

The Lamplighter

Virginia State Council
Epsilon Sigma Alpha International
Winter 2021 Edition
Editor: Sheen Childress

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President's Message

Happy New Year! I hope that you were able to enjoy the holidays even if they were a little different. I missed spending time with some of my family but it is necessary so that I can continue to be my Mom's go to girl. I am sure that there are many of you in the same position for whatever reason.

I want to thank all of those who have joined in on our two ZOOM chats. We've had fun chatting and "seeing" each other. It is not an in-person experience with hugs but it is a close second; we can still share smiles and happenings in our lives.

As it stands at the moment, we are still planning on having our Spring meeting and Convention. We know that as a state we are under orders of small gatherings but we are hoping that may change so that those of us that feel comfortable with doing so will be able to meet. If not, we will have the Spring meeting on ZOOM. I will keep you posted with updates as we get closer to the event.

To keep myself aware of when and how I can receive the Covid-19 vaccine I signed up for updates on the Virginia Department of Health website.

<https://www.vdh.virginia.gov> There is a link on the home page for the vaccine. You will be able to answer questions related to your age, health, where you live, etc. Providing your contact email and/or phone number will allow the department to contact you when your area is in the process of providing the vaccine to your age/health/work group.

None of us have been able to do our good works in the normal manner this year but I know that you have still provided hours and monies as best you could as an individual or as a chapter. Don't forget that it is time to begin thinking about entering for all of the VSC awards. All of the forms will be available on the new VSC website coming very soon. More information on that later in this issue.

Keep Smiling, I can tell when someone is smiling at me behind their mask, it is in the crinkle of the eyes.

Brenda Bowersox - VSC President



Executive Board



First Vice President- Diane McLane

I am looking forward to the Leadership conference to be held in February - it will be a virtual conference so I will be participating from the comfort of home. I will be in our guest bedroom where our modem is located so I'll have the best connection. The room is well equipped with a table to work on, printer, mini refrigerator, its own bathroom, and a bed. A perfect place to be "away" for the conference.

We have a new member of the family: Kaya, a schipperke puppy. She joined us in October at 8 weeks old and a bit less than 2 pounds. She and I have taken over the Kitchen/Laundry room. I'm getting my exercise bending to play, pick her up, walk, and clean up. She now weighs just over 6 pounds and is full of energy. When I need a break and she needs more exercise, she goes to Ginny's home and plays with the "Big" dogs, Ben and Thistle. It wears her out! She is a joy in our lives.



Kaya at 8 weeks, and
with the "Big" dogs.



Blooming now:



The first Camelia
for 2021.



**CANDIDATE FOR OFFICE
VIRGINIA STATE COUNCIL, ESA
2021-2022**

Office, 1st Choice _____ 2nd Choice _____

Name _____ Member # _____

Address _____

Telephone Number (home) _____ (cell) _____

E-mail Address _____

Chapter Name and Number _____

Qualifications:

Number of years in ESA _____ Month annual dues are paid _____

Are you in good standing with your chapter? Yes / No

Are you in good standing with IC? Yes / No

Is your chapter in good standing with the VSC? Yes / No

Is your chapter in good standing with IC? Yes / No

Chapter Offices held _____

District Offices held _____

State Council Offices held _____

SERC/IC Offices held _____

Individual Awards (ESA & non-ESA related) _____

Other Qualifications _____

Attendance (Number of each attended)

Leadership Conference _____

State Convention _____

SERC Conference _____

IC Convention _____

Miscellaneous:

Will you be attending the Spring VSC Meeting? Yes / No

Submitted by:

Candidates Signature _____ Date _____

Chapter President's Signature _____ Date _____

Please mail or email to:
Diane McLane
11861 Wexwood DR
North Chesterfield, VA 23236
804-814-9699 (Cell)
dianeESAva@gmail.com

Deadline February 15, 2021

**WILLING TO SERVE
GENERAL BOARD APPOINTED POSITIONS
VIRGINIA STATE COUNCIL, ESA
2021-2022**

Name _____ Member # _____

Address _____

Telephone Number (home) _____ (cell) _____

E-mail Address _____

Chapter Name and Number _____

Number of years in ESA _____ Month annual dues paid _____

Are you in good standing with your chapter? Yes / No

Are you in good standing with IC? Yes / No

Is your chapter in good standing with the VSC? Yes / No

Is your chapter in good standing with IC? Yes / No

I am interested in serving the Virginia State Council of ESA in the following capacity:

1st Choice _____ 2nd Choice _____

3rd Choice _____

I would like to serve on a committee but prefer not to be a chairman. The committee I am interested in serving on is _____

Submitted by:

Candidates Signature _____ Date _____

Chapter President's Signature _____ Date _____

Please mail or email to:
Diane McLane
11861 Wexwood DR
North Chesterfield, VA 23236
804-814-9699 (Cell)
dianeESAva@gmail.com

Deadline February 15, 2021

Second Vice President-Mindy Boyd

Happy New Year!!

Another great year for ESA is upon us! As recorded in the president's newsletter, we have two new members in Beta Kappa, VA Beach. (Please read their chapter news). In this time of the pandemic, we all seem to be having our local meetings on Zoom, thus what a great way to add new members as they can stay in their own homes and feel as though they can contribute! I also want you all to remember Alpha Nu Chapter (my own chapter), as we are comprised of MAL's who wished to remain part of ESA but felt a traditional chapter was too much. Per our state report we have recently come to have 2 more MAL's within the state. Statewide we have 107 MAL's in the state. Wouldn't it be great to have them back as active!!!

The information below is news from Headquarters', Tracy Swanson:

Happy New Year, one and all. Good things are starting to happen again in ESA, and YOU can provide a valuable connection to content and ideas for your chapters to have success with retention and recruitment this spring. Please share this content in your newsletter and members-only online spaces as soon as possible to encourage all your members to enjoy these activities:

March 26: ESA national Bingo recruitment party/demonstration

Spring is our traditional season for welcoming new members in the lead up to Founder's Day. This year try Bingo! Join IC President LeAnn Wray and me for an online Bingo party open to any ESA member. Learn how to use simple and free Bingo card generator and Bingo number calling software to host a Bingo party of your own, play a few games, and learn how to use ESA's recruitment materials in an online or in-person setting to host your own ESA Bingo party for members and guests. Anyone may attend and every member must individually register to receive instructions: www.epsilonsigmaalpha.org/ESABingo. **Registration deadline is March 12th.**

There will be a second **invitation-only Bingo party with LeAnn in June** with prizes and fun for any chapter that welcomes a new member between January 1 and May 31. You can try a chapter Bingo party after you learn how, or any other recruitment activity you like. One new member for the chapter earns **all** chapter

members an invitation. (Individual members/MALs may also sponsor a new member and earn an invitation). Encourage your state to go for it and qualify as many chapters as possible to join the June event. (June date TBA later this spring once state convention weekends are confirmed to avoid conflicts.)

February 26-27th: ESA's Leadership Conference is VIRTUAL this year and a terrific opportunity to help your state's members meet new ESA friends from across the country and enjoy their ESA membership at a new level this year. www.epsilonsigmaalpha.org/Leadership

2nd and 4th Mondays: ESA Coffee Chats

Informal fun virtual get-togethers for socializing, "You Might Like This" presentations from members and chapters, and the latest ESA program updates. Each chat is offered in the morning and evening on chat dates, members new to the chats should register to receive the link to join in, www.epsilonsigmaalpha.org/ESACoffeeChat

Safer Valentine's Day activity ideas available at www.epsilonsigmaalpha.org/ESALife

View your state's membership reports on the ESA website (if your record is coded as state membership director, all you have to do is click this link, log in to the member center, and be immediately directed to the proper page to view your reports. <https://www.epsilonsigmaalpha.org/rostersandreports>

Tracy Swanson
Membership Director
Epsilon Sigma Alpha

I am currently registered to attend the virtual Leadership conference and will relay all the exciting news along with Diane at our March meeting.
Please stay safe and if able get vaccinated, we will all be together soon



VSC Recording Secretary - Beverley Wright

Hey Y'all! I know there will be many voicing their excitement that 2020 is in the past and have hope for a more open and interactive 2021 so I too will say Bring It On 2021!

In reflecting on the responsibilities of the VSC Recording Secretary, I recalled how far we have come, as an organization, from when I first held this position back in the early 1980s (yes that's 40+ years so do the math!).

Back in the "olden days", the only assistance the Recording Secretary could hope for was a copy of the LONG AGENDA! I took a LOT of notes using shorthand (who would have guessed that skill would come in handy) and copies of officer reports were a God send. It seemed that the minutes went from being 3 - 5 pages long to being over 15 - 20 pages long because one, or a small group of members have insisted that the meetings record what everyone says.

I came to learn there was only one thing to do ... immediately hand over the job to one of the people who want the minutes to be a verbatim record or close to it. They'll soon learn a) it is impossible and b) it is of no value to the group! This is NOT a transcript of a trial!

Secondly, the group needs to make a decision that the minutes record the decisions and the action but NOT the discussion. Discussion and who said what has no place in minutes. The golden rule of minutes, accepted worldwide is this:

Minutes are what is decided and what is done, NOT what is said!

Sometimes it is necessary to record the major reasons why a decision is made or the major factors that were considered in making a decision but who said what is of no relevance whatsoever (except to the person who said it!)

So - what do you do if you have people who want a verbatim record - 1.) give them the task of taking the minutes then 2.) resolve that the minutes record decisions and action only and not discussion unless the major points need to be recorded in which case, they are recorded only as bullet points.

We have come a long way from shorthand, Dictaphones (for those youngsters ask somebody old what this is), cassette tapes, typing on that old IBM Selectric typewriter, carbon paper, liquid paper, white-out, mimeographing using the old drum/ink method (again ask an old person), photocopying, collating, stapling, addressing envelopes, stamping, and rushing to the post office. Let's keep our minutes informative and concise and take advantage of the wonderful APPS that are available to streamline our records.

Parliamentarian- Brenda Orebaugh

Hello ESA Sisters:

I hope all of you had a wonderful holiday. It was so different this year and sad that we couldn't celebrate with family and friends. Here's hoping 2021 will take all of us to better places!

I just want to remind everyone if you have any changes to the By-laws to send them to me. My email is: brendaorgaugh@gmail.com.

I am looking forward to seeing everyone at the spring meeting. Keeping my fingers crossed that we will be able to meet.



Jr. Past President-Lou Ann Wyer

Check your Connection

How many times during a Zoom meeting have you seen a message on your screen that says, "Check Your Connection"? Early in this year's Advent season, I heard this phrase from my daily Advent inspirational messages. I have thought about these words every day and how they apply to our daily lives, and so much more in these crazy times! Have you become disconnected during this pandemic/quarantine? Staying connected gives us an opportunity to strengthen our relationships with family and friends and focus on what we are grateful for. A few things we can still do safely and keep in touch with our ESA family and friends*:

Share a recipe with ESA members and cook it together online

Share a meal with a friend or neighbor (curbside, tailgate, delivery)

Invite someone to walk or hike with you

Host a virtual game night

Watch a movie together using Netflixparty.com

Get involved in a book club

ESA offers plenty of ideas for us as well. Check out <https://www.epsilonsigmaalpha.org/esalife> for ideas on Safe Events for Unusual Times and Helping from Home. <https://www.epsilonsigmaalpha.org/UpYourGame> offers more inspiration.

I challenge each of us to check on our ESA connections. Is there a member that would appreciate a card or a call? Is there a group in your community that needs a little extra help? Check your connections! What better way to start off 2021!

Submitted by

Lou Ann Wyer

VSC Past President

*Courtesy of Wegmans.com



Here is the beautiful garden art gift I received from VSC membership in September 2020 during the virtual state convention. It was hand crafted by local artisans in Java Island using materials from Mother Nature. It hangs in front of a sign made for me by a friend years ago. It says "Enter the Garden of Lou Ann" (supposedly)!

Lou Ann

Appointed Board

ESA St Jude Coordinator, Carol Campbell

LUCKY YOU!

You have a chance once again to be a HERO to the Children receiving services at St Jude Children's Research Hospital. Virginia has long been a leader in working and donating large sums of money to assist in finding a cure for children undergoing treatment for cancer and other catastrophic diseases.

I'm certain that many of you are indeed happy to view 2020 in your rear-view mirrors. It has undoubtedly been a year of hardship and sacrifice for many of us including those children who are receiving treatment at St Jude's hospital in Memphis and its satellite locations. Donations are down for most non-profits due to COVID-19 including St Jude's. However, the children there are still being treated thanks to caring people like ESA members and their many individual and group contributions.

"BIG GREEN SHAMROCKS"

TO THOSE INDIVIDUALS AND CHAPTERS

WHO ARE STILL WORKING AND CONTRIBUTING TO THE HOSPITAL

AND TO THE REST OF US...*



*Gotta love these supplies from my COVID-19 CLOSET!

We all could use some distractions from current happenings—virus, quarantines, politics and yes, virtual teaching of our children and grandchildren, lack of meetings with our friends and extended families. Could you create some type of fundraising event for St Jude?????

Below are examples of events that you might try:

- Solicit a group of people to who will take a historical tour of your area to find a "Gnome" or some type of item. Players will play independently; Give clues and have the individual start at random places to complete the Adventure. Register your guests for a fee, send them an email containing the digital game and directions. Include puzzles, hidden clues and yes, a prize of some type. After you complete your adventure, share the results with our ESA membership. This could really be fun!
- A Zoom BINGO GAME; register your players, send out the BINGO CARDS, set a time for the game and proceed with the traditional game; get gift cards or donated prizes for winners. You can decide how many games will be played and the rules.
- VALENTINE'S DAY is coming up. Either offer to supply meals, desserts or food kits to those interested in participating for a fee to St Jude.
- Workshop on making Homemade Soups and Stocks. Make the soup/jars together, provide tasting time and send them home with recipes. Having supplies available

Participants pay a fee.

- Paint Parties can be adjusted for a ZOOM activity too.
- Get a group of participants; do stress-relaxing exercises. After a certain period have the group make a donation to St Jude.

Each VA chapter needs to commit to an activity to raise funds before April. Please book your event; complete the final form so you will get credit for your hard work. Need help? Ask! Each chairman is responsible for getting information to HQ.

Thanks to each of you who make memorial donations to ESA HQ. Use the forms online and remember write checks to St Jude Children's Research Hospital. If you work an ALSAC event it is imperative you submit your event form, completion form available online.

Hope to see you all in the spring!



Easterseals UCP

Co-Chairs Susan Garland and Lynn Keffer

We are opening our hearts this Valentine's Day to a young person who would like to attend Camp Easterseals but hasn't the financial means to do so. To achieve this goal, we have requested donations from you. We have received a check from Alpha Xi and look forward to others as our deadline is around the corner.

Checks should be made out to Camp Easterseals Virginia and mailed to Lynn Keffer, 3339 Longhorn Rd., Roanoke, VA 24018.

Educational Director-Sandy Reed

At our state ZOOM meeting on November 2nd, Brenda Bowersox reminded us all to vote since Election Day was just a few days away. I reminded them that this year was the 100th anniversary of the Women's Right to Vote. Lou Anne Wyer mentioned that she used to live close to Susan B. Anthony's grave and on Election Day women would go by and leave their "I Voted" stickers on her tombstone. Apparently, this became a problem for the tombstone and I believe it was Dot Harcum who said they had to cover the tombstone with plastic to preserve it. This was an impromptu educational and these were interesting facts to learn.

If your chapter is not meeting and having formal educationals there are other ways to do this. If you have ZOOM meetings you could pick a topic to discuss such as NETFLIX picks, items of interest in your area etc.

I am getting concerned since I am not getting educational reports. Of course, with the new guidelines a chapter can send them all by April 15th. The Educational Report form is on the VSC website and can be emailed to be at reedsr2@gmail.com. My address is 22 Dayton Circle if you would rather mail them to me.

VSC Foundation Coordinator- Sue Foy

I received the following email from Kathy Loyd concerning Foundation Scholarships:

"I need your assistance in spreading the word about the many scholarships available to residents of Virginia as well as the list below that has not received any applications. Website: www.epsilonsigmaalpha.org/scholarships-and-grants

Joseph C Eaheart Jr. memorial Endowment

Nancy B Reece Memorial Fund

BMW Hope Endowment

Danzo & Elsie Shiramizu Memorial Endowment

Joan & Dean Monson Memorial Endowment

Kenneth L Varns & Harvey D Varns Memorial Endowment

LaVerne 'Bun' Young Memorial Endowment

MARC Purple Heart Endowment

Martha & Jim Beshears Endowment

Suzanne Jourdan Memorial Endowment

Thanks again for your help.

Kathy"

Spread the word through your family and friends. The deadline for scholarship applications is February 1.

Also, don't forget the Foundation annual dues for you as an individual or your chapter. The must be paid before March 1st.

VSC Philanthropic Chair- Marie LaDuke

I hope everyone had a nice Thanksgiving and Christmas in spite of our limitations and are ready for a better New Year to come.

Thank you to those chapters who are sending me your philanthropic reports. As I enter the information on my spreadsheets, I have noticed that many chapters are not including mileage for some projects and events. I know some of you are traveling to shop and deliver your donations, to the post office to mail your Troopons, to work on the Dream Homes and other projects. As of January 1, 2021, the IRS rate per mile was reduced to 56 cents.

In case you did not see the information, I included in President Brenda's December newsletter, I am sharing part of what I said:

A few of months ago, my chapter donated lots of old electronics that were lying around our houses and that we wanted to get rid of. We collected several items (laptops, cell phones and cables to name a few) which were delivered to their location. We were very pleasantly surprised with the amount of monies we were credited. This project was mentioned to the Boards during a Zoom meeting and was received with great enthusiasm

Tech For Troops is located in Richmond. It was started in 2013 by a son and mother with the purposes of training, education and technology for veterans and their families in need. They do hope to expand in the future. They are a 501(c) 3 nonprofit organization. Donations are tax deductible.

With the approval of the VSC Executive Board, I proposed the following Philanthropic Project supporting our troops. Bring your used equipment to the March VSC meeting and I will get it to the donation site. If you mark all items with your chapter name, I will get a receipt for your donations and send it to your chapter with your credit. This is a great way to recycle your electronics keeping them out of the dump while helping a good cause.

For further information as to what they will take or not take, go to techfortroops.org. Hope to see you in the Spring.

State Project-Judy Williams

Welcome 2021! I look forward to this year and hopefully going somewhere other than the grocery store!!!!

I know that fund raising has been a challenge so far this year. I thank the chapters that have donated to State Project and I will be waiting by the mailbox for the flood of donations to come in the next 2 months. Remember to include your awards form.

Also don't forget the raffle I hope we can have this year at the convention.



Quilts by Theresa Morris

Chances will be \$1.00 each or 6 for \$5.00. Checks need to be made out to VSC State Project and clearly marked with "quilt" so I can differentiate between regular State Project donations and fund raiser. I will then send you your tickets by return mail. My address is:

1109 Sunkist Avenue
North Chesterfield, Virginia 23235

Any Questions: judy.williams790@gmail.com

I am also hoping to sell tickets at the March meeting and at convention.

Until we meet IRL (in real life) once again.

Judy

VSC CONVENTION-Doris Hood

2020 has been a year filled with turbulence and uncertainty. It looks like 2021 is following in 2020's footsteps. It is too early to predict the fate of the VSC Spring Meeting. Right now, group gatherings are limited to 25 people. As ESA'rs, we are remaining optimistic and plans remain in place for both the Spring Meeting and Convention. The hotel has changed hands. It was the Fredericksburg Hospitality House and Conference Center. It is now the Clarion Hotel and Suites and Convention Center, Fredericksburg. The hotel phone number is 1-(540)786-8321. Our group name is VASCES and our group code is YZ54X5. The Spring Meeting is scheduled for Saturday, March 13, 2021 and Convention is scheduled for Friday, May 21-23, 2021. The room rates are \$105.00 for a single or double, \$115.00 for a triple and \$125.00 for a quad. The room rate includes a voucher for a hot breakfast.

Come prepared to let Beta Tau and Delta Sigma "Entertain You". Stay tuned. More to follow...





That's Entertainment!

2021 VSC Convention

May 21 – 23, 2021

Clarion Hotel & Suites Convention Center

2801 Plank Road, Fredericksburg, VA

(540)786-8321 or (800)682-1049

Room Rate: Single or Double Queen: \$105.00 + 11.3% tax

Triple \$115.00 plus 11.3% tax

Quad \$125.00 plus 11.3% tax

Make reservation directly with hotel under Virginia State Council of Epsilon Sigma Alpha Int'l by April 30, 2021.

Name _____ Chapter _____
 Address _____ City/State/Zip _____
 Phone _____ Email _____
 Non-member/Guest _____

___ Current VSC Elected Officer ___ Voting Delegate

___ Chapter President ___ Member-At-Large

___ First Convention

Convention Registration Member	\$ 130.00	\$ _____
Non-member/Guest	\$ 80.00	\$ _____
Postmarked after May 14, 2021	\$ 20.00	\$ _____

Total Enclosed: \$ _____

The registration fee for members includes 3 meals (Friday night, Saturday Lunch and Saturday Banquet). The registration fee for non-member/guest includes 2 meals (Friday night and Saturday Night Banquet). Hotel rates include breakfast tickets per person per room per night.

Food Allergies? _____

**Make check payable to: ESA 2021 VSC Convention and mail check and registration form to:
 Sandy Reed, 22 Dayton Circle, Fredericksburg, VA 22406**

For questions please contact:

Sandy Reed (540) 373-4664 reedsr2@gmail.com

Doris Hood (703) 491-5078 hooddoris@gmail.com

New VSC Website- LouAnn Weyer

We will be launching the new website on February 1st. Using the current web address, <http://www.esa-virginia.com>, you will be directed automatically to the new platform. Many thanks to one of our newest members, Rusty Udan, for all his work on making this an efficient and effective website for our VSC members!



Chapter News...

Beta Delta-Roanoke
Shelby Hodges

Hello to our VA sisters & hope things are moving along, for each of you, as best you can with the things which have occupied our minds recently. We are praying for those who have contacted the Covid 19 virus and their families - not to mention our country as heartbreak came on Wednesday, January 6th. Keep looking up and continue volunteering for ESA in every way that presents itself to you and your chapters.

Beta Delta wishes a delayed Happy Holidays to each of you and trust you were able to spend some time with family. Members purchased personal & useful items to fill Christmas bags for the residents at Turning Point Shelter in Roanoke. Julie Vance & Gaynell Krista (also thanks to John Krista & Josh Vance for their help) filled Christmas bags with goodies and delivered them to the shelter just days before Christmas day. The staff was so appreciative, and we plan to duplicate this project again soon.

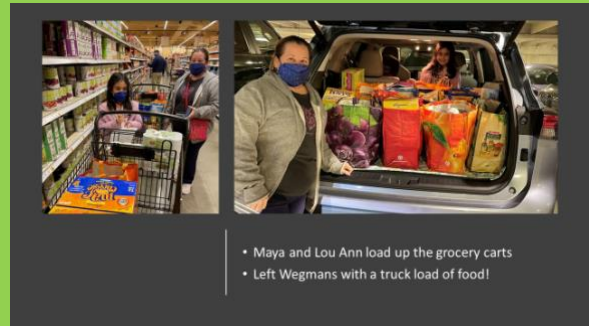
Plans have begun for a third St.Jude Dream Home in the Roanoke area this year according to information from ALSAC. It will be located in the Lynchburg area, as was last year and the same builder will be used. It is our hope ESA will be able to participate this year as the virus cancelled almost all participation last year.

Everyone stay well and hope to see you soon.

Beta Kappa - Virginia Beach

Ginny Hatchell

Our chapter started a tradition a few years ago of a reverse advent calendar to benefit a local food pantry. Each day you put a different food item in the box (list provided by a food bank). When the countdown ends, you donate the goodies. This year we exceeded our goals



We welcomed TWO new members...

Rusty Udan

Rusty is the husband of Jessica Udan and father to Maya and Logan Udan. He is the IT Director

for Covius Solutions. Rusty is also a Master Level in Kuntaw, an ancient Filipino Marital Art. He is an instructor and a disciplined leader.

Rusty enjoys sports, his favorite teams being the NY Giants and Baltimore Orioles

He is a collector of shoes and comic books.

Rusty plays guitar and has taught his kids how to play the ukulele during the quarantine.

He also says he has learned to be more patient. 😊

Rusty has been instrumental in developing the new VSC website.

We are so lucky to have Rusty join Beta Kappa!

Welcome to ESA!



Judy Halverty

Judy is mother-in-law of Deana Renn. She is enjoying her retirement with her 4 children, 7 grandchildren and now with Beta Kappa.

We are excited to have Judy with our chapter and we know that her energy and positive attitude will be huge asset.

Welcome to Beta Kappa, Judy.





The Garden Goddesses, May 2015

Front: Tammy James; Middle: Lou Ann Wyer, Sir Willoughby, Judith Meacham, Roxie; Back: Sally Rhodes (Peggy's sister), Peggy Smith, Rose Marshall

It is with a sad heart that we share the news that Rose Marshall passed away on Wednesday, January 6th. Rose was an ESA member for over 40 years, first in Alpha Xi and then Beta Kappa. She had earned her 3rd degree Pallas Athene. Rose loved to cook, read and garden. She had an amazing green thumb, and her gardens were always beautiful. The Garden Goddesses (above) enjoyed visiting the garden centers, plant sales, and sharing plants with each other.

Rose worked at R&L Machine Shop Inc for 19 years as a bookkeeper and kept all those in men in order. She frequently cooked for them, made them birthday cakes, and treated them like her children.

Rose had one daughter, Holley, and 2 grandsons and 2 great grandchildren. Condolences can be sent to:

Holley Ayers
1503 Hawthorne Drive
Chesapeake, VA 23325

Beta Sigma Chapter-Richmond
Lynne Rightmyer

Once upon a time there was a chapter of lovely ESA ladies in Richmond, VA. They toiled day after day for the causes they held dear. They also loved to dine, play, and chat together in sunshine or rainclouds. But one day a wicked plague came upon them and ruined the paradise they had created. Therefore, the ladies were required to find ways to recreate their paradise

Beta Tau-Woodbridge
Sandy Reed

In Beta Tau's fall article, I mentioned that we were going to try to have a yard sale at Edna's on October 3, 2020. Unfortunately, COVID 19 cases were rising in Prince William County and we didn't know how we could enforce a mask rule, so the yard sale was canceled.

Our business meeting in September was held at Sandy's and an educational and social was not planned. Of course, we still had lunch and lively discussions. October's meeting was at Edna's and the social and educational was about Italy. Edna loves Italian cooking, so we had a delicious lunch and learned about Italy. November was a regular business meeting at Edna's. Under normal circumstances the last two meeting would have been about making soups in a jar for the December Craft Show, but unfortunately the Garfield Christmas Craft Show was canceled.

On December 13th we went to the Riverside Dinner Theater for their Christmas Show. It was a different event. No food was served, the tables were spaced apart and we had to wear our masks for the whole show. The performers were spaced 12 feet apart since they were singing. In spite of the differences, we still enjoyed the music and the performances. The next day our December business meeting

was held at Sandy's. A Christmas luncheon was served, and secret sister Christmas gifts were exchanged.

Our January business meeting was postponed to January 25 because Edna's live-in daughter Patti was exposed to COVID 19 and they both have to quarantine for 14 days. Scotland is the country we will learn about and I hope Edna doesn't serve haggis.

Hopefully things will get back to normal before COVID 19. I am at the right age to get on Stafford County's vaccination list. I registered online so eventually I will get a notification. Sorry I don't have any pictures to share since there wasn't any wait staff to take a picture of us at the Riverside or extra people to take pictures at our meetings.

With any luck we will be able to have a VSC Convention in May.

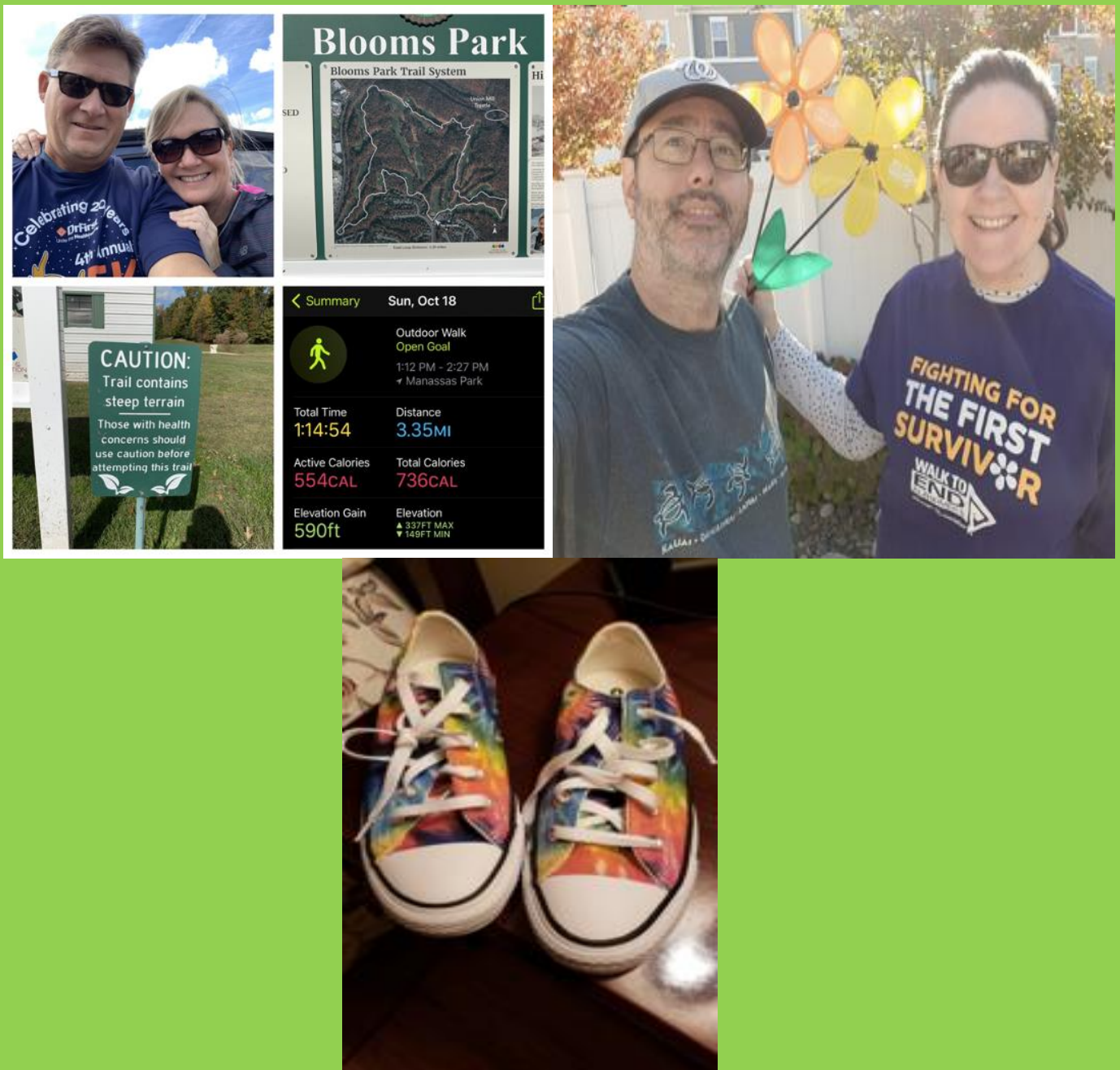
Delta Rho-Front Royal
Jenny Brunelle

Hello to all our sisters! Delta Rho is Zooming along! We've been meeting on Zoom since November, and we're getting better at it. It's amazing how fast business can be accomplished when we are under the gun — 40-minute meetings successful! In September and October, we were "meeting" by phone and email. Our officers have many gifts, but computer smarts are not one of them! ;-D We have had two philanthropic projects this fall/winter...a delicious complete Thanksgiving meal delivered to a family in need by President Debbie, and Christmas gifts for a family of four children. Roxie was happy be able to shop for, wrap and deliver the presents for Delta Rho. Our January project is our annual (though usually in November) RADA Fundraiser for Ways and Means...gotta pay those dues. Our biggest and best news is Korinne is expecting her second child! Grandma Melissa, Great Grandma Alice and Great Aunt Debbie are excited, and the rest of us are, too...another possible future Delta Rho member?

Blessings of health and love to all... Jenny Brunelle for Delta Rho

Delta Sigma-Manassas Sheen Childress

Hello from Northern Virginia! Like everyone else, Delta Sigma has been staying close to home and being safe. Before the weather turned cold, we participated in the Alzheimer's Virtual Charity Walk. Note Katrina's fancy shoes below. We also had a chapter Zoom so we could catch up and see each other from a safe distance. We are all praying we will be able to get together again in person, in the near future.



GAMMA PI - Staunton
Beverley M. Wright

Okay, what has Gamma Pi been doing since our last Lamplighter Article in September 2020? Let me sum it up for you NOTHING!

Well not TOTALLY NOTHING but that seems to be the answer when Brenda and I talk to one another. The conversation goes something like, "Well girl what have you been doing the last few days?" and the response is most likely, "Oh, nothing much!". Who knew that doing nothing could be so mind numbing and tiresome!

Joe, Jim, Brenda and I did get together for a Christmas Sunday Brunch at Mill Street. They have the whole social distancing thing down to an art, so we feel very comfortable going there and enjoying some wonderful food once in a while. Brenda and I were joined by two of our friends, Darlene and Pat, for a Christmas social at my house with the exchange of gifts. Both Brenda and I were able to enjoy Christmas with our children and grandchildren, which made the holiday extra special.

As many of you know, Joe and I always host a New Year's Eve Party. Out of respect for our friends and family, we chose to cancel our party. It was so sad not spending time with friends and family we may see only once or twice a year, but it was the right thing to do, due to COVID. It will just make the 2021 celebration even more spectacular.

I finished books 1 - 15 of the Louise Penny, Chief Inspector Gamache series and have the 16th one waiting on my dresser. I'm holding off reading that last one because I know I'm going to be so sad when it is finished. I am now reading the Virgin River series by Robyn Carr (I have read the first 8 books and just started number 9.). What am I watching on network TV ... new series of "Call the Midwife", "This is Us", "The Good Doctor", and "A Million Little Things". Netflix has the next series of "The Crown", "Virgin River", "Bridgerton" and if you are a fan of Glenn Close, check out "Hillbilly Elegy". The passing of Alex Trebek was so very sad, as I am a huge Jeopardy fan - the show won't be the same without him! I also just

received supplies for winter wreath making so will start on a couple of those in the next week or so.

Jim and Brenda have been taking some road trips close to home on the weekends. They stopped at a German restaurant, Edelweiss, this past Saturday and she said it was delicious. Brenda will also be enjoying some pampering at a local spa, Luminary, next week which was a gift from her hubby. We need her to post the before and after pics.

Amanda is doing well, just bored! We did purchase another piece of exercise equipment for her to use at home since she can't go to the Y and she seems to like the challenge. We have her annual check-up at UVA NeuroOncology in February and pray all is stable.

The current state of our country and the national/state and local news is frightening and depressing! A lot of our friends and acquaintances are dealing with the effects of COVID, with many being extremely ill. At times it seems that all is lost, and it is hard to keep a firm hold on the goodness and happiness around us. We are used to being in control and at least being able to DO SOMETHING to influence the outcome of a bad situation but now we have little to no control. I try to remember this little quote which I become completely overwhelmed - maybe it will mean something to you also. Until we meet again, thank you all for being my ESA sisters and brothers!

Sigma Chi - Roanoke

Lynn Keffer

It is not the easiest assignment I've accepted to write something for the Lamplighter when there is really nothing notable chapter news wise since we are confined to our nests. We have learned to zoom and stayed in touch by phone. We provided a Thanksgiving meal for a needy family and filled shoe boxes and donated to angels on a Kids Soar Tree.

When fall came, we went on two excursions. First was to a "Yuletide Gift Market at Fincastle" where the exhibitors were outside or under a giant tent. After

shopping we found a rooftop café across from the Fincastle Courthouse, obviously outside, where the tables had individual fire pits and the cocktails were served from a bar set up inside a piper cub. Yes, an airplane parked on this roof.

Our second venture was to Mabry Mill, hoping to enjoy foliage on the parkway. The mill is the same and the restaurant there hasn't changed either.

We are staying safe and looking forward to vaccines and less restrictions in our daily living. Our daily prayer lists for others gets longer and longer.

The attached pictures show Lynn Keffer and Nancy Clemons enjoying a cocktail on the roof of a century old building in Fincastle (Note the guts of the airplane.) The second picture is Susie Garland and Nancy Clemons transferring groceries for a Thanksgiving meal into a basket.



Theta Mu Chapter-Richmond **Dianne McLane**

Theta Mu has kept in touch with each other, through zoom meetings; phone calls; e-mails, and in person when we can. We were able to have our Annual retreat in Williamsburg at the Powhatan Historic Plantation. Nicole has timeshare ownership there and was our hostess for the long 4th of July weekend.

At the retreat we installed our 20-21 officers, Diane is the President this year and has chosen as her theme: "Catch your Dreams with Theta Mu". Her symbol involves a Dream Catcher. The ceremony was nice, using the various parts of a Dream Catcher for each individual officer. Afterwards we held a planning meeting, making plans for the upcoming year. We declared Friday "Fine as Wine in the Summertime".

On Sunday, we had an educational on making dream catchers (Photos below). I believed everyone had fun making the dream catchers, it was a bit challenging, we helped each other when one found a good way to do something.

With our dream catchers; Diane, Betty, Dot, Eveleen and Nicole



All members of Theta Mu attended the virtual convention. We thought it went very well. The speakers did an excellent job.

In November, we held a meeting and educational (and always, social) at Eveleen's home. We made backgrounds for making cards using shaving cream! It was so much fun and very interesting.

