

The Lamplighter

Virginia State Council

Epsilon Sigma Alpha International

Spring Issue 2014

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President – Carol Campbell

WOW! Spring is in the air and ESA is busy doing what we do best—Celebrating! Yes, SPOTLIGHT on ESA-VA is continuing right up to our VSC Convention in May. Just recently, I have had invites to Award Banquets for Alpha Xi



and Theta Mu , a Zeta Nu **EASTER SEAL** cookout with donations of items for the **CAMP**, and there was the **Fashion Show** by Alpha Omega in Winchester. I just had my **70th Birthday Celebration**, *“Friends are Life’s Dessert*, with enough sweets to kill a healthy person!

You see, you can take any of our themes and make a successful rush or charitable event. My birthday incorporated the old theme of ‘desserts’ but it supported **Domestic Abuse** and our new **Literacy Campaign**. The invitation was **Black & White & Red/Read All Over...**with donations of money, books and stuffed animals for the **Turning Point**, **CASA** and **Bethany Hall** here in the **Roanoke**. All of the agencies support families who are restructuring their lives and starting anew. I received two contributions to **St Jude**--a generous check from my daughter, **Christy**, who supports our work and a card from **Delta Kappa**.

I recently returned home from a “whirlwind mini trip” covering over 24 hours of driving. It started with a weekend, with 18 ladies from my church, in a rented a house at **Pigeon Forge, TENN**. There we scrap booked, painted, knitted, read and redid “junk” items. Crazy Fun with girls who always have my back! From **Tennessee**, I headed for a long overdue visit to see my family in **Louisville, KY** where added more photos; saw my granddaughter in a school concert and revamped for my next leg of traveling.

Next was a 5-hour drive to **THANK YOU ESA** in **St. Louis, MO**. What a way to end my year of serving as **Virginia’s President**. This was one of the best events I have ever attended with **ESA**. **BJ** was in full form-- so dynamic and she has so much to offer as a motivational speaker; she makes you want to do so much as a member for **ESA**. I got to share some time with her; it was so wonderful to see her with all her **ESA** members. She really is a ball of fire; she was especially welcoming to all those “sweet young gals” from **Bradley University**. If they are our **FUTURE**, we are in good shape!

Our program was filled with information on new projects for fundraising for St Jude; revamped radio-thon techniques; characteristics of people we need to seek as new members and the New Tower at St Jude's where unbelievable treatments will be used for treating the children. There was so much more, I needed a tape recorder to catch it all. Hopefully, Suzanne will have some of this information from Leadership to share with us next year.

If ever, you get a chance to attend ALSAC's THANK YOU ESA, please do so. It occurs every two years and is a daylong seminar with activities to inspire ESAers to continue our support of the work at the Memphis hospital by working with our ALSAC leaders. The event is held in cities throughout the U.S. The previous event was held in Texas with 50+ attending; this year, I had the opportunity to share this experience with over 130 members in St Louis.

As my year with you is coming to an end, please make sure you consider attending the State Convention in Norfolk May 2-4. Be ready to give positive ideas in our Open Forum in lieu of the regular small table workshop on Saturday morning and have questions for those representatives from IC and SERC which will help our chapters grow in membership and in enthusiasm. Let's make sure this does not turn into a gripe session but a chance to learn from other members and chapters of things working in their areas.

We have had a successful year with new members, a diverse on line chapter, many fabulous and productive fundraisers for our charities and from the notes and comments from many—we have had fun and opportunities to fellowship with one another. You can't say, why drive for a two-hour meeting with nothing to do...at least not this year! I heard you and I provided options for those who wanted to "mingle" the night before. We also started our meetings late enough on Saturday for those who did not want to stay overnight.

We have truly been in the SPOTLIGHT this year and I feel like we have set the tone for more new things to come. Take time to get that candle out of the drawer or closet and "Let your Light Shine Again for ESA!" I loved Betty Allen's comment when we reviewed our chapter and personal goals at our March Council. Betty and Alpha Chi's goal was membership. They set their goal, dated it and did it. Betty's statement, "ALPHA CHI is coming back" was perfect and exceeded my expectation!



Attendees at the Thank You ESA



Showing Suzy my birthday bash supporting Domestic Violence prevention and Literacy



With the Arkansas State President and her sisters.

For those of you who were unable to attend this year's fun and eventful meetings—we missed you and to everyone else ---Thank you ESA Virginia! It has been a productive year!

First Vice President – Suzanne Smith

Is Spring finally here?? I love a good snow day as much as the next person, but this winter was unrelenting.

I truly had a wonderful time as your 1st Vice President this past year. My goal was to fill my board and with your help, I have done just that. I want to thank each and every one of you that has accepted a position on the board. I have only 1 open position left to fill (Hope for Heroes coordinator)- Please let me know if you are interested. But I am truly thankful that I have filled everything else.



I have attached a photo of the 2014-2015 proposed Executive Board – thanks to Tammy James for the picture!! Pictured from L to R: Carol Campbell, Brenda Bowersox, Priscilla Browning, Sheen Childress, Susan Caldwell, Kristine Williamson, Kathy Gibbons, Suzanne Smith.

VSC Convention is just around the corner - I hope you are planning to attend. I am so excited for the weekend! Friends, family, fellowship and fun. What more could you ask for? Interestingly enough, my dear cousin Sheen Childress was installed 6 years ago as the VSC President at the very same hotel where I will be installed in May. What an amazing coincidence.

So you can make your plans, here are the details regarding the VSC summer meeting – I hope you can attend:

**Saturday - June 7, 2014
Embassy Suites Hotel Dulles – North
44610 Waxpool Road
Ashburn, VA 20147
Reservations: 866-460-7456**

<http://embassysuites3.hilton.com/en/hotels/virginia/embassy-suites-dulles-north-loudoun-WASNLES/index.html>

Room rate: \$99 (use special group code ESA). Last date to book rooms with group code is May 6, 2014. **Check online as well, you may be able to get a better rate.

Executive Board Meeting: 8:30-9:30am

Credentials: 9-10am

VSC General Board meeting: 10am

PPA: Immediately following General board meeting

****For those that are arriving Friday night, I am planning to find a location to have a group dinner (like we did at the Spring meeting). If you are interested, please let me know so I can get a head count.**

I hope you have a fabulous Spring and I look forward to seeing you all at convention in Norfolk.

Second Vice President – Kathy Gibbons

Mother Nature is teasing us with spring. It comes and goes just like our VSC membership numbers. I am happy to announce as of 4/3/14 our VSC MAL roster decreased from 63 to 54. We are slowly bringing in new members and reinstating members, but we are not retaining our current members.

We need to take the time to meet and ask people to come to our ESA functions and let them see the important role we play in our communities, state and nation to make a difference. Remember they want to be ASKED to join. If you have a new member in your chapter invite her to convention. Convention is not only amazing, impressive and inspiring, but provides a wealth of knowledge.

Again, congratulations to those chapters who have added new members and reinstatements this past year! Congratulations Sue Stone for starting an online chapter bringing in several MAL members.

I look forward to seeing you at convention.

Recording Secretary – Kristine Williamson



First of all, I'd like to put the Spotlight on Carol! She has done a wonderful job this year and it was a pleasure serving on her board for 2013-2014. As I move up the ranks on the VSC Executive Board, I've had the opportunity to learn so much about ESA, about the members that make up ESA, and about myself. I look forward to learning even more, meeting new members, and helping support and guide such a wonderful organization.

The minutes of the Spring General Board Assembly were submitted via e-mail on April 14, 2014. They were sent to the PPA's, members of the General Board, Chapter Presidents, the SERC President, the IC President, and ESA Headquarters, as well as the Executive Board.

I'm looking forward to the upcoming VSC Convention in a couple of weeks and getting to know more of the special people that are a part of VA-ESA!

Treasurer – Susan Caldwell

“Spotlight on “Real Money”

Applause, Applause!! Take a bow!



- **Excellent VSC Executive Board and General Board—Jobs Well Done**
- **Innovative VSC Project Directors with New Projects—Cooking with Kids (ESA for St. Jude), Literacy, Easter Seals Camp Scholarships, SERC raffle**
- **Amazing Celebrations and Fun—The Decades skits, Games Night, VSC Convention Skit (Find Your Future in ESA!), Dinner and drinks at Calypso, and Executive Board Literacy presentation skit**

Treasurer's Highlights and Changes

- **Want more knowledge about VSC and how it works? Run for Treasurer!**
- **Added Financial Tab on VSC Website**
- **All project monies handled by Treasurer**

- **Bond Renewal Year--Changed contact information, submitted a new application to the Bonding Agency as requested, and paid bond**
- **Chapter Dues--Thanks to the Outstanding Chapter Treasurers— Everything on time!**

Junior Past President – Beth Sherron

What a wonderful year we have had Spotlighting ESA in Virginia. Carol has done a great job shaking things up and making the meetings interesting.

As Junior Past President, one of my jobs is being the Disaster Fund Chair. I am very proud we support this project, since it is the only financial project we do to help each other when our members are having a personal crisis. We do so much for everyone else, it is also important to take care of each other. This year I have sent five reports to Suzy Winters, the IC Disaster Fund Chair, with ten chapters, the PPA and individual donations at the meetings. I am very proud to say we raised over \$1,400. Thank you to everyone who supported this project.

I am planning for the Chapter President's workshop at convention. I am looking forward to seeing all the members who have stepped up again or for the first time to help lead the chapters next year. If you have your rosters ready, please bring them to the workshop, and I will be sure to get them to Suzanne and Sheen.

A huge thank you goes to the Virginia Beach chapters for planning a wonderful, exciting convention. I am looking forward to the adventures at convention. Also thanks to Northern Virginia chapters for starting their plans for the 2015 convention.

Finally but probably the most important is to thank the membership for all of the support I have received while I have been on the Executive Board again. I did not expect to be back in the front of the room so quickly, but it has been a great experience. I look forward to being back behind the scenes very soon for a well deserved break.

Association of the Arts – Judi & Jamie Darden

We are so excited that we've received entries for needle work, crocheted afghans, basket making, quilting, jewelry, and a poem for your viewing enjoyment at the 2014 VSC Convention. Please make time to stop by the Association of the Arts room while attending convention to see these lovely items that our members have worked so hard on and are willing to share with us. We know it will be worth your time.

Jamie and I would like to thank Carol for appointing us to this position. It's a first for us and we know we will enjoy having all these wonderful items to place on display. We look forward to seeing you soon.

Easter Seals Coordinators – Lynn Keffer & Pat Wertalik

Our brief term as Easter Seals Co-chairs turned out to be quite profitable. We are very proud of the support the Virginia State Council shares with this organization.

CHEERS. In response to our request for funds for a Camp Easter Seals Scholarship, nine chapters contributed \$485.00.

MORE CHEERS. In response to Zeta Nu's request for books, we brought 228 books back from the Spring Board Meeting in Norfolk for the facility located in Salem. What can we say but THANK YOU.

We are sure there will be more to share when we compile the Chapter Report Forms. The Lamplighter deadline took precedence!

ESA St. Jude Coordinator – Marie LaDuke

Hopefully when you get this issue of the Lamplighter, you have already submitted your chapter's ESA for St. Jude Award form as the due date is April 15th. I know you have worked hard on your projects for St. Jude/s this year and we are looking forward to hearing about your accomplishments. Whatever form the Workshop Brochure is in--booklet or on disc--there will be a lot of helpful information for you. Please review it and use it as needed. I will continue to be available to assist you in any way I can until the end of my term as you ESA for St. Jude Coordinator for one more year.

Looking forward to seeing everyone in Norfolk in May.

Educational Director – Flora Burns

Lessons from your Virginia State Educational Director:

The best lesson I can present to you this year is the importance of laughter. A playful attitude will get you through many trying times.

Here to make you laugh:

At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars.

Every time someone asks you to do something, say “do you want fried with that.”

When you go out to eat, order diet water. Keep a serious face.

When the money comes out of the ATM, scream I Won, I won.

Pick up a box of condoms at the pharmacy, go to the counter and ask where the fitting room



Thanks to all of you for sending me your educational reports. I feel that I have learned right along with you and it's been informative and fun. It will be my pleasure to present awards to you in recognition of your hard work.

Philanthropic Director – Beverley Wright

“Imagine there is a bank account that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening the bank depletes whatever part of the balance you failed to use during the day. What would you do? Draw out every cent – of course! Every one of us has such a bank. Its name is time! Every morning it credits you with 86,400 seconds. Every night it writes off as lost whatever of this you have failed to invest or use to a good purpose. It carries over no balance. It allows no over draft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no drawing against ‘tomorrow’. You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success. The clock is running. Make the most of today!”

I read the message above on Pinterest the other day and thought it suited what many of us do every day. Some of us waste away our ‘deposit’ in worry and idleness; however, most of us do try to invest or use our time towards the happiness, health and success of others. There is no greater proof than seeing the total number

of hours worked, dollars donated, goods contributed and miles traveled through our Philanthropic endeavors.

It is my pleasure to report the totals for the state of Virginia at this time. Individual chapter awards and recognitions will be given during the convention, but I would like to personally thank each individual and chapter who participated in a project this past year and especially those chapters who took the time to report your good works to me.

Fourteen of the 19 chapters sent in at least one report between April 2013 through March 2014 for an astounding total of:

9,601	Hours
\$449,993.47	Actual Dollars Donated
\$137,162.79	Value of Donated Items
31,447	Mileage
\$17,767.27	Value of Miles Traveled

See you in Norfolk to celebrate!

SERC Director – Brenda Orebaugh

Happy spring!

I want to thank all of you for your participation in the SERC raffle. The drawing was held at our March meeting. A total of \$340 was raised. One-half was sent to SERC (\$170) and the two drawings of \$85 each went to Sue Danielson and Nicole Lewis. Congratulations to both!

I would like to thank President Carol for asking me to serve in this position. This is an appointed position I had never done before and once again ESA gave me the opportunity to spread my wings and come up with an idea to raise funds for SERC.

Hope to see all of you at convention in Norfolk.

Alpha Chi – Waynesboro by Sue Graham

Alpha Chi Chapter #2055 held their Awards Banquet at Summit Square in Waynesboro VA on April 13th. Everyone that attended enjoyed the fellowship of our sister and a great meal.



On March 21-22nd we held our second Sew and Chat day. We had a total of about 17 women that came together to sew/knit and chat with each. Once again a day of great friendship and fellowship was had by all. Alpha Chi prepared the dinner meal for both days and the fee (\$25 per day) that was paid by the attendees went to Ways and Means and St Jude's. We are planning another sewing day in June.



Two attendees



Our littlest guest



Millie Simmons and Sue Graham

On April 18-19th we will be working the both at The Meating Place. This booth we will be cooking ham biscuits; bacon egg and cheese biscuits; hamburgers and hot dogs. The Meating Place provides all the meat; bread; cheese etc and we cook and serve the public from 7:30 am to 2:00 pm both Friday and Saturday. The money that we make, after expenses, will go to our Ways and Means committee. It is a great day to get to meet everyone in the community.

Alpha Omega - Winchester by Jane Parrish

We may go straight into summer heat and miss spring this year. Here in Winchester we have been hit hard by snow and ice, thus postponing or cancelling some of our activities this winter. Sure cannot plan ahead anymore.

Snow cancelled socials for three months. We did enjoy our 1785 home tour/luncheon on January 14, but then cancelled our winery evening later. Our Super Bowl Tailgate Party at Joan Dodson's was cancelled as well as our March 17 St. Patrick's Day dinner at the Holiday Inn.

The philanthropic sheltered workshop dinner scheduled February 14th was postponed to February 28th but at least we got to do it. They always look forward to our chili dinner as a special occasion.

Our new pledge Lois Haas agreed to talk to the group on volunteerism at the April 5th meeting. She has had an exciting life, worked in the George W. Bush White House. She has lots of stories to share. We have been so fortunate to gain our newer members in the last few years - Gail Kercheval, Joy Dovel, Ann Taylor (the "I'll do it" member), Jayne Craig and Lois Haas, all great attributes for Alpha Omega.

On March 1st, Marc Jaccard, Executive Director of the Henry and William Evans Home, was our program speaker. He told us of the new Homeless Initiative for children they have instituted to help young people who are homeless, living in tents in the woods. They now have a place to sleep and eat. The parents are encouraged to come eat and be with their children, taking away the fear of Social Services taking their children from them. It is this great home for children that we are supporting with our April 12th Fashion Show and Luncheon, our really big project. We are getting corporate donations and selling chances on raffle baskets to augment our funds.

The VSC convention threw us a curve this year, the first time I can remember one being the first weekend in May. In Winchester, this is our HUGE Apple Blossom Festival weekend which will keep our members from coming to Norfolk and attending. I personally hope to get there but have had a bad six months, meaning it is difficult to plan ahead. Priscilla Browning, state parliamentarian, will be there and I keep hoping Betty Smith, our 60-year member, will be able to work out a way to come also.

We have switched our chapter meeting from May 3 to May 10 so we few would be able to attend locally if we come to convention. We had planned our Awards night with installation to be May 10th so there will be two events in one day. This year we have four service pins to award - Bernadine Adams, 15 years; Polly Look, 45 years; Jane Parrish, 50 years and Patsy O'Connell, 55 years. Patsy rushed both Bernadine Adams and Jane Parrish.

It is time to select our recipient for the Jane Ray Memorial Nursing Scholarship. It will go to a Shenandoah University student. The University is building a Health Sciences building to be ready for fall so the students can switch from the hospital buildings to the campus in the future.

Our planning meeting for 2014-2015 will be June 7.

Alpha Nu – E Chapter by Marion Rogers

In this age of eco-friendly and recycling, ESA is no different! Past Presidents, MALs, in-actives are coming alive ... WE ARE ALPHA NU, Virginia's e-Chapter of ten members strong! Geographically we cover the state (two members in the Tidewater area, two in the Richmond area, one in Winchester, one in Verona and four in Roanoke), collectively we are creating a new e-Force for ESA!

Seven members were in attendance for dinner at the Vintage Kitchen to sign our charter prior to the VSC Spring Board meeting in Norfolk,.



Left to right: Pat Heaton, Sue Stone, guest Pam, Theresa Morris, Gayle Meeks, Mindy Boyd and Candace Corrente [not pictured: Barbara Midkiff, Katie Wheeling, Dot Harcum, Marion Rogers].



Gayle Meeks signing our charter



It all began when Sue Stone had a vision, a love for ESA, and the desire to keep serving others along with lots of enthusiasm! She is Alpha Nu's President! Although she'll tell you she's just a facilitator and the collector of information from Headquarters but to us she is an inspiration ... she is our President.

Our first endeavor as a chapter has been Supporting our Troops with cutting (sometimes even cutting fingers and table cloths), sorting, packaging and mailing coupons as we continue in the name of ESA supporting our local needs and projects. This has been a great first step in making our mark as a chapter.

Believe me when I say recycling is today's "has-beens" for tomorrow's energy! We are stronger, brighter, and full of excitement for ESA, for Alpha Nu ... and in charting the course, our groundbreaking e-chapter is now part of ESA history! We are looking forward to reconnecting with ESA's traditions and goals as we progress along this journey.

Alpha Xi – Norfolk by Joy Burton

As the changing tides, so are the seasons. Alpha Xi is welcoming Spring and looking forward to the renewal of mind and spirit that comes with the beautiful Spring blossoms and the warm ocean breeze.

The ladies and families of Alpha Xi, enjoyed viewing, “Winter’s Tale” at our annual Valentine’s Day movie at the Commodore. For those of you who aren’t familiar with the Commodore in Portsmouth, VA, it is a charming old-style theater that is on the National Register of Historic Places. We feasted on such delicacies as barbeque nachos, chicken salad plates and, of course, their hot homemade cinnamon loaf!

In March, we had oceans of fun at Calypso, a restaurant in Virginia Beach, owned by the son of Beta Kappa member, Barb Smith. Board members from around the state met there on Friday night before the March meeting and had a wonderful meal, drinks and fellowship. We shared lots of laughs and even got photo-bombed by some beach-bums! On Saturday, Alpha Xi was awarded the Hope For Heroes recognition from SERC.

The return of the St. Jude Dream Home has given us all the opportunity to support the hospital by volunteering our time, selling tickets for the giveaway, which will be held on May 4th. Alpha Xi sisters pull together each year to sell the tickets, take the incoming calls at the telethons and help in the ticket office. We are passionate about this fundraiser and give our time with smiles in our hearts.

April showers may bring May flowers, but they also bring new life to Alpha Xi. On April 19th, Mildred Edwards is bringing in Joy’s daughter, Sierra, as an Elan. Sierra doesn’t know about this honor and we are excited to surprise her! We will have our awards tea at the home of Carolyn Coe and are looking forward to recognizing our Woman of the Year and our milestone anniversaries.

**“And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth’s dark breast
Rose from the dreams of its wintry rest.”**



**Joy , Carol and Mildred with
the
Hope for Heroes Award**

Beta Delta – Roanoke by Shelby Hodges

Hope this article finds all of our VA sisters enjoying sunshine. Don't blink because there may be more "weather" down the road. This is always an exciting time as we close out our chapter years and get ready for a brand new year. What a great year Carol has enjoyed and thank you, Carol, for the many programs and challenges you have presented to the members in Virginia.

Although we are small, we have contributed to Easter Seals, the VSC State Project, Disaster Fund and volunteered many hours for St Jude. I was able to volunteer at the recent St. Jude Radiothon in Lynchburg in February and enjoyed the drive down and back with Sue Stone from Alpha Nu.

Our Educational programs have been fun – Lisa presented a very informative program in February concerning our Heart Health with chapter participation and fun gifts at the end. Abby really got us in the mood for spring with her program in March challenging us to "begin anew" not only with our thoughts but to relax and she even took us through those paces – WOW – we all almost went to sleep, we were so relaxed. Shelby made us laugh with her April Fools program – wouldn't you know it!

We plan to "party and picnic" with our Zeta Nu sisters next week-end – hopefully we will live through it – just kidding – we are looking forward to spending time with our sisters. A Rush-Social is planned in May.

Unfortunately, no one from our chapter will be in attendance at the upcoming VA State Convention and it does make us sad because conventions in the beach area are always a blast! Sickness and other commitments prevent our attendance this year. We will miss you and know you will have a blast!

Much ESA love to all and hope to see all of you in the near future.

Beta Kappa – Virginia Beach by Flora Burns

Beta Kappa is very pleased to be working with Alpha Xi on your state convention in May.

We hope that you will plan on being there (Eric – the same DJ we had at IC for the welcome party) will be there to entertain us. We will also have a 50/50 that night. You will win ½ and the other ½ will go to help defray the convention expenses.



As you register at our convention table be sure to take a chance on the beautiful jewelry we have on display.

Saturday's meeting will be informative and fun. Saturday at lunch, you will get a glimpse of the ESA Oscar presentation with Eveleen as she presents awards.

Our IC Rep will have a special workshop which she will want you to take part in and our SERC Rep will have news of what's happening in the south east.



Saturday night will be elegant as we install our new state officers. I think Suzanne is still looking for a couple of helpers on the general board. Call her for I'm sure you can fill those shoes.

Sunday morning we will have brunch at the hotel and then onto our final meeting. More awards, sad good byes and drawing winners for the beautiful jewelry. Hope to see you at the Norfolk Airport Hilton as we go "Into the Future."

Beta Omicron – Staunton by Jane Harris

Members of Beta Omicron have survived the harsh, cold, snowy winter. In between snow storms and freezing weather we met each month to complete projects and support community organizations.

Our local Lung/Colorectal Cancer Center has been very appreciative of the care bags members have shopped for and assembled for their patients. We have delivered baggies containing personal items for occupants at a local abused center and supported the Children's weekend backpack program for local schools. We also, purchased mittens and hats for children at a local school. And, of course, we again sponsored a Christmas gathering at a local nursing home with Santa Claus arriving with lots of special gifts and hugs. Also playing bingo with the attendees and serving refreshments. This is a great rewarding event.

Members have also been busy clipping coupons which has been a great project.

Several members attended the Summer meeting at Natural Bridge and really enjoyed the activities. Also, attended Leadership and the Fall Board meeting in Richmond and President Betty Cason attended the Spring Board meeting and delivered books in support of the literacy program.

With revenue from several Ruritan suppers we have been able to accomplish our goals for the year.

Looking forward to seeing everyone at State convention in May.

Beta Sigma – Richmond by Jane Brenner

I became an ESA member in December, 2013, due to the continuous invites to fun events I received from my daughter's mother-in-law, Marie LaDuke, and my curiosity as to how a sorority, Beta Sigma, could enrich joy and happiness in my life.

Recently I read an article about Happiness and the Meaningful Life. A founding father of positive psychology, Martin Seligman stated that "A happy life is one that is pleasurable, engaging and meaningful and that people who focus their energies on leading an engaged and meaningful life are more successful at achieving lifelong happiness."

I see ESA as an organization that will allow me to welcome new friendships into my life (quite evident at my pinning ceremony in March) and continue on a path of volunteerism and service which research shows is linked to increased levels of happiness.

I want to be an advocate for St. Jude Children's Research Hospital, Easter Seals and their sponsoring camps, and our military heroes. I am proud to be a part of Beta Sigma Chapter supporting the above along with activities with the VA Home, Central Food Bank, and future Ask Walks to name a few.

"It isn't only receiving support that makes us happy; it is being able to give support to others as well."

I'M IN!

Beta Sigma's Literary Project



Susan Caldwell's neighborhood has a Face Book page and a Buy, Sell, Trade, Giveaway Section of the page. I posted to the page and got so many responses from neighbors! I received such positive comments from the neighborhood residents even if they did not have books to donate.

Beta Tau – Woodbridge by Pat Holtsclaw

With all of our Philanthropic and Ways & Means programs successful completed for the 2013-2014 year, Beta Tau settled down to the last three months of January through March with Business meetings, Socials and the completion of our educational program.

Our Social program continued in January with a Country and Western Dinner at the home of Pat and Jim Holtsclaw. In February we enjoyed Chili and a movie at the home of Kathy and Bill Gibbons. Kathy very thoughtfully provided a choice of movies to satisfy different tastes and we were joined by Virginia State President Carol. Carol was very impressed with the choice of movies and Kathy's very comfortable Movie Theater room. The March social was a fun filled St. Patrick's Day celebration with corned beef and cabbage, green bread and green punch, at the home of Phyllis (nee Porch) and John Quigley.

On April 14th Beta Tau had its annual Installation and Award Luncheon at the Globe & Laurel Restaurant in Stafford. Service Awards were presented and the Woman of the Year was announced. This year Beta Tau had two Women of the Year. Kathy Gibbons, VSC 1st Vice President installed the officers for the 2014-2015 sorority year.

Our Educational Program (presentations given following our monthly Business Meetings), covering Women Who Impacted Prince William County, was completed in March. We were all very enlightened to know that women of the County played such an important role in all aspects of forming and serving in prominent positions of the Law, in Education, Hospital, Police and Fire Departments and in building and serving on the Board for the first Recreation Center in the county.

Due to very successful Ways & Means and Philanthropic programs, Beta Tau was able to support with donations and their time ACTS (Action through Community Service); ASK and Special Love; Easter Seals Camp; ESA Disaster Fund, Virginia Endowment Scholarship Fund; Turning Points Abused Women's Shelter and the Homeless Prevention Center of Woodridge, Hope for Heroes, and we also participated in the Literacy program. We donated books to our local libraries and Doris Hood delivered children's books (one from each member) at the Spring Meeting. Unfortunately, due to scheduling conflicts we were unable to participate in the WFLS Radiothon as we had done in previous years.

At our Model meeting in February we had one invited guest/potential new member, and another invited guest at our St. Patrick's Day celebration.

Doris Hood, Sandy Reed, Kathy Gibbons and Edna Plancon attended the spring meeting in Virginia Beach in March and were able to meet with Sheen and Suzanne

from Delta Sigma to start proceedings for Beta Tau and Delta Sigma's hosting of the 2015 State Convention in Fredericksburg, VA.

We are looking forward to a new year and will be working some more on preparations for hosting the 2015 convention.

Chili & DVD Social at Kathy's & Bill's on February 23rd



L to r: Bill & Sandy Reed, Carol Doris Hood, Doug Shamblin John Quigley, Phyllis Porch & Cindy Medvick



Beta Tau's DVD Night Banner

St. Patrick's Day Social at Phyllis' & John's March 15th



L to r: Bill, John, Sandy, Pat Holtsclaw Doris, Bill & Kathy Gibbons, Ginger and Doris



St. Patrick's Day Cake

Installation & Awards Luncheon April 14th



**Service Awards
Left to right Phyllis Porch 5 years,
Edna Plancon 35 years
And Pat Holtsclaw 20 years**



**Beta Tau's Women of the Year
Edna Plancon & Doris Hood**

Delta Kappa – Roanoke by Elaine Prillaman

It been a long snowy, and cold winter but spring is on it way. The flowers are looking beautiful coming up a little at a time. We have been cold and shut in from the wind and snow but now getting out to see what is happening just like the groundhog.

Our efforts to clip the coupons have really been worth it, what a great idea. Its clip and go to the post office to get them mailed.

Going to the radio-thon in Lynchburg was fun except for the early morning drive. It is always a change to stop for a biscuit and coffee while on the drive. Nice to meet a new ALSAC representative.

Carol helped Sigma Chi with a Easter Seal dance, the rest of us were already committed. We all joined in the Rescue Mission Volunteer Thank-You party. They really go all out to thank all that volunteered during the year.

We have met for a few meetings, socials, and educationals and always enjoy eating out. Not much else going on but the meeting in early March was fun and glad to see everyone and getting excited to join in the convention again soon.

See you soon.

Delta Rho – Front Royal by Kara Bates

Greetings and Happy Spring from Delta Rho 4512!

First off, we would like to congratulate Debbie Langfitt for receiving her First Pearl! With Korinne and Melissa Grove, that makes 3 of our newest sisters First Pearl recipients. Congratulations ladies! We are also proud of Debbie Langfitt for being on the VSC Finance Committee this upcoming year.

We just completed two fundraisers this month. We collected orders for Rada Cutlery, and proceeds will go into Ways and Means. We also collected orders for Cheerful House Cards, and those proceeds will go to benefit local philanthropic organizations. We will also award two \$400 scholarships to deserving high school graduates this spring.

As this sorority year comes to a close, we are already looking ahead to next year, and there are several exciting things. Did you know that Delta Rho is turning 40 this year? We are making plans on celebrating our 40th Anniversary in the coming months. We are also beginning to plan our 2nd Annual Labor of Love Family Fun Day with Steve Foster and his amazing mule, Grace.

Take care, and we look forward to seeing you in May at the VSC Convention!

Theta Mu – Richmond by Eveleen Harrison

Goodbye snow (we hope), hello Spring. One of the benefits of being retired is not having to leave the house during the snow unless you want to.

In February, the chapter members braved the weather to go to President Jamie Darden's home in Williamsburg for our "Gulls Sing and Play" social. Dot, Diane, and I planned a surprise for Jamie. I don't know how many of you remember the VSC Courtesy Committee where Dot dressed as a seagull. Well, the seagull (Jamie's symbol) rose up from the ashes and brought a companion to the social. You might have heard the laughter in Richmond and Norfolk when the two seagulls entered the room. What fun we had playing games and singing karaoke.



In April, we celebrated our year with our Awards Banquet. Our Woman of the Year and Miss Philanthropic (a 3 way tie) were revealed. Congratulations to the winners!

We are busy getting everything finalized for the VSC convention and look forward to seeing everyone.

Sigma Chi – Roanoke by Lynn Keffer

The unusually cold winter months hampered our socializing on several occasions, but we attempted to stay in touch weekly to go to dinner or a movie to avoid becoming hermits.

In February we gathered to assist in a local “Soup for Seniors” program sponsored by the League of Older Americans. We sorted donations and actually packed bags to be distributed to hundreds in the valley.

We thought weather might prevent our annual trip to Lynchburg to participate in the Radiothon for St. Jude but were pleasantly surprised when we were able to go. Our social life in February included dinner in Bedford at the old Train Station and a play by the Little Town Players who perform on the campus of the Veterans Home.

Our association with Easter Seals brought a request from them to provide centerpieces for a fund-raising Mardi Gras Ball. Another excuse to get together, this time with beads, feathers, bags and tissue paper. Several of us attended the “Ball” including our President, Carol. In March two members made it to Norfolk to the Spring Board Meeting and later in the month we all helped the Salem Office of Easter Seals put together a great Used Toy Sale.



Carol Campbell and Margaret Crouse filling bags for The Mardi Gras Ball, a fund-raiser for Easter Seals UCP.

Zeta Nu – Smith Mountain Lake by Kristine Williamson

Zeta Nu has been very busy the last couple of months. On February 7th, Bev hosted a slumber party at her house. We had fun eating pizza and playing the game “Taboo”. On March 29th, Zeta Nu held our annual Rush event. We went to a wonderful restaurant called “Ippys” and then to the Rocky Mount Bowling Center and played several games.

Then on April 12th, Zeta Nu held a pork BBQ dinner to raise money for Camp Easter Seals. We invited friends and family and also the 3 Roanoke Chapters, Beta Delta, Delta Kappa and Sigma Chi. All three chapters were represented and we were so grateful they came to help make this a successful and fun event. What beautiful ladies they are!!



Front Row: Lori Griffith, Stephanie Hess, Kristine Williamson and Sharon Tyser-Throckmorton

Zeta Nu is not slowing down as we are also helping with the upcoming 3rd Annual SML Songwriters Festival which will be held Friday, June 20 – Sunday, June 22. Proceeds from this event will go to St. Jude Children’s Hospital.

We are looking forward to seeing many of you at the convention in early May!!

Virginia Delegation at IC 2013 Convention



Front Row Seated L to r: Suzanne Smith, Nicole Lewis, Ramona Fulwider, Joy Burton, Bev Scott, Lynn Keffer, Candace Corrente and Suzie Garland. 2nd Row seated: Doug LaDuke, Marie LaDuke, Rick Rightmyer, Lynne Rightmyer, P-nut Schools, Sue Foy, Susan Caldwell, Judi Darden, Barbara Midkiff and Beth Sherron. 3rd Row seated: Doris Hood, Sandy Reed, Kristine Williamson, Kathy Gibbons, Carol Campbell, Flora Burns, Kathy Liska, Dot Brown, Arthur Parrish, Tammy James and Virginia Loeffler. 4th Row standing: Judi Brigg, Sheen Childress, Shelby Hodges, Betty Cason, Peggy Smith, Lou Ann Wyler, **unknown, Amelia Kikos, Mildred Edwards, Betty Allen, Jane Harris, Jane Parrish, Brenda Orebaugh, Jo Reedy and Margaret Crouse. Last row standing: Pam Blevins, John Boyd, Mindy Boyd, David Williams, Judy Williams, Eveleen Harrison, Diane McLane, Bill Gibbons, Walter Edwards, Sue Stone, **unknown**, Theresa Morris, Nancy Ward, Bill Milliken, Jean Milliken, Sue Danielson and Beverly Wright.**

Editor's note: There are still two unknowns in the picture. If you know you they are, please let me know.