

# The Lamplighter

## Virginia State Council

### Epsilon Sigma Alpha International

**Winter Issue 2015**

#### Inside This Edition

<u>Articles</u>	<u>Page</u>
President	1-2
Officers	3-6
Appointed Officers	6-10
Chapters	10-21
Spring Meeting Info	22
Convention Ad Info	22
Convention	23
Registration	
IC 2015 Convention	24
SERC 2016 Conference	25
Law of the Garbage Truck	26

**I hope this Winter Issue finds you basking in the glow of a fabulous holiday season gone by. Although I caught some type of sickness and wasn't feeling all that great over Christmas, I still had a wonderful**

**time with family and friends.**

**My term has your VSC President is flying by – I can't believe it's already January. Since the last Lamplighter issue, I have been a busy bee. I attended Delta Rho's Labor of Love event, went on a wine tasting tour with Beta Tau, celebrated 20 years with Theta Mu, attended our VSC Leadership and Fall Council meeting in Roanoke, flew to Georgia for SERC, participated in the Give Thanks Walk for St. Jude, published my 3<sup>rd</sup> Quarter Notes newsletter and joined Sigma Chi for their Christmas Party. Whew – I'm exhausted just writing all that.**

#### **President – Suzanne Smith**



**Suzanne & Mike at 5K Walk**



**Santa Hugs at the VSC Fall Meeting**



**Kathy, Sandy, Suzanne,  
Yoshiko & Doris at 5K Walk**



**Sigma Chi's Christmas Party**

**I am so very thankful for all the opportunities I've had to visit with your chapters. And I hope that your invitations keep coming. Looking ahead, I am planning to attend Alpha Xi's Prayer Breakfast and Beta Sigma's Bunco fundraiser in January as well as Delta Rho's 40<sup>th</sup> Anniversary celebration and our Spring VSC meeting in March.**

**Speaking of the Spring VSC Meeting, here are the details: March 21, 2015  
Fredericksburg Hospitality House Hotel & Conference Center, 2801 Plank Road –  
Central Park Fredericksburg, VA 22401.**

**PPA meeting: 8:30am (Washington Room)**

**Credentials: 9:30-10am (Washington Room)**

**General Board meeting: 10am (Washington Room)**

**Executive Board meeting: TBA**

**I am hoping to have a Friday night gathering for all the overnights at Spring Council. Details to come...**

**I hope with all the busyness of the holidays, you have still found a little time to continue working on our Santa Hugs project. I will be doing another collection at the Spring Meeting. I hope we can fill another huge box to send to Santa America for all the special children they visit all year long.**

**Stay warm during these dog days of winter. Our Spring VSC meeting will be here before you know it. Hope to see you then!!**

## **First Vice President – Kathy Gibbons**

**I hope everyone had a wonderful holiday and you are ready for an exciting New Year. Bill and I enjoyed Savannah, and we were able to spend some time with his sister and niece that drove up from Daytona Beach prior to the meetings. We did a lot of walking, of course I didn't bring any sneakers. I won't make that mistake ever again.**

**I plan to attend Alpha Xi's Prayer Breakfast on January 17 and Beta Sigma's Bunco Party on January 24<sup>th</sup>. I am preparing for Leadership in Denver on February 5-7. The theme this year is "HOPE...Abounds in ESA" and Rickie's logo is the red carnation in the circle of HOPE. We have received the agenda and have been given "homework" to prepare prior to the meeting. I am excited having the opportunity to learn new ideas from Headquarters and share the information with our members.**

**"Hey Mr. Postman do you have an ESA letter for me today?" Please ladies, I need your help to fill the Appointed and Executive Board for 2015-2016 year. Therefore, you will be hearing from me soon. If you are interested in a position, please contact me, the Virginia State Council needs your help.**

**Take care and I look forward to seeing everyone at the Spring VSC meeting in Fredericksburg.**



## **Recording Secretary – Susan Caldwell**

**Here's hoping that each of you "recorded" your songs of wonderful philanthropic and holiday events! Cheers to 2015!Electronic Reports**

- **Deadline for Electronic Reports for March VSC Meeting**
  - **Wednesday, March 18, 2015**

**Until we sing again,**

## **Parliamentarian – Brenda Bowersox**

**Greetings! As I write this it is a snowy day in the Valley. Not too much, just enough to make things messy.**

**DON'T FORGET, BYLAW AND STANDING RULE CHANGES TO ME POSTMARKED OR EMAILED BY FEBRUARY 14.**

**Since some of you aren't able to attend meetings or have missed one to date I wanted to share with you the continuing skit that we have been having on parliamentary procedure. This is based on a simple chapter project. The cast of characters have continued their roll at each of the meetings. Thanks to Suzanne Smith, Bev Scott, Lynne Rightmyer and Eveleen Harrison. Sit back and enjoy:**

**June Meeting:**

**A lot of people find Parliamentary Procedure intimidating and at the Chapter level making motions and voting is for most part, pretty relaxed. Don't you agree? Even in this setting it is also, except maybe when we are voting on bylaw changes. That seems to make us a little more uptight. But what happens when there is a difference of opinion or real controversy? Well we are about to find out. Would the cast of characters please come forward? Once we are finished with the skit, we want to know from you what we did wrong that may have made this vote go a little smoother.**

### **Parliamentary Procedure Skit # 1**

**Note: . *Member 3 to keep raising hand for recognition***

**Member 1: I move the chapter hold a yard sale next Saturday, the 14th at my home.**

**Member 2: I second the motion.**

**President: It has been moved and seconded that the chapter hold a yard sale at <member> home. Is there any discussion?**

**Member 1: I was thinking that the profits from this yard sale should go to our local charities.**

**Member 2: I really think that the members may need more time to get ready for a yard sale. Also, I think the profits should go to St. Jude.**

**Member 1: Well, members can bring their stuff to my house any time this week and that will help get a head start on Saturday. And, we already have a project planned for St. Jude.**

**Member 2: Well, I meant that one week doesn't give the members enough time to gather things to bring to your house. Also, I'm not sure your home is the best location to have a yard sale.**

**Member 1: My house is very central and being on a corner lot it has more parking available and it is the only Saturday this month that I will be available.**

**So, this is where we will stop. Although there are several things that could have been done differently I want you to concentrate on the discussion part of this and tell me what should have been done differently. Member 3 never got a chance to**

**speak. Usually the member that made the motion will speak first. But, a member should not speak again until everyone else has had an opportunity to speak.**

**Thanks for your cooperation and we will continue the saga of the yard sale at our next meeting.**

**October Meeting:**

**So, let's just take a quick look at what happened in Parlville last time.**

***(Two players to move lips fast and furious. Member 3 to keep raising hand quickly.)***

**The re-cap is that a motion was made and seconded, discussion followed but one member who wished to speak was overlooked.**

### **Parliamentary Procedure Skit # 2**

**Parliamentarian: Madam President, I believe that Member 3 wishes to speak.**

**President: Member 3 you may have the floor.**

**Member 3: I wanted to let everyone know that our neighborhood will be having a big multi-family yard sale early next month. Attendance is usually really good.**

**Member 1: Is it advertised?**

**Member 3: Yes.**

**Member 2: How does this work?**

**Member 3: Each family just sets up in their own yard. There aren't really any restrictions to what you can have for sale. Each of the homeowners pitches in to pay for the advertising.**

**Member 1: You know, this sounds really good.**

**Member 2: Oh no, we already have a motion on the floor! What now??**

**And, this is where we will stop. So... what do we do now?**

**Actually there are a couple of things that can happen at this point. Would someone like to give me the options?**

- 1. Amend the Motion that is on the floor.**
  - a. Once the motion is amended and seconded what do you do?**
    - i. Vote on amendment to the motion, when that passes, you then vote on the main motion as amended.**
- 2. Defeat the original motion.**
  - a. Then carefully re-script a new motion.**

**Thanks for your cooperation and we will continue the saga of the yard sale at our next meeting.**

***Hope you can join us in March for the finale!!***

### **Awards Chairman – Diane McLane**

**Happy New Year! The fall has moved by quickly as usual, and the March meeting is just around the corner. I just want to remind the Chapters that received Trophies last year to bring them to the March meeting so I can have them for the Awards presentations at convention.**

**Also, please let me know of any members who have years of service, Pallas Athene degrees, Member of the Year or other recognitions that need to be done at convention. My email address is [dianemclane@comcast.net](mailto:dianemclane@comcast.net) .**

**Awards is one of the highlights of every convention and I'm sure that we will have a wonderful time making "notes" this year.**

### **ESA for St Jude Coordinator – Marie LaDuke**

**Many of you participated in the Give Thanks Walks around the state the Saturday before Thanksgiving. The Richmond Walk welcomed some out of town ESAers who spent a very chilly morning with us. Thank you to our Waynesboro sisters, Lauren Hewitt and family and Kay Merrill, for joining us. I hope other members who did not have a walk in your immediate area did the same. The amount the Richmond Walk raised for the kids at St. Jude this year was around \$52,000.**

**I hope you all had a Merry Christmas and look forward to a healthy and Happy 2015. We had so many memorable moments seeing all the wonders of Christmas through our granddaughters' eyes. They made the holidays so special. However, it is always good to get back to normal.**

**Lynne Rightmyer and I went to Memphis the first Friday and Saturday in December to participate in the St. Jude Marathon. We registered and helped at the ESA booth at the Expo Friday afternoon. I learned how to operate the popcorn machine which I did steadily for the 2 hours we worked. The weather was good to us as it stopped raining Saturday morning. We were two of up to 20,000 participants in the Marathon. It is a very well run, organized event and the cheering support along the route was amazing. It even included St. Jude patients and their families. The route took us right through the hospital grounds. I will tell you we weren't the last to cross the finish line either. We enjoyed the experience and were very happy we were a part of it. We went out to dinner with 67 Team ESA members Saturday night. It was a very nice way to End our trip.**

**Lynne and I found our names on the car for being a St. Jude Hero at the Expo. Our names were on the opposite sides of the car. We were among the first of Team**

**ESA to meet before the 5K began across the street from our hotel. By the time it began, there were people everywhere.**



**Keep doing your good works for St. Jude and submitting your Planned Event and Completed Event forms so your chapter gets the credit it deserves. See you in the Spring.**

## **ESA Foundation Counselor – Sue Foy**

### **IT IS NEVER TOO LATE TO JOIN THE ESA FOUNDATION**

**I am hoping that all of the Virginia Foundation members will remember to send in their annual membership dues before March 1<sup>st</sup> in order to vote at the IC Convention. We have 140 people who have joined the Foundation. We have 11 Lifetime members who won't have to pay any annual dues and we have 45 dues paying members from last year. If you are not sure whether you are current with your dues, please e mail me at [susie@sybercom.net](mailto:susie@sybercom.net) and I will check the records for you. (You can go on line and check for yourself as well.)**

**Susanne has been really great to publish in her President's e mail reminders about encouraging any high school seniors you know to go to the Foundation Scholarship website and register for scholarships for Virginia students. By the time you read this, the deadline of February 2, 2015 may have already passed. There is always next year.**

**Your annual dues payment is a wonderful way for you to help young people defray the cost of a very expensive education.**



## **Finance Director – Flora Burns**

**Please bring an item or more for the Lucky Numbers Auction at the March meeting. This is our last one for the year and we want it to be fun and successful. Bring a spring item. Something for the garden, for a picnic, a plant, or seeds. Thanks you. We have had a great year with many unique items that our member have won. Maybe this time you will win. Get your lucky numbers on Sat morning of the March meeting.**

**Flora, Debbie, and Millie your finance committee.**

## **Philanthropic Director – Beverley Wright**

**GIVE ME AN ‘S’ – as in Soft Southern breezes**

**GIVE ME A ‘P’ – as in Purple hyacinths**

**GIVE ME AN ‘R’- as in warm, sprinkling Rain**

**GIVE ME AN ‘I’ – as in Irises popping up**

**GIVE ME AN ‘N’ – as in No more sleet, snow, or temps below 70**

**And finally ...**

**GIVE ME A ‘G’ – as in Glorious forsythia and Green, Green Grass**

**WHAT DO YOU HAVE????? SPRING, SPRING, SPRING!**

**Only 64 MORE DAYS TO GO until the calendar says First Day of Spring and only 52 MORE DAYS until we SPRING FORWARD once again! Thank you Lord! So tired of cold weather!**

**Maybe this isn’t a normal start to a Philanthropic Report, and the weather doesn’t seem to have affected the good things so many of our Virginia Chapters are doing but I know once I get home in the afternoon (on the days I work), I clean up, change into jammies, and don’t go back out to do anything. So glad I have the option of clipping those coupons for Troopons... that I can do anytime.**

**So until warmer weather comes our way, let me warm your hearts with an update on out totals through the December 2014 reports which were due by January 10, 2015.**

**The following chapters have submitted one or more reports since last summer: Alpha Chi, Alpha Nu, Alpha Omega, Alpha Xi, Beta Delta, Beta Kappa, Beta Omicron, Beta Sigma, Beta Tau, Delta Kappa, Gamma Pi, Sigma Chi, Theta Mu, and Zeta Nu. A BIG THANKS TO YOU ALL ... and for those chapters who have not submitted a report, please do so prior to April 1, 2015 so that your hours and efforts can be counted for the state of Virginia.**

**Thus far you have donated:**

**6259 hours – that’s over 3 YEARS of 40 hour weeks**

**\$488,509.66 actual money – which is just a little more that we pay the U.S. President on an annual basis (hmmm??? we might want to think about all the good we have done with this much money in only 9 months – I think we have a better return on our dollar – just saying!)**

**\$236,568.42 value of goods donated – about what we pay the U.S. VP (refer to comment above!)**

**17,385 miles traveled – which is almost three quarters of the way around the earth (I'm certain we will make it full circle by the end of May)**

**So keep up the good work – remember that this coming weekend – January 17 – 18, is Pay it Forward Weekend ... so do a little extra something for someone who would least expect it and appreciate it so much more!**

**See you all in March!**

### **SERC Director- Theresa Morris**

**The SERC Convention was wonderful, in a beautiful area of Savannah. From there, I bring you GREAT news! The SERC Bylaws and Standing Rules have been changed to reflect the same recording dates as IC! What does this mean? Anyone who has had to fill out an awards reporting form for SERC, know how confusing this can be because of the date/calendar difference. This will not be an issue any more. All awards will be judged using the June 1<sup>st</sup> through May 31<sup>st</sup> calendar year. If you have any questions, or would like a copy of the newly revised SERC Bylaws and Standing Rules, please let me know.**

**Your support of the SERC Fundraiser has been terrific! You will have another opportunity to enter and win at the Spring Council Meeting in Fredericksburg. As a reminder of the details:**

**Raffle tickets are \$5 each or 5 for \$20. Prizes have been awarded during the year, and your ticket goes back into the pool each time. The 3<sup>rd</sup> and final prize to be awarded, a \$100 VISA Gift Card – will be drawn at the end of Convention. You can enter as many times as you would like! The more you enter, the better your odds.**

**Thank you again for your support.**

## **Social Chairman – Edna Plancon**

**I would like to wish you all a Happy and Prosperous New Year. I am looking forward to reading all the new and different socials your Chapters are having this New Year. I know you all have social programs, so Social Chairmen, please don't hesitate to send them to me.**

**Remember, you must have reported nine socials to qualify for an award.**

**If you have any questions, please don't hesitate to contact me at [ednaplancon@yahoo.com](mailto:ednaplancon@yahoo.com) or (703) 404-5252**

## **Alpha Chi – Waynesboro by Susan Graham**

**We got back to our meetings after the summer break and got things off to a great start. We had 2 more ladies to join our chapter at the end of 2014. That brings us up to about 15 members now. We are growing fast!**

**We held another one of our sewing/craft days, "stampin-up" card making day where we made 4 different types/styles of Christmas cards, held a bake sale in Sept for the Rescue Squad and in December we sold fudge and held our Christmas gift exchange and meeting. We have many other events coming up to help support our community and St Jude's Children's Hospital.**

**Some of the activities we have planned are a couple more sewing/crafting days, serving at The Meating Place and we are always collecting clothing and items for the Valley Mission and other organizations in the community. We have several great socials planned as well.**

**Looks like we will be having a busy year. Happy 2015 to all!!!**

## **Alpha Omega - Winchester by Jane Parrish**

**The donation for the Jane Ray Memorial Nursing Scholarship is being given to a student this semester at Shenandoah University. We were all so impressed with our meeting and tour of the new Health Sciences Building where the nursing program will be taught. The simulated hospital rooms with the manikins that can be manipulated for any patient needs, even a birth room, will certainly help the students learn by having the hands on approach. I feel this is a very worthy project.**



**L to r: Polly Look, Laura Cain, Jayne Craig Nan Keckley, Priscilla Browning, Gail Kercheval, Dr. Kathryn Ganske Dean of Nursing, Joan Dodson, Jane Parrish, Betsy Whitehead, Betty Smith, Ann Taylor, Betty Hess and President Charlotte Notzelman.**



**L to r: Betsy Whitehead, Gail Kercheval, Betty Smith, Nan Keckley, and Joan Dodson (couldn't identify the 3 members in the back).**

**We have a meeting set up for January 14 to arrange committees for our big Spring Fashion Show and Luncheon, which has been quite successful the last two years. This year the proceeds will be split with our Laurel Center for abused and the WATTS program (Winchester Area Temporary Thermal Shelter). The homeless are housed in different churches each week and fed throughout the winter months. We volunteered to prepare and serve a dinner at the Welltown United Methodist Church. Our February cash donation will go to the WATTS program. Monthly we bring either donations as a chapter or cash donations from each member. January went to our C-CAP program for the needy. In March we will support the Free Medical Clinic.**

**We make country ham sandwiches on February 5th to support our Feb. 13th Chili Dinner at the sheltered workshop, N. W. Works, Inc. We prepare and serve around 125 people at this social event.**

**The Winchester-Frederick County Historical Society President George Schember gave a very interesting program in January on Civil War womens' diaries of day to day accounts. A Mary Greenow Lee Journal was written for the great granddaughter of George Mason to let her know how desperate the Winchester area was for firewood and food. She traveled to Baltimore, sympathetic to the south, to get food sent by train to Winchester. People bought abandoned homes to tear them down for firewood.**

**In February we will hear a presentation by our Blue Ridge Hospice program. Betsy Whitehead and Jayne Craig are doing a great job with educationals. Our vice president Ann Taylor in March will tell us about her mission trip to the Dominican Republic.**

**Joan Dodson will once again host a Tailgate Party prior to our Super Bowl game. We had an outstanding evening in December at the Wayside Inn for our Christmas social. We are excited about sharing in the 40th anniversary party for Delta Rho in Front Royal in March. I started that chapter in March of 1975 and have been so proud of that group.**

**Charlotte Notzelman is doing a great job her 3rd year as president while grooming Ann Taylor, a newer member, to be our president next year. Ann has a great personality and will be a good leader.**

**Our 45-year project, N. W. Works, Inc., has announced they will open a Café and Bakery in our upscale Creekside shopping area soon. This is very exciting as the developmentally disabled will be running it outside of the workshop. Knowing so many of them, it will be fun to patronize their new business.**

**Our chapter is doing great though a number of us are dealing with health issues or being fulltime caretakers. We support each other and keep up our projects in our 62nd year. It is so wonderful to have our 90-year old Betty Smith very energetic and an inspiration for us all as our 62-year charter member.**

### **Alpha Nu – E Chapter by Sue Stone**

**January 8, 2015, is a special date for Alpha Nu...this is the first anniversary of our charter. The past year was “new” indeed – with the formation of a new online ESA chapter. We chartered with eight MAL’s and two reinstatements and now have thirteen members. Thinking “out of the box” for ways to work together, to accomplish as many ESA goals as possible and make a positive contribution to our communities has been a challenge. We’ve come a long way and even surpassed some of our expectations.**

**Alpha Nu members truly enjoyed their holiday philanthropic projects. Some of our projects were filling 20 bags of personal items for church caritas, knitting hats and scarves given to the schools and homeless, donations to St Jude, Wounded Warrior, ASPCA, participating in the VA Dare Toys for Tots and a Give Thanks Walk, purchasing items for names from an angle Christmas tree, and making shoe box kits for abused women shelters. Theresa, Pat and Sue participated in the St Jude Virtual Marathon during the month of November. It is always rewarding to challenge ourselves and help the children of St Jude – a “big” thank you to our sponsors. Also, congratulations to Theresa Morris for her SERC appointment this year as Jr St Jude Coordinator.**



**Our current project is using tiles to make ESA coasters, plaques and paper weights to be sold for \$5.00 each to ESA members only at the VSC Spring Board Meeting, March 21<sup>st</sup> in Fredericksburg. As you can see the tiles are 4" x 4", navy blue in color, with the ESA Logo. A clear 5" acrylic stand is included with the purchase of a plaque. Since we are an E-Chapter, our members do not get together to have a philanthropic or ways and means project, so this is a means for Alpha Nu to support the Virginia State Projects. It has been approved by ESA Headquarters and the VSC Board. The original 80 tiles were purchased**

**to make gifts for Alpha Nu members. Our supply is limited, so it is a "first come, first serve" to purchase these tiles. Look for our display table, after you register for the meeting.**

**May 2015 be a year filled with joy, good health and excitement!**

**Your Alpha Nu sisters, Pam, Mindy, Candace, Dot, Pat, Corinne, Gayle, Barbara, Theresa, Marion, Helen, Katie and Sue.**

### **Beta Kappa – Virginia Beach by Lou Ann Wyler**

**Beta Kappa has been busy these last two months. On Veteran's Day Beta Kappa delivered cards for veterans at two facilities: River Pointe Rehabilitation Center in Virginia Beach and Lake Taylor Hospital in Norfolk. Barb, Tammy and Lou Ann designed and constructed the cards, and the chapter attached some sweet treats at our November meeting. Flora, Sue and Barb delivered the cards and spent time talking with some of the vets. At River Pointe, one vet has saved all the cards we have delivered over the past three years! He is very appreciative that we remember their extraordinary service that ensures our freedom.**

**Peggy, Tammy, Flora and Lou Ann participated in the St. Jude Give Thanks Walk at the Norfolk Zoo. Lou Ann's daughter and grandchildren joined us too for the second year. Everyone enjoyed the animals and the activities. The ESA team has posted \$545 for St. Jude with \$200 donated by our Beta Kappa chapter.**



**Peggy, Tammy, Flora and Lou Beta Kappa decorated the Christmas tree in the Lake Taylor Hospital Activities room. Our chapter sisters play Birthday Bingo with the residents each month and we are the longest active volunteer organization at Lake Taylor Hospital. For 38 years the residents of Lake Taylor have looked forward to playing Bingo with Beta Kappa sisters and winning a few dollars too!**



**Picture at Left L to r: Peggy Smith, Kay Boucher, Tammy James, Lou Ann Wyler, Barb Smith and Kaye Martin.**

**Beta Kappa donated \$500 to a needy family in Chesapeake for the Christmas holiday. The monies will help the family provide food, clothing and toys for the children. We also provided needed clothes and supplies to our friends at River Pointe for Christmas again this year.**

**Our December Christmas meeting was held at Peggy Smith's house. Great friends, great food, our secret sister reveal, and a lot to be thankful for this year.**



**Christmas Meeting at Peggy Smith's**

**At the upcoming Prayer Breakfast on January 17<sup>th</sup> in Norfolk, Callie Smith (Barb Smith's granddaughter) will be inducted as our newest Elan. We are all excited to see her joining ESA. She routinely accompanies us to Lake Taylor Hospital for Birthday Bingo. The residents absolutely love her and her smile will brighten anyone's day.**

### **Beta Sigma – Richmond by Barbara Bradford**

**As the newest member of the Beta Sigma Chapter of ESA (October 2014), I thought it might be fun to share some of my observations and experiences with you.**

**It all began in September with a trip to Washington D.C. I was traveling as a single with a large group and had just settled down in my seat on the bus when I heard a voice say 'Is this seat taken?' referring to the seat beside me. Of course, I said it wasn't and thus began my amazing journey down the ESA rabbit hole. It turned out my seatmate is Vice-President of Beta Sigma and is wonderfully enthusiastic about the organization. By the end of the day, Susan Caldwell and I had forged the beginning of a good friendship and I had received an invitation to attend a Beta Sigma social event at Chili's the following week.**

**Not sure what to expect, I went anyway but was prepared to have dinner, smile politely, say my thank-you's, and move on. Instead, I met a group of incredibly warm and welcoming women, along with several husbands, who genuinely cared for and enjoyed one another. The evening was full of laughter, old stories, family pictures, and a sense of inclusion. It was obvious this group was different from so many others and that intrigued me.**

**Going to the business meeting a couple of weeks later was a no-brainer. There I renewed my acquaintance with the ladies I had met at the social and met others for the first time. It was at this meeting that I saw the true ESA/Beta Sigma. Although everyone was upbeat, welcoming, and enjoying themselves, there was no doubt this was in truth a service organization. Each officer's and committee chair's report reflected the concern and dedication the group shares for ESA/Beta Sigma's various service projects, many of which reflect my own charitable interests. I knew then, without question, I wanted to be part of this organization and work with them towards their goals.**

**What have we been up to lately? Just keeping the Beta Sigma calendar straight is a challenge for me – so many events and activities!! Let's see...**

**September - we had our 'Celebrating 40 Years – Beta Sigma' party celebrating the 40<sup>th</sup> anniversary of our chapter; SERC in Savannah; held a very successful yard sale with the proceeds going to Easter Seals; had several members volunteer their**

**'craftiness' at Camp Phoenix; and also had a 'Dining for New Members'/St. Jude's night at Chili's that was well attended.**



**Crafty volunteers at Camp Phoenix**



**Easter Seals Yard Sale**



**SERC in Savannah**



**40<sup>th</sup> Anniversary Celebration**

**October - we had an apple picking trip to Carter's Mountain Orchards scheduled but it was cancelled because recent rains had turned the road to the orchard into a muddy mess and, instead of driving up to the orchard, we would have had to walk a mile or so in the mud. Not fun! We also had a very good turnout at Rowland's for Restaurant Week in support of the Food Bank.**

**November - we attended a theater performance of 'White Christmas' at Ft. Lee and had a lovely catered dinner at a nearby hotel; held a successful silent auction of Thanksgiving/Christmas items with proceeds going to the ESA Disaster Fund; and had a large number of our group participate as either volunteers or walkers in the Give Thanks Walk for St. Jude's.**

**December is going to be another busy month! We have the Richmond area chapter's Christmas party benefitting the Ronald McDonald House; then it's right into the Aquathon at the VA Home; just a week after that it's the Christmas party at the VA Home. Then we have our Secret Sister gift exchange, dinner, and a Christmas musical production to attend just three days later.**

**It looks like 2015 is shaping up to be just as filled with service opportunities so I don't expect any of us will have much of an opportunity to 'rest and rust'.**

## **Beta Tau – Woodbridge by Bunnie Wertz**

**Hope all of you had a Joyous Christmas and a Happy New Year. Beta Tau has been busy preparing soups to sell at the craft show. October we had a combined business/philanthropic meeting at Edna's where we filled mason jars with dry soup ingredients and attached the cooking directions and colorful Christmas cloth covers. Sandy presented the educational program - Happy Living - Ropin in Negative Thinking; Harnessing Optimism. Our social was a Oktoberfest at Pat Hoovers home where as usual we had lots of delicious food. Doris, Kathy and Edna attended the VSC Leadership and fall meeting. We held our second flea market at Cokesbury United Methodist Church where we did quite well.**

**November our business meeting and pot luck social was at Doris' home where we finished our soup jars. Edna presented the educational on Healthy Coping Skills - The Life's Lessons I Learned from an M&M. Edna then gave each of us an M&M doll. They are quite cute dressed in various M&M colors. Doris, Kathy and Sandy worked the 5K Walk for St. Jude at Pratt Park in Fredericksburg. Suzanne, Mike & Smith were there as walkers. The temperature was in the 20's.**

**December Christmas meeting was at Sandy's where after the meeting we exchanged our Secret Sister gifts. We do a Christmas Wish List where we list certain items we would like for Christmas and it really helps our Secret Sister with her Christmas shopping. Phyllis presented the educational on Keeping Your Support System Happy - Plants in the Garden of Your Life and she gave each of us a Christmas Mouse coffee mug filled with seeds to plant. On December 13<sup>th</sup> we had our table at Garfield High School Craft Show where we sold all 92 jars of soup. Our Christmas social was held December 14<sup>th</sup> at Kathy & Bill Gibbons and a delicious Christmas dinner was enjoyed by all.**

**January meeting was at Bunnie's where Pat Hoover presented the educational on Living Stress Free - Wrapped Too Tight. We already have had 2 snow days.**

**Looking forward to seeing you at the Spring VSC Meeting which we are hosting at the Fredericksburg Hospitality House.**



**Sandy, Doris, Phyllis, Bunnie, Edna & Pat Hoover with their M&M dolls**



**Sandy Reed, Suzanne & Yoshiko Smith, and Doris Hood at the 5K Fredericksburg Walk**



**Pat Holtsclaw, Doris, Edna and Kathy selling soup at Garfield Senior High School**



**Beta Tau's Christmas Dinner Social at Kathy & Bill Gibbons**

### **Delta Kappa – Roanoke by Elaine Prillaman**

**Thanksgiving was lots of food and family, then came the push to get the decorations out, the tree up and the yard all lit up. Too much fun but too much for such a short time to enjoy.**

**Christmas has come and gone by too fast, with so much going on we just don't take time to enjoy as much as we should. I want a do over.**

**We have not been able to get together as much as we would like due to Carol having knee replaced the first of December, and Brenda out of work and in much pain since early November. At this time she has been to several doctors and has lots of test but none conclusive.**

**Pat, Carol and I rode the Trolley down to the market and went to the Taubman museum to see the can display. Cans of food were stacked with different scenes or logos and then donated to feed the hungry. Lots of cans of food and very impressive displays from local companies. I would love for you to see each one of them but the crayon box really got my attention. I guess that tells you what I do most of the time. The Statue of Liberty was great and the back was the American Flag. We then had lunch and got the Trolley back and of course one of the coldest days with the wind blowing through the market square.**

**Going to the Moravian feast at church in the beginning of December sets the tone for the month. I just would not miss all the lovely music and look forward to the program each year. Just would not be Christmas if I did not go.**

**I worked at the Rescue Mission and also for the Salvation Army sorting bags of Angel Tree items to be picked up by the children's parents. Pat, Gayle, and I worked the Christmas store helping people pick out items that they had been approved to get for their family. They also get a large box of groceries. And as usual we donated to the Good Neighbor Fund and also shopped for a needy family.**

**All In all we have been busy with our families and just waiting for this freeze to go away. Hope you all had a fun and great Christmas as much as I did. Just having all the little kids are so much fun.**

**Hope to see all soon.**



**6 foot crayon box made with cans of donated food at the Taubman Museum**



**Elaine getting Christmas cards ready for mailing at the Rescue Mission**

### **Gamma Pi – Staunton by Beverley Wright**

**As we begin 2015, Gamma Pi gives thanks for all the good things we enjoy! Brenda had her eye surgery in December and is coping with some teary eyes, but is doing much better. Amanda came through two shunt revision surgeries in late 2014, and has started going to the Daily Living Center a couple of days a week to socialize and participate with some older as well as younger individuals with various physical and neurological challenges. As for me, not a whole lot has changed and still trying to find a 'new normal' in our lives.**

**Brenda spent some quality time with her granddaughter over the Thanksgiving holiday break (shopping and doing girly things in Richmond) and on the Saturday following Thanksgiving, Joe, Amanda and I started our road trip to Florida to spend a week with our son, daughter-in-law, and grandchildren at Disney. Let me just say ... traveling on I-95 the Saturday after Thanksgiving WAS NOT A SMART IDEA! We spent the night in Savannah before traveling onto Disney on Sunday and by the time we pulled into our hotel, we were all frazzled to say the least. However, the silver lining was our arrival in SUNNY FLORIDA at the Caribbean Beach Resort! Super place to stay and the weather was in the high 70s to low 80s all week! I could become a snow-bird!!! Maybe this respite of warm weather made me super sensitive to the cold weather when we returned because it really was an effort to get into the**

**Christmas spirit. All I can say is the UPS, FEDEX, and USPS delivery services are my new BFFs ... they all came through with timely deliveries 'cause there was no time for shopping!**

**All members were able to spend New Year's Eve together (the first time in 3 years) and I must say we had a great time at my annual cocktail, dinner and dessert party. This is the only time of year some of the invitees see one another so that is LOTS of talking, laughing, and catching up.**

**Brenda and I hope to see you all at the Spring Council Meeting ... but until then, make a wish on Cinderella's Castle for good health and much happiness in 2015!**



### **Theta Mu – Richmond by Diane McLane**

**Another New Year is here, we hope that 2015 will be good for everyone. Theta Mu celebrated our 20<sup>th</sup> Anniversary on September 27 at the home of Diane McLane. The weather cooperated and gave us a beautiful day, so much so that everyone spent the afternoon outside on the deck. We thoroughly enjoyed ourselves and were pleased to have members from other Richmond Chapters, Beta Sigma and Alpha Delta to join us along with Suzanne Smith and Kathy Gibbons and their husbands. The food was good and Eveleen entertained us with a game about songs that we tried to identify,**



**In the Picture: Susan Caldwell, Diane McLane, Nicole Lewis, Judy Williams, Eveleen Harrison, Kathy Gibbons, Suzanne Smith, P-Nut Schools, Judi Darden, and Amy McKay.**

**In October, we had a Pumkin Carving Party at Diane's home as she had the carving equipment and patterns. Eveleen, Diane, Nicole, and Dot had a great time in**

**the garage carving the pumpkins. Below is a picture of the resulting pumpkins (Eveleen carved 2):**



**Some members braved the cold to attend the St Jude Give Thanks Walk in November. We went to dinner at Red Lobster and then attended the annual West End Assembly of God's "His Glorious Night" Christmas Play. It was a wonderful experience for all who attended and, Thanks to Eveleen, we had great seats! To round out the year, we had our Annual Christmas Party and Auction to benefit the State Project at Dot Brown's home. To round out the year, we had our Annual Christmas Party and Auction to benefit the State Project at Dot Brown's home. This year we raised \$225.50 and thoroughly enjoyed the auction (and party).**



**Judi, Diane, Jamie, Dot, Eveleen, and Nicole show off their Secret Sister gifts at the Christmas Party.**

**For the New Year, we have more adventures planned. We look forward to seeing you at the March State Board Meeting; in the meantime, stay warm!**

**Mark Your Calendars!!**

The VSC spring meeting will be held on **Saturday, March 21, 2015** at the Convention Site, Fredericksburg Hospitality House in Fredericksburg. Our meeting will be held in the Conference Center which is at the far end of the hotel.

**LOCATION: Fredericksburg Hospitality House and Conference Center  
2801 Plank Road  
Fredericksburg, VA 22401**

**RESERVATIONS:** A block of sleeping rooms has been reserved for Friday, March 20<sup>th</sup> and if anyone wants to stay over Saturday Night we have blocked additional rooms for that night. Phone Number (540) 786-8321 To receive the group rate, make reservations directly with hotel identifying your affiliation with "VA State Council of Epsilon Sigma Alpha Int'l. Reservations must be received by Wednesday, February 25, 2015. Any reservation received after this date will be accepted on a space and rate availability basis.

**RATES:** 89.00 Single or double occupancy plus tax – this is the same rate as convention.

The hotel is located in Central Park, the largest center on the east coast, with more than 200 retailers. So ladies you will have plenty of places to shop, eat, and shop. The hotel does not offer a free breakfast but has a restaurant and there is a whole street of restaurants across from the hotel

The Northern Virginia Chapters are looking forward to welcoming all of you to Fredericksburg.

If there are any questions or you need additional information contact Doris Hood 703-491-5078 or [Hooddoris@gmail.com](mailto:Hooddoris@gmail.com).

**Don't Forget!**

**Advertisements for the Virginia State Council Convention Program  
(Friends, Businesses, Chapters, Officers)**

**Full Page = \$100 Half Page = \$50 Quarter Page = \$25 Bus Card = \$20**

**Submit picture ready ads electronically to:**

**Suzanne Smith**

**[Suzanne.Smith@asg.com](mailto:Suzanne.Smith@asg.com)**

**43729 Clear Lake Square**

**Ashburn, VA 20147**

**Send checks to Sandy Reed, Convention Treasurer, at:  
22 Dayton Circle, Fredericksburg, VA 22406**



**Virginia State Council  
Convention  
May 15, 16 & 17, 2015**



Member Name \_\_\_\_\_ Chapter \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

**Check all that apply:**

1st Time Convention Attendee

Voting Delegate

Member at Large

Past VSC President & year: \_\_\_\_\_

**Registration:**

Member Full Registration \$145.00 \_\_\_\_\_

Non-member Registration (Fri & Sat Dinner) \$ 90.00 \_\_\_\_\_

Non-member Registration (Installation Banquet) \$ 40.00 \_\_\_\_\_

**TOTAL INCLUDED** \_\_\_\_\_

**Registration Deadline: April 25, 2015**

**Mail completed registrations with check payable to VSC 2015 Convention to:**

**Sandy Reed**

**22 Dayton Circle**

**Fredericksburg, VA 22406**

**540-373-4664**

**Hotel Accommodations:**

**Fredericksburg Hospitality House**

**Hotel & Conference Center**

**2801 Plank Road, Fredericksburg, VA 22401**

**540-786-8321 or 800-682-1049**

**Rooms are blocked for the Virginia State Council of ESA Convention**

**\$ 89.00/night plus state and local taxes**

**Room block expires April 25, 2015**

## **IC Convention Orlando, FL, July 2015 by Flora Burns:**

**The International ESA Convention will be in Orlando, FL this July. This year's host is SERC. To represent Virginia, I have said that I would take care of the invitational luncheon. This is the luncheon that the past state presidents pay for individually. Frankie McKay of TN is working with me.**

**The theme will be "Welcome to Marguerittaville". We are using large plastic marguerites glasses and want to decorate them with colorful beads. If you have any beads I can have, please bring them to the March meeting. If you want them back, please let me know. We are going to put the packages of marguerite powdered mix in the glasses too.**

**We will also need some help putting the decorations on the table before lunch. Let me know if you are available.**

**I am also taking care of the Past IC Presidents private dinner. That will be in the suite I have reserved for the week. It will be on Tuesday night. The suite will be available for others the rest of the week. Frankie is making small jars of apple butter for their favor. Kathy, you can certainly use the suit for the state caucus whatever night that will be. We could also have the states -night out dinner- in it. Let me know if any of you have need of it for other days in the week.**

**Hope you plan to go. Orlando is a festinating place to go with many things to do.**

**2016 SERC Conference Co-Chairs  
Marie LaDuke & Beverley Wright**

**“FALLING IN LOVE WITH VIRGINIA”**

**What an appropriate theme for the 2016 SERC Conference to be held at the Wyndham Virginia Crossings Hotel & Conference Center in Glen Allen, Virginia, November 2 – 6, 2016. The Fall season in Virginia is one of beauty and there is so much to love about our state from the shore to the Shenandoah Valley.**

**Virginia ESA sisters showed their ability to plan and execute a wonderful IC Convention in 2013 and I have no doubt that we can do the same (on a much smaller scale of course) as hosts for the 2016 SERC Conference.**

**Your conference co-chairs would love to see participation from every chapter in the state – in some way – large or small. There are several functions which will require sponsorship such as ... the Friday night mixer, Saturday awards luncheon, Saturday night banquet/installation. Fortunately, there are many, many avenues to use as themes for these events. A few to bounce around in your mind are ...**

**Falling in Love with the Vines of Virginia (Virginia Wineries)**

**Falling in Love with the Cinema (there are over 70 films which have been shot in part or entirely in Virginia)**

**Falling in Love with the History (this is a wide open area from being the ‘mother of presidents’ – Washington, Jefferson, Madison, Monroe, Harrison, Tyler, Taylor, Wilson- to being the ‘birthplace of a nation’)**

**How about falling in love with what is special about specific regions of the state i.e.**

**... Falling in Love with Roanoke Valley (all the Roanoke, Smith Mountain chapters)**

**Falling in Love is a Capital Idea (all the Richmond chapters)**

**Falling in Love with Shenandoah Valley (Waynesboro, Staunton, Winchester, Front Royal)**

**Falling in Love with Northern Virginia (Manassas, Woodbridge)**

**Falling in Love with the Tidewater (Virginia Beach, Norfolk, Hampton Roads)**

**Susan Caldwell has graciously captured a listing of all the ‘stuff’ we have available that can be used as inspiration for decorations for events and I’m certain there are lots of you with much more imagination than me who have a great idea to share. We have a great start with Susan as our Registration Chair for the Conference and Sue Foy will be managing our Budget.**

**Please get in touch with one of us after the VSC Spring Board meeting if you, your chapter, or your area chapters would like to sponsor an event or help in any way i.e. registration, transportation, tour planning, etc. It’s never too early to start to**

**plan and also start to save so that Virginia has a huge representation at this conference.**

**Falling in Love (a little at a time) ...**

## **Law of the Garbage Truck**

**One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly.**

**So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'**

**He explained that many people are like garbage trucks.**

**They run around full of garbage, full of frustration, full of anger, and full of disappointment.**

**As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.**

**The bottom line is that successful people do not let garbage trucks take over their day.**

**Life's too short to wake up in the morning with regrets,**

**So ...**

**Love the people who treat you right.**

**Pray for the ones who don't .**

**Life is ten percent what you make it and**

**Ninety percent how you take it!**

**"Have a garbage-free day!"**