



The Bustle

President's Message

Dear Sisters,

I know every President before me has said that they have the best board, best committee chairs, and best members on the committee but I know for sure that I have the best board, best committee chairs and the best members on the committees this year. Everyone has stepped up and is willing to help with whatever needs to be done to make this a great year.

We are ready to start the new year. The President/Vice Presidents breakfast is in the final stages of planning. Xi Phi Gamma has done a great job in putting all of the plans together - taking an idea and making it happen. I heard Duang's plans for Open Meeting and it sounds like it is going to be fun. Carolyn Meeks has great visions for Holiday Tea at Brookwood, and being able to help an organization like that makes it that much more fun to attend. I am hoping everyone is working on their calendars for their chapter functions and making room for the events that are being planned for this year in Council.

Whoops, I guess I owe XAZ an apology. In looking over my last letter I realized I called them by the wrong chapter name. Sorry, but under any name they put on a great luncheon again this year. This event is always such a great get together for the summer. For those of you who could not come, we missed you and hope you will be able to come next year.

After the Stars and Stripes luncheon, the Board went to Oasis and distributed hats, which were donated by Preceptor Nu, and flowers from the Board to all of the men for Fathers Day. It filled our hearts with joy to see the faces of the men and to watch them try and pick a hat. You would have thought they all were going out on the town with their new hats, and some even tried to make sure that their hats matched their shirts.

Hope to see all of the Presidents and Vice Presidents at the breakfast August 15th and everyone else at the September meeting. The first meeting will be September 10th. I can't hardly wait to see what Passport Adventure that Preceptor Nu will be taking us on.

See everyone soon. Beta Hugs,
Kim

Webmaster's Message from Patricia Benavides

The Southwest Houston City Council website is officially up. Please take a look at the site and if you see any misspelled words or names, please let me know as soon as possible so I can fix them. All the pages are completed except the Chapters and Members only page. Most of the chapter pages are completed except for those chapters that I'm lacking member photos. As soon as I receive the photo's I will update those chapter pages. The Members only page is not completed as I'm waiting for the updated information from the directory. Some members expressed they didn't want their phone number or address on the website, so I'm only putting the other information that is in the directory on this page. The page is password protected and once I complete the page I will send you the password so you are able to open the Members only page.

Thanks for your patience and I hope you all visit the website. Remember we want the website to be as up to date as possible. Please let me know if you see anything that needs to be changed or added. If there is anything you would like to see on the website in addition to what is there, please let me know, I'm always open for suggestions.

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**Thanks
Patricia for
all of your
hard work!**

**Take an adventure
and visit
www.bspswhcc.com**

**Same address,
but NEW look and feel**

Beta Lambda Phi

With the month of June a faded memory the ladies of Beta Lambda Phi blasted their way into the month of July with numerous events and activities. One of the first events was our monthly meeting which was held on July 9th at the Wine Next Door located in La Centerra in Katy. The meeting which was hosted by Recording Secretary Megan Chriss was a huge success. The chapter made numerous decisions concerning the upcoming year. One of the more interesting decisions made was that instead of doing a Secret Sister, members opted to have a Day With Your Sister. A Day With Your Sister which is being organized by Vice President Kimberly Smith consists of each member drawing the name of a fellow member. The first member will then plan a special day with their sister that involves an activity that is based on your special sister's interests. Once the special day has taken place members are then asked to share their experience with their sisters at the next meeting. A Day With Your Sister will help bring all the ladies of BLP closer together while also having fun.

Additionally, we discussed our first fundraising event. On October 31st the ladies of BLP will host their first fundraising event with a Halloween Costume Contest and mini carnival. The event will take place in Katy, Texas. Be sure to catch the details on this fun filled event! The fun continued

Preceptor Laureate Beta Lambda

LBL members enjoyed the June 27th Luncheon hosted by XAZ. Joyce Chriss did a good job with the centerpiece and of course we won. Grace Wallace won a raffle prize much to the dismay of Nina Coltharp. She wanted it for her son. We have so much fun at this luncheon each year and enjoy the food and fellowship.

Joyce Frank underwent a knee replacement surgery on the 20th of July in Sugar Land. She will be there for a couple of days. She is at Daughter Deanna's now resting up and receiving therapy there until Monday. Then she will start therapy at Richmond Bone and Joint Clinic in Richmond. She can bend her knee at a 90 degree angle when sitting. Gwen Van-

after the meeting with Erica, Stacey, Andrea, and Kimberly heading over to Baker Street Pub for laughter and drinks.

Later in the month, BLP chapter President, Erica Bowman and her aunt Patricia Benavides from XPG attended the Houston City Council Summer Forum & Luncheon at Fleming's Prime Steakhouse on July 18th. In attendance was also a guest of Erica's, Justine Miller. They met two wonderful ladies Janice Lahr, she's a "firecracker" as Justine noted & Susy Wombold. These two fabulous ladies were once members of the Southwest City Council of Beta Sigma Phi. They send their Hello's and well wishes to everyone. Erica, Patricia, & Justine participated in Laughter Yoga led by Stephen Findley, a Chaplain at MD Anderson Cancer Center.

Laughter Yoga (*Hasya Yoga*) is an exercise routine developed by Indian physician [Madan Kataria](#). According to this concept anyone can laugh for no reason, without relying on humor, jokes or comedy. Laughter is simulated as an exercise in a group but with eye contact and playfulness, developing into real and contagious laughter. It is meant to be a combination of laughing and yoga breathing, in order to bring more oxygen to the body and the brain. Laughter yoga is based on the assumption that the body cannot differentiate between fake

Zant is still under treatment for her cancer and is in a weakened state. But she keeps on plugging along and not missing much. Terry Colley's, Tom underwent cataract surgery and is recovering nicely. Barbara Hobbs' husband John had a good report on July 16th from his doctor at M.D. Anderson. He is doing well and doesn't need chemo at this time. They will continue giving him injections for his anemia periodically. John wanted to thank everyone for all their thoughts, prayers, and cards.

Terry and Tom Colley just returned from a trip to Jamaica, Cayman Islands and Cozumel. They snorkeled with the stingrays in the Caymans and had a dolphin en-

Submitted by Megan Chriss

and real laughter, and that their physiological and psychological benefits are thus identical.

Practicing their own form of Laughter Yoga Erica, Kimberly, and Diane danced the night away on Saturday, July 18th. Also, on the 18th Megan joined Katy Fit to train for the Houston Marathon on January 17, 2010 in which she will run the half-marathon (13.1 miles).

On July 25th Cortney Lurker hosted the July social at the Great Southwest Equestrian Center in Katy, Texas. Erica, Kimberly, Amy, Stacey, Megan, Cortney, and special guest Justine Miller all attended the event. Cortney shared her knowledge of horses throughout the show. After surviving the heat, members went to El Jarrito to eat, drink and definitely be merry. At the social Megan announced that she passed her ELAR 8-12 teacher certification test. This test enables her to teach English grades 8-12 next fall once she completes her Master's program at University of Houston-Victoria. With the month of July coming to an end the sisters of BLP are excited about all the events that will take place this fall. From movie nights to costume contests the members of BLP are not going to slow down anytime soon.

Submitted by Grace Wallace

counter in Cozumel. Granddaughter Berit spent a few days with them while she was taking a course in 3-D autocad. She is employed by Brazos Valley Engineering in College Station. Mary Horton has had a busy summer without much LBL stuff and doesn't know where the time goes. After reading mysteries for years, she is getting a kick out of the fact that their oldest grandson has worked for a PI this summer. The PI has encouraged him to go back to Tech this Fall and to finish getting his degree. On Sunday, July 19th, all the family gathered to help celebrate Tom and Mary's great grandson, Quinn's first birthday. Barbara and John Hobbs', son came in from South Carolina in late June and had a nice visit.

Xi Alpha Zeta

Summer fun in the SUN for us all here!
XAZ gals are always "cool" and rockin!

July 21st we had our big summer birthday secret sis celebration at PF Changs. Everyone was there – including our Donna who is going on leave to live the high life in Los Angeles! Her husband Rich has taken a job there (yes in the studios!) and they have leased a high rise condo and will go on this adventure and keep looking

Preceptor Nu

Well, it hasn't gotten any cooler...but the summer is moving briskly by. As a school person, I can't believe we're almost ready to start a new year...it will be my 35th and 6th in Lamar CISD. Time passes so fast, not getting the son ready for school...watching the 8 year old enter third grade!!!

Though it's summer, the meetings and events continue and so does the fun!! Our last meeting was held at Pat Roberts home over in Sugar Land. As we develop our perspectives on "Women in Politics," Jan Girndt presented a very interesting program on Barbara Jordan.

Course, here at PN, we have to join together in the fun. Beginning Day was discussed, and the theme is "Sandals & Sangria." Shirley Hyatt reminded everyone to begin thinking of ways to decorate their "Flip-Flops," I hear hubby Del is "ahead of the game!" Everyone loves rewards for a job well done, so there will be prizes for the best decorated shoes for the ladies and the "BETA BUDDIES." The sangria will be flowing at poolside at Judy and George Boyum's lovely home with tacos to fill our tummies. Hope the coolness has set in by then.

There is a phrase, "Make new friends and keep the old." That would certainly apply to the happy/sad going away dinner for Pam and Frank Smith. Those wishing them well as they make the move to Austin, met at their favorite spot, "Molina's Mexican Restaurant." Everyone enjoyed the evening and all could easily relate to getting close to family, especially the grandkids! Sad that they have to leave the PN family...but it's not far to the "Hill

for celebrities. She promises to keep us close and photo ops will be sent! Our prayers for her new adventure and good memories and that she is returned to us with great stories!

Our next month is our Beginning Day at Perry's in Sugar Land. We are already discussing our plans with PN for a joint social and really living out loud this year.

Country." As an additional gift, a complimentary card to Perry's Steakhouse was given to Pam and Frank to try out at the new location in downtown Austin!

The evening got a little funny as the power went out in the restaurant. After enjoying dessert, we sat and waited for an hour before returning to "the old days of yore," so all charges were done by hand. We noticed that you couldn't get margaritas during the "power out" either...The lightning was so bright that we felt as if we were enjoying another 4th of July fireworks display...it was great entertainment outside the big glass windows. But isn't that a fit ending for two wonderful folks leaving us to go to the bright lights of the State Capitol. One last exciting thing...HOORAY for Gary Simpson...he's still on the mend...and moving and "grooving" without his "high-stylin" boot.

Congratulations to Sam and Ruth Mayson...they have celebrated their 50th anniversary...and they said it wouldn't last!!! At the beautiful celebration, which included all their family, they also had the ever talented Ms. Marilyn Monroe. You know that lady never ages...and she never seems to mess up her white dress! She has a fine voice and is such a tease...I think we saw cute Sam turn a crimson red!! The chapter presented Ruth and Sam with a "Magnum" of Champagne and a pair of unique crystal champagne flutes. Noticeably special, were their names and "50th" Anniversary etched on each flute.

It's been rather quiet without Judy and Jim Stover...they do love our socials, but, they

Submitted by Ellie O'Dell

Blessings to all the sista's

Always Ellie

Submitted by Carolyn Meeks

are having some exciting times in South Dakota. They are loving the time to visit with family and friends while getting in some golf with 75 degree weather!! Now there's a place I could spend some time!

There were other exciting times to remember like several sisters from a variety of chapters having some "social time" at the Napa Grill in Sugar Creek. Seems Thursday night is "Ladies Night!" Can you guess who these ladies are? On Thursday, Joan Batts is graciously opening her home and pool for an "Ice Cream Soiree & Bubbly Party." Folks can make their own sundaes with tons of toppings and of course there's the "Bubbly." Members are invited to bring a guest and attend the Ice Cream Soiree. There will be new folks who might be future members who are "looking for a home." Could your chapter be that home?

As a last personal note, I took a week off and headed for Colorado. What a beautiful place. My wonderful husband, a friend from Ft. Worth and Jill Coble also went. We stayed at a family home and put over a 1000 miles on the rent car exploring every nook and cranny of the majestic state. We enjoyed great food, shopping, white water rafting, visiting with relatives, and just generally getting out of the proverbial rat race...to "re-energize" for the upcoming year...

Life is good...friends and family are the most important things we have...glad to count y'all in those groups...Have a beautiful rest of the summer and we'll talk next month!!

Events—Events—Events

SWHCC
President/Vice President Pajama Party
Saturday, August 15th
9:30 a.m.



That's right... put on your favorite pair of PJ's and slippers and enjoy a delicious breakfast with your SWHCC sisters.

Hosted by Xi Phi Gamma Chapter
Home of Dianne Eldridge
1909 Sand Hollow Lane, Katy, TX 77450

RSVP to Jill Coble by August 10th

SWHCC Service Project

*I scream
You scream
We all scream for ice cream!*

No matter what age you are, young and old alike have always enjoyed a good old American tradition of ice cream socials. And that includes the residents at Oasis.

So where can you help?

Oasis Assisted Living Center
1st Sunday of the month
2:00—3:00 p.m.



What do you need to know?

1. Two volunteers are needed to take orders and serve the ice cream to residents.
2. Have a 3rd volunteer on standby in case of a last minute change in schedule.
3. Arrive 10 minutes early to set up and prepare (everything is furnished by Oasis).
4. Wear a smile on your face and have plenty of laughs to hand out.
5. Start scooping and have fun!
(Tip: Place ice cream scoop in hot water before scooping!)

Schedule:

2009

September 6th	XAZ
October 4th	XEE
November 1st	BLB
December 6th	PN

2010

January 3rd	PMP
February 7th	PLBL
March 7th	XPG
April 4th	Executive Board
May 2nd	BLP

Preceptor Mu Pi

No report.



Summer will soon be coming to and end. If you have any special travels you would like to share, please send your report to The Bustle.

Beta Lambda Beta

Several in our chapter have been out of town on various trips during this month.

Alice had a wonderful trip to Cape Cod. She enjoyed the beautiful scenery, spent a day whale watching.

Ethel is in Baltimore Maryland visiting her sister. She will have some stories to tell us upon her return.

Gail spent a week in Long Beach, California at a conference. She had a room on the 17th floor overlooking the Pacific Ocean. She enjoyed the cooler weather and managed to get a tour of the Queen Mary in while there.

Thursday July 23rd, we had an ice cream social at Joan's house. Jill Coble, Shirley Hyatt and Duang Putnam were among the hostesses. We had the pleasure of meeting several new prospective members. It was a very fun evening, although it did rain and we had to keep the party inside.

Saturday, July 25th was a fun day for our chapter and several of XI Phi Gamma. We met and had lunch at Hotel ZaZa, in the Museum District. Much laughter and conversation was had by all. After lunch we went to the Museum of Natural Science for the diamond exhibit. I believe we all enjoyed that, learning the process of finding the stone and the processing involved in making something so

beautiful.

Joan will be leaving this week on a road trip with her friend Josy, from Austin. They are planning to go to Mt. Rushmore, which is 1340 miles and from there to her family's lake in Northern Minnesota, 650 miles. They are taking a very small 2 seater sports car. Should we call them "Thelma and Louise"! Or as Joan's daughter says the daisies on the road. Have fun Joan. Bring back lots of pictures and I'm sure you will have plenty of stories of your adventure.

Xi Eta Epsilon

We are still on the road traveling to see family and friends. Barbara Hupe has traveled to PA and NJ to visit her children and grandchildren. Ruth Fogt is busy sending off her two children to college. Debbie Phillips is on her way to Disney World with her grandson. Our other sisters are busy with summer plans.

XEE is planning a week-end get-a-way to come back together and get away from it all. More news to come.

Is anyone else hot? Back to school is coming quick. Don't you just love the smell of a new box of crayons?

Debbie

Submitted by Debbie Phillips

Xi Phi Gamma

XPG started the month off by having ritual ceremonies for members that are progressing to the next level. CONGRATULATIONS to Melinda Montgomery, Bridget Helfrich and Patricia Benavides that progressed to Ritual of Jewels! Also, CONGRATULATIONS to Dianne Eldridge for progressing to Preceptor. !

We also took care of business by planning our very own Council President, Kim Butner's upcoming President/Vice President Brunch. Ladies you should be getting your invitation soon for the upcoming Pajama

Party event. You heard right, you should be expecting a great sleepless PJ wearing fun time!!!

XPG had a "Diamonds Are a Girl's Best Friend" July social. We were treated like a princess at our sister Jill Coble's home. Jill gave each of us a diamond ring and bracelet and we had a champagne toast to our sisterhood before leaving for lunch at Hotel ZaZa. Our Beta Lambda Beta sisters, Joan Batts, Gail Perley, Judy Scott and Vickie Ryan joined us for lunch. After lunch we all went to the Museum of

Submitted by Patricia Benavides

Natural Science for the Nature of Diamonds exhibit, where we were all mesmerized by the precious gems on exhibit. Diamonds are truly a girl's best friend and last forever just like our Beta Sigma Phi sisters!!!

Friendly Venture Committee

Well the rain may have been coming down but that didn't put a stop to the July Friendly Venture event. A lovely relaxing evening around the pool at the home of Joan Batt's had been planned but that much needed rain decided to come down on Thursday, July 23 so the pool party became an indoor event. Nine guests with six being "first time attendees" enjoyed the Ice Cream Soiree and a "Little Bit of Bubbly". Three SWHCC Chapters were represented. The evening was spent learning a little more about Beta Sigma Phi, networking and of course, building a delicious "ice cream sundae". Now for the exciting news, five applications were handed out that evening and we had one person submit the application with a check that night!!!!!! Thanks to Joan for hosting this event at her lovely home.

Congratulations to Joan Batts.....she brought a guest to the July Ice Cream Soiree so her name will be placed in the drawing for a special prize to be awarded later in the council year. Pat Roberts name is already in the hat so if you want your name to be included, all you have to do is bring a guest to the next Friendly Venture event.

Plans are currently being made for the next Friendly Venture event in August. Please let me know if you have a person (s) who you think might be interested in BSP so they can be invited. We are looking for all age groups in all Southwest Council locations.

So what else is the Friendly Venture Committee working on? We've submitted our name to participate with a "Membership Rush Table" at the Cinco Ranch Ladies Club Rush Night in late August. We hope to be accepted to participate...what a great way to spread the word about BSP. In addition, the committee also has a couple of other options we're currently working on and hope to be able to report more on them in the September Bustle and at the September Council Meeting.

Remember, TEAM.....Together Everyone Achieves More. If all SWHCC works together, we can and will see council membership grow.

Submitted by Jill Coble



*Beta Sigma Phi
Southwest Houston City Council*

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Motto:
Life, Learning,
Friendship

ΒΣΦ



Executive Board

<i>President</i>	<i>Kim Butner</i>
<i>President Elect</i>	<i>Duang Putnam</i>
<i>Vice President</i>	<i>Carolyn Meeks</i>
<i>Recording Secretary</i>	<i>Joyce Frank</i>
<i>Corresponding Secretary</i>	<i>Jeanne Murray</i>
<i>Treasurer</i>	<i>Peggy Taylor</i>
<i>Parliamentarian</i>	<i>Jan Girndt</i>

“The Story of Two Very Different Sisters”
Poem by Laurel Atherton

One is here, one lives there.
One is a little taller than the other.
Two different colors of hair, two different outlooks on life, two very different views from their windows.

Both have different tomorrows ahead.
Each is unique in so many ways.
Each has her own story, with all the busy things going on in the present.
Each has a separate destination and a distinctly different path to get there.
But...

For all the things that might be different and unique about them...
These two sisters will always share so much.
They will always be the best of family and friends, entwined together, through all the days of their lives.

Their love will always be very special:
Gentle and joyful when it can be, strong and giving when it needs to be,
Reminding them, no matter how different their stories turn out...

They share the incredibly precious gift of being "sisters".
And when you think of some of the best things this world has to offer,
A blessing like that is really... what it's all about.