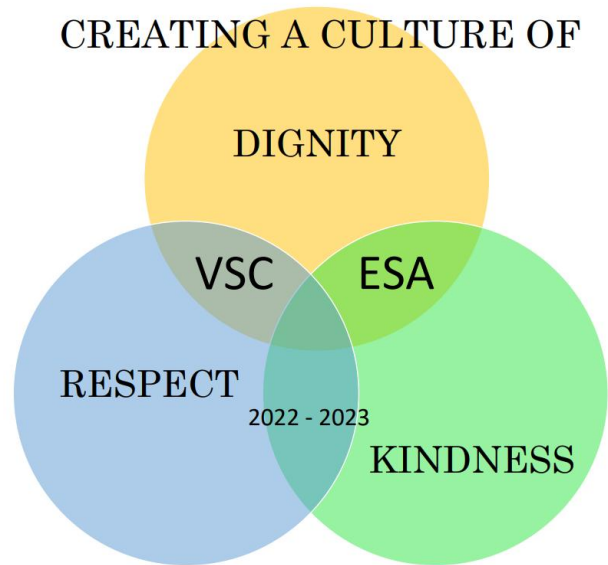


LAMPLIGHTER

VIRGINIA STATE COUNCIL

CREATING A CULTURE OF



news & updates

September 2022 | Fall Issue



Upcoming Events

***September 24,** VSC

Leadership Conference,
Waynesboro, VA

***September 25,** VSC Fall
Board Mtg, Waynesboro, VA

***October 1,** VSC Chapter
Dues due.

***November 4-5,** SERC
Conference, Orlando, FL

***March 25, 2023** VSC
Spring Board Mtg,
Harrisonburg, VA

***May 16-21, 2023**
VSC Convention,
Harrisonburg, VA



Your VSC Executive Board

The beautiful and inspirational installation of your 2022-2023 Executive Board was successfully held on Sunday, May 22 in Roanoke.

Your new Officers:

President: Beverley Wright

1st Vice President: Priscilla Browning

2nd Vice President: Marie LaDuke

Corresponding Secretary: Brenda Orebaugh

Recording Secretary: Katrina Saunders

Treasurer: Stephanie Hess

Parliamentarian: Nicole Lewis

Junior Past President: Mindy Boyd

Important Websites

ESA-Virginia.com

Epsilonsigmaalpha.org

Epsilonsigmaalpha.org/about/ESAFoundation



President - Beverley Wright

Well Virginia ESA Sisters and Brothers, even though our organization's new year began after convention in May, September seems to be the 'unofficial' start of getting back into the full swing of things.

I have enjoyed keeping everyone informed through "The Circle"; however, the Lamplighter is the avenue all chapters and officers should use to get out information and share ideas, successes and failures, throughout the state. I encourage everyone to do so.

If you haven't sent in your registration for the Fall Leadership Conference, I'm sure Brenda Bowersox would be happy to accept a late arrival in the mail. Plan to join in on the BBQ dinner on Saturday night and of course, the Trivia to support St. Jude.

Sunday, September 25 will be our first 'official' VSC General Board Meeting of the 2022-23 year, so let's make it a good one with your presence and the sharing of vital information and celebration.

I'm looking forward to attending the St. Jude Walk/Run in Williamsburg this coming weekend. September is "Childhood Cancer Month" so please support St. Jude with an additional donation.

Hoping to see lots of you in about 10 days!

1st Vice President - Priscilla Browning

The State Convention in Roanoke was great and great fun was had by all who attended. As I write this article, I cannot believe that the summer is drawing to an end and it will not be long and fall will be upon us and then we will experience the frost on the pumpkins,

Thanksgiving and Christmas.

I missed IC and was so looking forward to attending as Indiana is my state of birth, but Mother Nature decided to make sure and provided me with an opportunity to catch COVID (a very mild case, which I am thankful for, but none the less I had to stay quarantined for 10 days according to my doctor, who said they did not give medication to individuals with mild cases.)

The one role I have this year is the Chairman of the Nominating Committee and I am asking that if you are interested in assisting with this committee, I would greatly appreciate your help so we can have a full slate to offer at the 2023 state convention. If you are interested please give me a call at (304) 433-7278 or shoot me an email at esawoman@gmail.com. See you all in September.

2nd Vice President - Marie LaDuke

My primary duty, as your VSC 2nd Vice President, is to serve as your Membership Director. This is no small task as overall ESA has been dealing with shrinking membership numbers for many years.

When I was at IC in Indianapolis last July looking at the program for the Celebration of Life, right there in black and white were the number of members lost due to death over the last year. Sadly, Virginia had the most names on that list. It is true this was something out of our control. That doesn't count the number of members lost due to other reasons.

We can and must find ways to obtain new members or bring back members who have gone MAL or inactive as soon as possible.

I will provide some suggestions for doing this in my report at the Fall VSC meeting in Waynesboro. In the meantime, be thinking about potential members in your area and soon plan events to entice their interest in this great organization of ours.

Corresponding Secretary - Brenda Orebaugh

As summer is winding down it saddens me. I love the bright sun and long days. Jim and I took a weekend trip to celebrate our 57th wedding anniversary. Left home not knowing where we were going. Stopped by an apple orchard in New Market. From there we went to Southern Kitchen for lunch. They have the best fried chicken and stewed tomatoes! Got back on the road and headed north. Took a turn on Rt. 7 and ended up in Leesburg. Had a fun weekend.

In late August my family went with us to Sandbridge for the week. So quiet and peaceful. Got to read and relax!

One of my jobs as Corresponding Secretary is to provide you with a yearbook. The yearbook has been completed and revisions made. All chapter presidents received an email copy. If you did not get a copy, please check with your president.

I hope many of you will be attending Leadership and our fall board meeting. Looking forward to seeing everyone.

Jr Past President - Mindy Boyd

As I sit here writing this article my mind is on my vacation starting tomorrow morning with all day flying to Newark, then on to Copenhagen to visit Denmark, Sweden, and Norway! But have no fears I will be home the day prior to Leadership and Fall council meeting.

Hope everyone is gearing up for a new year in ESA, I know I'm excited to have a new president to lead us as I know she will bring lots to the table. My duties are to run the disaster fund project, not much new this coming year, but I will have exciting gifts at next years convention for 3 of our members. More info at the fall council meeting!

I am also responsible for bids for the following year's convention and for the presentation of bids. I believe Richmond is the next rotation, so my fellow sisters and any brothers please let me know as soon as you know.

My other duty is to provide a President's workshop at convention and presidents this past year know we are trying to complete a procedure manual which I'd like each chapter President to contribute to the already supplied booklet and we will update at convention. Each Chapter President was given a hard copy as well as a thumb drive of such manual. Graciously yours.

Hope For Heroes - Bev Scott

With the upheaval in the world and the political chaos in our own country, does it ever feel like Americans have lost their love of country and sense of Patriotism? Being a member of Epsilon Sigma Alpha, we can rest assured with our organization's emphasis on our soldiers, veterans, first

responders and their families, that this is not the case. As your new Hope for Heroes contact for this year, I would like to talk about some new initiatives for Virginia in this area this year. You will hear more about this at our upcoming meeting. Many chapters do marvelous things each year for Hope for Heroes. We applaud you for these efforts and want to know about them. Others need to know what and how you do it.



Just remember sadly that soldiers dying and being catastrophically injured is not something that happened in the past. A year ago, 13 young men were lost to their families in Iran. Many serve away from their families every day. With time flying by, I would like to remind you that Veterans Day is only 2 months away. The traditional and very worthwhile project for this military holiday is to send packages to our soldiers. Many of you probably have your own list of local service members, or they are available from veteran's groups (my church has a registry)! If you do need names, headquarters is emailing me a list that we can use. Just let me know! What I do need to know if you have been doing this in the past is **“Does the individual or chapter have to absorb the cost of postage, or is there an organization that helps defray the expense?”**

The second project that some of you continue successfully to do is the Coupon Clipping, info available at meeting. Attached to this article is a list of the items that are needed and helpful to servicemembers, and also directions and address for the Coupon Clipping.

A list of items that our troops deployed can use!

Things we find in our hotel rooms when we travel like the tea bags, the coffees in a bag, the condiments, the pens and pads of paper, and of course the toiletries.

Tooth Brushes and tooth paste

Dial and Dove soaps – none that have a fragrance to them (so that when packed it doesn't affect the food items packed with them).

Foot powder, Gold Bond travel size

Q-tips

Sunscreen (small tubes that they can carry in pockets)

Lip Balm

Combs tweezers, nail files, emery boards and nail clippers

Bobby pins, black hair ties, tampons and deodorant for men and women

Black and white ankle socks men and women – NO brand names that show. Black, brown, or green heavy boot socks. (Only colors allowed with their uniforms.) Sole insoles also.

Food Items: Sunflower seeds, breakfast bars, individual packages of crackers with

cheese or peanut butter, Rice Krispie treats, jerky, individual packages of nuts, dried fruits, hard candy (NO chocolate as it will melt) gum, bubblegum, twizzlers, bags of peppermint, tea bags (all flavors), cocoa, individual coffee tubes, and cold drink tube, Hand-held games, decks of cards, small game sets, (like checkers, chess) frisbees, squirt guns, baseballs hacky sacs, yo-yos and softballs.

Also send them cards with envelopes (birthday, anniversary, holiday, etc.) that they can send back home to love ones. Note paper with envelopes good also.

Remember size when buying items. Recommendation is to use the large USPS if it fits it ships boxes. Pack them tight so things don't move around. Allow 2-3 weeks to arrive.

Price is \$17.35 for now I do believe.

Also include your own personal note and love to them from ESA and you!

Lamplighter Editor - Theresa Morris

It is a pleasure to support Beverly this year as Lamplighter Editor. Thank you to all who sent in articles in advance of the deadline and thank you to those who responded to my requests! I would love to hear from each of you! Any story you would like to share, I am sure your ESA Sisters would like to read.

I hope to see you at Leadership!

PPA Leadership Bazaar - Theresa, Beth & Susan

The PPA Bazaar is provided and hosted to help offset the cost of the Leadership Conference. We appreciate your donations and support! Although it is hosted by the PPA, we welcome all donations. The theme this year is Homemade, but also feel free to bring additional items for the sale. We will have a table in the back of the room, and start accepting donations Friday night. Feel free to give your donations to Theresa, Beth or Susan.

State Project - Beth Sherron



Happy September to each of you! I am the newly appointed State Project Director for the next two years. I have worked with ASK Childhood Cancer Foundation and Special Love for many years and I am looking forward to bringing you additional information about each group.

This year I have created a beautiful lap size quilt. The front says "Friendship is the Sweetest of Gifts" and on the back there are numerous quotes about friendship. I am donating this quilt as a raffle to be drawn at the 2023 VSC Convention. Tickets will be 1 for \$10.00 or 3 for \$20.00. Please help the State Project funds by selling these tickets to any and everyone. It is a very sweet project! If you have any questions, please contact me at bethsherron@verizon.net or call me at 804-513-3357.

There maybe other opportunities to help these organizations, and I soon as I hear about the events I will let you know.

For the past few years, Alpha Delta and Alpha Nu have adopted an ASK family and family and showered them with presents and gift cards. If you would like to adopt a family, let me know and I will get you in touch with the person in charge.

Thank you for everything you do to help these two wonderful organizations! I look forward to everyone at the Fall Leadership where I will have the quilt for you to see. Take care of yourself and each other!

Raffle tickets for 2022-2023 State Project

Name _____

Email _____

Phone number _____

Drawing at 2023 VSC Convention in May 2023

Do not have to be present to win

\$10 each or 3 for \$20

Proceeds go to ASK Childhood Cancer Foundation
and Special Love

Raffle tickets for 2022-2023 State Project

Name _____

Email _____

Phone number _____

Drawing at 2023 VSC Convention in May 2023

Do not have to be present to win

\$10 each or 3 for \$20

Proceeds go to ASK Childhood Cancer Foundation
and Special Love

Alpha Nu Chapter - Pat Holtsclaw

Alpha Nu is continuing to thrive and enjoy the company of other members via Zoom meetings. Seven members actively participate in each monthly meeting. We are continuing to seek new members and have had two people show an interest in joining an E-Chapter; we have not yet been successful in this but Theresa continues to pursue it on a continuing basis.

Unfortunately, our member Candace Corrente did decide to go MAL due to health problems as a result of an injury earlier in the year.

The Chapter has now added an Educational Program to their activities. In August, Mindy Boyd gave the first educational which turned out to be not only informative but also very entertaining - we did a lot of laughing as Mindy walked us through the different steps. Pat Holtsclaw will be giving the educational during the October Zoom meeting.

The Chapter is currently finishing up their first philanthropic effort of the year. This is the \$50 for 50 raffle, for St Jude Hospital. A beautiful seasonal table runner made and donated by Dot Harcum, will be drawn at Leadership, 24 & 25 September in Waynesboro, VA. You still have time for a chance, or additional chances! Four members of Alpha Nu plan to attend Leadership.

Alpha Nu is also partnering with Beth and Sue from Alpha Delta to provide Christmas gifts for families who are not able to provide a lot of gifts for their children or themselves at this time of year. Chapter members will be holding a "Christmas Gift Wrapping social" at the home of Pat Holtsclaw, in Gordonsville. We are all very much looking forward to this and this should prove to be a lot of fun.



Table Runner Raffle - to benefit - St Jude Children's Research Hospital
Raffle Drawing on May 22, 2022
\$1 each OR \$5 for 6 chances

Table Runner is hand made by Dot Harcum
ESA, Alpha Nu Chapter



Table Runner Raffle

to benefit
St Jude Children's Research Hospital

Raffle ticket- \$1 each OR \$5 for 6 chances

RAFFLE DRAW IN SEPTEMBER, 2022

Table Runner is hand made by Dot Harcum
ESA, Alpha Nu Chapter

Checks should be made out to: Theresa Morris (please note St Jude Raffle in the memo)

NAME

EMAIL ADDRESS

PHONE

Alpha Omega Chapter - Jane Parrish

Our new member Cheryl Spurr had brain surgery in the spring at UVA and so far, is not able to return yet. So, without her for now we are down to 10 members.

We sent our philanthropic money from the treasury and had a June country ham sandwich fundraiser for Ways and Means. We will shortly be ordering hams a month ahead to do another sale on October 14 to have more philanthropic money. We met on September 3 and brought food donations for the needy to put in a refrigerator to be picked up. This food donation will be made every other month. We have been working the second Tuesdays of each month helping our C-Cap program to prepare food selections to be given out.

To add Social programs. we eat out after each meeting on our first Saturdays. We will be checking with the Charles Town, W. Va. Old Opera House for play tickets available for either September or October. The Museum of the Shenandoah Valley will be visited for an outdoor Origami exhibit at 1:00 pm on October 5.

A decision was made to have Educational programs in October, December, February and April. On October 1, Bryan Pearce-Gonzales, will talk to us about the Governor's Advisory Board on Service and Volunteerism. We decided to keep the same officers for our 2022-2023 year. Laura Button-Cain will remain as president. She is keeping her theme "Friends and Memories are Always in our Hearts".

Beta Kappa Chapter - Deana Renn



Beta Kappa has kicked off fall with a new theme - Building for the Future. Hard hats, shovels, and hammers have come out in force.

We packed 34 backpacks for **Forkids, Inc.** This will go a long way in Building a Brighter school year for 34 children who have faced poverty and homelessness.

This month's focus was on the foundation of a building. What the purpose of a foundation is and translating those key components and values into our own selves, family, community, chapter, and ESA. Watch for updates on the house that Beta Kappa built!

Attached photos are the following: Backpack photo, Beta Kappa Building Team the foundation of the Beta Kappa House

Beta Sigma Chapter - Pam Cook

Beta Sigma travelled to Roanoke for the State Convention, we were a small but mighty group. Upon returning from convention, we had the unfortunate news of the passing of Judi Brigg a long-time member of ESA and Beta Sigma.

In June we met at Brambly Park for our last Regular Business meeting of the year and social, of course. We have 2-year board appointments, so no installation needed to be done this year. We met a few weeks later to plan our 2022-2023 year. We have planned a year of involvement and fun and are sure to have a successful year.

Several our members were able to attend a Celebration of Life for Judi Brigg on July 24th and we will have our own remembrance this month.

September is a busy month for Beta Sigma as well as our Regular Business meeting we will be meeting in Gwynn's Island hosted by Lynne Rightmeyer, for Social and Philanthropic Projects.

Looking forward to seeing everyone at Leadership and Fall Meeting in Waynesboro.

Beta Tau Chapter - Sandy Reed

In January, Beta Tau set a precedent and decided not to have a Business Meeting due to all the snowstorms. We met again in late February postponing our meeting, so Edna could go to South Carolina to meet her new great granddaughter. We celebrated Valentines' Day at Edna's and exchanged our traditional candy and cards. Two songbird educationals were presented. Doris did one on Thrushes and Edna gave one on Wrens.

In March we celebrated St. Patricks' Day with a traditional luncheon of corned beef and cabbage at Sandy's. An educational on Tanagers was given by Sandy. This concluded our Song Bird educationals for the sorority year. A slate of officers for 2022-2023 was presented and voted on.

Doris and Sandy went to the Spring VSC Meeting in Roanoke. We picked up a hitchhiker along the way (Pat Holtsclaw). Her new home in Gordonsville was on our way so it was no problem to give her a lift. We enjoyed the Friday night dinner at the Texas Roadhouse with our Virginia ESA sisters. Thanks to Mindy for giving us a lift to the restaurant, because we wouldn't have been able to walk down the steep hill and back. The Spring VSC meeting was very informative, and we are now ready for convention. Unfortunately, our photographer didn't take any pictures.

On March 28th, we visited the new Department of the Army Museum on Fort Belvoir,

VA. It was old home week for us since we all worked at Fort Belvoir at one time or another. Pat & Jim Holtsclaw accompanied us. We enjoyed all the exhibits. The only downside was the long walk from the parking lot in freezing windy weather.

At our April Business Meeting on April 11th, Doris installed the new 2022-2023 Officers as follows: Sandy Reed, President; Edna Plancon, Vice President and Secretary; and Doris Hood, Treasurer and Educational Director. Sandy's theme is "Faithful Friends" with a dog as her symbol. Our educationals this year will be on different dog breeds.



We all went to the VSC Convention in May which we really enjoyed. The food was excellent and the chapter won some awards. Sandy received her 50 year Service Award,

We still have summer meetings. On July 11th we went to see the movie "Elvis". It was a great movie for our generation because we all remembered Elvis and his movie. Tom Hanks was almost unrecognizable as COL Parker. Our next social will be an Oktoberfest in October. Doris and Sandy went on separate family beach trips for their summer vacations. Edna went to SC to see her new great granddaughter.

The summer started out working the ticket office for the 2022 Dream House in the James Buck Plumbing office he let us use for the last 2 years and we are so appreciative for the space. The tickets sold out in 6 days and the office work has been cut so short but a little different this year from the past. Shelby, Sue, Sandy, and Elaine went in several times to work as the space was very limited and different rules from our representative, we had to abide by. Things went so well, and we enjoyed each other and the time together. Don't know what next year will bring.

On a different note, Delta Kappa has had very sad times losing Pat Buck last August and Brenda Underwood this August. I am feeling very lost not having the two of them to call and help make decisions. I really depended on the both of them. Brenda's work buddies had a get together at a park and called me and wanted her Sorority Sisters to come also. Six of us went, taking a dish but they had so much food and about 40 people attended. It was fun and I got to put names and faces together that she and I talked about on our rides. Thanks to them for remembering to invite us. Such a great tribute to her.

Since then, we, being Carol and I, have not had a chance to do anything or plan to do anything. Maybe we can get something going soon. Until then hope to see everyone at the September meeting.

Zeta Nu Chapter - Bev Scott

Greetings from beautiful Smith Mountain Lake where it still feels like summer as many of you remember from our very warm visit to the D-Day Memorial last year at Leadership! Zeta Nu has gotten together quite a few times this summer to enjoy our beautiful surroundings and each other. Here's hoping you have had a great summer minus Covid! Most people come back from the beach with a tan and a few souvenirs, Carol and I returned with Covid! While not severe, thank goodness, it definitely wasn't a pleasant experience! As most of you probably know by now, a lot of people thought the C in IC in Indianapolis stood for Covid as 3 of 4 of VA's reps, all riding in the B-Mobile, came down with it! Guess I still had immunity from June!

In spite of all that-hearing BJ Clark as the keynote speaker was worth the trip! It was very meaningful to be a part of all the tributes and memorials in honor of our dear Robin Bussey! The IC Board did an amazing job of "stepping up" to the vacuum, her death presented.

President Tracie Ayers
Live, Love and Laugh in ESA™



Since Stephanie Hess was installed as VSC Treasurer, and a Zeta Nu member, I thought I would introduce her to you. While she has been a member of ESA since 002-03, she has not been able to attend a lot of Virginia State Council meetings or other ESA events due to her job at Bridgewater Marina which required her to work most weekends! However, her employment never kept her from being extremely active in the Chapter! We tease her that she is Zeta Nu's perpetual treasurer, and has been Chapter President more times than we can count. She has participated in the St. Jude Run several times virtually receiving medals for the 10K and Half Marathon and is scheduled to do it again this year. What some of you might not know is that Stephanie is a Army veteran having joined up out of high school. She spent time in Texas, Arizona, England and was deployed to Panama.

She is married to my favorite Virginia son-in-law who is beyond a great cook, boat captain, handyman and husband. (see where my priorities are!) She continues to work at Bridgewater Marina, but now as a full-time bookkeeper for the Complex. In her spare time, she trains for the St. Jude event, and gardens. If I was to guess what Steph's favorite thing to do is, it would be spending time with her 2 year old Aussie Doodle, Koda. Hope this helps you know your new VSC officer, and that I don't get into major "trouble" for having written this!!!

