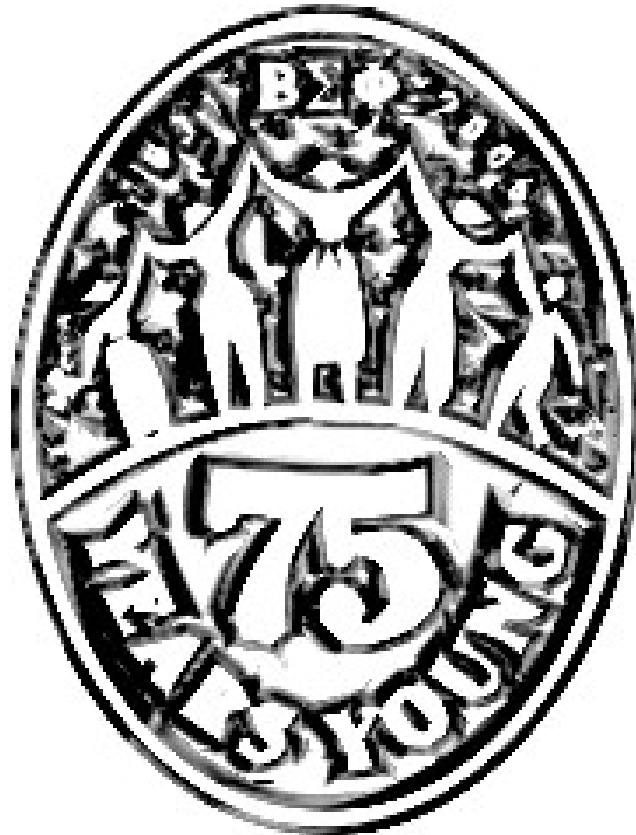


*Beta Sigma Phi
Regional Luncheon
2007*



*Toronto City Council
Your 2007 Hosts
Presents the
Regional Luncheon's
Social Booklet*



SORORITY IDOL

Theme: Sorority Idol

Event Locale: Hall

- Each chapter was asked to submit 2 acts, could be solo or groups
- One Emcee & panel of 3 judges – complete with comments. We had Simone Cowell, Judge Judy and Paula
- Large cross-section of talent – some really good and some really bad – complete with comments in both categories
- _ Prizes were awarded by audience votes
- Winner was our 89 year old “Elvis” in complete costume

COMMENTS:

We had this at the Knights of Columbus Hall and it was our largest turnout to a Fun night. Either applauded heartily or laughed ourself silly!

Followed of course, by great food.

SUBMITTED BY

BARRIE Beta Sigma Phi Council

Regional Luncheon 2007



Friendship Night



This is one of our major socials. This is always held in February and every member of our 6 chapters is invited.

The dress code is casual and we have representatives from each chapter in charge of the arrangements. They meet together and plan all the details. Our last event was "Magical" This was our Theme.....for the night. Every chapter raffles off a basket to raise money for their chapters. The hall is always uniquely decorated. We have a great caterer..... so the food is always wonderful.

We had invited a very talented Magician to entertain us and he was GREAT!!!!

We always all have fun and every year the themed event is different. It is always entertaining and we always have a great turnout.

In the past years we've had each chapter put on skits. Or we've had dancers teach all of us the latest craze. During the Olympics we even had teams and made our own events with prizes for the winning teams

Laureate Beta Zeta
NEWMARKET BETA SIGMA PHI
Regional Luncheon 2007



4th Generations Tea

Master Chapter hosted a 4th Generations Tea. Some of their chapters planned it. 2 meeting were held to plan it and we held it at a local church. We invited all chapter members and they were asked to bring A daughter, mother, niece or friend. The event generated medium attendance, but lots of fun for those who were there.

*Beta Sigma Phi's
4th GENERATIONS TEA
ON
Sunday May 27, 2007
At*

*St. Andrew's Presbyterian Church Hall
32 Mosley Street
Aurora, Ontario*

Time: 2:00-4:00 p.m.

*Co-Ordinators Helen Hufnagel and Judythe Goyea
Supported by their chapter Alpha Omicron Master,
Aurora Coordinating Council & Chapters*

*ACC REPS: Please remember to get names to
Judythe via Email by May 9th, 2007*

See you there

**Submitted by
Alpha Omicron Master
Aurora Beta Sigma Phi
Regional Luncheon 2007**

Mardi Gras Evening



In Mississauga, we entertain a chapter every other year. The offset year is when we are entertained. It helps members to recognize sisters from other chapters.

The Master Chapter entertained an Exemplar Chapter. They decided to use Mardi Gras as the theme. As one of the members has access to a party room in her building, we used this as the venue.

Pictures of Mardi Gras Festivities and New Orleans adorned the walls of the room. Music was also playing. As guests entered, they received a themed name tag and beads. Table groupings reflected both chapters

We played games to break the ice and prizes were awarded.

The programme was an executive chef from Cara Foods who made profiteroles. He showed us the whole process of making these from scratch, and then the various ways they could be served after baking. He had prepared profiteroles beforehand, so we had a wonderful dessert to end the evening.

Profiteroles are small cream puffs filled with ice cream; these are served with a shiny, thick, very dark, very cocoa-y chocolate syrup that must be made ahead of time. The pate a choux for the profiteroles is not quite the classic formula, as it contains baking powder, but I think the puffs rise higher with the addition of it. You'll need a large, heavy baking sheet (mine measures 17" by 12") and baking parchment to line it.

For the ice cream, use a favorite, good-quality brand. If you're going to freeze the puffs after they are filled, you'll want to choose an ice cream that isn't rock-hard directly out of the freezer (I use Starbucks). For maximum crispness in the profiteroles, by the way, either fill and serve them immediately after they have cooled from baking, or freeze the shells empty, then re-crisp them in the oven, cool, fill, and serve immediately. A great springtime dessert!

**Submitted by
Mississauga Beta Sigma Phi
Regional Luncheon 2007**

Guess Who's Coming to Dinner??????

4 Sisters host – they do not know who is coming to their house for dinner

- usually 3 couples for each host
- each couple brings a bottle of wine, and a salad or dessert for 8 people
- hostesses supplies the meat, potatoes or rice, coffee, tea etc
- each couple receives an invitation to one house and does not know what other guests will be there.

FUN FUN FUN

We have this social every year!
Always about 25 attend every year



Submitted by
Alpha Phi Master
Peterborough Beta Sigma Phi
Regional Luncheon 2007

Canada Paints



We have visited the Varley Art Gallery in Unionville to see an exhibit by Florence Carlyle – a Canadian Painter in the 1920's from Woodstock Ontario.

We have also visited the Gallery to see an exhibit by Rody Courtice Kenny another Canadian painter of the same era from the Markham Area.

Each time we had Lunch following the event.

You can also have afternoon tea at "The Olde Curiosity Tea Shoppe" in Markham. This place is a replica of an English Tea shop and is very unique and quaint. And if you are having "Tea" it must be pre-booked

*The Olde Curiosity Tea Shoppe
91 Main Street N
Markham, ON
905-472-9927*

*Submitted by
Preceptor Kappa
Toronto Beta Sigma Phi
Regional Luncheon 2007*



Wedding Themed Friendship Night

Each Chapter was asked to provide two wedding dresses and a model. One of the sisters' son served as the escort to walk each model around the room to show the dress.

Wedding themed items, tulle, flowers, pictures of our sister's weddings which were also posted on the boards around the hall served as our decorations. Each chapter was asked to prepare the board ahead of time of the sisters in their chapter's wedding pictures.

We served tea, coffee, pastries, cookies and squares which were provided by each chapter

We charged a \$3.00 door charge per each attendee and each chapter was asked to provide a door prize of \$10.00 or less.

We held it a church all

NOTE: This was a very entertaining evening! Some of the dresses modeled were very modern and some very old and beautiful. It was fun to see our sisters on their wedding day and to see how they have changed and how the fashions have changed over the years

Submitted by
Oakville City Council
Beta Sigma Phi
Regional Luncheon

WOMEN THROUGH THE DECADES



-Each Chapter was designated a decade starting with the 1930's

-Time was allotted per Chapter was 10 minutes and each was given free reign as to their act

-My chapter was given the 1960's and we went with the Haight-Ashbury, Hippie, Love In Theme and performing the music of "The Mamas & Pappas"

-All chapters spent several weeks on

costumes, rehearsals etc and it was

even fun doing all the practicing

Note: at the time of this, we had not yet performed our Fun Night but it is to be held soon. The original evening had to be cancelled as we had a blizzard and could not rebook as the schedule at the Southshore Centre

Submitted by
BARRIE BETA SIGM PHI
Regional Luncheon 2007



SLAVE AUCTION

- Kappa Chi of Aurora Council held a slave auction for their members and spouses.
- Money raised went to a charity of their choice
- Comments were that this was a lot of fun and easy to organize
- This was held at members home



Christmas Social

-planned by Xi Gamma Mu

- mind teasers Christmas crossword based on carols*
- tables chose a carol and then sang & acted it out*
- held it at the local golf club*
- comments were that all had fun fun*

Submitted by
Aurora Beta Sigma Phi Council
Regional Luncheon 2007

Colours of Friendship Night

Two Chapters worked together on this Evening



We used the 6 Ritual Colours in the planning for the evening. Everyone was assigned to a colour and they were given a name tag (E.G. Red) that denoted their group. Tables were covered in the six colours. So the red group was at the red covered table. We also mixed up the groups so that chapters were not together. Each group had at least one member from the planning chapters. I might add that the planners tried to even wear their table colours that evening as well

We had snacks on the table for them to eat and a variety of beverages – punch, tea, coffee and water

The highlight of the evening were the performances from each group. The planning chapters had gathered together a box containing coloured props. They had also made a list of some songs that contained the colour in the title. Groups were given time to prepare either a song, a skit, a drama performance that reflected their colour. What a hilarious time we had watching the performances. The creativity of each group was amazing. After the performances, we served sandwiches, pickles and dainties to each table.

Everyone had a great time and the friendship and chatter was unforgettable. The chapters organizing had 2 meetings together to plan, one of each of their meeting nights. The members really got to know each other in the other chapters and some even exchanged recipes after the event.

Submitted by
Mississauga Beta Sigma Phi
Regional Luncheon 2007

A Ceramic Christmas Tree

In November we went to the Gardiner Museum of Ceramic Art to see the display of Christmas Trees. This is a yearly event for the Gardiner Museum and is a fund raiser as the trees are auctioned off.

The Gardiner is free Friday evenings at the first Friday of each month.

Following our visit to the Gardiner we try to go out for dinner. One of our sisters is a member of the Royal Canadian Yacht Club so we go to the Winter Club House for dinner.

This event was thoroughly enjoyed by all our sisters

Submitted by
Preceptor Kappa
Toronto Council
Regional Luncheon 2007



MEXICAN FIESTA NIGHT



This was an evening of Mexican food and various tables of Mexican Dominoes

Our decorations were brightly coloured tablecloths, napkins, sombreros, Mexican blankets and paper mache figures.

Our food included Guacamole, salsa and tortilla chips, alcohol-free Sangria, fruit kabobs

We charged an entrance fee of \$5.00 per sister

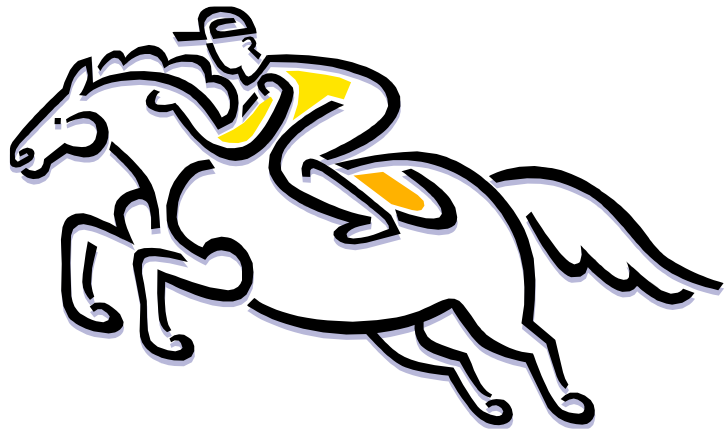
Each chapter also purchased a themed door prize under the value of \$10.00

We held this at a local Church Hall

Mexican Dominoes was our game of choice. This is a more advanced game of dominoes and can be played by up to eight people per game. These games are available at many toy or game stores. The numbers are higher (they go up to 12 on each side)

Submitted by
Oakville City Council
Beta Sigma Phi
Regional Luncheon 2007

Horse Racing



Dinner and Horse Racing.

Spouses or a friend is invited to join the sisters for this popular event.

A night of buffet dinner and horse races with betting, then a person can continue on to the casino if you wish. There is no time period on this except to do with the buffet as it is only open before the races start. Every year we do this social and it is very popular

Submitted by

Alpha Phi Master

Peterborough Council

Also Submitted by

Laureate Beta Zeta

Newmarket Council

Regional Luncheon 2007



Supper Works

We went to a place called Supper Works and together we all made meals for our families. This was a great night out and it made preparing future dinners fun.

Submitted by

Laureate Beta Zeta

Newmarket Council

Regional Luncheon 2007

Family History Programs The Carroll Collection

I think that if you have a family legacy, do not keep it to yourself because chances are that your chapter will find it interesting and amazing. I know my did.....here's my family's story

When I was young, I remember my Dad working down in our basement for hours. Our backyard had a 9X12 wooden shed which housed iron pipes shaped like big poster hangers, with lots of designs on tight canvas. This was my Dad's company catalogue. Growing up, I always thought that our basement was yucky because there were all these old molds and carvings and they took up so much space. We also had several boxes of stuff under the veranda. I used to spend a lot of time with my Dad kneading the dough and scraping the designs off the boards. We also had this huge iron press.

When my father stopped doing "three dimensional compositions" (compo) in the late 1970's, it all just sat in the basement and under the porch. When my father became ill, I decided with my mother's permission, to donate the collection to the Toronto Historical Board. I was hoping that there would be some sort of recognition for my father's accolades so deserving to him.

In 1993, the Historical board took everything from the basement and promptly ran out of funding. The collection was housed in Spadina House and at a temperature-controlled storage facility on Atlantic Avenue. We moved to London, Ontario for 3 1/2 years and came back in 1996. Richard Gerard of the Toronto Historical Board contacted us, but still had no funding to get the rest of the collection. Years went by. In 2002, our family was vacationing in Haliburton ON. While shopping in town, our cell phone rang and it was Elizabeth Joy from the Toronto Historical Board. She had taken over for Richard Gerard and had approached the U of T Museum Studies Department with an idea regarding my Dad's collection, now known as the Carroll Collection. They wanted our permission to use the collection in a course on Architecture and the U of T would fund everything. They came to my house in October 2002, in their Tyvec biohazard suits and took the rest of the collection from under the porch. They were so careful with it that it reminded me of an archeological dig. They were so respectful of everything and handled the pieces with great care.

On March 14, 2003 a portion of the Carroll Collection was unveiled at the Rogers Library at the U of T. They had restored about 40 of the 4000 pieces in the collection. We were so proud. I was especially proud for my Mom who was able to see my Dad's work be recognized as an art form in her lifetime.

Since then, the collection has grown and been moved to the St. Lawrence Market Gallery, where I took my chapter. The gallery very graciously opened for us after hours and we had a private viewing. From there it has still grown and moved to Todmorden Mill for 6 months, and there has been talk of taking the collection on the road to places where the compo has decorated, such as the Parliament Buildings in Ottawa.

There is a site on the internet that you can log on to see many more pieces. The site is www.toronto.ca/culture

Thank you for letting me share my story

Paula DaSilva 2007
Xi Lambda Toronto ON
Regional Luncheon 2007

“FAMOUS AND DEAD” A Toronto Walkabout

This aptly-named program was based on an evening walking tour of the Toronto Necropolis, one of Toronto’s oldest cemeteries. The Necropolis is a small venue, only 17 acres in total, and the smallest of a series of cemeteries that were planned back when the local government allowed only Anglican and Catholic churches to bury the dead – and clearly something had to be done to allow the decent burial on “non-conformists”

It’s located in Cabbagetown: this makes it a good starting point for the presenter to place the cemetery in the context of Toronto’s founding and its earliest waves of immigration.

The area itself is a peaceful green oasis with mature trees and interesting monuments. The cemetery entrance and chapel are charming examples of High Victorian architecture. Winding walks connect the various garden area, sometimes dipping over the slope that overlooks the Don Valley Parkway.

The Internet yields plenty of information on the various famous people laid to rest there, who include:

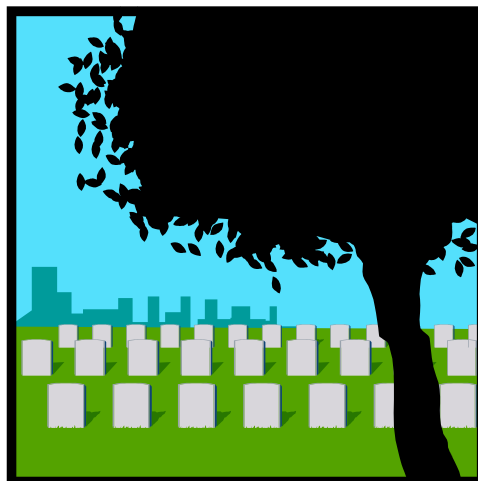
- *Rebel William Lyon Mackenzie*
- *Prime Minister William Lyon Mackenzie King*
- *Father of Confederation and “Globe and Mail” founder George Brown*
- *Anderson Abbott, first Canadian-born black surgeon*
- *World champion oarsman Ned Hanlan*
- *Ex-slave Thornton Blackwell, who after an adventurous escape to Canada founded Toronto’s first Cab Company.*

In fact, a pretty complete history of the province and the city of Toronto can be pieced together from a walk around the gravestones.

Visitors can drive to the location at 200 Winchester Street, or use public transit and a short walk. Many of the surrounding buildings of Cabbagetown are worth a look.

The Necropolis is open in the evening, but the hours vary depending on the time of the year. A visit in September or early October is recommended. Anyone who wishes to use this program is urged to visit the Necropolis beforehand and walk through the place, planning the route, as the monuments are not always easy to find

*Jan Hook
Xi Lambda Toronto
Regional Lunch 2007
Toronto ON*



Jeopardy Colours of our Sisterhood

Colours of our Sisterhood	Rituals of Jewels	Order of The Rose	Silver Circle	Golden Circle
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500

Colours of our Sisterhood

Try to do all of this category first as an introduction / warm up

100 – The colour of courage and the colour of vision

- *Q. What are red and yellow*

200 – The colour of humility and the colour of loyalty

- *Q. What are blue and orange*

300 – The colour of fellowship and the colour of service

- *Q. What are green and violet*

400 – The colour that represents love, truth and beauty

- *Q. What is white*

500 – The colour that represents the death of selfishness

- *Q. What is black*

Ritual of Jewels

100 – The object where white light goes in one side and comes out the other side in colours

- *Q. What is you or What is a Prism*

200 – These two attributes make up the violet light of service

- *Q. What are the blue light of humility and the red light of courage.*

300 – This attribute makes us fearless and dauntless in pursuit of our goals

- *Q. What is the red light of courage*

400 – This attribute helps us in the perception of things hoped for, the assurance of things not seen.

- *Q. What is the yellow light of vision*

500 – This attribute helps us to accept every result without discouragement and gives us earnestness of unswerving purpose

- *Q. What is the orange light of loyalty*

Order of the Rose

100 – This colour is the sum of all light.

- *Q. What is White*

200 – With this virtue we lighten the burdens of one another

- *Q. What is the violet light of service*

300 – This represents intimacy and enjoyment of our chapter sisters and extends to all persons

- *Q. What is the green light of friendship*

400 – With this virtue, the attirement of the Queenly Woman is not in flaunting garments of pride but in the gentler qualities

- *Q. What is the blue light of humility*

500 – This virtue helps us in the dauntless and undeviating pursuit of the principles of Beta Sigma Phi

- *Q. What is the red light of courage.*

Silver Circle

100 – This virtue helps us pursue our ideals and by which we have overcome many difficulties, achieving our goals, making the most use of our talents.

- *Q. What is the red light of courage*

200 – This virtue causes us to seek nothing for ourselves and which makes us all meek in the presence of the miracle of being.

- *Q. What is the blue light of humility*

300 – The virtue has kept us steadfast, and enabled us to set aside all discouragements

- *Q. What is the orange light of loyalty*

400 – This virtue helps us be assured the reality of those great ideals and truths which cannot be seen.

- *Q. What is the yellow light of vision*

500 – This is extended not only to your sisters, but to all fellow beings.

- *Q. What is the green light of fellowship*

Golden Circle

100 – This bright and lively colour can extend your eye beyond the short and narrow view.

- *Q. What is the yellow light of vision*

200 – This colour represents cool and shaded places in your garden

- *Q. What is the green light of fellowship*

300 – This colour combines with yellow to produce friendship

- *Q. What is the blue light of humility*

400 – This colour represents the virtue that has sustained you for 50 years

- *Q. What is the orange light of loyalty*

500 – The colours of courage and humility produce this colour

- *Q. What is the violet light of service*