! We had a wonderful luncheon at Algonquin College in March.

Margaret Burman is a Great Grandmother and Joan Carroll-Watts is a Great Great Aunt. Wow! How about that!

We had Christmas in January again this year as a Snow Storm kept us all in doors. We opened our Secret Sisters Gifts and had a lovely luncheon at Macies.

We are looking forward to the Founder's Day Lunch and our Chapter Birthday Party in May.

We wish you all a wonderful Summer, good health, and much happiness We hope to see all our Sorority Sisters from near and far at functions in the Fall.

Respectfully submitted

Joan Carroll-Watts  
Beta Eta Master

## **BETA RHO MASTER**

Beta Rho Master's programs have followed the theme, "passport to adventures", taking us worldwide and our own locales.

Laureate Lambda and our chapter co-hosted the chapter entertainment with a Sunday lunch and afternoon of whist. Prizes were given for high and low scores, plus door prizes were drawn. What an enjoyable afternoon with our sorority sisters.

We continue to have mixed socials, as well as our special chapter Christmas dinner and May birthday luncheon where we exchange gifts to our Secret Pals.

Support to CNIB Talking Books program, Cornerstone, and used clothing for The Well, continue to be our service projects.

For Ways and Means, we continue to sell Entertainment Books, chapter gift raffles, taking inventory and Christmas Gift wrapping.

Friendship, culture and service continue to be our goals.

## **LAUREATE LAMBDA CHAPTER HISTORY 2009-2010**

The members of Laureate Lambda chapter were busy again this year. We are very pleased with our 14 member roster and we would welcome any new members. Darla Kilpatrick was welcomed into our chapter this year as a re-instatement.

### **Our Roster for the year 2009-2010:**

Debbie Cameron-Jones (Recording Secretary/Girl's Socials/W&M)  
Bev Connell (Service)  
Flo Dumas (Girl's Socials)  
Donna Getz (Service)  
Darla Kilpatrick  
Carroll Larose (President, W&M/ City Council Rep & Corresponding Secretary for City Council)  
Deb O'Hearn (Treasurer/Girl's Socials)  
Marilyn O'Neill (1<sup>st</sup> Vice/Service/W&M)  
Sheri Pendlebury (Mixed Socials)  
Joan Walker (Program)  
Terry Williams (Corresponding Secretary)  
Helen Barnard (worked on getting donations for the MS Christmas Party) LOA  
Barb Rolston (worked on any project we needed done re computer work) LOA  
Gail Stewart (Girl's Socials) LOA

We kept our meeting format with the first meeting of each month, being a Girls Social meeting and the second meeting of the month as our regular business meeting.

This format has worked very well for our chapter, we have many members that are snowbirds and for those of us left behind the mixture is very welcome.

**Girls Social Meetings;** We started the year off with Beginning Day at the home of Carroll Larose and all of the Executive supplying a great supper, dessert and of course wine.

We have had, Trivia nights, Remembrance Day we watched MRS.MINIVER, great movie classic and Debbie read us some Veteran Poems.

In November we entertained Beta Rho Master, we played Court Whist, had great food, drink and lots of fun was had by all.

Christmas Pot Luck was enjoyed by all with the opening of our Christmas gifts and the reveal of our Secret Sister.

We also had an appetizer evening which was great and then we enjoyed the movie THE MARCH OF THE PEQUINS.

In March to celebrate St Patrick's Day we had an Irish night with Irish stew followed by a great movie called WAKING NED DEVINE.

In April we had a 'charades night' who knew it would be so far not to talk!!!

April we attended a Founder's Day Luncheon with the reveal of our Girl of the Year, (Carroll Larose).

In May we are looking forward to a very special evening. We will be having our Master Ritual for Helen Barnard, Bev Connell, Carroll Larose, Sheri Pendlebury and Gail Stewart. Darla Kilpatrick will be receiving her Laureate Ritual.

**Service Projects** Oct 3<sup>rd</sup> we made and served lunch at Shepards of Good Hope.

We wrapped gifts at the Well. The Well is a women's drop in center. Girls also volunteer to help and donate gifts to the MS Christmas Party. We also made a donation to the Shenkman Arts Centre. We will be donating some of our monies at the end of the year to various charities.

**Ways and Means** this year we did gift wrapping at The Bay and did inventory counting at Pantry Plus. Helen Barnard donated 10% of 3 months worth of Avon sales to our Ways and Means.

**Mixed Socials** was started off with an Oktoberfest held at one of the German halls. Needless to say the music and food were excellent. A Mini Glow in the Dark Golf game which was a hoot, we played men against the women but we think the men's scoring left a lot to be desired!! After which we all went out for a bite to eat. This year instead of doing a mixed Christmas party our mixed social we celebrated New Year's Eve together with of course food and your drink of choice. We had a bowling night followed by dinner. For our wind up we are planning a BBQ and Scavenger hunt.

**Programs**, in September we decorated cloth bags and filled them with goodies and donated them to The Well. A Halloween Quiz. 'Brain Teaser' quiz. Learned about what the different colours of roses means. Learned the logic behind the way we write our numbers in the present day. We were all given a sheet of celebrities' high school pictures and we had to figure out who they were. We also have some wonderful programs on the shelf.

**Events:** Sheri became a grandmother again to a baby girl. Cathy Wilkie(MAL) is a grandmother to a baby boy. Carroll & Sheri both celebrated their 40<sup>th</sup> wedding anniversaries. Sheri lost her Father-in-law, Barb's husband Gary broke his leg, Gail's mom passed away.

We all worked very hard this year to have such a successful fundraising year. We have raised enough money to help our special charities, these monies will be presented at the end of the year. One charity we help is the Well, a women's drop-in center.

Some of our members had to take Leave of Absence due to health reasons, but we always kept them informed on what was going on. We look forward to having them back next year, or even dropping in to see us when they can.. We have several members that are snowbirds, so some of our meetings had very few members in attendance, but never was a meeting cancelled for that reason. We were very happy this year to get a new member, and are looking forward to having a few more ladies join our fun chapter.

Respectfully Submitted  
Debbie Cameron-Jones, Recording Secretary



## **Laureate Phi 2009-2010**

Our chapter embraced this year's theme of "Passport to Adventure" with a trip to Montebello for our Beginning Day. Chapter "passports" were handed out to encourage sisters to use them while acquiring "passport stamps" throughout the year based on the year's Programs.

Our programs were varied from national to world travel, to her and cane furniture, celebrating the Olympics family roots and what it means to belong to Beta Sigma Phi.

We had a busy year with our chosen service project. We held a social, cultural and fundraising event to support Help Lesotho. The approximate \$2,200.00 that was raised really exceeded our expectation. Laureate Phi also helped Pearls for Girls by holding a "pearling bee". The money raised from selling pearl bracelets went to Help Lesotho. We invited the Richmond Chapter as part of our Chapter Entertaining to the pearling bee. It was a nice way to incorporate service and fun together. We also made donations to or assisted with the Multiple Sclerosis Society, Haiti Relief, Shankman Theatre, and the Fairy Godmother Project.

Laureate Phi had a wonderful year with our various social events. We celebrated on of our member's 40<sup>th</sup> wedding anniversary, a night at the races, a craft night, a fashion show, theatre night, Christmas dinner, St. Patrick's Day and Founder's Day. The highlight of our year will be our visit to Washington D.C. to visit our sister who's on a leave of absence.

Our chapter saw movement of three sisters advancing to the Exemplar degree. The executive provided such a dignified and honourable ceremony. It was a truly inspiring and welcoming experience for the members. A sense of belonging was shared not only with the three celebrants, but with the group at large. Everyone contributed to making the event so special.

This year our chapter is very pleased to welcome a new member to Beta Sigma Phi. The sister all look forward to getting to know our new pledge, Danielle Balfour. We know she will add something special to our chapter and look forward to many happy times with her.

Leah Horel, Recording Secretary

## Laureate Alpha Iota

Laureate Alpha Iota has embraced the letter "C" this year. Beginning Day was at Almonte Fibrefest, where we enjoyed the Crafts and displays at Mississippi Mills Heritage Museum. The afternoon culminated in a wonderful original drama (with music) called "Quilting Pieces." A second Cultural outing in February took us to Centrepointe Theatre for the musical "A Girls' Night Out." The "C" for Cultural was also present in several Chapter programs: music by the "Singing Quilter," Cathy Miller; and Preserving the Folksongs of Nova Scotia with a focus on Sea Chants, Acadian "Chanteuses" and the preservation of musical and Cultural history by Helen Creighton. Our Chapter Birthday Party in April was celebrated at a Concert by the Bytown Beat Chorus.

We are actively involved in City Council this year, with Nancy Reid as VP and also leading the Committee for a Founder's Day that provided many cherished memories. A Cultural Challenge by Margie Lee Gallagher, our co-CC rep, made a difference to the ARTicipate Endowment at the new Shenkman Centre, as Chapters responded and contributed \$1030.00 to the fund-raising! Awareness of Beta Sigma Phi was raised and the donation rated two Chair plaques and a mention on the Community Builder's Wall. Founder's Day was attended by all but one Chapter member, who was in BC to attend her son's wedding. (We guess that's a good excuse!) Congratulations to our Sister of the Year, Debbie Kind. The City Council's Closing Annual General Meeting will be catered by our Chapter.

Besides continuing to cultivate the strong and supportive friendships of Laureate Alpha Iota, we also enjoyed sharing expertise in the Cultivation of our gardens. An evening at Ritchie's Feed and Seed expanded our knowledge of Cuttings, Colour in the garden and Cultivar designs. Composting and use of the City's "Green Bin" was a program topic and we learned to make newspaper Catchers for those under-the-counter bins. We all were awed by the pictures of the "Mysore Fig Tree" in Florida, as we learned its origins and cultivation. Our annual Plant and Good Stuff Sale helped fill our Coffers. De-Cluttering our homes and selling our treasures through the local Consignment shop was also very successful for Ways and Means.

Our Chapter has continuously been a strong supporter of Cornerstone Women's Shelter. For 20 years we have filled over 50 Christmas gift bags chock-a-block full with mittens, scarves and headbands crafted from fleece by our creative sisters. To these, we added Coffee mugs, hot Chocolate, Candy, Cards, Countless toiletries, socks and underwear, and OC Transpo tickets. We have supported the MS Christmas Party and Women's Health Fund with donations.

Many Laureate Alpha Iota members have had challenges to contend with this year, but with the compassion and caring of our Sisters we have come through with renewed courage and closeness.

With all of our busy lives, who would expect we would have time for Socials, but we have always been committed to camaraderie and fun! Two evenings at Terrie's exclusive home theatre featured great "Chick Flicks", "Two Weeks Notice" and "The Holiday." We got together informally (at Tim's or Café Latte Cino), to plan events, and to celebrate birthdays, or even nothing at all. At Christmas our traditional Open House provided holiday cheer. The Chapter's Christmas dinner was Chinese! Our Winter Social in February celebrated the Olympics with challenges such as skating (but not on the Canal), and cheering on the Sens as they battled the Leafs. We are looking forward to being entertained by Xi Chi and to our Closing Dinner. The mixed BBQ (with cut-throat competitive games) will complete our year of "C's" for Chapter Chatter!

## **Laureate Alpha Omicron**

The fifteen members of Laureate Alpha Omicron have had a very interesting and enjoyable year.

Our cultural activities took us on many armchair trips to various countries including Japan, Hawaii and the Yukon and an interesting local tour of the new Shenkman Centre for the Arts in Orleans.

We also increased our knowledge about a variety of topics from pearls, to orchids, sunflowers, mammograms and aprons. Our social activities included a girls' movie night, an English tea and our girls' Christmas dinner out.

Our spouses joined us for our five mixed social events - two dinners out, a Christmas Open House and a Cultural outing to watch a local theatre group perform. Our end of the year finale is still in the planning.

Over the past year we also enjoyed getting together to work at our local Fun Fair, to participate in gift wrapping at The Bay, and to help with inventory at Pantry Plus. Proceeds from these activities allowed us to support the local Gloucester Food Cupboard, the Haiti Relief fund, the Shenkman Centre in Orleans, the Quilts of Valour project and also provided Christmas baskets to two families in the area.

We had a most enjoyable year *Sharing our Passport to Adventure.*

## **LAUREATE GAMMA SIGMA**

Our year began with a Beginning Day lunch at the Black Tomato in the Byward Market after which we enjoyed a boat tour on the Ottawa River. October 27th saw us entertaining members of Zeta Chapter and on Oct. 31st there was our first mixed social entitled A 4B Party - (beer, bocce, buns & brats). Unfortunately, the bocce did not happen due to inclement weather but the other 4s were enjoyed by all. Our Christmas mixed social was in the form of a cocktail party held on Dec. 19th.

It was suggested that we change our service commitments this year to include assisting May Court by making use of Air Miles cards, which were supplied by them, when making purchases at supporting retailers. Our chapter has been offering support to a member of the military while she was serving in Afghanistan. Our Service Chair has been very diligent in finding ways to augment our service account. At Christmas we participated in gift-wrapping at The Bay-Rideau, the end of January we were able to earn money by assisting with inventory at Pantry Plus and each member has been encouraged to provide a hostess gift when holding a meeting which is drawn for at the cost of \$1.00 per ticket. We have used these funds to support the Gloucester Food Cupboard and to purchase a seat plaque at the Shenkman Centre.

Meetings were varied due to many of our members going South. In November we met at the Shenkman Centre for the Arts for a self-guided tour of this beautiful facility after which we gathered at Darcy McGee's Pub for social time. In December we had our traditional Christmas ornament exchange with our social convener donning her Santa hat. We have had movie nights and dinner meetings and the programs have ranged from advice on the best way to avoid attack by bears to a presentation on a trip to Iceland, the History of Aprons, a carol sing, a history lesson on Orleans where most of us live and know little about, the different types of salt and their uses, we learned about Personality Disorders and lastly we tied a quilt which will be given to Victoria Quilts Canada.

#### **CHAPTER CHATTER: LAUREATE EPSILON GAMMA**

Our year got off to a wonderful start in August when our sister Doreen Goudey invited the chapter to help celebrate 50 years of marriage to her fantastic husband Bob. It was great that we could take part in making this a good day for them both.

Our year officially started with our opening day pot luck which is always a delicious evening-good food, good company and a chance to catch up with all the news. This was one of many social evenings ranging from a mixed social musical performance of Last Night at the Proms, National Women's Show, catered Christmas dinner, annual mixed

Christmas cocktail party, mixed New Year's Eve party ,breakfast out and to see the play "As you Like It" by Third Wall in which a member's daughter was appearing.

Our programs were interesting, fun and varied. In keeping with the theme, we carried a passport and collected stickers in them as we travelled from our living rooms to Sweden, home of our own Daniel Afredsson, then on to England learning the difference between high tea, low tea and cream tea. We learned the history of the apple-the fruit, not the computer-and all about Julia Child. We had a games night, a quiz on famous people from Ottawa and how to kick the adrenaline habit and run our bodies in a way that enhances our body, mind and spirit. We enjoyed programs on Ottawa City Council, the Vancouver Winter Olympics, and the Food of Spain and Portugal including eating delicious food from these countries. YUMMY!!! We even had a hilarious evening learning about outhouses!

The chapter was very busy raising money for our treasury by doing Christmas gift wrapping, stock taking, and a cake auction. We are still spending time with our friend Donna who has MS. We visit as often as we can but she is a very busy lady with an active life which is so great to see. We make sure she is remembered at Christmas, Valentines, Easter and her birthday. We collected craft supplies for distributions to Emergency Social Housing.

We did try something new this year-we had afternoon meetings in January and February. This worked out quite well. We are now looking forward to Founder's Day and also to being entertained in May by Preceptor Epsilon Eta.

We would also like to say "Kudos" to Rosemary for stepping up as President in October and doing such a great job all year.

Submitted by Nancy Nunnikhoven

## **Preceptor Alpha Theta**

Members of Preceptor Alpha Theta kept true to the spirit of the 2009-2010 theme – Share our Passport to Adventure. Sisters grabbed their passports and headed to several exotic destinations such as the United Kingdom, various cities in the United States (Charleston, Tucson and more), Mexico, the Caribbean (Turks & Caicos, Barbados), Europe (France, Portugal and Spain to name a few), Cambodia and Bali, and some less exotic destinations in Canada (Winnipeg, Toronto, Montreal, Mississippi Mills, Almonte).

Back home, sisters were keeping busy entertaining several prospective members and taking every opportunity to have fun. We spent an enjoyable day with Preceptor Epsilon Eta in Almonte for Beginning Day to explore the Herb

Garden. In the fall, we enjoyed the Greeley Players dinner and show "The Magic of..." and got to see how the other half decorates for Christmas during the Homes for the Holidays house tour before enjoying our own, less ostentatious Swiss Chalet Christmas. We started off the new year with dinner and a movie enjoying both *Leap Year* and *It's Complicated* and then cheered on Canada's athletes during Olympic Pride Night. In the spring, we took in concerts by the FROGS and the Fabulous Edsels and got caught up with our Ottawa sisters at Founder's Day. A special thanks to Xi Alpha Lambda for hosting our Chapter Entertaining evening. Now to finish off the year with a Spa / Hawaiian Luau night! In the midst of all this socializing, we marked several milestone birthdays and anniversaries – a special congratulations to Karen Little and Diane Russett on their Silver Circle honours.

Once again this year, we supported Cornerstone Women's Shelter, and were proud to see the latest developments of the Elizabeth Bruyère Centre rooftop Garden – Project Oasis. Our support of the garden was financed in part with our volunteer hours at the 2009 Navan Fair.

Throughout the year, we did do a teeny bit of learning through the programs that were presented. We learned about the most entertaining ways to enjoy the summer and, through the chapter survey, that we really do like each other! A presentation on Alzheimer's and Dementia showed us how devastating those illnesses can be, but the Lapis Lazuli stone apparently has mystical powers. Are dreams just a means by which the brain processes information?

We anticipate *a lot* more travel in years to come and are just hoping to find big enough suitcases for the rest of our chapter sisters to sneak along on our adventures! Mizpah!

Respectfully submitted by: Shelagh Rolston

**Chapter Chatter**  
**Preceptor Epsilon Eta**  
**2009—2010**

Preceptor Epsilon Eta started the year by celebrating Beginning Day with Preceptor Alpha Theta. We went to the Herb Garden for a tour and a little shopping. We then went on to Almonte to The Barley Mow for lunch. Great to see everyone after a busy summer! We split into small groups and did a little more exploring and shopping in Almonte.

We had a second Beginning Day at the MacKenzie King Estate in Gatineau Park. It poured rain but we had lots of fun at Lunch. The walk around the grounds was interesting as we dodged rain drops and negotiated rain slick paths.

We started the year with 8 active members. One member winters in Texas so we were actively seeking new members.

The Theme for Beta Sigma Phi this year was "Passport to Adventure" and we reflected that theme in our socials and programs.

We had a trip to England and Italy at the movie night "Bright Star".

In October we went to dinner and the Carleton Raceway. Unfortunately, Preceptor Alpha had planned another social that evening and were not able to join us.

We went to France and the USA for our "Julie and Julia" dinner party. Members tried their culinary skills on a recipe from one of Julia Child's Cookbook. This potluck supper was a lot of fun especially since several members had never tried the recipes before.

Our Christmas party involved a trip to the North Pole and gift exchange. We auctioned off some craft items as a Ways and Means project.

In January we went to a Play at the Ottawa Little Theatre. We started the evening with dinner at a pub and then enjoyed, "Drinking Alone" a comedy.

In February we went to Wabi Sabi to learn all about felting. Several members made small scarves and were surprised at how physical the craft was as they pounded wet fibres and enjoyed a snack.

In March we brought our friends and families to the Consignment shop and learned how it works. Several members went home with treasures.

Our programs were varied and interesting. All our members read the book, Still Alice by Lisa Genova in preparation for a book discussion in the fall. We also decided to watch the movie "Away from Her" as it was on a similar theme. Lots of good discussion followed with several members sharing incite into Alzheimer's Disease.

Another program took us to Battle Harbour, Labrador. At another meeting we learned all about the advantages of discounts for seniors. We also visited Italy with an interesting program on glass blowing in Venice. A supplementary program was presented on Smocking.

Our service projects included the Angel Tree donations from our Chapter and from several members. We are working on a quilt top for "Victoria quilts" for people who are undergoing Cancer treatment. A few of our members also sold Daffodils for the Cancer Society. We provide two magazine subscriptions for Parenting Magazines for a centre that provides assistance to new parents who do not have a lot of resources.

Our lively Vice President, Romaine Derhak, has been able to reach out to transferees. Our president Cathy Charette has invited a friend to join. As a result we are fortunate to have 3 new members.

Several of our members have had medical problems this year but we have been able to stay active. We're looking forward to the rest of our year ending in June. We will be hosting A Mad Hatter Tea Party in May for Laureate Epsilon Gamma. We also plan to go on a get away weekend and have a mixed social as well as our Chapter Birthday.

Respectfully submitted,  
Pat Turner, Corresponding Secretary

## **XI ALPHA LAMBDA**

2009-2010 has been another exciting year for Xi Alpha Lambda. Although we remain a small group, we've managed to accomplish quite a bit this year, while focusing on what BSP is all about. This year our programs (group vs individual) continued to centre on learning something new while having fun. As we are all very efficient gals - we often combine a program with a social. For example, we learned about Latin dancing at a Zumba class, got spooked by the ghosts of Ottawa on a 'Haunted Walk', learned how to spice up relationships, and how to belly dance Middle East style. Our more traditional programs focussed on the school curriculum, changing weather patterns, the social interests of the younger generation, travelling with children, and family pets. Our formal socials were a mix of members only, couples and family events, and included bowling, a nature walk (where birds ate right out of our hands) on Beaver Trail, a BBQ, movie nights, and dinners out. We also enjoyed our traditional Christmas party which included an ornament exchange, as well as gifts from our Secret Sisters.

Our major fundraising effort this year (4th annual comedy night) was in support of Chrysalis House, where we're proud to help out women and kids in need. We also enjoyed participating in CC events such as the Christmas party and Founders Day, and supporting events such as CCS' daffodil days, and new causes like the Shenkman Centre. As our sorority year begins to wind down, we look forward to surprising our mothers with hand made Mother's Day cards, and to participating in the 2010 Spring Olympics when Preceptor Alpha Theta joins us for an evening of fun. We also look forward to next year which we hope will be just as fun, and will provide more opportunities for learning and growth (individually and as a Chapter). We wish all of our Sisters in BSP Ottawa a healthy, rewarding and sun filled summer.

Respectfully submitted,

Dianna Millar  
Xi Alpha Lambda



## **Zeta's Chapter Chatter**

This year has been filled with excitement once again for Zeta. We ended the 2008/2009 season with our 3<sup>rd</sup> Annual Open House in June 2009. Instead of hosting it in the winter months, like previous years, we opted for a summer fun outdoor event for past and present members of Zeta. We had a great turnout – with kids and pooches running amok – before we ended our chapter year.

Over the summer months, our sister Vanessa Buchanan made the tough decision to leave the chapter. We missed her but made her promise to let us know when her baby was born.

Our September meeting started with a new theme – Fun For Everyone! The year started with great news: Leigh Johnson announced her engagement! We celebrated Beginning Day in September as well, by taking a tour of the Diefenbunker, followed by lunch at Mucho Burrito. It was then that our sister Jen Ford announced her pregnancy! We were all very excited to learn she was due with her first child in March 2010, and even more excited when we later learned she was expecting a little girl.

In October we were thrilled to hear that Vanessa had her baby – a little girl named Fiona Catherine. We were also entertained by Laureata Gamma Sigma and enjoyed a games night.

November was a good month that ended with Christine Haapala returning to work after her year of maternity leave. We made a sizeable donation to the Canadian Mental Health Association from our 2008/2009 year – the funds were sent to the Ontario chapter with the request they be directed to public education in elementary and secondary schools. We also sold Purdy's Christmas Chocolates for fundraising and enjoyed a potluck dinner as we sorted the deliveries.

December was a quiet month as we all took a break for the holidays, and our thoughts were with Karen Mueller and her husband, Brad, as they headed to The States for Brad to have surgery. Luckily all went well and he was home in Ottawa to celebrate the holidays.

January 2010 started off with a "Welcome back!" to Laura Rogalski, as she'd taken a short leave of absence to finish a course and exam. Jeanene Slade decided to take a leave of absence for health reasons, as she was heading back to The Maritimes for a few months. Jen Ford was growing a great baby belly, but had to take a leave of absence for personal reasons. We missed her, but made sure to get periodic updates to hear about how she and Baby Ford were doing.

Meanwhile, Laura was pleased to announce she passed her class – sure made the LOA worth it! We also welcomed new members Kelly O'Neill-Mogridge in January and Dana Ducette in March – we are so excited to have these new members as part of our group.

Finally, on March 17<sup>th</sup>, Jen Ford and her husband welcomed their little girl, Sarah Marie. We have enjoyed seeing photos and look forward to meeting her in person.

Our programs this year have included a documentary viewing and discussion, a presentation about life insurance, decorating baby clothes (how fitting!) and a trip to Aren't We Naughty on Merivale Road. We look forward to celebrating Founder's Day, and look forward to finishing off the year with our Service (Spring Cleaning the Capital) and Ways & Means projects.

## **SIGMA'S CHAPTER CHATTER 2009-2010**

Sigma Chapter started out this year with six members: Tara Hamilton, who was also City Council 2<sup>nd</sup> VP, Taryn Hudgins, Jenn Russett, Meghan Sindall, Kim Hand, and Sarah Johnson. We had a great year full of meetings, programs and socials.

Our Fall programs included: learning to juggle, World Travel: where and why, Dolphins, Wicca and Halloween, Coco Channel: Influence on Fashion, and playing "Trailblazers" a Canadian Board Game.

Our Socials included: September-Mini Putt, October- Ottawa Haunted Walk, November-Fudge Making Party, and December- Sigma's Christmas Party, which included our traditional ornament exchange and lunch made easy by ordering-in Swiss Chalet. We also welcomed our newest Ritual of Jewel members, Meghan, Kim and Sarah. Christmas was busy with our yearly Ways and Means Fudge Sale, and Gift Wrapping at the Bay-Rideau. This year we also invited Sisters to join us for a 'Carols for Can's' in early December to support the local Kanata Food Bank, this truly brought out the Christmas Spirit and the lightly falling snow made the evening perfect.

The New Year was a period of change for Sigma, it came with so-longs and good-buys as Kim was excused from meetings due to classes and work, but has come to every social, and Sarah took Member at Large for personal reasons. This brought Sigma down to four members but it most defiantly didn't put us out. We took on planning Founder's Day along with Nancy Reid's help. We had a 'Sweet Sister' bake sale at the Feb. City Council meeting to support our Ways and Means and changed our meeting style to have one meeting be business and the other to be double program, we love doing our programs and we love to talk so this has really helped in keeping our meetings to a shorter time period. Every once in a while you need to shake things up, get rid of the cobwebs.

Our Winter/Spring programs included: 'Bobsledding' AKA tobogganing at Meg's, local Ghost Stories and the Paranormal, a combined Myer-Briggs personality Test and a discussion on group dynamics, a combined program on Health and Fitness, easy exercises and what's in our food, learning how to paint glass and learning how to tolepaint a Rose for a handmade Mother's Day Card.

Our Socials included: January-Crazy Bowling, February-Winterlude Ice Sculptures, March-Girls Movie Night, where we invited friends and Xi Chi to watch "Julie and Julia" and munch on a wide variety of Appi's. April was Founder's Day and for Sigma it was the end of 4 months of bi-weekly planning sessions and a few Saturday Blitz's for all the crafty stuff. We hope everyone had fun...Mmm... good food... seeing friends...taking pictures...tradition and ritual...wonderful sisterhood...my feet hurt!

Just because we were planning Founder's Day didn't mean we stopped everything else, we put together a great Raffle Basket for supporting the Shankman Fund, and with our donation to that in March, the Basket proceeds were now going to a donation to the Beta Sigma Phi Endowment Fund For Women's Health in June, thank-you and good luck to everyone who purchased a ballot at the May AGM drawn. We also provided tea, juice and goodies for a Social Time at the March CC Meeting. We volunteered to do Chapter

Chatter for City Council. We were entertained by Preceptor Alpha Theta at a Julia Child inspired evening with games and different types of crepes. We welcomed Inara Whiteman, born April 20<sup>th</sup> to former Sigma member, MAL-Windy Ka Ling Tam-Whiteman. Sigma also welcomed Julie Kerslake into Beta Sigma Phi, as she accepted our invitation to join at the end of April, and we are looking forward to more new members this upcoming year.

With Founder's Day over Tara and Meghan joined former Sigma, current Xi Chi member, Evelyn Stocki at the MS Walk the very next day and walked the 5km. We are now looking forward to more interesting programs, a Museum Social and our Wind-Up; this will include a bus tour of the city and lunch downtown.

It's been a busy year of up's and down's but Sigma is ending 2009-2010 off with a Bang! The smallest animal or insect can often make the biggest contribution to its ecology and environment, this has most defiantly been true about Sigma this year, we may have been the smallest chapter for most of the year, but we made the loudest noise and contributed a lot to Ottawa Beta Sigma Phi. We are very proud of what we accomplished and we are looking forward to next year.

Yours in Beta Sigma Phi,  
Sigma Chapter  
Respectfully Submitted by Tara Hamilton