

Beta Sigma Phi an international organization

By **ETTA MILLS**
Herald Special

Beta Sigma Phi was founded in 1931 and has grown to be an international organization. Founded by Walter W. Ross in Abilene, Kansas to enrich women's lives culturally and socially, Beta Sigma Phi has chapters worldwide. Members find it an enriching and intensifying inspirational experience in the appreciation and enjoyment of the liberal arts.

If a member moves to another city, province or country, the international office puts her in touch with "sister" chapters in her new community. This is called "transferring."

The chapters are designated by degrees, Nu Phi Mu, Ritual of Jewels, Exemplar, Preceptor and the Preceptor Laureate Degree. Members usually stay in a degree for a specified amount of time, and then are eligible to "move-up."

In each degree, the members experience ever increasing cultural and social opportunity. Though Beta Sigma Phi is not a service organization, its members experience the joy of helping others. The record of their generosity is very gratifying. In 1948, the International Endowment Fund was established. It came from the realization that in the combined strength of Beta Sigma Phi Chapters lay the means of great charitable works, beyond what was already being

accomplished in their home communities. Each chapter member votes for a charitable organization, and pledges an amount of money dependant upon the chapters means.

Beta-Sigma Phi is steeped in tradition. Its members enjoy established annual events,

worldwide conventions.

Membership in Beta Sigma Phi, both active and honorary, is by invitation.

There are two active chapters in Georgetown, and three in Acton. These five chapters are coordinated by a Council comprised of members from each chapter.

Beta Sigma Phi is celebrating its 60th anniversary this year.

Preceptor Gamma Chi Chapter has been active in Georgetown for over three years. The chapter is comprised of members from two local chapters. The challenges that face its members is to continue to grow and expand

our horizons.

In the past six months, the members have enjoyed: theatre outings, pot luck dinner, and a home fashion party. The chapter meets twice a month in members' homes, and organize social, cultural and services activities.

Asthma a chronic disease

Asthma is a chronic lung disease that can be very serious. It affects both adults and children. Experts agree that there has been an upward trend in the death rate due to asthma. Typical signs of asthma include a chronic cough at rest or after exercise, shortness of breath, wheezing and chest tightness. When asthma occurs, there is a narrowing of the bronchial tubes of airways to the lungs due to (1) inflammation or swelling of the bronchial walls which also narrows the passages (2) shortening or contracting of muscle fibres which circle around the air passages in the walls of the bronchial tubes, and (3) increased secretion of mucus or phlegm which blocks the airways.

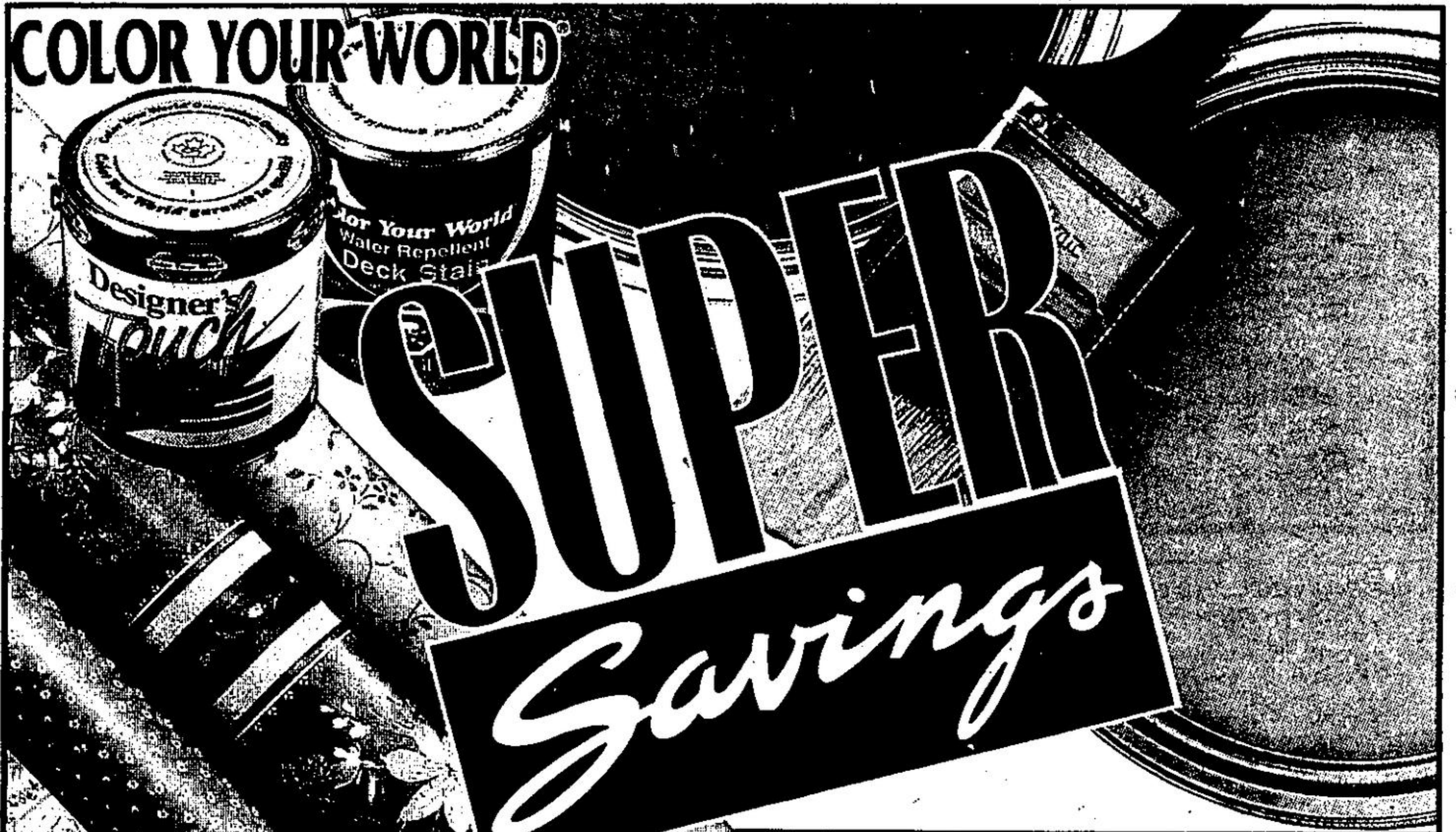
The Lung Association strives to prevent asthma through research and innovative educational programs like the Air Force Asthma Program. Parents of asthmatic children know the horror of rushing their child to the emergency room because their child cannot breathe. The Lung Association's program is designed to teach both parents and children how to manage and cope with this debilitating disease and live normal productive lives.

Nancy Lewis, an asthmatic and the mother of The Lung Association's 1991 Asthma Children Tara and Corey said "The death of a friend, from asthma, had a profound affect on me. I found the stress of caring for Tara and Corey overwhelming at times ... but through the insight Tara and I both received from taking the Air Force Asthma Program we are turning a negative into a positive. Tara met so many wonderful friends. I have become involved with the Lung Association as a volunteer so I can give back to others what I have learned."

The Lung Association hopes to raise funds to continue to help those individuals and their families with asthma.

Help support the Lung Association - Halton Region's Asthma/Spring Campaign.

For more information on asthma or The Lung Association please contact Elizabeth Porter, 637-8499.



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