



Beta Sigma Phi Ottawa

Chapter Chatter

Spring 2006 Edition

Alpha Master

Well Sisters, another Sorority Year is drawing to a close and it's time to report on the goings-on of our Chapter over the past year.

Social

Our 2004/05 Sorority year ended on May 25th with a Wind-Up Luncheon at the MacKenzie King Estate. In August, Madeleine and Ron Haynes hosted a Barbecue at their home. Beginning Day saw us touring Government House. We enjoyed a Mixed Brunch at Camp Fortune in October and supported City Council by attending the Fall Dinner and the Preferential Tea. We held our Christmas Dinner/Gift Exchange on December 14th at Bonnie's home and were pleased to have Rita Leishman with us again this year. In the new year, we were back socializing in February with a Mixed Brunch at the Cedar Hill Golf Club. We had a most enjoyable lunch at Cabotto's in March and will be attending Founder's Day. We are looking forward to entertaining the members of Beta Eta Master on May 10th and our Closing Luncheon is planned for May 31st. As you can see, a well-rounded social calendar *still* living up to our reputation as "*social butterflies*".

Ways and Means

We continue to feed the piggy bank and sell pocket books to augment our treasury.

Service

We donated \$100 to Alzheimer, \$100 to the Ottawa Hospital Foundation, \$100 to the Ottawa Regional Cancer Centre Foundation, for Lung cancer research, \$25 to International Endowment Fund and supported the MS Christmas Party.

Program

A theme was assigned to each month and we chose our own topic. As well, we had a recipe exchange most months and now have quite a collection (almost enough for a cook book).

One of our many interesting programs was our visit to the newly- opened War Museum on November 16th. At our following Chapter meeting, each of us gave our impression of what we had seen. Two observations follow:

1. **TOMB OF THE UNKNOWN SOLDIER** - the sun shines through a single window illuminating the tomb at precisely the 11th Hour on the 11th Day of the 11th Month. It would be interesting to see if everything "*lines up*" one hundred years from now does the earth really shift on its axis? Of course those present will not live to see it – but an interesting observation for someone to follow up on.
2. Glad that the Museum had been completed before all the Veterans are gone.

We all agreed that it was a sobering reminder of the sacrifices so many young men and women made in order that we could enjoy the *Freedom* we have today. If you haven't done the Tour - it's worth going.

ETCETERA

A Ritual of Welcome was held November 23rd for our newest member~ Elizabeth Whittingham~ a Transferee from Alpha Master~ Moncton. This brings our total membership up to 11.

1. Thanks to Madeleine Haynes for producing our Program book and for organizing our wonderful Socials all year.
2. Elections were held in March and produced the following slate of Officers for 2006/07:

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

Notice *some* things change - *some* things stay the same!

HAVE A GREAT SUMMER! *Respectfully Submitted By: Dianne Wheeler*



Alpha Upsilon Master

Alpha Upsilon Master is a very passionate group. Our program theme this year has been "What's Your Passion?". Although we have been together for almost 40 years, we have now revealed amazing things about each other not often discussed.

Penny Barkley has a passion for blue jeans, with a twist. For years she embroidered pictures on her girls' knee patches (and also for their friends). She carefully saved those many, many

patches and has crafted a king-size bed quilt using all those precious patches. It's worthy of an art show!

Diane Goodright has had a life-long passion for outdoor sports. Hiking, biking, canoeing, swimming, sailing, golf = the list is long and they have taken her far and wide to pursue them. She's also trim and slim!

On the subject of sports, Ruth Hanlon is a runner. Each year she runs the Bluenose 10K in Halifax, the Ottawa Marathon Run, and the Tufts University Women's Health Run near Boston. She regularly places at the top of her group. How's that for over 70?

Shirley Westeinde is passionate about all charities. How she jams it into her busy life we don't know, but she has been concentrating on furthering the success of the children's programs 'Roots of Empathy' and 'Headstart'.

Service-wise, we have been continuing our support for 'The Mission', yearly buying mountains of white socks for sore feet, and filling shoeboxes of school supplies for 'Operation Christmas Child'!

Our social activities have slowed down a bit this year, but our impromptu breakfasts have been a big hit. Now we're looking forward to entertaining Laureate Gamma Sigma, and then our annual get-away cottage weekend.

Happy Summer to All. *Respectfully submitted by: Louise Ide*



Beta Master

Our first meeting was held October 17th, a luncheon, to organize our chapter events for the coming year. We were delighted to have Barb Rolston and Jean Walker join us on this special occasion. Organizing an Affiliate Chapter is quite a challenge.

The five members who attended the Fall Dinner and The Preferential Tea thoroughly enjoyed themselves. The November meeting introduced us to a very interesting book review "Lunch with Jan Wong", excerpts from her Globe and Mail column.

Our final secret pal exchange was at our Christmas Dinner. In January, we had lunch at the Golden Palace. On Valentine's Day we had delicious sandwiches while watching "Not Without my Daughter". Six members enjoyed the Orpheus production of "West Side Story". The second meeting we reviewed "Lunch with Jan Wong" as we thoroughly enjoyed the first episode. Installations of Officers were also held in March.

April is a tour of a Llama farm as well as attending the Founder's Day dinner. In May, we are looking forward to hearing excerpts from Peter Newman's "Here be Dragons", a tale of people's passion in power. Our closing activity may be a picnic or a day trip.

Several people were absent during the year- Kathleen and Mick Roth spent three weeks in Penticton BC at their son's apple orchard farm and Bed and Breakfast; they expect to return again in May. June and Jim Johnson were stranded in Cuba at the time of the Hurricane. Joan Smiley and two friends enjoyed two

weeks at Puerto Vallarta. Lynn Paul and Ruth Stockley visited friends on Santa Marie Island, Florida.



Beta Eta Master

Our Beginning Day was held at the home of Margaret Burman. We had a Mixed Potluck meal and the sisters enjoyed the day along with the men. A good time was had by all.

It has been a quiet year for us. We gave to our special charity Alzheimer's and we will be giving to other charities later in the year. We raised funds for Ways and Means through Regal Sales and a Silent Auction and thus covered our budget for the year.

The Sisters look after Birthday Parties at the Perley Hospital and Sheila Anderson plays piano for the residents. This brings a lot of joy to the elderly. Some chapter members do their own service work. Joan Carroll-Watts takes women at Stillwater Creek Residence out once a week. For example, a day trip to Almonte followed by a cup of tea and dessert at Almonte Tea Room might be the planned program. She does many other outings with them as well. She hopes to take them to the North Lanark Highland Games this summer. We the members feel it is all worth while when you see the smiles on their faces. It takes so little to make others happy. Our members certainly give loving service to so many..

Our Socials : We enjoyed the City Council Preferential Tea in November, City Council Christmas Meeting and Party and we are looking forward with anticipation to the 75th Founder's Day Dinner. We are to be entertained in May by another chapter. We had our Christmas Party at Algonquin College where we had (what else) a delicious lunch, where Santa and her helper gave out the Secret Sister Christmas Gifts. We will be having our Chapter Birthday Party in May and at this time we divulge who our Secret Sisters are with a Gift and a card.

Mixed Social: Chinese dinner with our hubbies and a Game Night with a wonderful Pot Luck dinner and as usual the sisters made fabulous dishes and decadent desserts. The men were first at the table and I wonder why? Could it be the food...yummy! Of course it was the food...

Programs were great with outings to: The Byward Market and the Center Point Theatre. A movie was shown at one of our Sister's home and we had wonderful individual programs given by each of our members. Sally King and Sheila Anderson worked jointly as Chairpersons to bring us special Programs. Sally and Sheila made our year so exciting and full of fun with the extra programs and

tidbits. Sally has a wonderful sense of humour and she kept us laughing. She went back in time, reading about our chapter members in Ottawa Beta Sigma Phi years ago and what they did back then and we had lots of fun reminiscing.

We have had as I mentioned earlier a quiet year but a joyous one. We are looking forward to a mixed Picnic in June. We hope that you all have a wonderful summer and put your feet up and enjoy nature and the world around you.

“Mizpah” *Respectfully Submitted By: Joan Carroll-Watts*



Beta Rho Master

This year, we followed International’s theme of The Good, The True, and The Beautiful for our programs, our socials, and our service projects. As always, we support City Council events and some of the projects of our Sister Chapters. Numerous members are active in their communities, their churches, and individual commitments.

Many of our sisters have had the opportunity to travel this year to some beautiful locations. Each sister brings back a small memento which we raffle at our meetings and some of our programs consist of sharing the holiday with the rest of the chapter.

June Craig went to beautiful New Zealand and Fiji;
Denise Lalonde went to fascinating Cambodia and Vietnam;
Lise Malouin, Margaret VanDusen, and Liz Wilson spent time in sunny Florida;
Bette Murray went to the warmth of South Carolina;
Wendy Russell went to the sandy beaches of the Dominican Republic and is planning a trip to enthralling Scandinavia and Russia;
Marie Tilk went to the sun-drenched Costa del Sol of Spain;
Marjorie Wickens visited her daughter in Nairobi, Kenya and while there went on three different safaris; and
Vera Wilson went on safari to South Africa and then to visit her sister in the United States.

For Service, our chapter has supported Cornerstone this year with special food drives, clothing drives and financial aid. At Christmas, we brought baking ingredients so that the women could make their own treats, and also filled 60 Christmas bags with personal toiletries. We gave financial aid to CNIB for talking books, to the MS Christmas Party, and to the Women’s Health Centre.

We keep our budget healthy by having a raffle each meeting, selling books for a nominal fee, purchasing Entertainment Books, and purchasing bulbs. We miss Regal as this was a constant source of revenue.

We enjoy our socials, both mixed or with our sisters. We started the year with a luncheon, A Beautiful Beginning in August and a mixed social, The Good Old Days in September. A Good Old Fashioned Christmas mixed social and Good Food, True Friends and Beautiful Thoughts Christmas dinner was thoroughly enjoyed. The year will end with a True Blue Hobo Night. As well, we hosted the City Council Christmas meeting and fully attend City Council functions.

A thumbnail sketch of this year's programs: the history and beauty of Aachen; outgoing Governor General, Adrienne Clarkson; good things that happened during a 29 year career with the Fire Department, the beautiful facilities of the Canadian Guide Dog Association and all the good that they do for our community; a selection of beautiful music played by Liz Wilson on her Grand piano; the good that humour and laughter brings into our lives; a beautiful view of Rideau Hall; the history and romance of Valentine's day; the traditions and good luck of St. Patrick, the story of Mollie Walsh, a bit of Klondike history; and guest speaker, Sue Garvey, Director of Cornerstone.

Beta Rho Master is a good chapter with beautiful and interesting sisters, who truly support one another. ***Respectfully submitted by: Marie Tilk.***



Gamma Epsilon Master

This past year has been one of many changes in our chapter. We said a fond farewell to our Laureate Beta Charter and welcomed our newly formed designation of "Gamma Epsilon Master Chapter MA1401" as of November 17, 2005. Our sadness is only that our sister of so many years, Pam Chapatis is no longer with us to share this happy occasion.

We more or less "began again" under our new charter and the first program under that designation was our Girls Christmas Dinner, which was catered for us and served at the home of Diane Maxwell. We also used this occasion to collect donations of mitts, socks, toques, etc. for Centers 454 and 507.

As is our usual custom, we invited our spouses to join us for our Merry Christmas Mixed Cocktail Party which was hosted by Moira and Tony Williams. We are always surprised at the wonderful hors d'oeuvres that everyone comes up with to tempt our taste buds.

In January, we decided to visit the Celtic Tea Room in the Bells Corners area for a tour of the gift shop and a final stop in the Tea Room for our meeting, held over tea and scones. To our great delight, we shared the space with women from the

Red Hat Society who graciously allowed us to watch their entertainment in the form of a Scottish dancer and singer.

To celebrate Valentines Day and remember our Secret Sisters, we were treated to a Valentine Luncheon that was offered by the Winter team.

Our election of officers took place at the Amberwood Golf and Country Club over lunch, which proved to be a very pleasant way of conducting this business.

Two of our members, Gail Cook and Kay Foster-Sipley received their Preceptor Ritual in March and will, of course, be staying on with us.

We plan to take in a Fashion Show in early April over the lunch hour (seems to be a pattern with us this year) as well as hold our meeting. In April, we are also looking forward to our Founder's Day Dinner.

When Spring finally rolls around; we are eagerly awaiting a visit to Rielly's Perennial Farm, followed by guess what – yes, lunch and a meeting at the Swan Pub in Carp.

Our Grand Finale of the year will be a Pot Luck Supper at the home of Margaret Smith at which time we will reveal our Secret Sisters and welcome in our new Executive.

Many of our members have been going off hither and yon to wonderful holiday places this year – Arizona, Florida, Portugal, England, etc. so we are especially happy when all of us are together as good friends are missed.

Respectfully submitted by: Kathleen O'Shea



Theta Master

Our beginning day was held September 12 at the home of our President, Trish Nielson. Trish and husband, Allen, invited the chapter with accompanying spouses to a barbecue they provided with members adding favourite side dishes and desserts.

October 31 saw us invited to the home of our member Betty Faulkner for a buffet Halloween luncheon. Dec. 12 was our Christmas party at Redwoods Retirement Home, home to our member Edie Hutchinson. At the Christmas party, Trish was given the Laureate Ritual and the Golden Circle was presented to Ethel Lefevre. Betty Faulkner will celebrate her 50th anniversary in March, 2006.

Financially, the chapter donated to the hospice at May Court, The Ottawa Food Bank, The Mission and the MS Christmas party. With Regal revenue dried up, we are doing a little raffle at each meeting.

The year of the Veteran (2005), provided two programs: one on Georgina Pope-a wartime nurse and Bea Lillie, who was one of many to entertain the troops in the last year. Two Programs covered the 150th anniversary of Ottawa. We were tested on how well we know our country. We enjoyed tales of Klondike gold miner Joe Boyle and most recently Lois Jensen of May Court told us of all the good work and care provided by this unique center.

For the most part, many of our members are very well traveled enjoying cross Canada trips and cruises to far away places. Many support the arts and though we do not have a service project as a chapter, many of our members volunteer countless hours to worthy causes. ***Respectfully submitted by: Ruth Van Tassel***



Laureate Alpha Iota

With a smaller chapter (only 12 members), we have had to be more creative in our activities. This has had its advantages as well as its drawbacks. One benefit is the closeness that provides support for all members caught in the “sandwich generation”. However, the reduced size has put a pressure on the active members to fill both executive and committee positions simultaneously.

High Tea at the Chateau Laurier was our Beginning Day opening and gave us grand ideas for our entertaining of Beta Rho Master this May – a Floral High Tea theme. Our Plant and Good Stuff Sale with donations of perennials and useful items from members is a good source of funds for the chapter. We all profit as well from the horticultural learning experience. The Chapter has also earned significant funds by member donations to a local consignment shop and we plan to continue this in the coming year.

Our main Service project continues to be providing Christmas bags to Cornerstone. We fill the bags with a handmade fleece scarf, headband and mitts sewn by chapter members, as well as personal care items, underwear and socks, and sweet treats! We did 45 bags last year and we are providing 50 bags for Christmas 2006.

As in previous years, we have lost members (to Almonte and Halifax). We think of them often and still keep in touch. ***Respectfully submitted by: Nancy Reid.***



Laureate Alpha Omicron

Laureate Alpha Omicron opened a very busy and enjoyable year with a Beginning Day tea at Laurier House. During the months that followed we enjoyed a Hobo Party, Christmas Open House, Valentine's Brunch and the musical, 'Hello Dolly'.

Among our many Service projects we have been supporting the MS Christmas Party, helping to host a Christmas Party at Laurier Manor, knitting lap covers for wheelchair patients at Laurier Manor, supporting Victoria's Quilts by laundering quilts and material, donating to the Fairy Godmother program, and finally collecting aluminium cans. With the help of many friends and supporters we have been able to raise over \$300, from the sale of the cans, to donate to Breast Cancer Research.

In April we are looking forward to touring the Shirley Greenberg Women's Health Centre. Our chapter is also planning to attend Founder's Day and support two of our sisters as they receive their Order of the Rose.

Respectfully submitted by: Joanne Bushell



Laureate Alpha Upsilon

We started our year in Sept with Beginning Day Chinese food at the home of one of our members. We have meetings at her house whenever possible because she is now confined to a wheel chair and cannot get into any of our homes. It has given us all a new awareness of the challenges of accessibility faced by those in wheel chairs.

Then our next meeting we visited Japan where one of our members treated us to a Japanese Tea Ceremony. She had visited Japan and shared it with us. Then back to North America and to Alaska. One of our members had been on a trip to Alaska and told us all about the Iditarod Dogsled race. We had several more interesting programs about health and other things.

We are a career chapter so we have done several Cultural things. We went to Centrepoinette and saw Meet me in St. Louis in Nov. Christmas was spent at Robbies where we exchanged our Secret Sister gifts. In March, we went to Greely and saw the Greely players perform Hello Dolly. It was great and we enjoyed it.

For the first time in a long time we decided to entertain. A Preceptor Chapter is coming.. So we are having a Spring Fling and entertaining with Tea and games about Spring. ***Respectfully submitted by: Heather Murphy***



Laureate Epsilon Gamma

The chapter executive and social committee had business/social meetings over the summer to plan the year's activities. The year got off to a fun start with a potluck dinner and social at Cheryl's new home. There was, of course, lots of news to catch up on. The holiday auction afforded another occasion for stories about summer adventures both at home and in exotic locations. This has become a very successful fundraiser for the chapter's coffers.

The chapter continued its long-time support to MS. In addition to contributing to the Christmas party, the girls gave gifts and extended friendship to a very special lady who has been afflicted with this disease for many years. An upcoming social evening is planned to share some festive time with her. Contributions were also made this year to the Youville Centre, Harvest House, the Shirley E. Greenberg Women's Health Centre and the Heart to Hearth project in Guatemala.

We were delighted to welcome Dawn Bailey to our chapter. Dawn has already shown herself to be an asset to the chapter. This year, our programs were very varied. We enjoyed making fantastic napkin presentations and eagerly sampled Doreen's delicious soups. Lively discussions followed viewings of "In Her Shoes" and "Memoirs of a Geisha". Both films dealt with women's issues. On a more serious note, the members found the tour of the Queensway-Carleton Hospital most interesting. Sylvia got us all thinking after her program on Creativity. We did some reminiscing when we shared stories of when and where we met our significant others.

We do like to enjoy ourselves though, and had many fun times and wonderful social gatherings. We had an evening at the Putting Edge, a Halloween Party with our significant others, a Grey Cup Party and Christmas Cocktail Party, also with our spouses and friends, a Christmas feast catered by Erick le Pors, two breakfast get-togethers and a coffee morning, and we have a Progressive Dinner in the works for May. We have had lots of fun celebrating Sylvia Duncan's retirement.

We also enjoy our Random Acts of Kindness. Each meeting one sister draws the name of another sister. The first sister performs a deed of kindness for/with the other sister before the next meeting. This year, there have been dinners, lunches, theatre and ballet visits, gifts of flowers and visits to art galleries. On a more personal note, several of the members enjoyed traveling at Christmas and during the cold winter months. Grandchildren were spoiled and enjoyed and weddings were attended. Sadly, some of our members have had to cope with health concerns both personally and with spouses. We wish them a return to full

health and vitality. We truly cherish the special friendship of our sorority sisters. *Respectfully submitted by: Margorie Hughes*



Laureate Phi

The ladies of Laureate Phi continue to have an amazing year. Our last installment of Chapter Chatter saw us headed to the Parliamentary Pub for our annual holiday celebration and exchange of Christmas and Hanukkah gifts. Before departing for the evening we all crossed the street and had our picture taken in the shadow of the Peace Tower, warmed by the Centennial Flame. What a perfect Ottawa Christmas picture.

Our Calendar Girl project continues with some great and very creative shots shared at the end of each project – stay tuned. We are also delighted to welcome a transferee, Brenda Symns, from London. No sooner did she join us than she, along with 12 others (4 men and 8 women) as part of Remote Area Medical Volunteers (RAMV) (including a nurse (Brenda), doctors and dentist) were off to one of the rainforests of Guyana on a medical mission. This is a program we all look forward to.

A very special evening took place in February. Organized by Laureate Phi and attended by many Ottawa sisters, family and friends -- close to 70 people gathered at the Bell's Corners United Church to hear all about an amazing initiative – the Guatemala Stove Project. One of our sisters, Helen Stephens had been made aware of this endeavour and brought it forward to the Chapter. Planning culminated in the event which saw over \$1,500 donated to bring cooking stoves to the families of Guatemala. What an amazing evening.

More interesting times are ahead for Laureate Phi.
Respectfully submitted by: Michelle Shortall.



Preceptor Alpha Eta

We at Preceptor Alpha Eta have continued to lead a very active and busy sorority life. Since November we have enjoyed numerous socials, including a wine and cheese, a traditional home-cooked Christmas dinner and gift exchange, an Irish Stew night, Guess Who's Coming to Dinner and a rollickingly good Murder Mystery night and dinner at a sorority sister's home. Lots of good company, good laughs, and let's not forget good food and drink too. We have more exciting social plans in store for the coming months.

We have enjoyed an eclectic mix of programs, including a British travelogue, winter driving safety and preparedness, a piano concert, learning about the Guatemala Stove Project and about

superstitions and their origins, and back to food once more, we enjoyed an evening sampling the goodies from Epicure Selections.

On the service side, we continue to support a needy local family whose daughter is in need of numerous surgeries at the Toronto Hospital for Sick Children, and we recently volunteered our time to sell Daffodils for the Canadian Cancer Society. ***Respectfully submitted by: Lois Feinholz.***



Preceptor Alpha Lambda

During the 2005-2006 Sorority year, Preceptor Alpha Lambda chapter has picked up the pace in the social activities department.

Our first Social of the year was a BBQ and Swim at the home of Lee and Allan Steele. In September, we attended a Laura Clothing Fashion Show, where we found out all the latest styles for the fall. Prior to Christmas, a Breakfast & Bazaar shopping trip was held. Everyone came home loaded with gifts.

Another social held throughout the year was a Murder Mystery. We all arrived as a designated celebrity, and tried to solve the mystery during a potluck dinner. We all enjoyed a rousing Games night in February. In addition the chapter has had Tea at the Celtic Tea Room in Bells Corners; and a Wine and Cheese Christmas Celebration at Julie's. Another evening we watched a lively performance of Grease at Carleton University. A day trip to Montreal is on the agenda; plus a mixed Social to the Rideau Carleton Raceway.

As part of our Service we have donated gifts to the Children' Aid Society and sponsored a participant in support of The Weekend to End Breast Cancer. Programs have varied from scrapbooking techniques, game of Balderdash, History of Christmas, our most romantic Valentine's Day; and create your own Easter decoration from a kit of supplies. A wonderful Christmas dinner was held at the home of Lorraine.

One program provided each person with the top song at the time of their 18th Birthday. We had a lot of fun listening to the tunes of our teens.

Lee Steele and Julie Cuthbertson welcomed new grandchildren into their families.

Overall P.A.L has had a year full of joy and laughter.

Respectfully submitted by: Rhona Cottrell.



Preceptor Alpha Theta

Preceptor Alpha Theta had a very productive and fun year. For a chapter of less than 10 members, we accomplish a lot together. One of the highlights of the year was the very successful bus trip for shopping in Montreal which resulted in a sizeable contribution to the collective donation to the Beta Sigma Phi Endowment Fund. We also supported the St Joe's Women's Centre; MS Christmas Party; Maycourt; and we donated to the Hurricane Katrina fund and the Christmas decoration fund for the Shirley E Greenberg Centre. We also have planned to contribute garden items to the Roof Top Garden at Elizabeth Bruyere this year.

In addition to the bus trip, we worked at the Navan Fair and at a Pancake Breakfast to raise funds. Our programs have been varied and interesting and included – the 8 most essential vitamins; achieving your dreams by following the A,B,Cs; the story of Helen Keller, a history of Devizes England, and a guest speaker from the Centretown Laundry Co-op. We are planning a chapter program in May to sort through the archive material at Wendy Russell's home.

Preceptor Alpha Theta had the pleasure of welcoming Karen Little to our chapter this year as a transferee from Petawawa, and we were happy to share in the celebrations with Cheryl Elford as she received the silver circle at Founder's Day.

Chapter members enjoyed all the City Council events again this year, especially the Founder's Day dinner to mark our 75th. We also had a dinner and movie night (dinner at Montana's and saw the movie Casanova); had a yummy Christmas brunch at Prime 360, celebrated our chapter birthday at the Baton Rouge restaurant; and we are looking forward to being entertained by Xi Chi in May. The big event to close the year will be the chapter's trip to London Ontario to the Convention. Much preparation has gone in to making this convention another memorable one, and the girls have a side trip to the Picton area planned as part of this trip.

We have another bus trip to Montreal planned for October 21, 2006, so I hope you will join us. The proceeds will again be used to support our special service projects. Have a great summer everyone ! ***Respectfully submitted by: Marilou Rooke***



Preceptor Delta Epsilon

We have had a busy and fruitful year with lots of fun, starting with a lovely B.B.Q. and swim at the home of our President Rose Hawley. Beginning day the last Sunday of August was a huge success in Merrickville with lunch and catch-up chatter then an afternoon of shopping.

The Fall dinner and Pref Tea was well attended and enjoyed by all the sisters.

A very interesting program and quiz was presented by Lynn and Betty on OSTEOPOROSIS, very important and informative to us all.

Our fund raiser of a Hostess Gift Auction was most enjoyable as we were able to purchase some great gifts suitable for Christmas.

The month of December was a busy one for us with several sisters working at the SANTA'S VILLAGE AT PLACE D'ORLEANS CENTRE, earnings will be donated in the spring to a specific charity. Our annual (in December) mixed wine & cheese party was well attended with lots of delicious goodies and desserts. Thanks to SWISS CHALET, our Christmas dinner party and gift exchange was thoroughly enjoyed despite having a female Santa to hand out gifts and her usual comments on the Xmas wrappings etc.

The New Year began with two very interesting and most informative programs given by Alexis and Margarethe, on Financial Planning, Investments, Estate Planning etc., resulting in many questions, answers and dialogue among us.

Something new & fun to celebrate Valentine's day was a movie Night to see MEMOIRES OF A GEISHA. Afterwards at Maryann's, special sweet treats in wine containers were enjoyed along with mulled cider and much chatter.

A beautiful, clear and cold evening was the setting for our Progressive Mixed dinner party, at Rose's, Jo Ann's and lastly Judy's homes. Before we had a fabulous sit down dinner at Jo Ann's, we had to guess the name of the person's name pinned to our backs, after asking many stupid and foolish but mostly funny questions to guess who WE FINALLY REALLY WERE. Kim arranged a beautiful and different evening for us gals to visit the home of Rebecca Benoit to take part in an authentic Japanese tea ceremony. It was a relaxing and most enjoyable evening for all.

Our 75th Anniversary Founder's Day will be held as usual April 27th. This year's Founder's Day will be held at LA CONTESSA RESTAURANT to celebrate the longevity of our Beta Sigma Phi.

We have a busy, busy, busy May ahead of us. It all starts with our annual Tea Party for the seniors at Laurier Manor. This is always well attended by men and women and some of their visitors also. We will be entertained May 8th, by ZETA MU CHAPTER this year and look forward to the occasion. A new fund raiser, a garage sale, will be held later in May on the driveways of Lynn and Kathy, featuring one and two dollar tables. Hope it is a huge success...

Our year end birthday party, gift exchange and pot luck supper will be held at Sue's country home, to reveal our secret sister to us and pick new names. Lastly, we have enjoyed the monthly mixed breakfasts held in restaurants in Orleans, very well attended and an enjoyable hour or two to start our weekends.

Best wishes for a happy and safe summer to all sisters in Beta Sigma Phi.
Respectfully submitted by: Maryann Shortt.



Preceptor Epsilon Eta

We are a small chapter of only 8 active members. We started the year with only 6 members and rushed 2 new members who decided to join us in November. We are very pleased to welcome Maria Ryan and Sandra Lindsay.

One of our very interesting programs this year was a walk in downtown Ottawa in September. The evening was mild and not very windy. Our walk took us around the Justice Building to the Parliament Buildings and then back to the revolving Restaurant for Dessert and coffee. It was a great way to get to know our new members and catch up on all the news from the summer. Jacquie Rawes was our guide and organized the evening for us.

And then we seemed to focus on Quilts. We only have a couple of members who have made quilts but the topic seemed to come up over and over. Pat Turner did her program on the "Quilt of Belonging". Lynn Rowe did her program on "Victoria's Quilt", and Cathy Charette did her program on making a quilted jacket. We also had a "Cookbook" night where we brought our favourite Cookbook and favourite cooking tool to share with the group.

Julia Roy gave us an insight into what the DART (Disaster Assistance Response Team) is and what role they play in both the Military and in disaster relief. One of our members, Cindy Carter shared her expertise on make up and skin care by demonstrating a facial and makeup on one of our new members, Maria Ryan.

For Service we supported the Angel Tree, purchased a couple of subscriptions for Youville Centre, and made three quilt tops for Victoria's Quilt. The Victoria's

Quilt organization gives quilts to people who have cancer. Each quilt is made of natural fabric like cotton. Several members donated material and members got together to put the blocks together. Even the non-sewer's were able to help either cutting or ironing. We had a wonderful time doing this project that touched the heart of our members. One of our members, Jacquie, received a quilt from this organization when she started her treatment for Breast Cancer. It was our way of showing how much we care for anyone going through this.

Our socials this year have been small but the Brunch at our president Cindy Carter's home at Christmas was great. We did blow a few fuses but the food was delicious and the company very special.

We may be small but we know how to have fun. We're always on the look out for new members particularly in the East end of the City. Keep us in mind if you are ready to progress. ***Respectfully submitted by: Pat Turner***



Xi Alpha Lambda

As another sorority year starts winding down, the sisters of Xi Alpha Lambda have much to be proud of in terms of the activities we have done and supported this year. We are one of four (4) Exemplar chapters in Ottawa and though we are small in size, we are big in heart. While some of our sisters have taken a leave of absence this year due to family commitments, the remaining continue to carry the torch. We are happy to welcome back one of our sisters who had moved to Australia with her family for almost 2 years and has recently returned to Ottawa.

Publicity

We have put up a new website on the Ottawa City Council site and are in the process of updating it with new pictures and activities. We encourage everyone to click on and take a look.

Service Report

The members of Xi Alpha Lambda have proven this year that they have big hearts and helping hands. Our theme this year for Service was "women's health" and we managed to dedicate time and resources to some well-deserving organizations. In October, several members participated in the CIBC Run for the Cure that supports the Canadian Breast Cancer Foundation, raising close to \$1,000. With the financial help of several Ottawa Beta Sigma Phi chapters, we donated our time and resources to the Shirley E. Greenberg Women's Health Centre where we decorated their reception area for the Christmas season. The staff and

patients were very appreciative and our members enjoyed adding a festive touch to the already beautiful facility.

In April, we sold daffodils for the Canadian Cancer Society at the Loeb's in Bell's Corners. We will be volunteering at the "Workout for a Cure" on May 7th, which is an event in support of the Canadian Breast Cancer Foundation and the Ottawa Regional Cancer Centre. Finally, our ways and means projects have been successful enough to allow us to donate funds to the Beta Sigma Phi Endowment Fund for Women's Health.

Social

It's been a busy social year for us and our families. We put on a great children's Halloween party with a scavenger hunt, games and lots of treats for the kids. The adults enjoyed a couples haunted ride evening at Saunders Farm. We've had girls movie nights and dinner out at O'Connors. It's always a great social every 2nd week we get together.

We had a wonderful evening with chapter entertaining. We welcomed Zeta with a Greek themed event. The evening was a great fun and it was terrific to connect with our sisters in Zeta.

Programs

As always we learned many valuable things through programs this year. We also just had great fun. We all got into the joy of the Suduko puzzles and learned about Greek goddesses. We had a wonderful program on Canada's new Governor-General and on the elements of design with a Home Interior program. We discussed travel destinations and recommendations with children and of course had a beautiful ornament exchange during the Christmas holidays.

Corresponding

A few of our sisters moved into new homes this past year and we were happy to celebrate those events with them. Our corresponding secretary has been busy sending out cards of well wishes and congratulations. With Mother's Day just around the corner, it is another busy time for her.

We look forward to another rewarding and eventful year for Xi Alpha Lambda.

Respectfully submitted by: Irene Arkorful



Xi Chi

Our year started off on a high note with a barbeque at our president, Amberlee O'Connor's home, where we reminisced about all that was good, true and beautiful about our summers.

From Texas Hold'Em Poker to Astrology and Quilting we were never short of interesting activities and inspiring programs. This year our scrapbook has not been forgotten- a program night and a full Saturday were devoted to the task.

In terms of service, we have sold daffodils for the Cancer Society and 50/50 tickets for the Senators Foundation. We have continued our ongoing commitment to Chrysalis House, and will be providing them with disposable cameras and coupons for haircuts and movies- everyday items for us and luxuries for women and children in crisis.

We have enjoyed each other's company at social events including a beer tasting, a family outing to the Sugarbush and a "pyjamas only" Christmas party. Our Santa Claus Letters were a huge success, and hopefully the beginning of a tradition. Currently the Cookies-in-a-Jar campaign is under way and we are looking forward to both Chapter Entertaining and Girl's Goodbye.

Respectfully submitted by: Fiona Sehl



Sigma

How quickly the year is going by!

Sigma has been quite busy with a variety of social activities to chase away the winter blues. It began in December with our Christmas Morning Pajama potluck brunch which was a great success. One of our members had her annual Shrove Tuesday dinner which was enjoyed by many and no one went hungry! Also, there was much laughter and conversation when we spent the afternoon at Gotta Paint learning how to paint ceramics

We participated in the Running on Empties just before the holidays with the money going to area foodbanks and upcoming at the end of April the "Sigma Strollers" will again be participating in the MS Walk.

There were some very interesting programs as well. We have learned about the fascinating sites and sounds of San Francisco, time capsules and how to make them, ways people learn and participated in discussions on body image and what if.. questions.

Sigma has three members who will be progressing to Exemplar and we wish them all well. We hope everyone has had a wonderful year and look forward to many more adventures!

Respectfully submitted by: Lesley Malcolm



Zeta Mu

Zeta Mu's year got off to an elegant start as members were invited to attend a Tea hosted by the incoming executive. We shared souvenirs, adventures and stories, holding our traditional "My Summer" Auction.

Throughout the year, many interesting and informative programs have been presented, covering topics such as Ottawa's haunted houses, the 50's housewife, the history of the Byward Market, the origins and traditions of Mardi Gras and various health issues.

As ever, food is a theme enjoyed by all. This year we assembled "soup in a jar" and were treated to an authentic Ukrainian Christmas-complete with recipes! Our favourite Mexican recipes will be featured as we look forward to entertaining our sisters in Preceptor Delta Epsilon with a Mexican Fiesta.

Service projects included a donation to the Mission's Thanksgiving dinner, helping out a family of 4 at Christmas with gifts and a food voucher and Cancer Society daffodil sales.

Outings such as the May Court house tour, movie night and skating on the canal (aka "canal's closed; see you at the Ritz") have become Zeta Mu traditions.

As another successful year comes to a close, we congratulate our executive on a job well done and look forward to joining our sisters in celebrating 75 years of Beta Sigma Phi at Founder's Day. ***Respectfully submitted by: Sherrill Crowder***



***...A real friend is one who helps us
think our best thoughts, do our noblest deeds,
and be our finest selves.***

***Here's to our friends in Beta Sigma Phi,
the best friends of all...***

Mizpah !