



The Bustle

Volume 54, Issue 11
March 2026

Editors: Karen Sweet-Angel & Sherry Sweet

Beta Sigma Phi—Southwest Houston City Council

President's Message

Dear Sweet Sisters,

What a marvelous February we've had! I want to start with a heart-felt **thank you** to everyone who attended our February Council meeting. I especially want to thank **Joan Batts** for stepping in and leading so beautifully in my absence—that is the true spirit of sisterhood in action!

A huge "thank you" to our host chapter, **XAEO**, for such a creative and memorable evening. Your "tongue-in-cheek" guessing game was a delight. It was a beautiful, hilarious, and only slightly chaotic reminder of "life's greatest gifts"—the quirky and wonderful personalities of the BSP angels that make our chapters so unique.

An Evening at Tiffany's

We must give a resounding round of applause to **Jill Coble, Pam McDuffie**, and their entire committee for an absolutely amazing **Sweetheart Ball**. From the casino games and silent auction to the delicious food and prizes, it was truly a "smashing success." Everyone looked stunning, and the "Evening at Tiffany's" theme was executed with such elegance. It was a joy to see everyone together!

Looking Ahead: March Council Meeting

I would love to see a full house for our next gathering. These meetings are the heartbeat of our Council!

What: SWHCC March Council Meeting (Hosted by PN)

When: Thursday, March 12, 2026

Time: Beta Buzz at 5:30 PM | Meeting at 6:30 PM

Where: Hilton Garden Inn Houston/Sugar Land (722 Bonaventure)

RSVP: By the afternoon of **Monday, March 9th**

<i>Presidents Message</i>	1
<i>Reminders</i>	3
<i>Special Project</i>	4
<i>Council News</i>	5
<i>Convention News</i>	18
<i>Upcoming Council Events</i>	20
<i>Alpha Delta Theta</i>	21
<i>Laureate Iota Omega</i>	28
<i>Preceptor Nu</i>	29
<i>Xi Alpha Epsilon Omega</i>	38
<i>Xi Alpha Zeta</i>	48
<i>Misc Info</i>	51



President's Message (continued)

A Gentle Reminder: Please remember that our attendance is vital for more than just gathering information. The Hilton generously allows us to use their beautiful space free of charge; we show our gratitude and maintain this partnership by purchasing food and beverages. Additionally, your RSVP is essential so we can provide the hotel with an accurate headcount for room setup.

If you are not receiving our email communications, please let me know so I can ensure you are included!

Important Upcoming Dates

Sister With Something Extra Who in our Council stands out as someone truly worthy of this special honor? Please look for the email sent by **Sandra Simpson** regarding nominations. The deadline is **March 9th**, so please get those in soon!

Founder's Day 2026 It is almost here! **Joan Batts, Barbara Hupe**, and the **LIO** team have been working tirelessly to plan this much-treasured event.

When: April 25th at 11:00 AM

Where: Brookwood Community in Brookshire

Note: These events are a wonderful opportunity to introduce someone new to the magic of Beta Sigma Phi!

Angels of Friendship

I am calling on our "Angels of Friendship" to continue spreading the warmth of caring. Please keep the sisters on our prayer request list in your thoughts. A card, a call, or a prayer can be a powerful light during a recovery or a difficult season.

I look forward to seeing all of you on **March 12th** for the Beta Buzz and our meeting hosted by **PN**. Until then, enjoy the crisp weather, stay safe, and "May the Lord watch between me and thee while we are absent one from another."

I am thy sister,

Jeanne Melton
SWHCC President



This and That.....News from Council

Editor Notes:

Welcome to March,

We are in post-Sweetheart Ball haze. What a great evening it was!! Thanks go to Jill, Pam and all those on the committee.

As we celebrate St. Patrick's Day, may your month be full of shamrocks and four-leaf clovers. Remember to wear green on March 17th, unless you WANT to get pinched.

Enjoy time with your sisters this month. It could be brunch, a quick lunch, dinner or even shopping, Make it a time of sharing and caring.

Happy St. Patrick's Day to all of our sisters.

"Sisters are linked by heart strings, bound by laughter and forever woven in the tapestry of Life."

Beta hugs.
Karen & Sherry



Council

Meeting

Mark your calendars for the next City Council meeting March 12, 2026

Remember, Beta Buzz starts around 5:00pm and the Council meeting starts at 6:30pm, hosted this month by the PN,

Hostess Schedule 2025-2026

March 12, 2026	PN
April 9, 2026	TBD
May 14, 2026	NEW BOARD



“Everything OLD is NEW Again”

MOMENTS OF AWARENESS

So much of life we all pass by
With heedless ear, and careless eye.
Bent with our cares we plod along,
Blind to the beauty, deaf to the song.

But moments there are when we pause to rest
And turn our eyes from the goal's far crest.
We become aware of the wayside flowers,
And sense God's hand in this world of ours.

We hear a refrain, see a rainbow's end,
Or we look into the heart of a friend.
We feel at one with mankind. We share
His griefs and glories, joy and care.

The sun flecks gold through the sheltering trees,
And we shoulder our burdens with twice the ease.
Peace and content and a world that sings
The moment of true awareness brings.



February 2026 Southwest Houston City Council Meeting

The February 2026 SWHCC meeting was hosted by the sisters of XAEO. They presented a unique program consisting of individual "roasts" for each sister. How entertaining was that. Everyone present was challenged to figure out which roast belonged to which angel sister. Barbara Meurer had the most correct and won a beautiful angel decoration. In case you missed it, here are the categories and the angels that belonged to them.

Ziplock Angel: Pam
Accessory Angel: Jill
Prosecco Angel: Sandra

Blue Angel: Beverly
Cookbook Angel: Renita
Amazon Angel: Jeana

Friends Angel: Kim
Pet Peeve Angel: Chris
Breakfast Angel: Cynde



Challenge winner:
Barbara Meurer



Jeanne Melton, president, was unable to attend due to illness and Joan Batts, present elect, presided over the meeting.

Committees made their reports. Here are some summaries:

Diane Leive reminded everyone that any membership changes need to be reported as follows:

Linda for dues Jeanna M. for email distribution Jill for website.

Karen S. for Bustle Distribution and Directory updates

It was noted that Kim Horvitz and Cathy Wilson are new members to XAEO. Also Winona LaBrant has a new address: **6336 Woodway #1906 Houston, 77057** email: **wlabrant2@icloud.com**, Please be sure to update your directories. If you've lost or misplaced your directory, see Jeanne M. for a replacement.



A flyer was handed out with updated information for Founder's Day on Saturday April 25th. See the flyer presented in this month's Bustle. RSVP deadline is April 17th. Direct any questions to co-hairs Joan Batts or Barbara Hupe.

It was announced that as of May 31, 2026, Chapter XAZ will be disbanding and become Members at Large. We will miss you all, but hope to see you at future events.



Proposed SWHCC board for 2026-2027 will be according to the established rotation schedule as follows:

President: Joan Batts, LIO
President Elect: ADT
Vice President: PN
Treasurer: XAEO
Rec-Corr. Secretary: TBD
Parliamentarian: TBD

Event Chairs:
Sweetheart Ball: TBD
Founder's Day: PN



Prize winners



Door prize winners
Mary C., Cynde R, Kim H., Karen S.

50/50 winner:
Lori B.



SWEETHEART BALL 2026

What an amazing event the Sweetheart Ball was this year. The theme, "An Evening at Tiffany's" was the perfect theme for an evening of glamour, music and fun. The ball committee outdid themselves with decorations at every table and in general. The live music from In Time was again fabulous and everyone danced themselves to near exhaustion.

Of course our focus was on our Chapter Sweethearts. Emcee Mark McDuffie did an outstanding job introducing all of our Sweethearts,



Mark McDuffie Emcee



Cynthia Rogan– ADT



Vicky Ryan LIO



Mickie Wright PN



Chris Jones XAEO



Lori Bownds XAZ

Many of us enjoyed the casino tables and the \$5000 start up money. The money later became tickets to the many prizes offered.



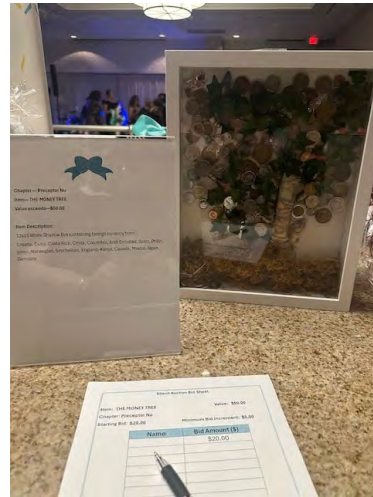
The Band , In Time, was fabulous with a wide range of music and songs offered. We danced until we nearly dropped.



We danced and danced and danced.



The Silent Auction was a big success with each chapter offering baskets of various delectables and collectibles.



Beautifully decorated tables.



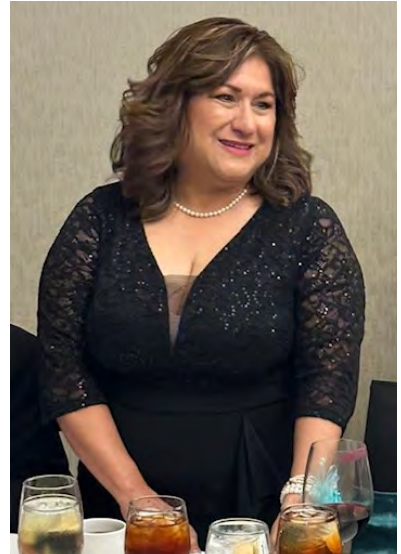
Some of the beautiful people.



And prizes



One last look





**UPCOMING BETA SIGMA PHI
STATE CONVENTIONS**



2026 BETA SIGMA PHI
COLORADO CONVENTION

June 26-28, 2026
Chamonix Casino Hotel
Cripple Creek, Colorado

2026
Beta Sigma Phi
Quadra State
Convention
July 17 - 19, 2026
Reno, Nevada



UPCOMING CONENTIONS



NEW YORK STATE
CONVENTION
COOPERSTOWN, NY

OCTOBER 2-4, 2026

ΒΣΦ
Angels at Sea
7-Day Caribbean Cruise
Symphony of the Seas
Cruising out of Galveston • October 18, 2026

Roatan • Puerto Maya • Cozumel
Beta Sigma Phi Sisters and Friends

I/S	\$797.01
O/V	\$920.01
Balcony	\$1,196.01

\$50 Deposit

www.vleettravel.com
713.392.0114

These are a few of the upcoming state conventions around the country. Check the BSP International website for more conventions and additional information.

FOUNDER'S DAY

SATURDAY, APRIL 25, 2026 at 11:00

The Café at Brookwood

1502 FM 1489 Brookshire, TX



Menu

Salad

Choice of Chicken Crepes or Fish and Chips

Dessert Cart and Drinks

Tickets \$45.00 RSVP: Vicky Ryan by April 17th.

Lots of great shopping available after the luncheon

Dietary option of Eggplant if needed



FEBRUARY SOCIAL

"The best laid plans of mice and men often go awry." Robert Burns

The February social plans didn't quite go like e thought they would. The idea was to hop on a bus for a "Tea around Town" bus tour of downtown Houston. We were there, but our bus wasn't. After waiting for the 5:00 bus, we were told it would be another 1.5 hours before the bus for yus would be there. Being adaptable, we switched modes and ended up socialing and enjoying dinner at Saltgrass Steak House. While not what had been planned, we enjoyed catching up with each other and eating great food. Perhaps next year.



What should have happened.

What did happen.



FEBRUARY MEETING

Our February meeting to place at Fuzzy's Tacos and Margs in Katy, Texas, hosted by Sylvia Chin.

Those present included guest Kim Franklin, her third visit with the chapter. Items discussed included Sister with Something Extra nominations and some changes within other chapters. It was noted that Melinda will host the April Council meeting. The Girls' Weekend at the end of March was discussed and will include a cooking class with some members cooking and others taste testing. It looks to be a fun-filled weekend. It was determined that the money raised from the baskets at the Sweetheart Ball would be used to lower individual costs for Girls' Weekend.

Sylvia did a program on the Chinese new year and we completed a puzzle. Everyone received a \$2 bill in a red envelope as a good luck charm.



Each of us reviewed our Chinese Zodiac with the following results:

Diane and Melinda: Year of the Horse

Karen: Year of the Rat

Barbara: Year of the Dog

Sonia and Cynthia: Year of the Pig

Kim: Year of the Dragon

Sherry: Year of the Rooster

Sylvia: Year of the Tiger



ALPHA DELTA THETA....PAGE 3



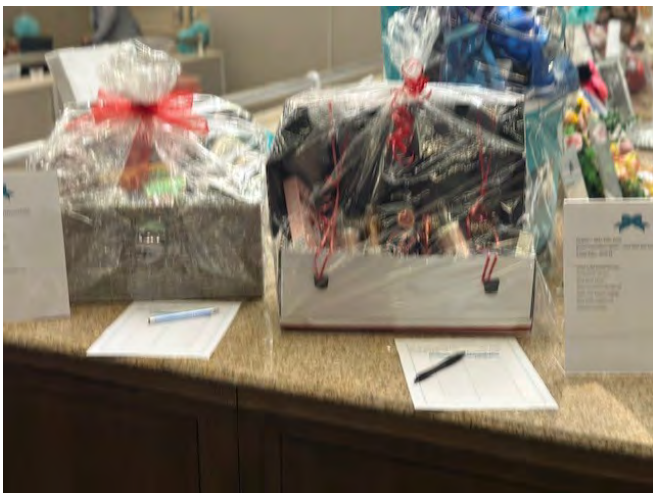
Door prizes were provided by Sylvia.

ALPHA DELTA THETA...PAGE 4

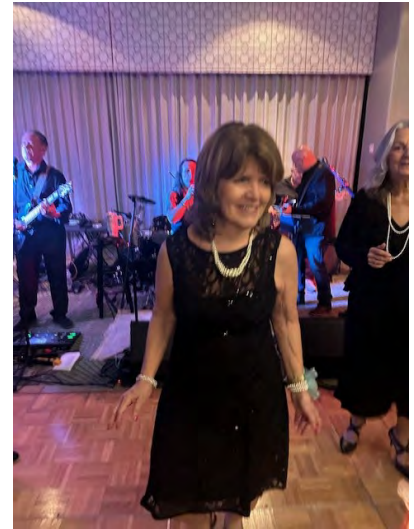
ADT members attended the Sweetheart Ball where we honored our Sweetheart Cynthia Rogan, a well deserved honor. We danced, played at the casino table and generally had fun. Guests included Andrea, Cynthia's daughter; Dan, Diane's husband; Lahleh, Sonia's daughter; and Delara, Karen's daughter. We all had so much fun and even won some of the prizes and we really rocked the theme "An Evening at Tiffany's." We had a pre-party prior to the main event.



ADT at the Main Event



ALPHA DELTA THETA...PAGE 6



ALPHA DELTA THETA...PAGE 7



LAUREATE IOTA OMEGA

REPORTER: BARBARA HUPE

No report this month.

PRECEPTOR NU

REPORTER: SHAWN DORN



Reflections of PN's 'Yesterday'

PRECEPTOR NU



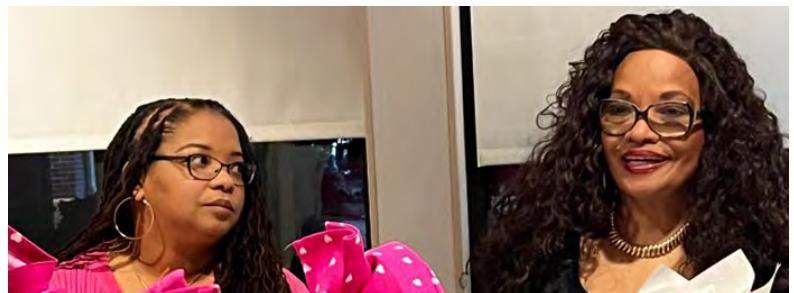
BETA SIGMA PHI,
PRECEPTOR NU CHAPTER
Yesterday, Today & Tomorrow



From Our Heart to Your's

On February 17th PN's monthly chapter meeting was hosted by couple of our newest members Beverly and Franchesca Saunders. At the Hilton Garden Inn. In keeping with the theme "Angels of Friendship" Beverly's program discussed and highlighted several passages from our Holy Bible sighting and correlating many examples for a better and more complete understanding of what the Holy Scripture teaches us of what it means to be a true friend.

In addition to Beverly's accomplishments and varied talents, she also leads a weekly Women's Bible Study.



PRECEPTOR NU...PAGE 2



Natasha & Toni didn't miss a beat- eyes and hearts wide open.



The kind of smile that lights up the whole room (and our hearts too)!



When your spirit shines, your smile-follows.



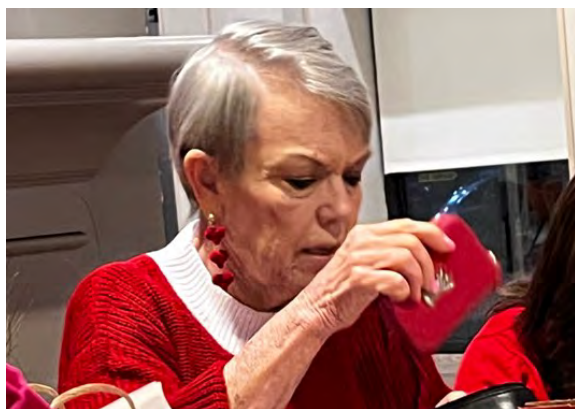
A little conversation and a lot of sisterly love—Valentine's spirit in full bloom!



You can almost hear the inspiration in the air.



That look of deep introspection - love seeing our sisters so engaged.



Hard at work and making it look effort-less - our sisters always get it done with heart



Proof that happiness looks good on us!



**A sweet scene of red, white, and hearts
Love truly was in the details**



**From end to end, a table filled with love,
laughter, and thoughtful touches from our
gracious hosts**

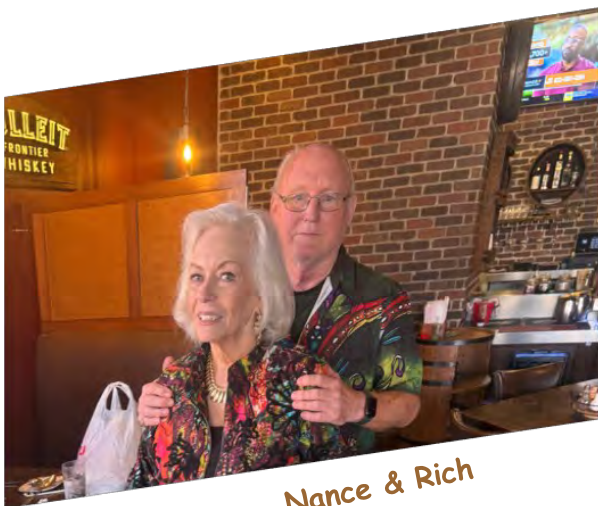


From Our Sisters' Hearts to Hers:
The Joyful Spirit of Nance-U-ary!
When February called for love, PN answered with Nance-U-ary -
a celebration as bright and beautiful as she is.



The chemo treatments have been especially hard on our beloved Nance lately. So, the sisters of PN wrapped her in fourteen days of pure love. From February 1st through Valentine's Day, each sister claimed a day (or more!) to lift her spirits with comfort, kindness, and joy.

Over those two tender weeks, we showered Nance with cheerful e-cards, creamy scoops of ice cream, an inspiring read, "Chase the Fun: 100 Days to Discover Fun Right Where You Are", and music to soothe her heart. We gifted a donation in her name to Camp Hope, shared laughter over lunch at Sandy McGee's, lingered over tea and treats, delivered a soft blanket for cozy days, and treated Nance and Rich to lunch at Ramble Creek Grill. Some sisters penned loving notes sprinkled with poetry, others shared baskets of goodies, sweet plants, and thoughtful gifts. And on February 14th, we sealed it all with a Valentine card overflowing with every ounce of PN love.



Nance & Rich



Sisters & Rich



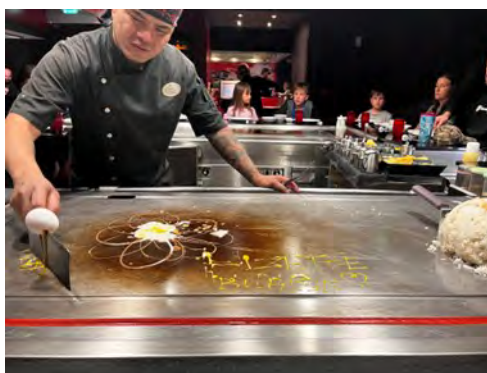
Seaside Serenity: Lizette & Blaise Set Sail (Again!)

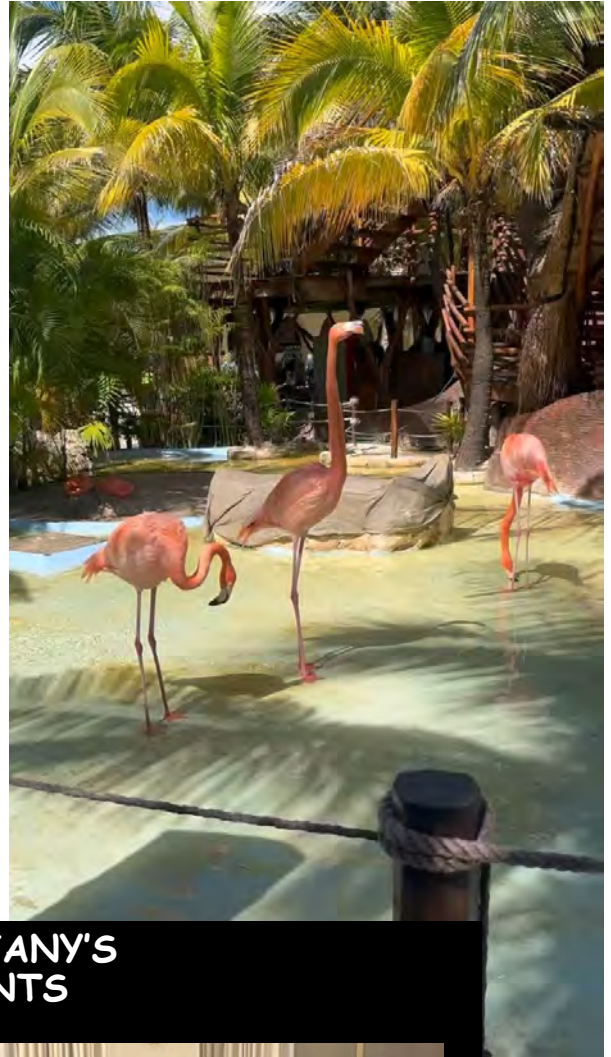
Our beloved president, Lizette, and her husband, Reverend Blaise, recently treated themselves to a relaxing cruise aboard Royal Caribbean's Mariner of the Seas. Having sailed this route before, the two embarked simply in search of sunshine, rest, and each other's company — the perfect mid-season recharge.

Though their adorable granddaughter Ellie (age five) was all packed and ready — dolly stroller, lavender luggage, and all — her voyage was postponed at the very last minute. We can just imagine her delightfully disappointed face at the door!

Lizette shared glimpses from their trip that beautifully captured the couple's joy: a seaside sunset dinner, lively hibachi dining onboard, a few elegant evenings out, and one sweet photo of Blaise kissing Lizette's cheek — a tender reminder that love is ageless and always camera-ready. And let's not forget the trio of perfectly pink flamingos, because every escape should come with a splash of whimsy!

Welcome home, Lizette and Blaise — it's wonderful to see you refreshed, smiling, and glowing with that island-inspired serenity.





**DINNER AT TIFFANY'S
PHOTO MOMENTS**



Rosina & David



Lizette & Blaise



Toni & Rosina



Nance & Mickie



Girls will be Girls!

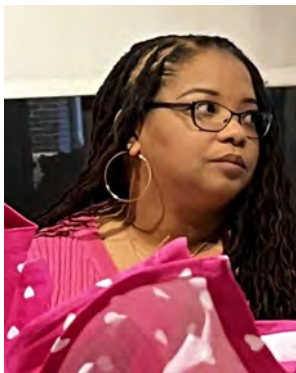


SOUTHWEST HOUTON CITY COUNCIL
Honors PN'S 2026 Sweetheart Mickie Wright
at Elegant "Evening at Tiffany's" Ball

The spotlight shone brightly on Mickie Wright, PN's 2026 Sweetheart, as she was honored during the glamorous "Evening at Tiffany's" Sweetheart Ball on Saturday, February 21st, at the DoubleTree Inn in Greenway Plaza. Mickie, accompanied by her husband Roy, radiated grace in the theme's signature attire - a classic black dress complemented by pearls. Her bright yellow sash, proudly declaring "PN SWEETHEART 2026," beautifully stood out, symbolizing her warmth and cheer within the chapter.

The PN sisterhood turned out in loving support, with Lizette and Rev. Blaise Polk, Shawn, Toni, Carolyn, Suzy, Linda and Randall Nolty, Rosina and David Foster, Nance Burris and Rich Unangst joining the celebration. The evening was filled with laughter, sisterly pride, and heartfelt cheers for Mickie, marking another memorable moment in PN's tradition of honoring excellence, elegance, and enduring sisterhood.





C3 WELLNESS SPA - Missouri City, TX

Spotlight: A Legacy of Wellness and Love

We're excited to celebrate our newest Mother/Daughter PN Sister duo, Beverly and Franchesca Saunders, as they prepare to open C3 Wellness Spa - Missouri City on Hwy. 6 in Oyster Creek Place!

This beautiful spa is more than a business—it's a testament to family, faith, and wellness, blending beauty, medical, and movement-based care under one roof. Services include custom facials, IV therapy, massage, acupuncture, and a full physical therapy clinic, along with yoga, Pilates Mat, and Tai Chi classes designed to inspire balance, strength, and renewal.

With memberships, insurance acceptance (including Medicare and VA benefits), and a holistic approach to health, C3 Wellness Spa makes complete, compassionate care accessible for all.

Final inspections are underway, and a mid-March Soft and Grand Opening are on the horizon—so stay tuned! Let's show our PN Sisters some love as they bring their inspiring vision of wellness and sisterhood to life here in Missouri City.

C3 WELLNESS SPA - Missouri City
8035 Highway 6, Ste. 150
Missouri City, TX 77459

Email: MissouriCity.Texas@c3wellness.com

Website:

<https://c3wellness.com/locations/missouri-city/>

XI ALPHA EPSILON OMEGA

REPORTER: JEANA DOROW

XAEO CHAPTER FEBRUARY SOCIAL

XAEO members met at Anthony Vince's Nail Spa to indulge in a day of relaxation and enjoyment. Everyone had a soothing pedicure, and some chose to have their nails done as well. It was truly a memorable occasion for self-care and unwinding.



XI ALPHA EPSILON OMEGA...PAGE 2



XI ALPHA EPSILON OMEGA...PAGE 3

XAEO SWEETHEART BRUNCH AND BUBBLY

The Sweetheart Brunch and Bubbly celebrated Chris Jones, XAEO 2026 Sweetheart. Hosted by Jill Coble, the brunch honored Chris Jones with a delicious selection of food including breakfast casserole, scones, and mixed fruit. Guests enjoyed Mimosas and reminisced about cherished moments from Chris's time as a BSP sister. The gathering also featured several rounds of sweetheart bingo, complete with conversation heart-themed BINGO cards.



XI ALPHA EPSILON OMEGA...PAGE 4



XI ALPHA EPSILON OMEGA...PAGE 5



XAEO CHAPTER MEETING

Members gathered at Relish in Memorial City for the February Chapter Meeting. After updates, lunch was served, and participants gave small tokens to their secret sisters as a gesture of love and gratitude for one another.



XI ALPHA EPSILON OMEGA...PAGE 6



The social committee showed us more love and gratitude with these little goodie bags.

We each received some sweet treats for our hands, lips and hips !!!

BETA SIGMA PSI SWEETHEART BALL 2026

.Sisters of XAEO came together to honor their Sweetheart, Chris Jones, at the 2026 Sweetheart Ball held on February 21, 2026, at the Greenway Plaza DoubleTree. Chris was honored along with other BSP Chapter Sweethearts. Her daughter, son-in-law, and three lovely granddaughters all joined us for this very special occasion . The ballroom was beautifully transformed with sparkling Tiffany Blue and Silver decorations, all thoughtfully arranged by co-chairs Jill Coble and Pam McDuffie, whose meticulous attention to detail was evident—even in the elegant wrist corsages given to each sister. Throughout the night, everyone danced, laughed, and enjoyed time with all their BSP sisters. It truly was an evening to remember.



XI ALPHA EPSILON OMEGA...PAGE 8



XI ALPHA EPSILON OMEGA...PAGE 9

February Council Meeting

XAEO hosted the February council meeting and provided light refreshments for attendees. As part of the agenda, we organized an engaging activity called "Guess the Angel," during which each member shared a brief description highlighting our unique personalities. Afterward, participants were asked to select the angel they felt best symbolized each member. This initiative served as a thoughtful way to foster understanding and strengthen connections within our group, allowing members to learn more about one another in an enjoyable setting.



XI ALPHA EPSILON OMEGA...PAGE 10

After the ball, we all came together for a quick toast in honor of our sweetheart. As the evening's celebration drew to a close, we enjoyed more laughter and shared stories, ending the night on a perfect note.



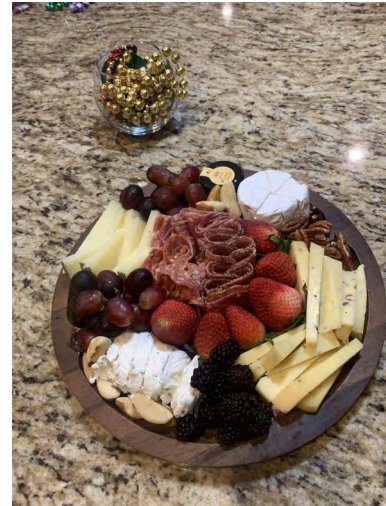
-
Chris and Will Jones- true sweethearts for over 60 years!



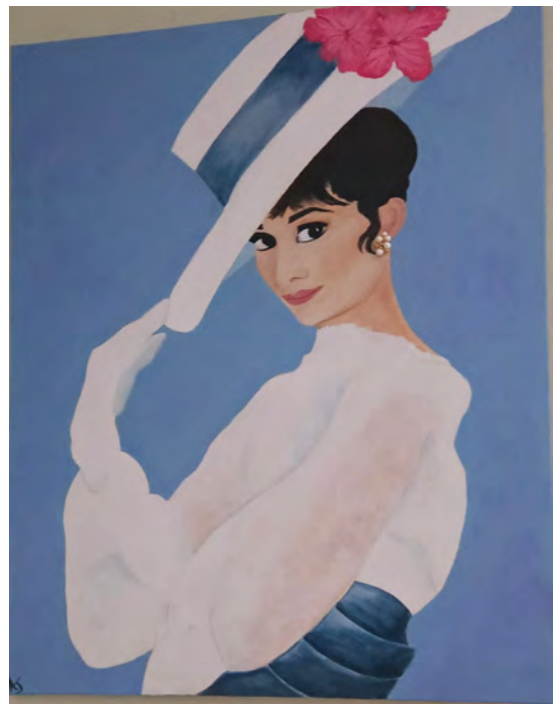
XI ALPHA ZETA

REPORTER: ANN JONES

The XAZ monthly meeting on February 3rd was at hostess Miriam Langford's home. The theme was Marti Gras, and Miriam cooked Swamp Soup with Garlic bread. We had an appetizer tray and the dessert was King Cake where Jeanne had the baby inside of her's.



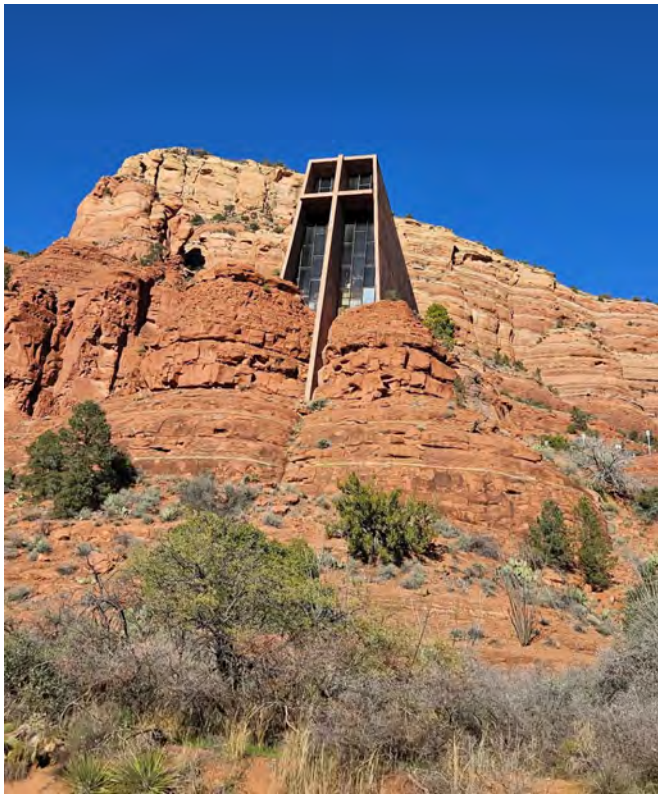
Paintings of Miss Audrey by resident artist Ann Jones. Who knew we had such talent amongst us.



Ann Jones spent time in January in Sedona, Arizona. She was there with her husband, their daughter Monique and son-in-law Velton. Thanks for sharing these amazing pictures!!



XI ALPHA ZETA...PAGE 3



Beautiful landscapes.

*Beta Sigma Phi
Southwest Houston
City Council*

**For more info
Contact
Jeanne Melton
Email:**

jeanhemelton@gmail.com

www.betasigmaphiswhcc.org

**Motto:
Life, Learning,
Friendship**

ΒΣΦ



2025-2026 Executive Board

Jeanne Melton — President

Joan Batts — President-Elect

Diane Leise — Vice President

Pam McDuffie — Rec/ Corr. Secretary

Linda Nolly — Treasurer

Sandra Simpson — Parliamentarian

Chapter Presidents

ADT Barbara Meurer

LIO Vicky Ryan

PN Lizette Polk

XAEO Renita Hudson

XAZ Diana Rayle



Council Advisor

Winona LaBrant