

# Chapter Chatter

Ottawa Beta Sigma Phi

May 2001

## Founder's Day 2001

*Diamond's are a Girl's Best Friend.*

### Sisters of the Year 2000-2001

Beta Master	Margaret Hill
Theta Master	Mildred Ross
Laureate Alpha Iota	Margaret Burman
Laureate Alpha Upsilon	Lorraine Spracklin
Laureate Phi	Diane Dean
Laureate Psi	Carol Dunn
Laureate Lambda	Lyn Leonard
Preceptor Alpha Eta	Elly Weisbrot
Preceptor Alpha Phi	Sheila Chrysler
Preceptor Alpha Lambda	Rhona Cottrell
Preceptor Gamma	Elaine Murphy
Preceptor Epsilon Eta	Lynda Chenier
Xi Chi	Pauline Howard
Sigma	Irene Arkonful
Zeta Mu	Ella Forbes-Chilibeck
Zeta	Shaundra Mitchener

## Founder's Award

Joyce Shearer

## Woman of the Year

Fern Martin - Lanark County Interval House

## Golden Circle

Stella Allen

Louise Ide

Louise Laidlaw-Long

Lorna Brown

Agnes Andison

Margaret Westerly

## Silver Circle

Patricia Raymond

Carol MacKeigan

Carolyn Kellerman

Denise Boyd

Gail Drysdale

Beverley Lardner

Pearl Millenor

## Order of the Rose

Ronnie Hogan

Gail Campbell

Gail Gorlick

Joe-Anne Mckee

Doreen Emmery

Karen McIntyre

Linda Simpson

Diane Russett

Kae Pegg

## WHAT'S INSIDE

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## Preceptor Delta Epsilon

The year 2000-2001 has been an especially busy, rewarding and fun year for Preceptor Delta Epsilon - formerly Xi Epsilon Kappa!

Beginning Day was a wonderful potluck dinner and the sharing of summer times.

Since that great start we enjoyed our annual vacation auction, movie nights, junk action, a special afternoon tea social for previous members of our new charter "Preceptor Delta Epsilon", Christmas Party, rituals and a winter wonderland sleigh ride potluck.

This year will wind up with our annual tea for the residents of Laurier Manor nursing home, Founder's Day and our Chapter Birthday Party.

Best wishes to all our sisters for a safe and "warm" summer.

Submitted by  
Recording Secretary - Sheila Tessier

## Laureate Alpha Upsilon

LAU members have been very active this year - both personally and chapter wise. We have supported all city council functions with attendance at Fall Dinner, Pref Tea and Founder's Day. In addition, many members enjoyed the Ottawa Hospital Foundation's "thank you" night - a great start to the Christmas season! We also held our own mixed fall dinner; a mixed cocktail party and our members Christmas Dinner where annual traditions of LAU are followed. We were happy to entertain members of Preceptor Gamma on March 12 at an "Irish Evening".

We continue to support many local organizations with donations to Harmony House, CNIB, Inner City Ministries, and the Ottawa Food Bank. We supported a family at Christmas with dinner, gifts and extra groceries. Members also sold daffodils for the Cancer Society at local supermarkets.

Many sisters visited spots all over the world including South Africa, British Isles, all parts of Canada and Florida of course! Liz Wilson just returned from a lengthy stay in Mexico and we were entertained at meetings with her informative and funny e-mails.

President Wendy Russell and Donna Manery both retired in the past year and Lise Malouin retired on March 30th - Happy Retirement to them all.

Bobbie Mattock's was a beautiful "Mother of the Groom" at her son's wedding here in September.

Many members are looking forward to spring? When golf will resume and others will be planning their vacations.

Best Wishes to all Ottawa Chapters for a healthy, happy summer from Laureate Alpha Upsilon.

### REGAL

By using this number -- **9156918** -- you can receive a 45% discount on your Regal orders - making this a fantastic Ways and Means project for your Chapter.

## **Theta Master 261**

### **Annual Report 2000-2001**

This Chapter has eleven members and one honorary member. We meet the second and fourth Monday of each month except January and February when we meet once per month.

#### **Socials**

Our closing luncheon was held at the International Restaurant Algonquin College. On September 11, 2000 we held a beginning day luncheon and on December 11, 2000 our Christmas luncheon was held at the Redwoods Retirement Home.

#### **City Council Functions**

We attended both the Fall Dinner and the Founder's Day Dinner and we supported the Craft Sale - one member had a table of knitted items and Needlepoint pictures.

#### **Service / Culture**

During the year, the Chapter made donations to the May Court Hospice, the Salvation Army, Harmony House, and the Shepherd's of Good Hope. Profits from the sale of Regal products help to fund these charitable projects.

We have several members who volunteer at local institutions, also several who belong to the Food for Thought luncheon club and regularly attend performances at the Ottawa Little Theatre, the National Arts Centre and CentrepoinTE Theatre. Many of our members travel extensively.

#### **Programs**

A wide variety of programs were enjoyed by our members. The close Friendship of the chapter members is of great value to each of us.

## **Alpha Theta Master**

### **Annual Report 2000-2001**

Alpha Theta Master Chapter started off the year by meeting at the Green Valley Restaurant for lunch. Our second meeting was another luncheon - this time we were invited by Beta master Chapter to join them at the Britannia Yacht Club at which time the guest of honour was Mary Cook. These were two very enjoyable events.

At our October 25<sup>th</sup> meeting Loran Brown was presented with the Silver Circle Certificate and Pin.

Our Ways and Means main project for the year was the raffling off of "the basket" at the last meeting of each month. The winner had to replace the "prize" with something else and bring the basket back to be raffled off the next month.

Our Christmas party took place at Algonquin Restaurant, with most members present. We went back to Lois McMonagle's home to exchange Secret Pal gifts.

St. Patrick's Day was celebrated at the home of Lois McMonagle. Her delicious luncheon carried the "green" theme throughout, and her program, of course, included Irish stories and a word game in which Irish words had to be found from a list of scrambled letters - Lots of Fun!

We donate annually to the Canadian Guide Dogs for the Blind, and save used postage stamps, which Jean Munro collects for this organization.

Golden Circle Pins will be presented to Eileen Davis, Lois Donovan, Lorna Brown, Margaret Holland and Betty Tweed later this year.

Submitted by Lorna Brown

## **Alpha Theta Master**

### **Chapter Chatter**

*(this report should have been included in the December Chapter Chatter)*

After a busy summer, Alpha Theta master members are back and very enthusiastic about the coming year. Our opening lunch was held at the Green Valley Restaurant with eleven members attending.

Later in September, we joined Beta Master Chapter to entertain honorary member Mary Cook for lunch at the Britannia Yacht Club.

Lorna Brown received her Silver Circle in October. Margaret Holland, our service representative delivers our contributions to the Geriatric Unit of the Ottawa Hospital - Civic Campus.

Our busy volunteer and City Council Representative, Betty Tweed, helps out with the Manotick Seniors and Miller's Oven.

Jean Munro, our contact with Seeing Eye Dogs for the Blind, delivers our stamp donations for their use.

Stella Allen, caretaker of our Chapter scrapbook, keeps our news up to date.

Several of our members traveled during the summer and early fall. Agnes Andison to London Ontario; Barbara Stroulger to the Maritimes; Margaret Westerby to Halifax to see the tall ships, to Prince Edward Island and also New York City; Betty Kostachuk to Montreal, London and Niagara Falls; Katie Seymour to Stratford, Point Pelee and Barrie to attend a family wedding; Margaret Holland to Montreal, Dorothy Hoey to Peterborough, Kingston, Brantford and

Northumberland for a birthday celebration; Lois Donovan, Margaret Westerby, Margaret Holland and Joan Smiley (Beta Master) attended a performance at the Gananoque Playhouse in July

Several members attended when Eileen Davis and her husband celebrated their 50<sup>th</sup> wedding anniversary in July at an Open House during their son's visit with his family, from Australia.

Lois McMonagle was busy with wedding plans for her daughter Carolyn's marriage on September 16<sup>th</sup>.

In May, Betty Kostashuk celebrated her 80<sup>th</sup> birthday at a party with family and friends.

Jean Munro and Agnes Andison are recovering from bad falls and Katie Seymour from recent surgery. We wish them better health quite soon.

## **Beta Master**

Kay Roth and her husband Mick spent two months in Panama City, Florida soaking up the sun.

Lynn Paul visited relatives in Virginia before heading to St. Petersburg, Florida for a month, with members of her family. She is off to Vancouver in June.

Jean Tweedale is doing well after her hip operation and will be attending the 54<sup>th</sup> nurses graduation in Jasper in May.

Louise Long received her Golden Circle Ritual at Founder's Day.

## Laureate Psi Chapter

Donna and Cliff Oldridge became the proud Grandparents of twins, a boy and a girl. They all stayed at Donna's for a couple of months. "Tory" attended our meeting, swinging in her rocker. We are losing a sister, Nanc Ekiert, who with her husband Leon, is moving to Vermont in April. She is a wonderful new addition to Sorority and we are going to miss her. We have a celebrity in our chapter. Sheila Currie Alder and the support group that she started for those with Fibromyalgia was written about in Chatelaine. Carol Dunn and Shirley Westeinde (in Alpha Epsilon Master Chapter) were two of the 100 Nepean Citizens honoured and recorded in the historical book, Nepean 2000 Medal Recipients - Biographies.

Submitted by Carol Dunn

## By-Laws Committee Report City Council Annual Meeting

### May 2001

Amended By-Laws were presented to the membership and were adopted by a per member vote.

A proposal for changes to the Election and Annual Meeting procedures was made at the February City Council meeting. The membership agreed to try it this year without making the necessary changes to the By-Laws. We will review the process in the fall for possible modifications before amending the By-Laws.

The By-Laws Committee amended the City Council Manual to reflect the By-Laws and current operating procedures. The revised edition will be given to the incoming Council.

Respectfully submitted

Wendy Russell  
Chair



## ALPHA MASTER CHAPTER

2000 - 2001

Alpha Master chapter enjoyed planning and participating in the Arts & Craft show in October and setting up craft tables in other locations during November. Our Christmas fund raiser "*Gifts From the Heart*" a book by Virginia Brucker (which will be on going) was a great success with \$375.00 going to Breast Cancer Research. The Easter Basket Raffle, with proceeds towards the Alzheimer Society, was won by Donna Oldridge of Laureate Psi chapter. We sold regal and supported the MS Christmas party.

*Thanks to all members who supported the "Easter Basket Raffle" and the book "Gifts from the Heart"*

When we look back over the year we were more social butterflies than we thought!! A buffet luncheon meeting in November followed by Sunday brunch with the "boys" and "time at the slots" at the Rideau Carleton race track. Joyce, the big winner on both occasions, wants to know "when are we going back"? We enjoyed hosting the members of Alpha Upsilon Master when Mary Cook came to lunch with us. Mary spoke of her experiences and life in rural Ontario and as a broadcaster - some were quite hilarious. A very interesting and inspiring hour with this special lady. Phyllis Beveridge, a snowbird, hosted our Christmas luncheon. Marjorie received her Master ritual and we revealed secret pals - the suspense over with only to start a new round wondering "who sent me that"?? To shake the winter doldrums we shared high tea at Shallows and in April we, along with the "boys" will celebrate the chapters anniversary with dinner at Algonquin college. Our members attended Preferential Tea and the Fall dinner. We are looking forward to Founders Day Dinner and the theme "Diamonds are a girls best friend". Wonder what those Laureate Lambda gals have up their sleeve for this evening??? We are closing off the year with a chapter luncheon, and dinner with the members of Alpha Upsilon Master. Alpha Master being "youngsters at heart" volunteered to look after the refreshments at the December 2001 CC meeting.

We didn't do to badly in the "cultural" end of things - the "slots were enlightening?" - quizzes and readings were part of our Halloween theme; - members were told the history and many interesting facts surrounding the origin of St Valentines day; - St Patrick's was celebrated by a collage of Irish Limericks, stories and myths and a quiz to see how many words could be found in "Ireland". Members presented personal pieces of memorabilia - item(s) with special meaning. Several pieces of china, jewelry, music box and baby slippers were shown and why they were so special. Over our "brown bag lunches" we gals had all the problems solved by holding lively discussions on the hot topics of the day. One of the hot topics - the Robert Latimer case where the chapter was the jury and had to bring down a verdict and then a sentencing recommendation. Interesting result - hung jury. Carleton Bursary winner Kathryn Washburn took time out from her studies to join us at our most recent meeting. A very bright and personable young woman, Kathryn is in the Mass Communications program at Carleton.

Our members travel too - Joyce to Florida, Grace to Mexico and Marjorie a Panama canal cruise. Congrats to Dency who visited her new granddaughter Sophia in Vancouver and new grandson Declan in Toronto. We extended our sympathy to Dianne on the loss of her mother in law.

**Our incoming executive for 2001 - 2002**

President Audrey, Vice President Dency, Recording Secretary Jackie, Corresponding Secretary Dianne, Treasurer Marjorie, CC rep Deanna, CC Alternate, Joyce

**Alpha Master Chapter Sisters of the Year**

Betty, Bonnie, Deanna, Dency, Dianne, Jackie, Joyce, Audrey, Grace, Marjorie

**Alpha Master wishes everyone a safe and happy summer.**



**Alpha Upsilon Master Chapter, Beta Sigma Phi**

**Report of Activities for 2000-2001 Year**

This was an active year, with our members involved in sorority activities and volunteer work within our community. A fun weekend was spent at Shirley Westeinde's cottage 'Pine Point', Domaine Perkins Sur Le Lac, Quebec in June, followed by a relaxing summer which ended with our Beginning Day potluck supper held at Louise Ide's home on August 30th. After catching up on all the news, we received our yearbook and we were back into full swing.

**Program**

A diverse range of programs were given through the year, ranging from Margaret Bartelman's interesting and illuminating program on the history of needlework; a discussion on Pierre Elliott Trudeau, the man; a reading of 'A Child's Christmas in Wales'; Joan Donovan O'Malley sharing with us her intriguing story of sewing Canada's first flag in the fall of 1964; sharing a brown bag lunch with Alpha Master Chapter and enjoying stories and incidents told by Mary Cook, our Honorary Member; Janet Jarvis program on Laughter, good for the soul and the best medicine; to Maggi McLeod,

Executive Director of the Canadian Relief Fund for Victims in Belarus, speaking to us of the suffering of that country's people following the aftermath of the 1984 nuclear explosion in Chernobyl and the health respite summer program which brings over 660 children to forty communities in Canada for six weeks each year.

### **Service**

During a fourteen month period we delivered over 5,000 '123 Read With Me' literacy kits to the Civic Campus of the Ottawa Hospital. We remember our special friend, Jean Thurner, with friendly visits, a Christmas basket of baked goodies and something 'special' on her birthday, continue to support the Boys and Girls Club of Ottawa by wrapping Christmas gifts at Bayshore and helping register children for summer camp at the Brian Smith Outdoor Education Centre "Camp Smitty". Gifts were donated to the MS Christmas Party, and toiletry items and chapstiks collected for Carol Dunn's street women. In addition to making a donation to the Canadian Relief Fund for Victims in Belarus, we are collecting toiletry items and cold medicines for food parcels shipped to that country. Programs and head table place cards were designed and made by our Chapter for Council's 70th Founder's Day Banquet. Six members recently volunteered at the 2001 Nokia Brier held at Lansdowne Park. Children's gifts and juice boxes have been contributed to the June 14th sorority summer picnic.

Outside of Sorority our members contribute hours of volunteer work and expertise to Harmer House Seniors' Residence Community Outreach program, Meals on Wheels, Pastoral Care, Ottawa Boys and Girls Club, The Olde Forge Community Resource Centre, setting up a data base to enable children of Great Britain's Home Children contact their relatives, to name a few.

### **Ways and Means**

Funds have been raised through catering a memorial service reception, selling Entertainment Books, Regal products, gently-used books, crafts made by members and a giant garage sale. These proceeds enable us to contribute funds to the Beta Sigma Phi Endowment Fund for Women's Health established at the Ottawa Hospital, the Canadian Relief Fund for Victims in Belarus and other charitable organizations.

### **Social**

In September our men organized an all-day car rally beginning in Perth in the pouring rain. We ended up at June and Don's cottage at Pike Lake, some wetter than others, to receive great awards! The men also prepared and served a delicious buffet meal together with entertainment. As a 'thank you' we hosted the men to dinner and an evening of gambling at the Rideau-Carleton Raceway. A bonus was the live entertainment provided by Laura Metcalfe's son, Derek, and partner David in a 'dueling pianos' performance. The annual girls' Christmas party included turkey dinner followed by Santa's usual unorthodox arrival. We next celebrated the true Millennium arrival with a sumptuous buffet with our men. It was potluck - everyone outdid themselves and it was so delicious! Valentine's Day found us eating again: Chinese food. Following our garage sale in May, a barbecue will be held in Louise and



Graham's backyard. The men will join us again - it's their reward for all their help. The year technically ends with our Anniversary party at the final meeting in May but June holds good things too. We will entertain Alpha Master on June 6th with supper and other fun, hopefully on the beach at Shirley's home. At the end of June we'll welcome summer with our annual girls' getaway weekend in Gatineau.

In late January, 2000 three of our members joined 65 sorority sisters in a seven-day Beta Sigma Phi Eastern Caribbean Cruise aboard Carnival Cruiselines Triumph. We enjoyed so much fun and laughter with 'new found' friends that ten of our chapter have signed up for sorority's Western Caribbean Cruise, this November 11-18.

### **Special Recognition**

A highlight of the year was the Golden Circle Ritual for Louise Ide in recognition of the fifty years she has contributed to Beta Sigma Phi, beginning as a Nu Phi Mu in Montreal and ending as a Master in Ottawa. We owe her a debt of gratitude for the outstanding contributions she has made, both to Sorority and the communities in which she has lived. Well done, Louise!

Chris McGoun was the recipient of a Certificate of Appreciation from the Ottawa Jazz Festival for contributing over ten years as a volunteer, and Joan Forbes received a merit award for outstanding volunteer service for more than ten years with the Boys and Girls Club of Ottawa. Shirley Westeinde continues to be recognized for her outstanding work in our community with the Millennium Medallion from the City of Nepean; the President's Award for Contributions to the Building Owner Managers Association; and John and she were awarded the Bnai Brith Canada Award for Contributions to Business and the Community.

In the fall we will proceed with our proposed motion that excess monies in the 2000-01 City Council budget contingency fund requiring disbursement be added to the Beta Sigma Phi Endowment Fund for Women's Health at the Ottawa Hospital. We ask for your support !

June R. Landsburg  
Recording Secretary  
April 16, 2001



## **PRECEPTOR ALPHA THETA**

### **YEAR SUMMARY - 2000-2001**

Preceptor Alpha Theta has had a banner year for activity in all facets of sorority life. On the social scene, in addition to the City Council sponsored activities like the Fall Dinner, Preferential Tea, and Founder's Day which most of us attended or will attend, We also enjoyed chapter level socials including Beginning Day in Merrickville at Sam Jake's Inn, a Nouveau Beaujolais wine party, annual Christmas luncheon at Daley's, a film night, a mixed social and potluck where all the dishes were from recipes in the BSP cookbook, and our chapter birthday celebrations at the Rideau Carleton Raceway and Slots. To finish the year we will be entertaining Zeta Mu chapter; we have a walking rally planned.

Our chapter programs have been varied, interesting, and informative. Programs were presented on Carpet Making in China and India, Will/Estate Planning, the SNOEZELEN relaxation system used to sooth people with sensory or learning disabilities, the history of coffee table books, handy household hints, a presentation on Kosovo Refugees, and the history of St. Patrick's Day. We also attended the Women's Workshop Day sponsored by the Richmond Ontario chapter.

Our service projects included a donation to the charity of our choice in lieu of Secret Sister Christmas gift exchange, Christmas cards and a newsletter to Canadian BSP shut-ins, gifts for the MS Christmas party, a donation of videos to the Rideau Perley Veterans Hospital, a donation of \$100.00 to the MS Society, Mother's Day cards have or will be sent to members' moms in Canada and overseas, and a \$500.00 donation was made to a temporary women's shelter in downtown Ottawa.

This year's ways and means projects have included /will include the Millennium Craft Sale, working at the spring Flower Show, a Barbeque at Loblaws in May, and working at the Navan Fair in the summer. We also hold raffles at each regular meeting.

We were very pleased this year to welcome transferees Eleanor Ryan, Louise Tanner, and Mary Jane Morin to Preceptor Alpha Theta. Our new pledge, Gayla Desjardins will be receiving the Ritual of Jewels before year-end, and Diane Russett will be receiving the Order of the Rose at Founder's Day.

If all of this weren't enough to keep us busy, Preceptor Alpha Theta has been working very hard in co-operation with Zeta Chapter to plan and produce the first (annual?) Ottawa Beta Sigma Phi picnic, which will be held on Sunday June 24, 2001 at Vincent Massey Park. We hope to get good support from chapters and their members for this activity.

Before picnic day arrives however, ten members from the chapter will be attending the Calgary Convention in June to hoot and holler, kick up our heels, and relax and enjoy ourselves in the Calgary area. We are really looking forward to goin' west.

It has been a year of hard work, fun times, and personal growth and satisfaction. We are planning a much slower paced year next year, to catch our breath and re-charge our batteries. Happy summer everyone and we'll see you at the picnic June 24<sup>th</sup>.



## **News from Preceptor Gamma**

We spent many pleasant hours over the summer and early fall chatting and assembling items for the City Christmas Craft Sale.

As a chapter we are very proud to say that we stay in touch with two former members , Suzanne Lee and Maureen Mooers. Both are doing well - Suzanne in Ketch Harbour near Halifax and Maureen in Victoria.

We've had some interesting programmes this year - of particular note are:

- "Chocolate" we went to see the movie and discussed it afterwards at a specialty shop over flavoured coffies and dessert.
- "Go go , slow go , no go" a discussion on what we can look forward to as Seniors.
- "Famous Five" womem of nation builders
- "Life in Kenya" a slide show presentation on the wild life in South Africa by Don Mahar from the Department of External Affairs.
- "Weekenders" inovative ways of co-odinating many different outfits.
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Our socials and fun evenings are always the hi-lites of the year!

- "Holiday Auction" - each member brings an item from her holiday , explains from whence it came and others bid on it - a fun fundraiser!!!
- "To Forgive Divine" - we took a meeting night to see this super play at the Ron Maslin Theatre in Kanata.
- "Christmas" - we celebrated twice! For our meeting night we had a dinner catered by Chef Eric - wonderful!
- For our mixed social we had a cocktail party - everyone brought an hors d'oeves and the chapter provided the wine.
- "Bowling" another meeting night was spent on our "physical fitness" with business discussed afterwards at Merivale Bowling Lanes.

- "Welcome to the Chapter" ritual - we are enjoying the fellowship of two new members - Helen Lydon and Karen Knowles
- "Guess Who's Coming to Dinner" - we've had two of these wonderful mixed social evenings so far - always fun and a surprise to see with whom you are sharing the evening.
- Last but not least we were invited to share St Patrick's celebrations with Laureate Alpha Epsilon. Thank-you sisters for an enjoyable evening.

There are still a few weeks left in our year and more fun and fellowship to be had!!!  
Have a good summer - your sisters in Preceptor Gamma



## **An Evening with Diotima**

Ritual Ceremonies were held at the home of Mrs. David Tracy of Ottawa (formerly Gloucester), on the evening of Tuesday March 14, 2001

Our distinguished guests were members of Laureate Phi, a newly formed Chapter in the City. Despite the inclement weather, they motored from the westend of Ottawa, (formerly Kanata) to assist with the Rituals. Mrs. John Morrell flew in from Toronto for the event. Our very special guest, Diotima, flew in from Kansas City.

Members of Zeta Mu welcomed Miss Barbara Mulcahy as a new Pledge. Miss Mulcahy comes to us from the famous Canadian sea port city of Halifax.

Mrs. Captain Terrance Forbes Chilibeck has earned her Exemplar Degree. Mrs. Forbes Chilibeck (Ella) initially joined Beta Sigma Phi in Prince Rupert and has been with Zeta Mu for 1 year. Mrs. Forbes Chilibeck holds the position of First Vice President in the Chapter.

Mrs. Cameron Walker, formerly of Sault St. Marie also progressed to the Exemplar level. Mrs. Walker is currently the Chapter Vice President of Finance.

Mrs. David Tracy, our gracious hostess and President and CEO of Zeta Mu looked stunning in a simple, yet chic, black crepe dress (a Laura Ashley creation). She was assisted by Mrs. Ella Forbes Chilibeck and Mrs. Cassidy Duguay.

Several senior members of Zeta Mu progressed to Preceptor Level. Mrs. Captain Jack Dean, (Retired), President of Laureate Phi, presided over the Preceptor Ritual. Mrs. Dean wore a lovely coordinate suit of tan with a navy jacket. As always, Mrs. Dean's ensemble was tastefully accented with gold jewellery. She was assisted by Mrs. Bruce Stewart of Ottawa (formerly Nepean). The ladies progressing to Preceptor Degree were Mrs. Maureen Tracy, Miss Darla Kilpatrick, and Mrs. Shirley Langer. Mrs. Graham (Cheryl) Crowder was also to progress, however, she was out of town visiting family in southern Ontario.

Mrs. Tracy has been in Sorority several years and was sponsored by her mother (Mrs. Stewart Hansford) of Laureate Alpha Iota.

Miss Darla Kilpatrick is formerly of Westport, a popular vacation resort west of Ottawa. )

Mrs Shirley Langer now resides in Ottawa after extensive travels in Europe. She originates from New Brunswick.

The Rituals were held in the formal Dining Parlor, beautifully appointed with rich cherry wood furnishings, accented with tasteful family antiques. The room was lit by candlelight. The stunning brilliance of the crystal candlesticks compensated for the dollar store candles.

Rituals were followed by light refreshments and interesting conversation. There was time for renewal of old friendships and an opportunity to make new acquaintances. We also celebrated the birthday of Zeta Mu.

The Sisters of Zeta Mu would like to thank our Sisters of Laureate Phi for making time in their busy schedules to preside over our Rituals. We hope you enjoyed our very Progressive Evening.



## **Preceptor Alpha Lambda**

Preceptor Alpha Lambda or P.A.L. as we like to be called has had a quiet year.

Social events included Tuesday evenings at the Movies. This has proven to be a successful and cheap evening out. Actors Mel Gibson (What Women Want) and George Clooney (Oh Brother, Where Art Thou) had us swooning!.

Our Christmas Dinner and Gift Exchange was held at the home of Bonny Brown. The decor was beautiful and we enjoyed a meal of stuffed partridge prepared by Lorraine Langill. We had a few heart stopping minutes when some of the wrapping paper met a lit candle. The paper was quickly taken out the front door into a snowbank.

We would like to invite progesees from Ritual of Jewels and Exemplar chapters; and Transferees to visit our chapter. Incoming Vice President for 2001-2002 is Rhona Cottrell who can be contacted at [rhonacottrell@home.com](mailto:rhonacottrell@home.com) or 592-1711.

Incoming Executive: President Lorraine Langill

Vice President: Rhona Cottrell

Treasurer: Karen Kerr

Recording Secretary: Suzanne Emmerson

We look forward to another year together.

Respectfully submitted

Rhona Cottrell



## **News from Laureate Alpha Iota...**

We had a Masters Ritual for two girls. - Sheila Anderson and Marie Balfour. We also gave a 50th Ritual and Pin to Evelyn Ballantye at Versa Care Lodge.

Several of the girls are having holidays in different places...Portugal, England, Scotland, down south, Orlando and Australia

We had a Murder Mystery Night and Potluck on April 21st.

This year our programs are on the Super Natural.

We have donated to the Battered Women at Interval House and we gave them a Christmas Dinner and toys for the children. We donated to Youville Centre for Girls. We donated to Alzermiers Society. We have donated to the Brain Tumor Society and the Cancer Society.

We do volunteer work at the Perley Hospital for the elderly. Also, we do volunteer work and visits at the Versa Care Lodge. We have two members there. Lois Fowler and Evelyn Ballantyne.



### **Laureate Phi PL484**

We are now of age - 21 years old. Or so says our Charter. Last June 12 progressing members of PAL took Laureate Phi Charter into a New Age. So while we are 21, we are also NEW. Our inaugural year has been busy and exciting. We've also been growing, with the addition of a new transferee. Our New Year of 2001 started off with a bang - a Progressive Dinner where sisters and guests enjoyed Appetizers and cocktails at the President's house, moved on to another for the main course - a culinary delight of a soup, a sumptuous Chicken experience and then piled into cars for the next stop - for fabulous desserts, after dinner drinks, coffee and wonderful conversation and fellowship. In February several members and partners joined a Murder Mystery weekend in Alexandria Bay at Riveredge Resort. FUN, FUN, FUN. A winter hi-light was conferring the Preceptor Ritual on 4 members of Zeta Mu. Our group braved a somewhat stormy night to drive to Orleans for this event - it was worth the drive to spend an evening with this vibrant Ritual Chapter. We are now looking forward in April to an evening at GCTC for some eclectic Canadian Theatre and an afternoon at an Art

Gallery as well as Founder's Day. Our summer plans are coming together to help for the BSP Picnic and our Year End Party. At 21 years of age, we are just getting started - everything is ahead of us - we are ready to TURN that Coming of Age Key. We are not "old Laureates" - we are just paving the way for those who follow.

Submitted by:  
Diane I. Dean  
President 00-01



## **Sigma**

Sigma Chapter has been very busy since the new year. We have welcomed the arrival of two new babies (girls) and we are expecting another one any moment now. That leaves three more babies to be born over the course of the next 4 months. We seem to be ensuring that the legacy of Sigma continues.

April 4 was the night of our GST, goods, services and talent, auction that raised more than \$700.00 for our service project. The money will be going to support child development programs through the Kanata Resource Center for children who are facing emotional, physical and spiritual problems. We are pleased to help the children in our community.

We look forward to seeing everyone at the city council family picnic.

Sisters in Beta Sigma Phi,

Irene Arkorful





## Xi Chi 2000/2001

We started off the year with a Beginning Day social at the home of Heather Sutherland. This was a good way for everyone to get to know each other as we gained five new members through progression from Sigma.

We have had two mixed socials this year. One was a wine tasting event where we each brought two bottles of wine either red or white from a specific country. We got to sample one of the bottles and the remaining bottles were then raffled off. This was a good way to try out some new wines.

We also went bowling at the Merivale Lanes. Fun was had by all who attended. After bowling we went out for pizza.

For our service project this year we gave \$100 to the Snow Suit Fund, participated in the Samaritans Purse programme, and donated the remainder of our craft items to CHEO for their bazaar.

We have had a variety of programmes this year. We learned to make sponge balls, candles, learned about Feng Shui, stress management. Had a discussion on famous quotes, and a game "what do you bring/wear to bed with you". There was also a history on teddy bears and palmistry.

We plan to close the year off with a final get together and gift exchange in June. Then we will have to say good bye to some of the girls as they will be progressing onto the Preceptor level.

Submitted by Heather Sutherland

## Preceptor Alpha Eta

We started the year with a pool party for Beginning Day, and moved right in to working together to get ready for the Craft Fair. We had a work bee at Elly Weisbrot's home, with many of her creative ideas becoming big sellers at our table. (First time any of us actually had fun ironing.) Elly also volunteered us to do the Preferential Tea for City Council. We had a great time working together to plan it and make the food. (Quality control - we knew the food was good!) It was then that we welcomed new pledge Danielle Hayward.

Other socials included Octoberfest, taking turns wearing Elly's Christmas decoration at a mixed Christmas Social, Christmas dinner for the chapter at Steak & Caesar, a night at the Rideau-Carleton Raceway, Irish Stew Night, a Guess Who's Coming to Dinner and a lovely Founder's Day. We will be celebrating Mother's Day a week before the date with a Sunday Brunch for Mothers & daughters and will wind the year up at a dinner at the Istanbul.

We also did a major service project at Christmas, by providing a Christmas hamper to a single mom with two children.

Onward to the next year of Life, Learning and Friendship.

It wasn't all fun and games, however. We had some informative programs on topics as varied as the Famous Five, the health benefits of cider vinegar, travel in Norway, and to the Crystal Cathedral in California, bag piping, a slide presentation by a local artist, and the benefits of laughter. (We seem to manage to do a lot of that in our chapter.)

Submitted by Kathleen Willekes

# **Preceptor Epsilon Eta**

## **Chapter Highlights 2000-2001**

### **Ways and Means**

1. Made and sold crafts at the Beta Sigma Phi Craft Sale.
2. Regal Orders 3. Entertainment Books 4. Cookbooks

### **Service Projects**

1. 1,2,3, Read with Me
2. Donation to Nora Holzman -"Walking for Breast Cancer/Prostrate Cancer Research"
3. M.S. Walkathon—Team of 6 members participated and chapter donation
4. Women's Health Endowment—donation
5. Cumberland Resource Centre -donation
6. Gloucester food Bank—Donation of money
7. M.S. Gifts for Christmas Party
8. Angel Tree—2 teens (Money donation in form of Gift certificates)
9. Knit or Crochet Squares for "Blankets for Canada" on-going
10. Baby Food for the Food Cupboard
11. Selling Daffodils for the Cancer Society.

### **Girls' Socials**

1. Founder's Day
2. Chapter Birthday and Secret Sister Revealing Day June 6, 2000 Barbeque
3. Get away Weekend at Linda Simpson's June 2, 3, 4 2000
4. Beginning Day Aug. 29 Brunch / Museum of Civilization
5. Fall dinner Oct. 26, 2000
6. Craft Sale & Tea Oct. 16, 2000
7. Christmas Shopping in Westport 7 Perth Nov 4 or 5, 2000
8. Christmas party and Gift Exchange Dec.12, 2000
9. Movie Night Jan 16, 2001
10. Spa Night Feb 23, 2001
11. Dionne Warwick Concert March 15, 2001
12. Teddy Bears picnic (Entertained Zeta Chapter) Feb. 27, 2001

### **Mixed Socials**

1. Golf at the Pineview Mixed Social BBQ for those who didn't Golf.
2. Volksmarch and Lunch in Gatineaus Sept. 30, 2000
3. Card Night Mixed Social Nov. 25, 2000
4. Mixed social Cocktail Party Dec. 2, 2000
5. Pot Luck Supper Mixed Social March 24, 2001

## Chapter Movement and Growth

Eighteen Active members

Pledges: Theresa Messier

Transferees: Joann Clahane

Progresssees: Madeline Quelle -- Exemplar to Preceptor

Julia Roy and Carole Ozzard - Ritual of Jewels to Exemplar

Prepared by:  
Patricia Turner  
Secretary.



## **Laureate Beta**

### **Annual Report 2000-2001**

Laureate Beta is proud of Marily Crowe who has moved to a retirement home on the Rideau System and still drove to every meeting this year. We are proud of Elizabeth Gardiner's daughter who is returning to her old job after a year off, recuperating from strokes and surgery. We are proud of the grandmothers in our group - two for the first time and one for the 7<sup>th</sup>!

### **Awards**

Gail Drysdale - Silver Circle

### **Programs**

Nature of Work

Tour and Talk at Wild Bird Centre

Japanese Kimonos

Christmas Craft Demonstration

History of Tapestry and Needlework

Victoria's Quilts

Irish Pub Night

Valentine Mementos

### **Service**

MS Christmas Party

Operation Christmas Child Boxes

Donations of articles for Homeless Women

Victoria's Quilts donation

Canada Trail donation

Donations taken to Wild Bird Care Centre

### **Socials**

Couples Day at the cottage - Upper Rideau at Drysdale's cottage

Annual Christmas Dinner at Algonquin College Dining Room

Christmas Cocktail Party for Chapter and Spouses

Chapter Entertainment

### **Cultural**

Ottawa Little Theatre

History of Tapestry and Needlework Presentation

Movie Night and discussion of "Angela's Ashes".

#### **Woman of the Year - Fern Martin**

Twenty-two years ago, Fern saw the need for a shelter for abused women and became one of the founders of Lanark County Interval House. (Fern told me that our Honorary Member, Mary Cook was one of the first fund raisers for Interval House.)

She has been a visible and active supporter of Heather Immings, who was badly beaten (she has permanent disabilities) by her husband on his release from jail.

Profit's from Fern's book "A Narrow Doorway, Women's Stories of Escape from Abuse" went to support Interval House.

At present Fern is actively involved in organizing "Arts Infusion" which will take place June 7-9 in Almonte, Ontario. There will be 75 visual artists and more than 75 performing artists (one of their headliners is "Quartet" featuring Sylvia Tyson).

Should Chapters wish, donations to **Lanark County Interval House** can be sent to

Box 107  
Carleton Place, Ontario, K7C 3P3

*May the Lord watch between me and thee, while we are  
absent one from the other.*

*Weave a Web of Friendship*