

The Lamplighter

Virginia State Council of Epsilon Sigma Alpha International

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President - Wanda English

I hope everyone had a wonderful holiday and you are ready for an exciting New Year. I had a wonderful time in New Orleans, I am just sorry that more of my Virginia sisters were not able to attend. Kathy Wilson and I had time to visit the city and had the best Coffee and beignets at Café Du Monde.

All attendees were asked to bring an item for Hope for Hero's and once again, the ESA sisters out did themselves. Virginia placed second in SERC Educational Reporting and second in the Barbara Riley Circle of Life Award. I have listed the new officers for SERC for 2009-2010 below

- President: Joy Lynn Tynes chtybes@bellsouth.net 770-971-1572
- 1st Vice Sue Williams suemw99@insightbb.com 502-538-91257
- 2nd Vice Ennis Karnes ladymagnolia@knology.net 843-696-0772
- Treasurer Tammy Akines tammys@simmonsfirst.com 870-628-4932
- Corr Secretary Jimmie Joy Tynes cjtines@bellsouth.net 770-971-1572
- Rec Secretary Robin Bussey rfbussey@yahoo.com 843-552-9504
- Parliamentarian Sharron Thompson sharront@aol.com 239-731-1430
- Jr Past President Sharon Larrison sjlnanny@cablone.net 228-497-3690

I had the pleasure of walking in the Give thanks. Walk. - Washington Metro, DC at Potomac Mills on November 21st. Abbe Toler and I joined our ESA sisters from Northern Virginia for the walk and after walking we did a little Christmas shopping before heading home. I was also invited to attend Sigma Chi's Christmas party at Hunting Hills Country Club. I had a wonderful meal and enjoyed the time with my Sigma Chi sisters, once again ESA sisters know how to have fun. I want to thank them for inviting me and showing me a wonder time. I also worked the local Community Christmas Store for families in need and was able to send items to our local state hospital. Kathy Wilson and Linda Wyatt delivered the items to Catawba Hospital after working the Christmas store on December 12th.

I had an e-mail from Ennis Karns concerning Robin Bussey's great-nephew and his difficulties since birth. Robin was our SERC rep at last year's convention. They are having a fund raiser to help with the medical expenses. Evan was born on Monday, September 14, 2009 as a full term, 6 pound, 1 ounce baby. He was born with

Dandy Walker Malformation of the brain and numerous health problems including digestive, and platelet function abnormalities. He was admitted to the Neonatal Intensive Care Nursery at Levine Children's Hospital in Charlotte, NC shortly after birth and remains there at this time. Over the past sixteen weeks, Evan has had numerous tests, procedures, and surgeries and will likely require many more to address his airway difficulties before he can come home from the hospital. Anyone wanting to make a donation can do so; here is the information you need. ***Make checks to the Klein Fundraiser and mail to Bank of York, P. O. Box 339, York, SC 29745.***

Important dates to remember are:

Spring Council meeting March 27th Winchester, VA

VSC Convention May 21-23: Winchester, VA



SERC Installation



Kathy Wilson and Wanda at SERC Installation

First Vice President – Judy Williams

I hope that everyone had a wonderful holiday season and weathered the “big” snowstorm without much upheaval in your life. I have found the New Year so far a little hectic. Between chapter activities and getting ready for next year, I have been quite busy.

I am also preparing for Leadership in Denver on February 4-6. The theme this year is “ESA’s Got Talent” and from the agenda and the “homework” we received, I am thinking that it is going to be an informational and fun-filled two days. I am also looking forward to doing a little site seeing while I am there. David and I have decided to make this a mini vacation and take some day trips before and after Leadership. We have some friends to see and we always have fun exploring new territory.

Speaking of next year, my mailbox is empty! Therefore, you will be hearing from me soon. Please be thinking about how you could serve the Virginia State Council for the coming year. The jobs are not hard and help is always available, just ask. I look forward to hearing from all of you and will be thinking about you from Denver.

Take care and I hope to hear from you soon! See you in March!

Second Vice President – Ginger Yopp

Hello my dear sisters I hope you all are not frozen solid. Wow has it been cold or what. Since December we have had 18 inches of snow and temperatures not getting out of the 30's, some days not even getting out of the 20's. I am READY for Spring!

I hope all of you and your families had a great Thanksgiving, Christmas and New Years. Yes it is 2010 WOW.

So what did your chapters do for Rushing this fall? I would love to know please let me know!! The time is NOW. Start inviting your friends, neighbors, co-workers, church members, total strangers, clerks at your favorite stores anybody you come into contact with.

What team is leading?????? How is Obi-Wan Kenobi's Storm Troopers doing??? How is Yoda's Jedis doing??? I am sure that both teams are doing GREAT!!!

Here are some ideas and points how to talk with a prospective ESA member:
Find out what the potential member's interests are. Gear your conversation about ESA to appeal to the interest that they have expressed. ESA is great because its educational and philanthropic activities appeal to such a wide variety of interest and personal situations.

Talk about what excites you most about ESA Give some personal experiences, but vary the type of experiences you talk about. Your enthusiasm and sincerity will be powerful tools to interest your listener. Remember that while people can volunteer for many good causes, they cannot find the friendship, fun, support and family feeling that makes ESA unique.

We live in a busy world with lots of demands on everyone's time. That means that if you want to get 10 guests to attend a social function, then you will need to invite at least 30 to 40. This may seem like a lot, but it isn't as at least half of those invited will have a reason they cannot attend. Make certain every guest knows the exact location of the function and that they have transportation. Most important make certain the event focuses on FUN rather than business. The fun you share will result in new members who will want to spend time with the chapter. Don't make people wait to join. If we make prospective members wait, they may get discouraged or think we don't want them. ASK people to join whenever they are ready. It doesn't matter if you have several pledge ceremonies – getting the members is more important.

If your chapter needs any assistance, please don't hesitate to ask for it. I am available as is Beth and Flora. Yoda, Obi-Wan Kenobi and I love to travel so invite us to join in your Chapters fun!!

Please email me at anytime. My email at work is ginger@beltoneva.com. I would rather you send it to me there. Remember "The force is with you" Love to all

Parliamentarian – Carol Campbell

As the snow begins to melt, I'm leaving Roanoke for Norfolk and Alpha Xi's Prayer Breakfast. It has truly been a long 2-3 weeks of snow and ice and brutal cold. Our chapter was very busy in November and December enjoying the holidays and helping the less fortunate. It will be great to see everyone in the spring!

Association of the Arts Chairman – Jane Parrish

There goes another year. Just a little more than three months to finish or find an old project to submit to the VSC Association of the Arts display. The form must be postmarked no later than May 1, 2010. Forms will be put in the folders at our March 27th State Board meeting here in Winchester. Do note only Category 2, Literature, should be submitted in advance with the form on May 1st to allow time to read the entries. All other entries should be brought in no later than 5 PM Friday, May 21, to the main meeting room where they will be displayed~ Do not put your name on your entry - a number will be given to you when you check in. There will be a 1st and 2nd place award certificate for each category. A traveling trophy will be given to the "Best in Show" which will be chosen by the membership. Have someone get your entry there by 5 PM as the judges will start judging at that time. Many thanks to our VSC Webmaster Theresa Morris who helped me (technologically challenged) to update and put the Association of the Arts form on our website

where you can find the form and print one if you wish now. Again I will have forms at the March 27th meeting. I would also like to thank my Alpha Omega member Pam Pampe, a certified quilt appraiser, who has secured our judges and award certificates for me. She knew all the right people to ask. We are fortunate to have such a talented member in our chapter and I am hoping she will become active in the state council. Please read my Alpha Omega chapter article which includes a great experience encouraging members' participation in the Arts. Hope most of you can come to both the March 27th meeting and our May convention.

Awards Chairman - Linda Wyatt

Just a reminder for everyone who have a traveling tray please return it to me at the spring council meeting. I look forward to seeing you all in March.

Chaplain – Judi Darden

I hope you all had a wonderful Christmas and New Year. Wasn't our BIG snow something. I loved seeing it fall and create a winter wonderland but I thought it would never go away.

We've had a lot of sisters in need of cards and prayers this quarter and you all have done a wonderful job of keeping me informed. Please keep the information coming as I'm sure our sisters appreciate receiving cards and knowing that we care and are thinking about them and praying for them in their time of need. You can also include any good news. We've had a little of that to pass along too.

Hope you all have a wonderful and healthy 2010. Here's a quote to help you along the way as you start the new year: "Each day is a new canvas to paint upon. Make sure your picture is full of life and happiness, and at the end of the day you don't look at it and wish you had painted something different." Author Unknown

Look forward to seeing you in the spring.

Circle of Life Coordinator – Jane Shamblin

Well sisters I don't know about you, but I am certainly ready for spring. It has been an unusually cold winter. There is a lot of work going on for St. Jude and I am enjoying receiving information on all that is happening. There are a lot of strong supporters of St. Jude in Virginia. Keep up the good work and looking forward to seeing everyone in Winchester for the Spring VSC meeting.

Educational Director – Abbe Toler

When I agreed to serve as State Educational Director for 2009-2010, I had no idea how enlightening this position would be. It is so exciting and uplifting to learn that so much good is taking place across the state of Virginia. There are 12 chapters across our state that are sharing and growing through educational themes that include "Peace", "Women's Health", and "Healing Arts". With topics like these, I feel we are improving our immediate communities as well as those to whom we reach. Keep up the good works sisters, and never lose sight of our goals to learn, serve and love.

VSC Cookbook Report by Shelby Hodges

With the bank deposit Lisa (our VSC Treasurer) will make this week, our VSC Cookbook project will be completed. We are so grateful to the membership for your excitement and willingness to sell the book. WOW! what a successful project you helped us realize. I cannot thank Suzanne enough for her typing and organization of the book, Wanda for helping get it printed and Brenda Underwood for the endless hours she worked with the printing, packing and then obtaining individual boxes for use in distributing the books to the membership. With so many ESA ladies working together, the state treasury will realize a profit of \$1,527.75. Thank you – thank you!

Total Books Printed	315
Less 1 to Winner of Cover Contest	1
Total Books to Sell	314 x \$12.00 each = \$3,780.00
Less Printing Cost	\$2,252.25
Total Profit to VSC Treasury	\$1,527.75

Shelby Hodges & Suzanne Budd, Cookbook Committee

Lamplighter Editor – Sandy Reed

Thanks to everyone who sent an article and pictures to make this an interesting Winter Issue of the Lamplighter. In deference to my old eyes, I made the print fairly big which in turn resulted in many pages. Hope you enjoy reading all the articles as much as I did.

Easter Seals – Kathy Gibbons

Dustin Nguyen has contacted ESA seeking financial assistance to enable him to continue in the CIT program at camp. Dustin is 27 years old and wheelchair bound. He has been attending summer camp since he was 11 years old. Dustin receives SSI and resides with his father who is currently unemployed.

I have contacted Mr. Alex Barge, Camp Easter Seals to confirm Dustin's involvement in the CIT program. Mr. Barge spoke very highly of the young man and his father. The cost for 6 days is \$800.00 with a 25% discount for remaining in the program. Anyone wishes to assist this young man in his plight, please contact me at thurmanka@aol.com.

IMPORTANT CHANGE: The State Easter Seals Year End Report 2009-2010 (report time period is APRIL 1, 2009 to MARCH 31, 2010). Please have your Easter Seals/Philanthropic Chairman complete the fund raising monthly report and mail on or before April 1, 2010.



Easter Seals Online

Friendly's Cones For Kids Campaign Dishes Out Support for Easter Seals Camp Friendly's

This winter, the Friendly Ice Cream Corporation is proudly supporting Easter Seals Camp Friendly's through its annual Cones for Kids Campaign! From January 11 to February 13, 2010, Friendly's Restaurants will offer a sheet of Valentine's Day cards as a thank you gift to guests who make a \$1 donation to Easter Seals. The Valentine cards are redeemable at Friendly's for five free Kids Cones and \$5 off any \$25 purchase.

[Learn more about the Friendly's Cones for Kids campaign and find a Friendly's restaurant near you!](#)

Donations collected from the campaign will support Easter Seals Camp Friendly's Programs in all Friendly's markets. Every time you and your family visit Friendly's during the campaign, you can help support essential disability camp programs in your community.

The Friendly Ice Cream Corporation has supported Easter Seals since 1981 with nearly \$26 million through Cones for Kids. With the help of generous consumers, 26 Easter Seals affiliate organizations have benefited from this powerful campaign created by Friendly's Restaurants up and down the East Coast.

Visit your local Friendly's Restaurant and make a donation to help create life-changing experiences for kids with disabilities attending Easter Seals Camp Friendly's. You and your family can enjoy this valuable offer from Friendly's while you create a future of hope for other families in your community.

Sincerely,

A handwritten signature in black ink that reads "Jeanne Sowa".

Jeanne Sowa
Senior Vice President, Marketing & Corporate Relations, Easter Seals Headquarters



"As a person with a disability I get 'special' treatment everyday but from the second I get to camp I get to see what 'normal' feels like. I like having people rely on me, because it's usually me relying on others. When you have a disability, you are trying to stand out without having people stare at what makes you different. When you are at camp everyone notices you for being yourself."

-- Former camper and current camp counselor -- Easter Seals New Hampshire

Storm Troopers by Flora Burns

Whether you were at the Virginia State Council Leadership ESA meeting or not, you are now officially a "Storm Trooper". You know, the kind in Star Wars. I am your leader/coach aka: Obi-Wan Kenobi. Ask one of your chapter sisters to tell you about leadership. We got work done while having fun.

I was asked for help from our VSC Second VP who is in charge of membership. When it comes to membership, I am always willing to help for I know how much ESA has helped form my life and I want to share that with friends and family.

Oh you say: "another membership campaign"!!

Yes it is and ----- *ESA needs your help to shape our future.*

All we need do is get the word out.

Get the word out about the 120 million dollars that we help raise for St. Jude Children's Research Hospital.

Get the word out about the 152 scholarships in the amount of \$157,328.00 we gave away this year.

Get the word out about how much fun we have doing it.

Get the word out about the leadership training we gain by working in ESA.

When you get the word out, people will be asking you if they can join.

HOW TO GET THE WORD OUT:

Take your Jonquil to work. Leave it in the Doctor's office.

Print the state Lamplighter and take it to work. Leave one in the Doctor's office.

Invite friends to help with projects.

Have a hope for heroes' project.

We will all be winners. If your chapter gets just one new member, you win. However those chapters that have the greatest numbers in new members will receive something special at the state convention in May. I can't tell you what it is yet for we have not decided.

Our opposing team, the Jedis, is led by Yoda (Beth Sherron)

Looking for new ideas, need to talk, email me at flora196@cox.net

Thanks for helping ESA have a future.

From your leader, Obi-Wan Kenobi

To all Storm Trooper Chapters

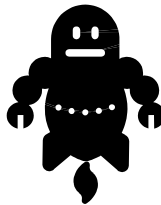
You must use the force to protect our empire.

Those weird creatures from Planet Guzzle are very near and we must put up our force field to discourage them from entering our galaxy and guzzling up all our ESA members. Trust your gut feelings and ask that person you've been thinking about to join our forces. Hurry to have them pledge allegiance to our cause.

I haven't heard about any additional troopers being added to your chapters. Alpha Xi has one that I know of and Beta Kappa has a possibility. Let me hear from you. We do want to win this battle against Yoda's Jedi's.



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Click on blue note for the sounds they make as they gobble up ESA.

Alpha Omega - Winchester by Jane Parrish

A Deputy from the Frederick County Sheriff's office talked to us about shopping safely at Christmas for our November program. The next day, November 8, Betty Smith hosted a Jewel Pin tea for our January 2009 pledge, Chris Guffee, whose ceremony was conducted by our VSC Jr. Past President Sheen Childress. Chris was rushed by Nan Keckley. Betty had her usual wonderful refreshments including a decorated cake to welcome Chris.

Though snow cancelled our December meeting, we managed to deliver our gifts for a family to one member, Betsy, whose husband Larry Whitehead drove them to the Salvation Army for distribution. We also individually took hats, scarves and gloves to our Congregational-Community Action Project program as well as donating to their Fuel Assistance fund. Then we were able to serve our annual Christmas lunch to the local sheltered workshop, N. W. Works, Inc., on December 23. We served this meal each year from 1970 on.

Chris Guffee hosted our January meeting followed by a program at a local knitting shop, "Never Enough Yarn". Chris wanted us to learn about relaxation benefits of knitting so she volunteered to do our program. We had such an exciting lesson, not only did the shop owner offer us free classes starting the next week but asked how she could join our chapter. I was asked to explain the organization to the lady in the middle of her program which I did (talk about a way to do a "Scope of ESA " talk unexpectedly plus possibly gain a new member - what excitement!) On top of this, as Chairman of the VSC Association of the Arts, the needlework discussion brought on our members entering the state talent display so I passed out the entry forms to everyone on the spot. Hopefully my own chapter will produce many entries so this should be an inspiration to the rest of the chapters .

An additional membership boost came from our VSC President, Wanda English who sent me a name and phone number of a 30-year member (living about 20 miles away in Martinsburg, West Virginia) who was dying to affiliate with a chapter. So THANK YOU, Wanda, for making our count go to 16. Priscilla Browning was thrilled to hear from me and I brought her to this January meeting where she immediately agreed to join us, not minding the 30-minute drive. She also will return for the January 16 knitting class and our January 23 Soup and Sandwich social followed by Bingo. She thought we were so much more active than the chapter she was in. Priscilla joined in 1977 in Indiana and was also in a Jacksonville, Florida chapter prior to moving to W. Va. January 2008. She said she would never again live where there was no ESA chapter. How about that? We have a country ham sandwich sale coming up Jan. 22 for our philanthropic endeavors.

Our February program at my home will be the Executive Director of Belle Grove in Middletown, Va. speaking on the National Trust Historic Property. On February 19 we will serve a chili dinner at the sheltered workshop as a social for the ARC disabled adults.

Delta Rho of Front Royal will meet with us at Wayside Inn in Middletown on February 27 to complete plans for our "Up, Up and Away" convention coming up May 21-23 here in Winchester. Our new transfer Priscilla even asked for a registration form so she can sign up to be at the convention.

Flora, we are working this membership contest for you - hope to recruit that knittng shop lady for Team 1.

Alpha Xi – Norfolk by Jan Doody

Getting Alpha Xi's year started began with a combination gala of the installation of officers and our traditional Kentucky Derby party. We had a nice turn out of members, husbands and prospective member Sandy Tuttle. We were fortunate to have IC past president, Flora Burns officiating the installation.

Mildred Edwards became our president for her fifth term. Her theme this year is "Garden of Angels" in memory of our sisters and our men of ESA who have passed. Flora in her unique way wrote and conveyed a lovely ceremony. Flora always manages through her sincerity and humor to reflect what our sisterhood is all about. We were all instructed this year to "pucker up". So if you see us puckering up don't get the wrong impression. Carolyn Coe and Betty Koenigsberg hosted, serving great food and excitement watching and placing bets on the Derby horses. Betty Christiansen was the big winner with Alpha Xi adding monies to our treasury .

Alpha Xi's calendars are planned and our committees appointed, so we are ready to spread our wings toward a new year.

Our various members summer has been filled with travel to IC, attending grandchildren's accomplishments of high school and college graduation and much needed family vacations.

Some members found time to continue our project of stuffing envelopes towards our contributions to St. Jude.

Our planned social for September was held on the 12th and in keeping with President Mildred's theme we aspired to be party angels, sharing fond memories of passed friends. President Mildred planned and presented a special tribute to Betty Hendricks, who both in life and in death continued to contribute to St. Jude.

Well here it is time for our winter article and since Alpha Xi's fall article did not make it to print I'm compiling the two.

October was filled with a lot of positive activity beginning with Mildred and I traveling to leadership. The weekend truly inspired us to "Reach for the Stars"! All resources presented were inspiring, informative and enlightening; definitely mixed with much fun and fellowship.

Also during October focus on the planning and promotional involvement of our chapter with this year's St. Jude Dream House will again be in Chesapeake with Mildred Edwards promoting the sale of tickets and volunteer scheduling during the home tours. Alpha Xi continues to raise monies through the selling of coupons books, stuffing envelopes and by chapter member's generosity with their time and donations.

The educational programs given by Norma Armfield have been presentations on "Gardens Around the World" in keeping with President Mildred's theme "Gardens of Love". The selections so far have been Missouri Botanical Gardens, Hershey Pennsylvania Gardens and Arlington National, honoring our veterans. All have been a visionary walk in loveliness.

In November the "Party Angels" of Alpha Xi had a game party hosted by Betty Koenigsberg. Lots of fun and laughter playing Mexican dominoes and poker.

Again this December I had the pleasure of hosting our Christmas party. It was again held at my retirement residence, Atlantic Shores in our private dining room. "The Spirit of Angels" prevailed with angel centerpieces and favors of miniature angels. Invitations were sent and accepted by some of the husbands of ESA members that have passed. We were especially pleased to have Russ Davis, Lucy Davis' husband join us. A friend of the Edwards, Gary Coggin captured the Christmas spirit and true meaning of the season in song.

What better way to share the warmth of memories and goodwill than with old friends?

May all my Virginia sisters enjoy a blessed and happy New Year!

Hoping to see many of you at our "Angels on Guard" Prayer Breakfast, January 16th.



Left to right: ALSAC Rep, Caroline McCarthy Realtor, Mildred Edwards and Christy Townbank, 2007 Dream Home



St. Jude's Dream Home



Jan Doody, Nancy Reece and Mildred Edwards Working on Dream Home mailing.



Front Row: Channel 3 personnel, Mildred Edwards and Bill Roach, ALSAC
 Back Row: Peggy Futrell, Betty Christiansen, Jean Mullikin and Flora Burns standing in front of Dream Home 2009

Beta Delta – Roanoke by Shelby Hodges

Where has the time gone? It seems as if it were only yesterday we were in Richmond attending the Leadership Conference. And now the snow came – (the snow is still at my house) and then the Christmas holidays busted right in on us.

Beta Delta members have kept busy with Philanthropic work. In August we held a bake sale, for St. Jude, at the MoPar Car Show; donated \$25 to purchase five lights for the Christmas tree at the local Ronald McDonald House in memory of our beloved sister, Earlene Snow and began working on the Community Christmas Store project. Our chapter handles all collecting of merchandise, set up and manning the “used goods store” for the organization. Nothing can be placed in the store until the last minute due to the fact that the building is donated for our cause. Thanks to Lisa Hale for the many hours she donated and her organization of the store. Through Sue Stone’s efforts, we were able to furnish the Turning Point Shelter with their Thanksgiving dinner. Our Hope for Heroes project proved to be very successful with two projects. We began with a dinner for Gerald Brittain of the Military Family Support Center in Salem and his wife. Mr. Brittain spoke, presenting information about the ways his group is helping families whose spouses are serving in the military. Beta Delta presented two \$50 gift cards to the organization. The following Sunday, Lisa, Ginger and Shelby handed out materials from the organization and ESA headquarters, as well as red, white and blue ribbons to wear in support of all the troops to customers entering Kroger, Vinton that afternoon. Although we didn’t solicit money, we received an additional \$40 which was donated to the Military Family Support Center. We also have projects planned for Easter Seals, the Rescue Mission and St. Jude in the coming months.

Our social director, Ginger, has kept things interesting with outings to local craft shows, lunches, and our annual Secret Sister Dinner. On a very cold evening in January, we found ourselves assembled at Ginger’s for homemade chicken noodle soup, salad, crackers, cheeses and brownies. This also was a “What is your New Year’s resolution?” social, as well as healthy foods to eat and how to stay on that ever important diet in 2010.

I did not know there were so many ways to explain Peace – but our Educational director, Sue has outdone herself and still keeps going. She must be reaching way back in the archives, but the programs are so interesting.

In our spare time, we continue to work concessions at the Roanoke Civic Center along with help from our Phi Rho and Delta Kappa sisters.

Hope to see many of you in Winchester this March and meantime – keep warm!
 Your Beta Delta sisters send love and good wishes for 2010.

Beta Kappa – Virginia Beach by Flora Burns

Hello sisters from Beta Kappa.

Under the capable leadership of Sue Foy and her theme: “Everything Old is new again”, we have had a great beginning to this year.

We again sold wreaths and p-nuts. Our profit hasn't been figures up yet but we usually do very well on those two items. Our annual garage sale was a success and we have the money we need to finance our Lake Taylor Bingo/Birthday games. On Veterans' Day, we delivered cards with a bow and rose on them to all the veterans at Lake Taylor and the River Point Retirement home. All these guys and some ladies appreciated the recognition we gave them through our ESA “Hope for Heroes” campaign.

In September, Peggy Smith reviewed the beginning of ESA. In November, Rose Marshall and Gwen Elmore taught us to make gorgeous bows just in time for Christmas packages. Our social committee this year planned for us to have dinner each month right before our meeting. We meet at 6:30pm, take turns bringing the food planned, and then have our meeting beginning at 7:30pm. It has worked out very well. Especially for those who come right from work. It is a great time to socialize and we are getting to know each other better.

Flora, Sue, Peggy, Barbara and Cindy were lucky enough to be able to attend the Leadership in September. Lynn did a really good job lining up everything. It was all interesting and each speaker fit well with the theme and what the other speakers had to say. We came away with more knowledge about recycling our trash and our clothes. The speaker from Cold Creek gave us some ideas on how to use what we have in our closets, to spice up our wardrobe. Sure do wish all of you could have been there for it was a fun and educational weekend.

One of our newest members, Ann Clark, has a friend that we are going to meet in January and maybe she will become part of our chapter. We welcome her and know that one person can make a difference.

Kaye Martin lost her brother to stomach cancer and we were very sad to get that news.

Barbara Smith went through her hernia surgery well and is going to have a knee replacement in January. Send her good vibrations wishes.

Flora Burns recovered from her spine surgery and is now doing well after a few hectic days. She says: “it sure is no walk in the park.”

We are looking forward to a great spring and hope to see all of you in Winchester for our state convention in May. We'd like to get to know all of you.

LouAnn Wyer's daughter was married. Many of us were able to attend this great affaire. It is the first time in my life that I've left home at 1:30pm for a wedding and did not get back home until 10pm. The service was lovely and meaningful. I was impressed that the priest did everything from memory. When I congratulated him on this, he said: “I just make things up as I go along.” The reception was very elegant with dinner, music, dancing, entertainment, and many pictures. We were happy that LouAnn included the entire chapter in her invitation. Flora, LouAnn (Mother of the bride) and Cindy enjoy the delicious dinner.



Beta Omicron – Staunton by Jane Harris

I cannot believe another year has gone by. Beta Omicron has been busy serving two Ruritan dinners for our philanthropic budget. Despite the snow (20-30 inches) Santa and his Elf was able to visit the local nursing home as planned. What a great time we had with the residents. Santa had money and other goodies and we provided refreshments. We sponsored several Avon boxes for the personnel overseas as well as filling some care packages for Christmas. We also sponsored care packages for local senior citizens. We are making plans for 2010 and everyone is looking forward to Spring.

Beta Sigma – Richmond by Theresa Morris



Beta Sigma wishes all our Virginia Sister a very Happy New Year! We certainly are off to a great start as we welcome our newest member, Barbara White. Barbara is being sponsored by Marie LaDuke, and is already very active.

We celebrated the Christmas holidays by sponsoring 3 resident's of the Virginia Home, and providing Hats for Hope for approximately 150 homeless or less fortunate in the Richmond area. Our own Christmas Party and Gift Exchange had to be rescheduled due to the overwhelming snow storm.

As we look ahead to the New Year and next couple months, we continue to be very busy with a Philanthropic Women's Tool Party, Bunko Rush and Philanthropic event, Scrapbooking a "Me Page", and our Annual Superbowl Party!

If you're in the neighborhood, give us a call as we would love for you to join us!
See you in March.

Beta Tau – Woodbridge, by Pat Hoover

Best wishes go out to each of our ESA sisters for a happy and healthy 2010. Even though winter has held us in its grip, President Sandy has faithfully brought us together and kept us on track for our scheduled programs.

Eight Beta Tau members and 2 DESAs attended the VSC Leadership Conference in Richmond on Oct. 3 and the VSC Fall Meeting Oct. 4.

At our Sept. business meeting Bunnie Wertz was awarded her thirty-five year pin and Kathy Gibbons was awarded her five year pin. Congratulations sisters!

The programs of Educational Director, Kathy Gibbons, have continued the theme to pay tribute to and honor our military and their families with a presentation on the U.S. Marines and a well-attended field trip to the Marine Corp Museum at Quantico in Oct. Business meetings since then have included presentations entitled "Sharing a Tribute to Our Veterans -- Pearl Harbor" and "Sharing a Dream -- Join the Navy and See the World."

To benefit the Children's Miracle Network, we have attended two fun-filled philanthropic/social musical events in Fredericksburg. In Sept. we met for dinner then attended the Mahoney Brothers' tribute to "Juke Box Heroes" at Massaponax High School. And on Jan. 7th we attended a luncheon celebration of Elvis 75th birthday at the Central Park Outback Restaurant and were entertained by singer Michael Hoover. Both were great fundraisers for the Children.

Ten members and five guests attended a social Pizza/Video Party on Nov. 14th at the home of Kathy and Bill Gibbons. We were treated to Bill's delicious homemade pizza and a choice of movies. And on Dec. 27th Sandy and Bill Reed hosted an elegant Christmas Dinner Party followed by a gift exchange. I'm seeing a theme here - we eat and have fun at every gathering!

To fund our philanthropic donations, we worked two very successful craft show on Nov. 14th and Dec. 12th selling our "Soups in a Jar." And to raise funds for St. Jude Children's Research Hospital, Beta Tau and Pi Rho members joined together for the 5K Give Thanks Walk at Potomac Mills Mall on Nov. 21st. Each month donations are made by members to the local food bank administered by Action in the Community Through Service (ACTS). Members also donate personal care products and other items to our local Homeless Shelter. From Nov. 3rd through Nov. 24th members participated in ACTS "Operation Turkey" by donating many hours of work and mileage to provide food to those less fortunate people in our community.

We are looking forward to participating in the Radiothon to benefit St. Jude Children's Research Hospital on Feb. 11 in Rockville, Maryland. In addition, we are going to have a party on Feb. 20th to celebrate Beta Tau's 40th Anniversary as a Chapter of ESA. Looking forward to seeing you in March at the Spring VSC meeting.



Beta Tau's 5K Walk Team at Potomac Mills
November 11, 2009

Left to right: Wanda English, Edna Plancon, Bunnie Wertz, Rhiannon Barth, Abbe Toler, in front Harley and Brooke Shamblin



Beta Tau at Elvis' 75th Birthday Party to benefit the Children's Miracle Network

Left side of table : Kathy Gibbons, Pat Hoover, Diane Mockabee, Cathy Wickline and Doris Hood at end.
Right side of table: Pat Holtsclaw, Jane Shamblin, Sandy Reed, Bunnie Wertz and Edna Plancon.

Delta Kappa – Roanoke by Elaine Prillaman

Delta Kappa started off the year with lots of plans, including projects, education's, socials and planning for the convention in 2011.

The first project was a bike ride for St.Judes that we co-hosted with the Vinton Moose Lodge. Our past experience and knowledge made the planning and the days event much easier for them. This event was a huge success and we have big plans for another one next summer/fall. The next project was a needy family at Christmas time. The S.C.A. at a local Jr. High School had a project to purchase items for the family. We got together with them at a local store while they shopped we got ready to help wrap and serve the children dinner. After shopping and wrapping we purchased food and delivered the presents and food to the family. The children loved the adventure and can not wait until next year to do it again.

We also worked the Christmas store and went on a shopping trip with the Jaycees. The presents were wrapped ready for delivery.

Our socials were combined with a lot of our educations. We toured Old Southwest Roanoke, going to the Fishburn mansion and several of the old homes that are being refurbished. We wrapped it up with a holiday open house. During the Christmas season we attended several Christmas programs and either begin the evening or finished off the evening with dinner.

Please remember Patricia Buck with your cards and letters. Her address is 4004 Harbourwood Ln, Salem, Va 24153, She needs lots of encouragement, and myself, I have a beautiful and a lovable new grandson that I am trying to spend as much time with as I can. See you soon in March



Beta Delta with the SCA at Hidden Valley Middle School Shopping for a needy family.



Holiday Open House at the Fishburn Mansion



Elaine and Brenda on the steps of The Fishburn Mansion

Delta Sigma – Manassas by Katrina Saunders



Delta Sigma Team at the 5K Walk at Potomac Mills November 11, 2009
Left to right: Kathie Bailey holding Jack Bailey, Laura Goldzung with her daughter Maggie, Suzanne Budd and new member Katrina Elliott

The sisters of Delta Sigma hope that everyone survived the big snow and subsequent freeze of December 2009! While it hampered our ability to see each other, we all agree that the downtime at home was a good thing!

Our sorority year started out with Sheen and Suzanne attending the Leadership Conference. October found us at Laura's house planning the Give Thanks Walk for St. Jude. It was also an opportunity to welcome one of our new members, Amy. Amy has been friends with Sheen (of course) for a long time and we are so happy to have her join us!

November found many of our Delta Sigma members at the Give Thanks Walk for St. Jude which was held at Potomac Mills in Woodbridge VA. Again – a fun day and an opportunity to meet another new member, Katrina Elliott. Katrina is a recruit from the internet and we are excited to have her join our merry group.

The December meeting was cancelled by the big snowstorm so we are all looking forward to seeing each other in January. Some of us were able to meet at Sheen's house right after Christmas to visit with Michelle, who left us in June to join her husband in Houston TX. We also visited with another previous member of our group, Bonnie. It was great to see her. On a technical note, Face Book has been a great way to keep up with other members who have left us. If you don't have a page yet – I encourage you to do so!

Happy January everyone! We are looking forward to warmer weather and the opportunity to do more service projects. The annual Radio-thon is coming up in February and we look forward to bowling for SERVE in March!

Gamma Pi – Staunton by Brenda Orebaugh

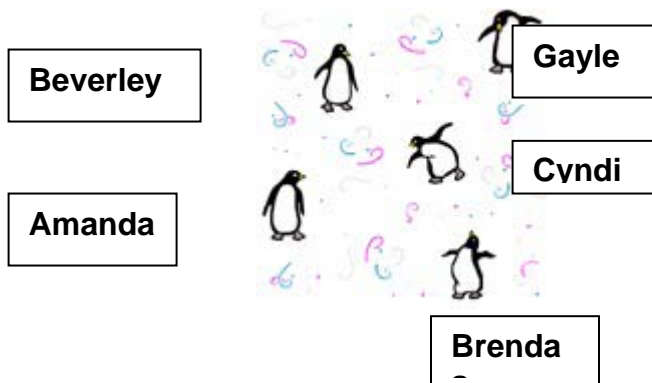
Greetings from Gamma Pi. Gamma Pi members have been involved with our area Blue Ridge Food Bank. Every other month our members bring in canned goods for the needy in the area. There is such a need this year with the economy being what it is and it warms our hearts to help those in need.

For the *Hope for Heroes* project Beverley told our chapter about a woman soldier who is stationed in Afghanistan and worked at Merck. Merck employees sponsored this worthwhile project and we decided to help by purchasing essentials we take for-granted such as toothpaste, razors, baby wipes, tissues and books. Hopefully this young soldier will know that she is being thought of as she serves our country through our small tokens.

For Christmas, our chapter is helping to sponsor the *Shop with a Cop* program which is run through our local police department. Each year the Citizens Police Area Alumni Association takes a group of twenty children shopping. The children are provided money in order to shop for their siblings and themselves. A police officer is assigned to each child. They board the trolley at 9 AM and head to our local Wal-Mart. Wal-Mart is aware they are coming and help with getting the children through the lines and back to our police department. When they return to the Police Department they get busy and get the gifts wrapped. When all is wrapped they are taken over the Stonewall Jackson Hotel for a meal. So much excitement is in the air – the kids love it.

Another one of our Christmas projects is the Rotary WTON Christmas Party which is sponsored by our local Rotary Club. They too raise money for the needy children in the area by asking our local ministers and other recognizable citizens in the area to participate in a radiothon whereby people call in and make pledges for the event. These donations will help put smiles on many kids faces this Christmas.

Amanda, Beverley, Brenda, Cyndi and Gayle wish each of you...



HAPPY HOLIDAYS

Pi Rho – Roanoke by Abbe Toler

Happy New Year Sisters,

What a busy fall, 2009, for Pi Rho of ESA. The good news is that 2010 looks to be even busier. Pi Rho is just in its third year of service, so as we grow in membership and organization we are enjoying working on service projects in conjunction with other local chapters. Along with

Beta Delta, several members of Pi Rho have helped serve concessions at the Roanoke Civic Center. In turn, we use this money to sponsor sisters in charitable walks or to support St. Jude's Hospital or the state project of ESA. Pi Rho, along with several local chapters is involved in the planning of the 2011 state convention to be held in Roanoke, Virginia.

December 12 was our annual Christmas party that followed a day of volunteering at "The Christmas Store". Here we helped supply needy families with gifts and food for the holidays. The weekend before Thanksgiving our state President and Pi Rho sister, Wanda English, and I traveled to the Potomac Mills Outlet Mall to take part in a walk-a-thon for St. Jude's Hospital. It is always fun to visit with our sisters from the north. This was not our first walk-a-thon of the season, as Wanda and I also helped raise \$14,000 by walking in "Light the Night" with a local team, raising money for the fight against Leukemia and Lymphoma.

As President and founding member of Pi Rho, I was excited and honored to preside over my first ceremony, awarding a Jewel Pin, First Pearl, and Fourth Degree to three of my sisters. The Fourth Degree went to the sister who sponsored and pledged me into ESA, Linda Wyatt. What a special moment in our sisterhood. At the same ceremony, my sisters surprised me with my award of First Degree.

In closing, my wish for each of you this New Year is health, happiness and heart. Stay true to yourselves and your sisters.

Theta Mu – Richmond by Eveleen Harrison

Since our September article, Theta Mu has collected school supplies for Saint Joseph's Villa in September. In October, we conducted a Hope for Heroes collection of items for the "Ladies of Liberty" which is sending supplies (lots of those things we women need that men don't) to our military women. November was occupied with the Giving Thanks Walk. In addition, a sad event had us lending all the support we could to our Sister Kathy when her husband and our dear friend passed away after his long battle with cancer. December found us donating and serving punch to the Hanover Retarded Citizens at their Christmas party following by dancing with the attendees. Boy, how they love their music! We also assisted Big Brothers Big Sisters with their Christmas Party by helping the "Littles" decorate cookies. We socialized with our Richmond Sisters (formerly the Central District) with a Christmas dinner where we brought donations for the Ronald McDonald House. Theta Mu was lucky with the scheduling of their Christmas party before the 14 inch snowfall. We had a delightful time finding out who our Secret Sister was. We continued our traditional white elephant auction to raise funds for the State Project. Santa's elves have come up with a way to increase sales – "give a gal a sale coupon for a % off and she will spend more". It really works! What a hoot we had with Dot Brown's purchase. Ask her about routing around in Santa's pants.

We raised all of our Ways and Means money early in the year with several jewelry parties and Pampered Chef parties.

Two of our members turned 60 this year. Of course we had to have a party!

Looks like 2010 will be a challenging year for some of our members as we have had 3 members have surgery within a week in January and one of them being diagnosed with cancer. We will be altering some of socials and educationals to allow these members to attend. We'll have game nights, movie socials, and educationals to assist the newer members understand more about ESA. When we get everybody recovered, we are going to have a HUGE CELEBRATION!



Dot Brown routing around in Santa's pants



Judi, Nichole, Teresa and Eveleen
Decorating Christmas cookies

Zeta Nu – Smith Mountain Lake by Lori Griffin

Hello and Happy New Year from your sisters at Zeta Nu! We hope the coming of a new year brings health and happiness to all, after a busy and joyous holiday season!

The sisters of Zeta Nu have been very busy this fall and winter and wanted to share with you some of the projects we've been involved in. We have made and donated baby blankets to the Peri-Natal Center of Rocky Mount. This organization helps less fortunate families in the community to obtain pre-natal care, as well as educate families on how to care for new borns. The blankets we donated will help these families to wrap their bundles of joy in beautiful, warm blankets. For Thanksgiving, we collected canned goods and donated them to the South Western Virginia Second Harvest Food Bank to help families have food for Thanksgiving, as well as throughout the rest of the year. Since we are a chapter full of animal lovers, we donated dog and cat food and supplies to the Franklin County Humane Society. During Christmas, we adopted two families. One family was presented with a gift card for groceries. The other family received gifts in the form of clothing and toys for their three children.

In addition to working to serve our community, we also took some time to play and have a little fun! During the fall season, we spent a Saturday dining out on Mexican food, followed by a jewelry making party at Beads Indeed. At the end of the day, each sister left with a full tummy, as well as a beautiful new piece of jewelry. Needless to say, we had a blast!

We have two sisters, who have some wonderful news! Bev Scott welcomes the arrival of her new granddaughter Pasha, who is also the niece of proud aunt, Stephanie Hess!

A few of our sisters have had some trying times over the fall and winter. Please remember to keep Corinne Matthies' husband, Bart, in your thoughts and prayers. Also, please remember Lori Griffith in your thoughts and prayers, as she underwent a total hysterectomy due to a cancerous tumor on her left ovary.

As you can see, we've had a busy, somewhat trying, but overall joyous holiday season. After writing this article, it is plain to see that the love of our sisters has been present with each of us through both the good times and the trying times. We are all so blessed to have each other and to be part of an organization that gives and provides support like ESA does!

Warmest wishes to all! Love from your Zeta Nu sisters!

My Goose Story by Flora Burns

**A goose can do four things:
honk, eat, poop and multiply.
All with great dignity and grace.**

My home is on a branch of the Elizabeth River that feeds into the Chesapeake Bay. For many years, I have had a goose problem. I contacted the wild life bureau and after inspecting my property, he said I could not do anything to get rid of the geese. Wild life laws protected them. They do not go back to Canada for they have found a great food source in my yard.

One thing he did suggest is that they do not like to be disturbed nor do they like commotions. When Bill was alive, he disturbed them plenty with his BB gun. It would not hurt them but they did not like this annoying guy so they would fly away.

While I was home recovering from my back surgery, I noticed that they were in the yard more and more. My yard man complained about the mess he had to put up with when he raked my leaves or mowed the grass. I had to think of something.

During this recovery period, I drank lots of diet coke. My sister would bring them in the 8 oz bottles. One night, while I was still on pain medication, I had a bright idea that I could freeze water in these bottles and hopefully would have the strength to hurl them at this pest.

The Tuesday before the Nor Easter storm came; I saw the geese and did manage to toss a few frozen diet coke bottles at them. I did not come anywhere near hitting anything. Now here I had those coke bottles scattered around my yard. I was going to get my handy grabber (for I was not to bend over) and fish them out of the yard. Before I could, the torrential rains came and the fierce winds blew. Before my electricity cut off, the yard was full of river water and bobbing around like little buoys on a sea channel, were my coke bottles. It was a funny sight and if I had not felt so awful, I would have gotten a picture for you. Visualize it and you'll laugh out loud.

After the storm was over, the power back on and the phones working, my yard guy came to clean up. He said that all the goose poop had washed away but couldn't explain the coke bottles he had gathered. I told him he didn't want to know.

I was on vicodin and it is a powerful pain killer. It did kill my pain and my ability to reason too. One morning I thought that someone had broken into the house for stuff was scattered everywhere. Clothes covered my bedroom floor, plastic dishes were thrown helter skelter and yes and empty coke bottles all over the bedroom and kitchen floor. It took me 30 minutes to find the phone and dial 911. It's a good thing that my sister arrived just as one of Norfolk's finest pulled into the drive way red light flashing and sirens blasting, for I met him at the door wrapped in a green table cloth. I must have looked like an early Christmas Tree. I had nothing to wear; all my clothes were on the bedroom floor. I know this is true. My sister verified the arrival of the police but no one had broken into my home. Guess I was throwing clothes at the geese.

There were a couple of other things that happened or I thought happened before I realized that this pain killer was too much for my delicate system. I could not get my doctor. His office had closed because of the flooding. I stopped taking that drug. For the next few days, I had withdrawal. The Dts is what one of the young paramedics called it. I was hot, chilled, and disoriented. Yes I did call paramedics. All my vital signs were good. After explaining the last few days, he said I'd feel okay in another 24 hours or so. . This young man knew his drugs. By that time, I had reached my doctor and he called in a milder pain killer. The flood was over, my coke bottles picked up, and my brain returned. What a trip.

My in-home health care nurse flushed the remaining vicodin and made a note in my record.

By now it is a week later, the geese are back. I hear them honk, I watch them eat my grass, and I watch them make a mess in the yard. I sure hope it rains again before Vic comes to clean up my leaves, and cut the grass. I now understand why old people move to senior living quarters and condos. Guess I better start looking for I know that the geese are not going back to Canada, they like our laws and living conditions.



UP, UP and Away with ESA

Epsilon Sigma Alpha - Virginia State Council Convention

May 21-23, 2010

Hampton Inn Conference Center

1204 Berryville Ave., Winchester, VA 22601

540-678-4000

Room Rate - Double or single: \$99.00 plus tax (Hot Breakfast Included). Please make hotel reservations direct with the hotel. ESA Convention block of rooms expires on April 21, 2010.

Convention Registration Women: \$130.00 Men: \$80.00

Make Checks payable to: VSC of ESA 2010 Convention Fund; and mail check with registration form to Bonnie Feldhauser, 426 Happy Creek Road, Front Royal, VA 22630. Phone 540-683-1748 or E-mail rwfeld@embarqmail.com

Name: _____

Chapter _____

Address _____

City, State, Zip Code _____

Phone # _____

E-mail: _____ Spouse/guest
Names _____

Late Registration fee ~ After May 1, 2010 add \$20.00

The registration fee for Women includes 4 meals, (Friday night, Saturday Lunch, Banquet and Sunday Brunch) Convention Brochure, and all meetings. Also includes all meeting room usage, workshops and printed material. The registration for men includes 2 meals (Friday night and Saturday Banquet) with snacks in the men's Hospitality Room.

A cash bar will be available on Friday and Saturday nights.

Voting Delegate: _____ Yes _____ No First Convention _____ Yes