

**Chapter
Chatter
2012-2013**

**Ottawa
Beta Sigma Phi**

ALPHA MASTER Chapter Chatter 2012-2013

We greet our Sisters and hope your year was a good one. Our Chapter is small in number but we do manage to fill the calendar quite well. Be sure to check out the photos at the end which help to create the wonderful memories that we carry with us through the years.* Now, grab a cup of coffee and relax in that easy chair as you travel with us through the 2012-13 Sorority year. ***Note: Photos do not accompany this version.**

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. We had many varied programs and discussions:

- September 26th - Audrey - Discussion followed on two books. Fiction based on a true event "**KBL**" (**K**ill **B**in **L**aden) by John Weisman (an excellent, can't put the book down, read) and non-fiction "**No Easy Day**" written by Mark Owen (not his real name) as he is now an ex-Navy Seal. His book gives an account of the continuous exercises that the elite group go through and the mission to find and execute Osama bin Laden.
- October 24th - Elizabeth's brain teaser puzzle really tested our memories!
- Dency's program November 28th on her Train Trip Through the Yukon.
- December - Christmas Party and Gift Exchange.
- January 30 - Jackie's program on the History of Nursing Sisters.
- February 27th - Meeting was cancelled.
- March 27- Audrey's program on all aspects of Easter.
- April 17 - We worked on plans for Chapter Entertaining of Xi Chi.
- May 21 - Wind-up at Madeleine's - Installation of Officers
Revealing Secret Sisters.

A big "**Thank You**" to my Sisters who kept my gluten intolerance in mind. We "brown bagged" our lunches during January, February and March in case we had to cancel at the last moment. This **lifestyle** fits very nicely into our **Master Mode**.

SERVICE

We supported the **International Endowment Fund** and the **M.S. Christmas Party**.

WAYS & MEANS

Our Christmas Basket proved to be a success. (*Ask me about the Poster fiasco!*) We made \$406.75 from the ticket sales. The winner was **Cathy Charette** of **Preceptor Epsilon Eta** Chapter. Thank you to all who supported our project. We plan to disburse

the funds on May 21st.

SOCIAL

- September 12, 2012, **Beginning Day**, saw us dining at The New Dubrovnik.
- October 10th found us at **Al's Steakhouse**.
- On November 14th, Heather Murphy and Carol MacKeigan of **Laureate Alpha Upsilon** joined us for lunch at **Macie's** in their search to "put down roots".
 - We attended en masse City Council's **Fall Event** held November 17th at the RA Centre to confer the **Torchlight Ritual** on Audrey Couzens, Betty Carr., Bonnie Bjerke, Dency Sharkey, Dianne Wheeler and Grace Sutherland. (*We were sorry that Betty was not able to be with us - her pin was presented to her at her home.*)
 - Our **Christmas Luncheon**, December 12, 2012, was held at the home of Earla Hynes, with our **Honorary Member, Mary Cook** in attendance, followed by a gift exchange.
 - January 9, 2013 found us at the **Pepper Garden**.
 - February 13th we were off to **Cat's Fish & Chips Restaurant**, 319 St. Laurent Blvd. Small but oh so good! You should try it!
 - March 13th it was off to **Chances R Restaurant** at College Square.
 - Our April 10th outing was at **Milestones**, 1080 Baxter Road.
 - We also turned out en masse for **Founder's Day**, with Deanna Herbert and Brenda Newman joining us.
 - On Sunday afternoon, May 5th we entertained **Xi Chi Chapter** for **Afternoon Tea**. Our fabulous party planner, Earla, had us divided into four teams and we "constructed" a spring hat. This was followed by a modelling session and prizes awarded.
 - May 8th at **Lexus Bistro**, 210 Centrum Blvd. Orleans.
 - And our tradition continues to have our **Wind-up Luncheon** at Madeleine Haynes' home in Gatineau East on May 21st. It's always a wonderful way to close out our Sorority year!

I believe we still qualify as active *social butterflies!*

ETCETERA...

- **Memorial Services** were held for **Barbara McCulloch** who passed away on April 28, 2012
 - May 4, 2012 at Hope Cemetery.
 - May 11, 2012 at Barb's residence, Orleans Villa.

- and.....
- September 21, 2012 - a **Memorial Service** for **Barb and her Husband** at the Military Section of Beechwood Cemetery.

We wish to Thank all of our Sisters for their cards and support as we mourned Barb's sudden passing. Her *positive outlook on life* was an inspiration to us all. She will be deeply missed and remembered with affection.

CONGRATULATIONS to.....

- **Dency and Brian Sharkey** on the occasion of their **50th Wedding Anniversary**, June 23, 2012. Their family held a "**Surprise**" Open House in their honour.
- **Audrey Couzens** who celebrated a very "**Special**" Birthday **October 10, 2012**. A **Surprise Party** was held in her honour, planned by her daughter Michele, on October 14th and attended by her Sorority Sisters.
- our first **Torchlight** recipients -- Audrey Couzens, Betty Carr, Bonnie Bjerke, Dency Sharkey, Dianne Wheeler and Grace Sutherland. The Ritual was conferred November 17, 2012.
- **Jackie Brewe** on receiving the **Queen's Diamond Jubilee Medal**. We are **Proud** of you, Jackie!
- **Mary Cook** on receiving the **Queen's Diamond Jubilee Medal**. Well deserved! We are also **so pleased** that on May 30, 2012, she accepted our invitation to become our **Honorary Member**.
- **Audrey Couzens** on receiving her **Gold Circle Ritual at Founder's Day** for 50 (count them) years in Beta Sigma Phi. Now that's real dedication!
- **Grace Sutherland** who has welcomed her second great-grandchild.

and to continue.....

- Eight of our members attended **Founder's Day** and we were pleased to have **Deanna Herbert**, a former member of Alpha Master Chapter now living in Ingleside, and **Brenda Newman**, currently a Member-at-Large, join us.

- We still miss **Betty Carr** at our meetings and luncheons as she is unable to get out and about. We want her to know she is in our thoughts.

- Our **OFFICERS** for **2013-2014**:

President - Audrey Couzens
Vice-President - Earla Hynes
Treasurer - Dency Sharkey
Recording Secretary - Jackie Brew
Corresponding Secretary - Dianne Wheeler
City Council Rep - Rotating

And.....Guess what?....There is one change in the Executive this year!

Have a Great Summer

Prepared by Dianne Wheeler
Corresponding Secretary, May 27, 2013

Chapter Chatter - Beta Rho Master - 2012-2013

You're Among Friends, International's theme for 2012-2013 certainly applies to the Sisters of Beta Rho Master. Our current membership of 16 have been friends for years. We share our challenges and our joys; and we can always count on each other for a helping hand.

Our finances are simple. Our budget for the year is covered by our fees and a Ways and Means tradition of having a raffle at most meetings. Sisters who travel bring back a small gift from their vacation spot; those who don't travel offer a unique gift from here. We also have a recycling raffle, sisters contributing something from their homes that they no longer use. One woman's discard is another woman's treasure!

We have social events with just our sisters; we have mixed socials as well; and we attend all of CC events. All of the costs for our socials are divided amongst those who attend which provides gourmet dinners at very little cost and it's all fun. Our sisters are excellent cooks either for our fellowship at meetings or our socials.

Our programs this year have been exceptional as we spoke of the ever widening circles of friendship. Some talked of elementary school friends, high school friendships, friends made through business or community, our furry four-legged friends, and, of course, our Sorority sisterhood.

We are active at Council level, supporting their projects, Chapter entertaining, and helping when we are needed.

Many of our sisters travel to exotic and interesting places, some go someplace warm for some of the winter months, others take mini holidays to visit with friends and family. We frequently see wonderful pictures of these places with commentary that is informative and personal.

Beta Rho Master Sisters are all interesting and warm women doing interesting and caring things.

SUBMISSION TO CHAPTER CHATTER FROM GAMMA EPSILON MASTER CHAPTER.

This has been a busy, meaningful year for Gamma Epsilon Master Chapter encompassing some high and very low moments for us. We celebrated the attainment of the Torchbearer Degree bestowed upon five of our members, namely Diane Maxwell, Kathleen O'Shea, Moira Williams, Marilyn Crowe and Christine Watson. We also walked with Christine as she battled her fight against ovarian cancer and sadly had to say goodbye to her when that dreadful disease took its toll.

We also very much appreciated the support that our City Council Executive gave us when we found ourselves unable to attend City Council meetings yet still wanted to be actively involved. We were allowed to vote by email and our folder contents were mailed to us by Nancy or by electronic mail. We tried to alleviate the cost by making a donation to cover postage. Many thanks to them.

Our programs have been varied including a history of quilting with lots of

examples presented by our quilter extraordinaire, Margaret Smith. We also had a fun afternoon dressed as anyone residing in Downton Abbey. Since this program was so very popular on television, we had a quiz to see how many had paid attention to the characters. Of necessity, our trip to Shawville was rescheduled due to bereavements and we are hopeful it will take place sometime this June.

All but one of our members attended Founder's Day and thoroughly enjoyed it despite the inclement weather. The food was very good and we all loved the dessert as well as commenting on the servers who were so polite and helpful. We realize this evening was arranged rather hurriedly but the outcome was successful and appreciated.

This year in particular has made us very aware of how special the members of our chapter are to each other and how much we have shared over these many years.

Our new executive in the Fall will be June Wedd as President, Jan Lauzon as Vice President, Moira Williams as Treasurer. We continue to work in teams with a member from each team acting as Recording Secretary.

As Sorority comes to an end for the Summer, we wish everyone a safe, healthy and happy holiday period.

Kathleen O'Shea
President

Chapter Chatter Spring 2013 **Laureate Alpha Iota**

Laureate Alpha Iota embraced the theme of "You're Among Friends" throughout 2012 – 13. We were a very sociable bunch, having breakfast with the "boys" of Phi Beta Krappa several times and lunches with the "ladies" after cultural outings at the Shenkman Centre. The latter included two Pottery Shows, tours of Trinity Gallery, a Quilt Show and Ottawa ArtEast exhibits. In a cultural vein, a concert by the fantastic Bytown Beat was on our evening agenda. We supported the May Court "Homes for the Holidays" Tour, as we have in the past and this year we enjoyed a day in Vankleek Hill where they showcased incredible Victorian Homes decorated for Christmas.

Our year began with a beautiful lunch at The Goodness Gracious Café for Beginning Day. Socializing included a Christmas dinner catered by the Social Committee and a Christmas Mixed Social which combined friendship with giving as we collected gift cards for Cornerstone Shelter. We had already completed our major service project

for the year, filling and delivering 55 Christmas gift bags to the shelter.

We participated fully in City Council, with a member on the executive and another on the nominating committee. In the fall, three from our chapter attended the east end Rushing Event, and two sisters were officiants at the Torchbearer Ritual / Fall Luncheon. We donated to City Council's Christmas Auction and of course were eager purchasers!

$\frac{3}{4}$ of our chapter attended Founder's Day, as Terrie Kember was honoured with the Golden Circle and Olivia Thompson, Sherrill Crowder and Evelyn Wiltshire were recognized with the Silver Circle. We were thrilled to congratulate Janet Bedard and Margie Lee Gallagher who shared Sister of the Year honours.

"Tea Among Friends" was the theme for Chapter Entertaining and we welcomed sisters from Preceptor Delta Epsilon and invited transferees. It was a great afternoon highlighted by a beautiful tea table, delicious refreshments and warm friendship. Karen Hyland, a transferee from Vancouver, subsequently decided to join our chapter.

As always our cultural programs were varied, thought-provoking and intriguing. We listened to excerpts from "The Little Princes," a book about child slavery in Nepal, and the "Book of Awesome." A program based on the book "The Irish Heart" gave us insight into Irish immigration to Canada. Our Plant and Good Stuff Sale in the fall not only raised funds for our chapter activities, it, and a program on Perennials, gave us knowledge about growing beautiful gardens. A guest speaker told us about Seed Banks in Ethiopia and we also learned about food plants, including chia, hemp and quinoa, which are more recent to North American agriculture. We shared childhood food memories as a "program off the shelf."

The American election in November led us to explore small political parties in the U.S. and the contributions of some of the "Women Behind the Presidents." We learned about the history, the protocol and the glamour of the Viennese Opera Ball, which one of our members was lucky enough to attend. Our Movie Nights included the "Best Marigold Hotel and "Morning Glory," both of which provided relaxing enjoyment.

Our final program in May will be a guest speaker relating how education programs in India are important to empower young women. The official year end will include a Planning Meeting for next year, a Chapter Dinner and a Mixed BBQ in June. Unofficially we will get together to explore gardens, enjoy Ottawa's many cultural events, or just have lunch. Being "among friends" to share our ups and downs has made us a stronger group and happier, less stressed individuals. We are looking forward to next year and "lighting up our lives!"

Written by Margie Lee Gallagher and Nancy Reid, April 2013.

Chapter Chatter Laureate Phi Sorority Year 2012-2013

The sisters of Laureate Phi launched the Sorority year with a Beginning Day Olympics. Sisters and their families spent an afternoon of fun and games that started with a picnic lunch and ended with an awards ceremony and Olympic cake.

As in previous years, our programs provided an opportunity for new interests and learning. Our presentations were diverse and in keeping with the year's Theme "You're Among Friends".

Laureate Phi social calendar included entertaining our sisters from Zeta and Laureate Lamda, a wine and cheese event, chapter Christmas dinner, St. Patrick's Day celebration and attending Founder's Day.

This year, Laureate Phi sponsored a multi-faceted event, which encompassed the Sorority's concept of social, cultural and service. The event, "All about WE and Tea", brought together over 20 local young women entrepreneurs. In addition to selling their goods and services the venue enabled them to network and converse with each other and other young women who were interested in becoming a "WE". A Tea Room was setup where guests were served by two of Ottawa's Beta Sigma Phi Torch Bearers. Information on the 160 Girls Project was available and donations were collected. As well, the "One World Grannies" sold their Kazuri jewelry to raise funds for African grandmothers who are caring for children orphaned by AIDS. The event also introduced Beta Sigma Phi to the participants and community in general and demonstrated our credo to balance "Life, Learning and Friendship" and "Culture, Service and Social".

Our service projects this year also included the M.S. Society, the Endowment Fund, and the Fairy Godmother Project.

All chapter members are excited about finishing off our year, and are looking forward to our Girls Good Bye potluck in early June.

We wish all of our sisters' good health, happiness and a wonderful summer!

Chapter Chatter Xi Alpha Lambda (From the BLOG of XAL)

[Accidental Trivia Night](#)

For our first cultural / social night of the year XAL planned a movie night with snacks & chatting. We ended up chatting so much we didn't pick out a movie to watch. One of our main topics were odd tidbits or trivia about actors and discussing where are they now. Eg: The lead guy in NCIS.....what's his name... where is he from....St Elsewhere...right....and do you know who else is from St Elsewhere....? No !! really !?!? We also discussed our favorite movies, how many

times we watched them, how the books are always better than the movies & factoids about the inspirations for the shades of grey books.

Twists & Trains in the Crypt

The sisters of XAL visited the Crypt of Torment at Fun Haven. The first group (aka the train) attached tightly to each other ducking & screaming where necessary & being led by conductor Tara literally making chugga-chugga-choo-choo sounds most of the way to help calm nerves. The second group wouldn't let go of each other when they got lost in the dark hitting edges of walls & got twisted & tangled up (were they seeing red, blue, yellow & green colored dots...?) All made it out unharmed.

Afterwards we hit the game area for classics like Skeet Ball, motorcycle & car racing, and new ones like a roller coaster ride & Guitar Hero. (pics to follow) We think Irene may be addicted to arcade games... just one more...

Then for facing fears we went nearby for some very tasty snacks & beverages.

Has it been that long ? aka Fall Event & Order of the Rose

Members of Ottawa Beta Sigma Phi gathered for a Fall Luncheon and to honor milestones. We witnessed the ritual for the new Torchbearer degree with 30 members achieving this new degree. We also watched the Order of the Rose ritual where our sister Paula was one of the recipients.

After, the Torchbearers fondly remembered receiving their Order of the Rose & commented has it been that long...and my the years have flown by.

The recipients of the Order of the Rose also commented has it been 15 years? It doesn't seem that long ago I was joining. Congratulations Paula on this accomplishment !

Footloose & dancing in your seat

The sisters of XAL enjoyed an evening out to see an energetic live performance of Footloose.

Part way through the performance a conversation went like this: " This isn't how I remember it at all !!! Wasn't there a camp...and someone called Baby ?"

Response: "No that's Dirty Dancing" Interjection: "Oh so you're waiting for the girl on the stool to spray herself with water...?" Response: "No that's Flashdance"

Really we do know what we're watching. All sisters enjoyed the performance & were singing along with many of the songs.

Good blowing

Now you're cooking with glass ! XAL sisters tried their lips at glass blowing. It was something a few of us have thought about trying but never expected to get the opportunity. Each of us blew our very own unique round ornament at Flo glassblowing (floglassblowing.ca/). The hardest part of the night was selecting the colors for the ornament. There were several color options laid out for us, and if we wanted a different combination we could "cook" with the color chips (think sprinkle of this, sprinkle of that) to create a new combo.

Our instructor Bronwen explained the process and we were all very excited. She patiently answered the many questions we had throughout the night. She handled the hot stuff & the shaping parts & would tell us when to blow & when to stop.

Bronwen has had students from 2 to 96 years old in the studio to create an ornament.

By the end of the night we wondered who had the biggest balls? Although one sister knew "Everyone has bigger balls than me". We were all very pleased with the initial results & can't wait to see them once they have cooled. After we each made our creation, we went out for dessert & conversations about our new experience.



Red twist tie Angel wings and Steal the bird

XALs Christmas party started with supper out at Fratelli's & then back to Michelle's for dessert.

Oh, the hummingbird just flew away, you'll have to find another one...was one attempt to prevent the bird from getting stolen. No! you walk over here & get it yourself...was the response the next time it was stolen. What happened to your bird? It's hiding...very far away! Was the next response. The hummingbird was clearly the favorite ornament this year.

Quote of the exchange: "I stole, see I'm a thief" not something one would normally say, but in this context totally acceptable.

Then we talked about favorite personal ornaments & how we decorate the tree, and if the kids help or not. One of the oldest ornaments was an angel topper whose wings are heavy & held on with a red twist tie & supported with a strategically placed cardboard roll. This generated lots of comments. We discussed

other family traditions, when we could open gifts or the stockings & a shared tradition of new PJ's on Christmas eve. We asked Michelle just what her moose was doing & found ..oh it looks completely different from <that> angle. During the opening of gifts we noticed Santa's box is pretty unique and choir director Michelle lead us in saying "your welcome" since we're all secret sisters.



Whole Lotta Shakin Goin On & Big Red Balls

For our first meeting after Christmas break XAL decided to shake off the winter blahs by movin & groovin to Just Dance 3 & Just Dance 4. Trying to keep up with the characters on the screen can be very tiring, and lots of fun to watch !! Battle mode was very entertaining too since some of us have a serious competitive side. Then to slow the pace down a little bit we played Wipeout and had a difficult time with the big red balls. This game was also a lot more physical than expected.

As one sister put it "You didn't tell me this is what we were doing for games night... I thought it would be board games !!!"

Rituals & Strippers, what a night!!

It certainly is a ritual for some that enjoy a strip club. I'm sure it takes a ritual to prepare before going on stage if your profession involves stripping. But neither of those are what happened with us tonight.

XAL held a pledge ritual for three new sisters. Welcome new XAL members Tammy, Emem & Shannon!! Before the ritual, we talked about a pole dancing class, known

to some as a stripper class. And we also talked about seeing the movie Les Mis... best summarized as "Something about the French revolution, whores & homeless people". Then to close off the night we had a rousing discussion about the education system in Ontario.

What can I say, we have interesting meetings !

Lessons in writing

XAL went for a tour of Chrysalis House to hear about the good work they do & learn some scary statistics on the number of women in need of assistance.

Afterwards we went to Jack Astors for food. We talked about the waitress writing her name upside down, so, ...next thing you know the majority of the table is trying this...with some very funny results. In the end we did figure out that it's not <that> hard to print your name upside down, but to write it...that's another story.

We also discussed writing numbers & that 2, 3, 5, & 7 are the most commonly written backwards by children, which led to early childhood education talks & the new play based learning. That was an interesting discussion for the moms & non moms.

The sick one at the table (Windy) showed us her full ponytail sneeze, it was impressive how much her pony tail moved when she sneezed..looked rather unpleasant.

LOL

XAL hosted their 7th annual Absolute Comedy night in support of Chrysalis House. Chrysalis House provides emergency shelter and support to abused women and their children.

Upon asking 'Where are the under 30's in the house?' the host got cheers & a boo...sadly as one ages, the boo starts to make sense. Special acknowledgement to Cathy & Nancy for getting the message out when the host asked about our fundraiser & adding to the comedy of the night.

When your parent says LOL, it might not mean what it usually does. Think back to the days of writing letters & what you sign to a loved one ... with lots of love ... LOL

right? Not quite the same when signing a sympathy card ... Sorry for your loss, LOL or Sorry you're sick, LOL has a slightly different meaning than intended.

Quote of the night: Sit ups, once you lie down you're done.

Shoes, shoes & more shoes

Every May long weekend there is a Naturalizer shoe sale in Perth. It's the type of sale that you definitely come out with multiple pairs because it's way below half price. It's a sale good enough that even husbands are ok with going (and I might even say some enjoy it) since they get to have real input on selections of shoes & purses. XAL had a great turnout with Tara, Nicole, Windy, Shannon, Nancy. Paula & Michelle even brought their mom's too.

Emem went crazy trying stuff on, especially with Nancy's help in bringing different styles & widths. Tara allowed herself a pair of bonus shoes, she only planned on getting two but got one more cuz it just couldn't be passed up for that price. Shannon got 5 pairs, Nancy got 7, but Emem took the cake with getting 9 for herself & picking up 6 pairs for others...yes ladies she left with 15 pairs of shoes. AAwwwwweee yeeeeaaahhh. The rest of us got 2-3 pairs of shoes each.

Everyone had a blast & then they all went out for lunch to celebrate the new acquisitions.

Quotes from the event: Nancy: "I bought joy shoes"

Windy was ecstatic as she said: "They even have my size!!!"

Elaborate mud pies

Try making pottery on a wheel. Cross another one off the bucket list.

The first thing Windy asks: "Do you play the Ghost sound track? Do you get asked that alot?" Our instructor Jennifer patiently says no & yes. The next thing she asked "Do I have to get my hands dirty? I really hate getting my hands dirty, is that a problem?" At that point we all realize...Oh this is going to be a fun experience!!

Ooohhh it feels so slimy & neat & smooth was how Nancy, Shannon & Amanda felt, not so much for Windy here. We talked about making mud pies when we were younger and similarities/ contrasts to this mud now & by the end of the night some things still looked like mud pies. After going thru a few male & female body parts & saying things like "OMG I made a boob", or "my thing went limp", or "my thingy flew off", our instructor says in a mildly annoyed yet rather amused way: "Ok we're going thru the body parts I see". Later on Windy says: "Can you be inept at pottery? I don't think I've found my second career." Shannon on the other hand was a natural at wheel pottery. "Hey Shannon I need help with eye placement" Amanda says in relation to the monster mug.

"I'm done, I'm done !! I can wash my hands now" Windy almost runs to the sink, and then claims to feel better after using 2 types of soap.

XAL ended on a high notes with the birth of Tammy's second daughter, Emem taking the job of City Council 2nd Vice President and low notes with Nancy taking a teaching job overseas and Michele's father passing away. All in all just another XAL GAL year!

