

**Beta Sigma Phi-
Ottawa
Chapter Chatter
2010-2011**

Founder's Day Honours 2011

In Memoriam:

Diane Russett	Preceptor Alpha Theta
Flo Dumas	Laureate Lambda
Helen Barnard	Laureate Lambda
Ruth Van Tassel	Theta Master
Helen Stephens	Laureate Phi
Jean Tweedale	formerly Beta Master
Sarah Johnson	formerly Sigma
Margaret Hill	Beta Master

Order of the Rose:

Michele Simourd	Xi Alpha Lambda
-----------------	-----------------

Silver Circle:

Joe-Anne McKee	Laureate Epsilon Gamma
Barbara Cook	Laureate Epsilon Gamma

Golden Circle:

Bonnie Bjerke	Alpha Master
Janet Jarvis	Alpha Upsilon Master
Chris McGoun	Alpha Upsilon Master
Dorothy Sundin	Alpha Upsilon Master
Sally King	Beta Eta Master
June Craig	Beta Rho Master

Diamond Circle:

Louise Laidlaw Long	Beta Master
Louise Ide	Alpha Upsilon Master
Stella Allen	Alpha Theta Master

Pledges:

Christine Hoapala	Zeta
Wendy Nicholson	Laureate Phi
Betty Morell	Laureate Alpha Omicron
Diane Daka	Beta Rho Master

Transferees:

Cindy McGee	Preceptor Delta Epsilon
Ann Mady	as yet unaffiliated
Lorraine Ellsworth	as yet unaffiliated

Sisters of the Year 2011

Chapter	Sister of the Year
Alpha Master	
Beta Master	
Theta Master	
Alpha Theta Master	
Alpha Upsilon Master	
Beta Eta Master	Shirley Armstrong
Beta Rho Master	
Gamma Epsilon Master	
Laureate Lambda	Debbie Cameron-Jones
Laureate Phi	Jackie Frigon
Laureate Alpha Iota	Sheila Chrysler
Laureate Alpha Omicron	
Laureate Alpha Upsilon	Cherolyn Landry
Laureate Gamma Sigma	
Laureate Epsilon Gamma	
Preceptor Alpha Eta	Heather Sutherland
Preceptor Alpha Theta	
Preceptor Delta Epsilon	
Preceptor Epsilon Eta	Romaine Derhak
Xi Chi	Christine Murray
Xi Alpha Lambda	
Zeta	
Sigma	Jenn Russett

ALPHA MASTER Chapter Chatter 2010-2011

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

Beginning Day saw us dining at The New Dubrovnik; October we were at Pilos for Greek fare; November found us at the Kam Fung Buffet, Bar & Take Out for delicious Chinese food. Our Christmas luncheon began at the ever-popular, but hard to find, Lexus Restaurant. Following a tasty repast, we then proceeded to Bonnie Bjerke's for Dessert/Gift exchange. January found us celebrating the New Year at the newly-opened Great Canadian Steaks & Buffet Restaurant (you really ought to try this place!). February we were off to Moxie's. March it was Scores Rotisserie & Ribs (the Trainyards) and also mid-March, an invitation from Barb McCulloch to a Champaign Breakfast at The Villa. We got daring and tried Thai food at Sukhothai's for our April outing. We now look forward to Traditional

High Tea at The Chateau Laurier this month and our June Wind-up Luncheon at Madeleine Haynes' home in Gatineau East. It's always a wonderful way to close out our Sorority year! Thanks again, Madeleine (and Ron)!
I believe we still qualify as very active *social butterflies*!

SERVICE

We supported the **INTERNATIONAL ENDOWMENT FUND**. We may make further donations to other deserving organizations at the close of the Sorority Year.

PROGRAM

We meet twice a month. Our first meeting takes the form of a Luncheon at a restaurant. 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**. Check out the following to see what we've been up to:

- A slide presentation on Iceland.
- Glass Artist, Rosemary Driscoll, brought her kiln and glass and gave a demonstration of fused glass jewellery. We all participated in making some glass jewellery.

Scrapbooking - Our presenter showed us a 50th Wedding Anniversary scrapbook that had been lovingly assembled by her children.

Christmas - Secret Sister Gift Exchange and tea/coffee/dessert following our outing to Lexus Restaurant.

Because January is Alzheimer month, our program was on Memory - short and longterm, tips on improving memory and Puzzles.

Windmill Power -- Low frequency sound and vibration, electro- magnetic fields and their affect on humans.

In April, we discussed the general topics of the day - the upcoming Royal Wedding and Federal Election.

We hope to conduct a Ritual of Welcome for Earla Hynes and Install our Officers in May.

ETCETERA.

We are looking forward to **Earla Hynes' Ritual of Welcome** May 25th. We're so pleased that she joined our Chapter. A most welcome addition!

We are always missing the members who are no longer able to get out to our meetings and luncheons - in particular, **Joyce Shearer, Grace Sutherland and Betty Carr**. We just want them to know they are in our thoughts.

Dianne Wheeler is looking forward to her first **Great Grandchild**, due May 24th! Of course, she feels she's really "**2-young**" to be a Great Gran!

We Congratulate **Bonnie Bjerke** on receiving her **Golden Circle** at Founder's Day. That's dedication!

Our OFFICERS for 2011-2012:

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

Are you noticing that this is a frequent re-occurrence? If you're thinking things haven't changed, you're right! And, yes, we are still "buried" ...I mean, **VERY** comfortable, the emphasis on **VERY**, in our "offices".

We were delighted to have **Grace Sutherland** with us on **Founder's Day**. And...it was like old times to have **Deanna Herbert**, a former member of Alpha Master now living in Ingleside, join us for **Founder's Day**. We could see the pride in our Sister **Audrey Couzens'** eyes as her daughter, **Michele Simourd** of **Xi Alpha Lambda** Chapter, received the **Order of the Rose**.

In conclusion.....

Support bacteria...it has more culture than humans. And DO HAVE A GREAT SUMMER!

Dianne Wheeler, CC Representative--2011

Alpha Upsilon Master

Our Beginning Day was held in Louise's garden where we ate dinner and caught up with each other's summer doings.

Programs were, as usual, varied ranging from serious discussions on Canada's Immigration Policies to lighter evenings such as the night we compiled our Bucket Lists (to much hilarity). Other topics included discussions on the Criminal Laws, meeting with a realtor, a Visual look at Russia, to name a few. Our Christmas programs are always fun, with Santa usually roasting everyone about something or other.

We had fun too holding a Valentines Box Lunch social, getting to know one another better over "Guess Who's Coming to Lunch" events, and entertaining our sisters in Preceptor Alpha Eta at an Easter party.

Our socials included a January dinner with partners, and we are looking forward to another one in June on the Beach. We'll end our year with our usual girls; weekend in the Gatineau early this summer.

Submitted by Audrey McAllum

Beta Eta Master

Beta Eta Mater began the 2010-2011 new Paths to Friendship year with a Beginning Day Social and Meeting at the home of our talented horticulturist Margaret Burman in Carp. It's a pleasure to start the sorority year in such an attractive outdoor environment. After visiting, sipping and indulging in a delectable Pot Luck luncheon, sisters gathered for a meeting chaired by President Shirley Armstrong. The new year plans were briefly presented by various committees. It was agreed to continue to hold regular luncheon meetings at the Maci's Best Western Hotel.

Chair person of Ways and Means, Joan Carroll-Watts, organized a successful Garage Sale at her home in Stittsville in September. A variety of sale articles, donated by members, family and friends captured the interest of many buyers. Money was raised to add to our Contingency Fund for special projects. We made some new sorority friends who responded to our advertising.

A Welcoming Ritual was conducted for a new member, transferee Carol Dunn, who is an asset to our group with her varied interests, projects and supportive contributions within the community.

Graham and Joan Marr, genuinely warm, gracious host and hostess, welcomed members and husbands to their home for a pleasurable autumn social event. We enjoyed wine, a delicious Pot Luck luncheon/dinner. Our great cooks always create food to tempt the taste buds. After the delicious meal, guests assembled to play a favourite choice of entertainment, a lively, high spirited and extremely catty game of Rummoli. Prizes were awarded. The great camaraderie definitely indicated an A+ party!

In November, to commemorate Remembrance Day, a special program entitled "women in the Military" was prepared and presented by Sally King, assisted by Margaret Burman. Impressive factual data, readings, recitation of In Flanders Fields and personal reflections by two sisters, Joan Cameron and Geraldine Fortune who served Canada in the military, complimented the theme. On November 11, we were so proud to have Joan Cameron place a wreath on behalf of Beta Sigma Phi during the service at the War Memorial.

For service, we donated to the Mission, MS, Alzheimers and Carol Dunn for Community Support work. Members volunteered at the Perley, especially with sing-a-longs and assisting residents at birthday parties. Our chapter contributed to fund-raising projects of other city chapters.

The International Restaurant at Algonquin College was the site of a special Christmas Celebration social. All members were in attendance and enjoyed being served their menu choice in style. After dinner Santa's elves delivered Secret Pal gifts from under the tree.

As usual, John and Marie Balfour-Stevens were perfect host and hostess for a delightful mixed Valentine's social with theme decorations. Guests sipped on punch and our gourmet cooks again provided a scrumptious Pot Luck luncheon/dinner. Happy birthday was sung to two young celebrants. After dining, we divided into groups for visiting, viewing Championship Curling and a laughter filled, rule bending, brain testing, game of "Taboo!" It's amazing what we learn about each other during such activities.

In correlation with our theme program "Women in the Military", a beautiful Celebration Ceremony was written and resented by Sally King, assisted by Shirley Armstrong, to honour Joan Cameron (CWAC) and Geraldine Fortune (RCN) who served Canada in the Military. The focus was on Love, courage and Service. The sisters were presented with roses and a special international pin which is white and navy with a global design made especially to honour sorority sisters who have served their country. We managed to keep the ceremony secret, which added to the emotion for the recipient sisters and members present.

On March 9, 2011 members gathered at Canada's Museum of Nature for a tour. Everyone marveled at the new Queen's Lantern glass structure over the main entrance, named to commemorate Queen Elizabeth II and Queen Victoria. After visiting the Bird and Mammal galleries, we stopped to have lunch in the Nature Café followed by some shopping at the Nature Boutique. In the afternoon the Talisman fossil and RBC Blue Water Galleries captured our interest. Everyone was so impressed with the fabulous new look. Let's return!

Our election returned the existing executive for the upcoming year.

Most of our chapter will be attending Founder's Day Dinner/Rituals including Legacy member Kelly Anne King (at age four appeared in the torch Spring parade of daughters). She is the daughter of Sally King, who will be recognized for fifty years in Beta Sigma Phi at this year's event.

Beta Eta Master's birthday will be celebrated at a luncheon party in May. Secret Pals from the 2010/2011 year are revealed with guessing, gifts and greetings. New names will be received for next year's fun.

We wish all our sisters a relaxing, restful and reenergizing summer!

Beta Rho Master

Beta Rho Master members have been very active this year. We welcomed a new member, Diane Daka, in September. Our theme, The Magic of Words, provided much humour, brainteasers, trivia challenges as well as interesting

book reviews. June Craig celebrated 50 years of membership in Beta Sigma Phi and received the Golden Circle award. We participated at all City Council Functions such as the Preferential Tea, Christmas Meeting and Founder's Day. We held our traditional mixed fall dinner; attended a Dinner Cabaret, a mixed Christmas Dinner and our members Christmas Dinner where annual traditions are followed. We continue to support Cornerstone, an Organization for homeless and mentally challenged women; at Christmas we provided grocery and Tim Horton gift cards for each resident. We had a winter and spring clothing drive and donated bed linen, blankets, towels and umbrellas to The Well. We also donate to the CNIB for talking books. We support all City Council service projects and provide financial assistance to International projects. Anne Dawson participated in dancing competitions and won awards again this year. Our members continue to be very active as volunteers in the community. Many sisters travel all over the world and keep us up-to-date with their informative and funny e-mails. We look forward to the Japanese Themed entertainment by the Laureate Phi Chapter on May 29th. Wendy Russell is travelling with Diane Goodwright to Greece and Turkey this spring and our President Bobbie Mattocks has sold her family home and will be moving into a renovated condo apartment this summer. Members are looking forward to warm summer days, golf and summer vacations.

Best Wishes to all Ottawa Chapters for a healthy, happy summer from Beta Rho Master.

Respectfully submitted by: Denise Lalond

Laureate Alpha Iota Chapter Chatter 2010 – 2011

This year, we embraced our theme "New Paths to Friendship." Beginning Day found us in Almonte at Fibrefest, where we visited our old friend the Llama and admired and purchased handcrafts. We then took the path up the road to Evelyn's cottage on Mosque Lake. Saturday's highlight was sitting on the dock in bright sunshine, sipping margaritas, while some brave souls went swimming!

From the relaxation of the cottage, we came home to the formality of a Master Ritual for sisters Ann and Terrie. Congratulations on reaching this milestone.

Down the Garden Path to our major fundraiser of the year our Plant and Good Stuff Sale gave us a chance to share perennials, delicious edibles and hand crafted treasures. As a Mixed Social, also in the fall, we drove the path of the 417 to Beau's Micro Brewery in Vankleek Hill, and explored the world of this increasingly popular local organic beer.

Our next path led us to the beautiful Preferential Tea hosted by Xi Chi, where Legacy Daughters Elizabeth and Emma Reid (Nancy's granddaughters) were introduced to Beta Sigma Phi. Our chapter was well represented by several members and their guests. November saw Laureate Alpha Iota sisters support the "Home for the Holidays" tour which benefits May Court. We were proud to see Sherrill's stunning quilted articles at the May Court Sale.

The path of Service brought us to our annual project in support of Cornerstone Women's Shelter. For more than 20 years, we have provided an incredible array of articles for our 55 gift bags. Once again, fleece mittens and scarves, designed and handmade by our sewing committee, were the basis of our donation. We also made monetary donations to a number of other charities. Several chapter members assisted in the organization of City Council's Silent Auction and made donations which helped in the success of that event. Margie Lee and Nancy R served on City Council executive.

We trekked the shovelled paths to Nancy M's for delicious Chinese food at the chapter's Christmas Dinner and to Nancy R's for our Christmas Open House. The mixed party was special this year as Sherrill's husband joined the elite ranks of our Men's Auxiliary, Phi Beta Krappa. On a more serious note, everyone at the party donated bus tickets for use by the homeless.

Culturally, our path has taken us to a variety of experiences: from insight into the demographics of our political ridings to learning about the iconic folk song group Stringband; from New Year's resolutions to nicknames to baseball idioms as a reflection of life. We learned about felting of wool and about the Home Children – the latter a fascinating story. We looked at a book written by an inspirational breast cancer survivor. We were challenged to improve our minds with the game of WHO WHAT WHERE. On the lighter side we examined everything about "Hobbies." Whatever the topic chosen, our programs always informed us and stimulated us to think, to create and to enjoy.

Movie Nights (in November and March) were great "girls' nights out," and we shared a significant birthday with Margie Lee at an afternoon social. Last year's chapter birthday at a concert by Bytown Beat was such pleasure we decided to repeat the experience. We listened to a very upbeat chorus and shared refreshments afterward. It was exciting to hear that the group had achieved 4th place at a recent competition in Syracuse, NY. Later in April, the beautiful floral-strewn paths at Founder's Day led to a warm experience shared with old and new friends. We are pleased and proud that Sheila is our Sister of the Year. The Honour Rituals and the presence of so many Master members at Founder's Day were an inspiration to all of us.

We are looking forward to entertaining Preceptor Epsilon Eta in May. This time we are taking the Disco Path, with a 70's theme. We will dress in bell bottoms or Crimplene, listen to 70's music and eat 70's goodies. Our year end will be a celebration at Lunasole restaurant and a Mixed BBQ highlighted by Phi Beta Krappa's crazy games.

Life's path is not always smooth and we are very fortunate to have the deep friendship and love of our chapter sisters. There is always support for our sisters in the more difficult times, and mutual pleasure in happier events.

Laureate Alpha Omicron

Beginning Day this past September was held at Portobello Manor in Orleans where we spent a lovely afternoon visiting and serving ice cream sundaes to the residents - a great group of people who really do enjoy their ice cream. All the members of our chapter have taken a turn arranging our social calendar. So far we have enjoyed an Octoberfest dinner at a local restaurant, a Christmas dinner at a member's home, a card evening and an elegant afternoon tea to celebrate the marriage of William and Kate. Our programs over the year have been very interesting and allowed us to broaden our knowledge of many subjects from traveling, to quilting, cacti, and purses! As we are supporting Kids Come 1st this year we were delighted to receive a presentation from their representative. This is a local group that helps Ottawa area families with autistic children. We will be finishing off our year by selling hamburgers and hot dogs at the local Fun Fair and looking forward to our Year-End Windup party.

Laureate Phi Chapter 2010-2011

The sisters of Laureate Phi have had a remarkable year and we are only just past midway. Beginning Day started with a very lovely Pledge Ritual for Danielle Balfour followed by a potluck lunch with lots of wonderful food.

At our first meeting we decided that this year's fundraiser for our chapter would be a "glass block" project. The twinkling Christmas decoration proved to be very popular, however, the joy of the members gathering to make them was our real satisfaction.

Our programs continue to provide an opportunity for new interests and learning. Our presentations included talks on CPR and Heart Attacks, Pathways in Travel, Canadian Citizenship Test, Rituals, the Maasai People and Curling.

In December, we welcomed Wendy Nicholson to our chapter with a Pledge Ritual. She brings enthusiasm and curiosity to our chapter, and keeps us on our toes.

Our chapter was fortunate in participating in the Master's Ritual for 9 of our sisters. Our dear sister, Helen Stephens was elevated in absentia. During the ceremony, the words of Beta Sigma Phi resounded with profound meaning as we thought of Helen with pride.

It was shortly after this special ritual, that we received the news of Helen's passing. Her sorority sisters were there to participate in her moving memorial service. Never before has our chapter felt so blessed to be a part of this phenomenal group of women. The Beta Sigma Phi words were so moving, that attendees were brought to tears.

Laureate Phi has had a busy social calendar which included a Car/Photo Rally in Merrickville, attending Pref Tea, Glass-Block making day (food always yummy), chapter Christmas dinner, a night at the races, celebrating St. Patrick's Day in Ashton, and attending Founder's Day. We are currently planning more events including chapter entertainment.

Our service projects include the M.S. Society, the Endowment Fund, the Fairy Godmother Project and ongoing plans for Dress For Success.

All chapter members are excited about finishing off our year, and looking to an even better year ahead. They wish all our sisters in Ottawa a fun-filled summer and the best of health.

Submitted by Leah Horel, Recording Secretary

Chapter Chatter --Preceptor Epsilon Eta 2010—2011

We started the year with 10 active members. One member winters in Texas. We have not had any new members this year. We had an exceptionally busy year as we agreed to host Founder's Day 2011 taking over from Nancy Reid (1st V. P. City Council) in November.

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

We started in May with A Mad Hatter Tea Party for Laureate Epsilon Gamma. Aside from the fabulous baking and refreshing tea we had a number of fun games to keep everyone busy. Wearing costumes added to the fun.

The ladies went to Brockville for Doors Open and had a great time with a few laughs. We toured the Fulton House, The Masonic Lodge, the Presbyterian Church and the Provincial Court House. The tours were very informative.

In June we had our Chapter birthday by celebrating at a picnic on Petrie Island. After dinner we enjoyed cake and Secret Sister revealing at Romaine's House.

We had a mixed social at the R.A Center for Brunch in June.

Preceptor Epsilon Eta started the year by celebrating Beginning Day with a trip to Merrickville. We lunched at the Gad's Hill Pub and then had fun shopping.

On two occasions members and their spouses got together at the Merlot Room for brunch.

In November we went to "Menopositive" the musical for many laughs. And we had a great time at the Preferential Tea hosted by Xi Chi.

We had a Christmas party at Romaine's with yummy buffet meal from the Little Turkish Village. We followed that with a Secret Sister Gift Exchange.

In February we attended The King's Speech" and then had a noisy hour in a coffee shop.

We had a Pot Luck and Games night in March. Who knew "Skip-boo" could be such fun!

Our programs were varied and interesting. During the summer, all our members read the book, the curious incident of the dead dog in the night by Chris Haddon in preparation for a book discussion in the fall. Many members had a great time with this book which is written by a person who had worked closely with people with Autism. The book is in the first person as if the Autistic person is writing the book. Great Mystery and a good read. Several members have also read Jodi Picoult's House Rules about a person with Asperger's Syndrome. Romaine did her program on Autism and loaned us her many books so we could get a better insight into this condition.

In Oct. Wyn Fournier gave her program on the effects on Family Life when a member of the CF is deployed to Afghanistan or any other dangerous area.

Anne Murphy's program was on Children's Personal Safety and strangers. Many members talked about the dangers of the Internet.

Jacque Rawes told us about the benefits of Fibre in our diet which was perfect after the Holiday indulgence.

Sandra Lindsay and Carol Streeter did their program on Friendships with many interesting examples.

In April we were treated to a program on exercise by Cathy Charette and Jackie Leury. We all learned about a new form of exercise along with a few favourites that members had tried before.

Our service projects included the Angel Tree donations from our Chapter and from several members. A few of our members also sold Daffodils for the Cancer Society. We provide two magazine subscriptions for Parenting Magazines for a Miriam Centre that provides assistance to new parents who do not have a lot of resources. We were able to make a donation to "The Well" a charity to support marginalized women in the inner city at the St John the Evangelist Anglican Church on Elgin Street. We supported the MS Christmas Party.

Unfortunately, we were not able to attract any new members this year. Our Pledge Jackie Leury received her Ritual of Jewels. We have 6 members who are eligible to receive the Exemplar Degree and that is planned for our June meeting. They include Romaine Derhak, Wyn Fournier, Wendy Guay, Sandra Lindsay, Anne Murphy and Carol Streeter.

Our biggest project this year was Founder's Day. Many of us in the chapter had very little experience planning such an event. However, we all pulled together and were pleased with the result. Wyn Fournier chaired the Founder's Day committee. Sandra Lindsay hand painted rose bowls for center pieces, Romaine prepared flyers, made chocolates, sewed fabric for center pieces and worked on the seating plan. Carol and Pat prepared the tickets and sold them. Wyn organized the production of a wonderful sign and visual display for the wall as well as a slide show featuring our theme "New Paths to Friendship". Jacque Rawes prepared the program, and the "Table talker's" boxes. Karen brought the AV equipment. Jackie Leury and Cathy Charette assisted our guest speaker, Grete Hale. All the members were involved in the planning of this event and helped to prepare the many details to make it successful. Pat Turner acted as liaison with Nancy Reid and assisted in coordinating many of the details. Our work parties were a lot of fun. From the feed back we received at Founder's Day it was a great event.

We particularly want to thank Nancy Reid 1st Vice President of City Council for her assistance.

Respectfully submitted, Pat Turner, President.

Preceptor Delta Epsilon 2010-2011

Beginning Day found members at the Merlot grill for brunch. We were introduced to a new transferee, Cindy McGee. As we ate brunch our table was rotating around to display a panoramic view of the City of Ottawa. This also meant each time we got up from our table that it had moved. Much laughter ensued as the unsuspecting individual played detective. At the end of the brunch Cindy announced she would like to join our Chapter.

Throughout the year we have enjoyed movie nights, restaurant meetings for dinners and breakfast as well as traditional business meetings. Programs have ranged from Vacation and Christmas Hostess gift auctions to the history of Watermelon, a reminder of the importance of "In Flanders Field", and a presentation on the ways to adopt a child in Canada.

Christmas brought our yearly Wine and Cheese gatherings and a request to include "the boys" at some of our social meetings-dinner meetings to be exact. Preparations soon began for our major service project—our annual Spring Tea at Laurier Manor and also the refreshments for the AGM.

The highlight of the year was being entertained by the young women of Zeta Chapter. A fun filled evening making bracelet, necklace or earrings was enjoyed by even those of us who are "craft challenged".

The year will end with the Chapter Birthday Party and in June a Progressive dinner.

Preceptor Alpha Eta Chapter 2010-2011

Another sorority year has almost come and gone so now it is time to reflect on our accomplishments.

Our year got off to a slow start with a number of members taking advantage of fall travel. We held our first meeting in late September and made up for lost time as the year progressed.

We enjoyed a number of socials including a visit to the Royal Canadian Mint and lunch out at the Milestones. We also attended the musical Girl's Night at Centrepointe Theatre which left us reeling with laughter, song, dance and comedy. Our chapter was duly represented at Preferential Tea in November.

Shirley MacLeod held a mixed wine and cheese at her home in early December to kick off the Christmas season. We also had a number of lunch meetings and armchair travel programs to deal with winter's plight. Bonnie von Wurden hosted a dinner evening for members and their spouses to catch up after the holidays. A wine tasting and exchange is planned for early May along with a summer visit to the Canadian Museum of Civilization's Japan exhibition. Mid April we enjoyed a lovely evening at Shirley Westeinde's home as we were entertained by Alpha Upsilon Master Chapter. We had a great time colouring Easter Eggs, Egg Curling, Easter quizzes and super snacks!

Service projects are always a must with our chapter. This year we sponsored the MS Christmas Party, Women's Health at the Ottawa Hospital, Carleton University Bursary Program, Santa for Seniors Program and our own Brenda McKee's efforts in a 10 kilometer run for the Ottawa Hospital. Preceptor Alpha Eta is extremely proud of Brenda and her team who are raising money for a warming bed for the Neo Natal Unit.

Respectfully submitted by: Bonnie von Wurden

Preceptor Alpha Theta Chapter XP903

Much like last year members of Preceptor Alpha Theta grabbed their passports and headed to several exotic destinations following New Paths to Friendship.

The first social was a lovely outing July 12 at Kelly's Landing, Beginning day in the theme of Wizard of OZ at the home of Cheryl Elford, August 29th. We followed the Yellow brick road/path to renewed friendship as we enjoyed a lovely pot luck lunch. The program presented by Cheryl allowed all the members to learn a lot about the movie the Wizard of Oz.

At our September meeting Shelagh presented the best way to put your best face forward in photos. Everyone had fun trying to pose correctly for photos. Members looked forward to the Pref tea as the invitations were passed out during. During the Oct meeting Agnes show everyone how to fold napkins in a creative way, as we planned a Rushing event just before Halloween. The theme of the event was the Wizard of Oz building on our theme from Beginning Day. We incorporated costumes of the main characters and Shelagh adapted the trivia game to a large scale board game. We hosted potential progresses and transferees.

Xi Chi planned and hosted the Pref Tea held Nov 7th and many of our members attended this excellent event.

This year as a special tribute to our Deceased Sister Diane Russett the chapter decided to undertake more ways and means projects to make a special donation to MS in memory of Diane and Gordon. With the generous donation of a Gift of Light for a very successful raffle to support this effort, Cheryl started us off on the right foot. With the participation of all our members we supported Cornerstone Women's Shelter, the Elizabeth Bruyère

Centre rooftop Garden – Project Oasis and The Beta Sigma Phi Ottawa Hospital Endowment Fund. Our support was also supported by the efforts of our volunteer hours at the 2010 Navan Fair. In lieu of the exchange of Christmas gifts members donated funds to support the Elizabeth Buyere Roof top garden. Our annual January dinner and a movie night was held at St Laurent East Side Marios and the Rainbow cinema viewing of Love and Other Drugs with Anne Hathaway.

Throughout the year our members were very busy travelling to various destinations around the world. This made for some very interesting discussions about those destinations and adventures. Members on Leave Doris Whitson, Members at Large- Patricia Ellis.

Mizpah!

Respectfully submitted by: Karen Little

Laureate Gamma Sigma 2010-2011

The members of Laureate Gamma Sigma began the new sorority year with a Beginning Day outing to Wakefield and lunch at Le Moulin Inn.

Later in the fall, we also enjoyed a trip to Moosecreek and were delighted to find good shopping opportunities in such a small town.

We have enjoyed many interesting and varied programs, including a guest speaker who told us of her experiences serving as a Canadian military officer in Afghanistan.

Other programs included Tasmania, Black History Month, green household tips and remedies, thimbles, curling and Halifax "Trams and Tracks".

Our last social of the year will be an outing for dinner and then a performance at the Gladstone Theatre.

Xi Alpha Lambda 2010-2011

XAL started off the cultural meetings of the year with a Hula night. All the sisters wore grass skirts, flower lei's & wore flowers in our hair & on our wrists. We had a pineapple with fruit skewers to snack on. We learned about Hawaii's geography, climate, history, foods & culture. By watching YouTube videos we learned a few hula dances. We even had a limbo contest. Some sisters clearly have more practice at limbo than others ;) A good time was had by all with lots of laughing. And what's a hula night without a few lei jokes.

In recognition of October being *Breast Cancer Awareness* Month we decided to decorate bras. We had a discussion about breast self exams & other breast health issues.

There were many little screams of "OW!" as the hot glue gun got us again while attaching something. We all had fun adding bling, ribbons, feathers & even googly eyes to our bras! Some lucky husbands may get to see these modeled when the sisters get home...or they may not...who knows.

The sisters of XAL joined over 110 other Beta Sigma Phi sisters including some legacies & new Ritual of Jewel members in the tradition of Preferential Tea. Everything tasted awesome, thank you hostess chapter of Xi Chi. Since it was high tea, many of the ladies were wearing their best hats. Everyone enjoyed seeing the sisters with the most creative or unique hats. We had a special treat with a fur hat & matching jacket from 1959, complete with the Jackie style sunglasses & fake lit cigarette.

In November XAL hosted a Tocara party and invited their neighbors, friends & other Beta Sigma Phi chapters to come out & enjoy a night of looking at (aka drooling over) beautiful bling. Everyone had fun trying on various pieces, getting opinions on " Does this look good on me ? "and then maybe placing an order. Funds raised from the evening will be used to help out local food banks in January.

XAL invited Ottawa Valley 's most beloved storyteller and best-selling author, Mary Cook, to join us for an evening in late November. What an amazing & fascinating woman! During her visit the conversation had a wide range of topics from current events, to raising a family, to issues faced by those in schools (both teachers & students) and of course Mary told us about her background. She encouraged us to write our stories; even if we don't think it matters now & no one will be interested...if nothing else it will give the kids a laugh when they are older. She encourages everyone to record their history, so important things won't be lost to memory. Mary, thank you for sharing with us, and everyone else who reads or listens to your work.

XALs Christmas party started with supper out at Baton Rouge , and then back to Amanda's place for dessert selection. During dessert everyone eyed the ornaments that had been placed on the tree for exchange, selecting first & second (possibly third) choices. Several ornaments did get stolen (and re-stolen?? Can't remember now) but what's a good exchange without some stealing & pretend sooky faces. After everyone had their new ornaments it was on to gift exchange & thanking secret sisters.

A Putt Above, it's called that because that's what you do with the 3D glasses on...putt above the ball. Wearing the 3D glasses was rather disorienting & made it very difficult to tell if something was flat or curved & just how far up that obstacle really did come. The line "are you sure that shell isn't up like 6 inches" was mentioned several times during the game... along with "stupid starfish...keep hitting them". With the 3D glasses on it really looked like the shell was a few inches higher than the ball, but nope..same height. After mini putt it was on to the Balladium where the objective is to shoot the foam ball out of your air cannon to hit the targets on the opponents wall to gain as many points as possible. Nothing like target practice to beat those January blahs. We all agreed that 10 minutes of this was more of a work out than expected..lunging after the balls, make sure to stay ducked so as not to get hit with the balls. We were all sisterly & did not take aim at one another. There was a few rebound balls that contacted...but it's

foam balls after all, so no one was hurt.

Try rock climbing . Diana's bucket list just got shorter. We all agreed "Ok this should be fun, but we're a bit nervous about this climbing thing". In February, a staff member shows us how to tie our harness onto the rope with a figure 8 knot & then how to manage the rope when you're a spotter. We found out the hardest part of top rope climbing is falling back & letting go of the wall while your belayer (spotter) works the rope to bring you down to the nice soft padded floor. We never would have gotten up there without the Knot master Irene checking & correcting our figure 8 knots. It was amazing to see the experienced climbers do their thing, even jumping from one section of the wall to another & hanging upside down on other parts of the walls. The muscles in their upper bodies were chiseled! In the end we all had fun & all wondered "Just how sore will we be tomorrow?"

In March, XAL hosted their 5th annual Absolute Comedy night in support of Chrysalis House. Chrysalis House provides emergency shelter and support to abused women and their children. We had a great turnout & our 50/50 tickets were well received. Everyone enjoyed the comedians of the night and many laughs were had. Quote of the night was "aawwwwee-ooowww...my jaw hurts from laughing so much". Yup, sounds like a good night at the comedy club.

Chapter Chatter - Xi Chi 2011

Hello sisters! Xi Chi has had a very busy year with Socials, Pref Tea Preparations, service projects and International lunches.

Our social committee met before the sorority year officially began. We decided to do something different this year and have a theme to every meeting night. These themes included: Wear pink for Breast Cancer awareness, Wear Red for Remembrance day, Costumes for Halloween, Hawaiian night, Nerd night, crazy hair night, All Fans in the Stands - wear your fave sporting teams gear, Green night for St Patty's Day, and Bring come chocolate to share!

We started off our year with a Beginning Day picnic in the Gattineau Hills. We had so many social ideas we could not fit them all in! Check out some of the things we had a chance to do!

- Breakfast at Local Heroes
- Halloween party
- Trip to the War museum
- Christmas potluck , gift and ornament exchange
- Baby Shower for our sister Tammy

- Bonko night - mixed social
- Car Rally
- Winterlude - skating on the canal - cancelled due to inclement weather

We were also lucky enough to be entertained by Laureate Epsilon Gamma where we dressed up as our "Favourite Explorers", ate some "Explorer/pirate-themed" food, played games and went home with our own treasure chests of goodies - thanks LEG!

This year, we were honoured to be in charge of the Pref Tea. Many of our early meetings were spent planning and organizing, sampling baking, and creating decorations - it was a lot of work, but we were rewarded with an honorarium and we were able to sell our recipes and chocolate at City Council. As is tradition, we also sold our now famous "Santa Letters". Several ladies purchased Entertainment Books.

For our main service project, we met a few times in order to make pearl bracelets. This was in support of "Pearl 4 Girls". The dream of "Pearls for Girls" is for girls and young women around the world to have access to leadership education and experiences so they can create and sustain healthy futures, for themselves and their communities.

All proceeds from the "Pearl Bees and Parties" go directly to Help Lesotho (www.helplesotho.ca), a Canadian charitable organization.

The girls discussed making bed mats out of milk bags, unfortunately, time was not on our side for this project - maybe next year!

<http://recyclemilkbags.pbworks.com>

We are currently discussing which worthwhile cause we will donate to this year.

Up until the Pref Tea, our programs focused on prep work for this event. As always we learned new things in other programs, including the following: postpartum depression, how to make various paper flowers, Remembrance Day, "7 ways your home can make money for you", everything you wanted to know about lipstick, Canadian Guide Dogs for the Blind, book exchange and team building games.

Two of our members moved out west, and several of our girls will be progressing to different Chapters this year - we miss you and wish you luck in your new "Pathways to Friendship".

Respectfully Submitted by: Cathy Dowsett

Sigma Chapter Chatter 2010-2011

Sigma's Motto this year was "Small But Mighty!!"

We had a number of happenings this year in Sigma Chapter both good and bad.

We started the year with Beginning Day, we watched "Alice in Wonderland" and enjoyed pizza and munchies. In September we dared the indoor glow in the dark mini putt. October had us dressing up to go to Saunders Haunted Farm where we were joined by sisters and friends for an afternoon of mazes followed by a potluck dinner and returning to the Farm for the spooking evening entertainment. November had members attending Pref Tea where both Julie Kerlake and Nancy Jones received their Ritual of Jewels. December was quiet with Sigma going out to Swiss Chalet for dinner and a gift exchange at Tara Hamilton's. January's swim social had to be cancelled due to illness, but we made up for it in February when sisters welcomed puppy Noelle to the Hamilton household at a Puppy Open House and we topped off the month with a Chinese buffet dinner at Panda Garden for Chinese New Year; Year of the Rabbit!! March had us doing dinner and a movie, we enjoyed Scores chicken and the movie "Beastly", a modern retelling of Beauty and the Beast. For April some sisters enjoyed doing Ukrainian Easter Eggs at Tara's, this has become a yearly tradition in the Hamilton household. Sigma attended Founder's Day and enjoyed ourselves immensely! We are now looking forward to Hosting Laureate Gamma Sigma at a Pink themed event and we plan to end the year with a Bohemian BBQ Wind-Up.

A number of sisters had changes in their lives this year leading to a number of excused leaves during the year. Taryn Hudgins took leave from meetings this year to focus on her work, Meghan Sindall also has taken a 1 yr LOA (Jan 2011-Dec 2011) for work and personal reasons, and in October the

Chapter was shocked to learn that Jenn Russett had suffered a stroke just after Thanksgiving, she was given an excused medical leave from chapter activities as she recovered. The Highlight to this year was at Founder's Day when a recovered Jenn joined her Sister's for lunch and was chosen as Sigma's Sister of the Year.

For Service Sigma collected school supplies over the year, we have collected can food for a Brown Bag donation to the Kanata Food Bank and we plan to make a year-end donation to the Heart and Stroke Foundation, in Jenn's name. For Ways and Mean's Sigma did their famous Fudge and added more chocolate peppermint bark to the menu at the Christmas CC meeting. In the Spring Sigma put together a raffle basket entitled "Sweet Charity", in which a number of items purchased for the basket contributed proceeds to the Canadian Women's Foundation. Good luck to everyone at AGM for the Basket Draw! Tara Hamilton has also finished her second term as City Council 2nd Vice President, her terms included the creation of beautiful new ritual glass for CC Events which was used at the 2010 Founder's Day, the 2010 Pref Tea and the 2011 Founder's Day Rituals.

Our program's this year included: Making friendship bracelets, leaning about clothes patterns, Fairy Tales: if the shoe fits (Cinderella tales from around the world), creating our Pref Tea Hats, Fudge, History of Boxing Day and The Twelve days of Christmas: a history, a carol and the Fallout (we learned a really funny post 12 days song about what happened to the gifts after Christmas!!!!), Japanese writing, the Chinese Zodiac, how to be a 'survivor' and reality shows, Quilling- the Victorian art of paper rolling (we made Mother's Day cards), the origins of the Easter Bunny, and Décor Crafts

While Sigma fully welcomed Julie and Nancy into the sisterhood of Beta Sigma Phi this year, rushing was a challenge this year with no new pledges, and at the end of this year we will be saying good-buy to Taryn as she plans to go Member at Large and Jenn plans to progress. So our motto "Small But Mighty!" will truly be a rallying cry for next year as we focus on new members and the future of Sigma Chapter.

An enjoyable summer to all!

Yours in Beta sigma Phi.—Sigma Chapter, Tara Hamilton (Pres.)