

The Lamplighter

Priscilla Browning, VSC President

Happy Summer to everyone. I want to thank Brenda Bowersox and Beverley Wright and the members that were the hosts for a wonderful State Convention in May. Thank you to Susan Caldwell who did the Installation Ceremony. The state of Virginia has a lot of talented ESA members and we can all be very proud of our talents and accomplishments. I attended IC Convention leaving on Monday July 24th boarding the train and leaving Martinsburg, WV at 5:45 p.m. changing trains in Chicago, IL and leaving Chicago, IL at 1:55 p.m. on the 25th and reaching Ft. Worth, TX at 4:30 p.m., after a three-hour delay due to a power outage in Little Rock, AR and delays due to the freight trains having priority over track usage. I was picked up at the station in Ft. Worth on August 26th by a Florida chapter, who I knew since I lived there for 7 years; we arrived at the Embassy Suites in Grapevine, TX at about 5:30 p.m. The total attendance for the convention was 358 and the state of Virginia received the 2nd place award for Philanthropic hours for Easter Seals for State Hours. Brenda Meyers is the new IC President for 2023-24 and her theme is to Connect through ESA and to grow our membership. Headquarters has a virtual opportunity on October 19 with an "Olive Oil and Balsamic Vinegar Tasting," that can be done as an individual or as a chapter, what a great idea for a social to connect with each other, the cost is \$90 that includes 4 bottles of flavored olive oil and 4 bottles of flavored vinegar, spice samples, sample cups and mini spoons for tastings, info packets, recipe ideas and other goodies or for \$70 you can receive a 2 bottles of flavored olive oil and 2 bottles of flavored vinegar. The 2023-24 Membership Campaign is "The Power of Us," the collective, incredible power that comes when members do good work in their communities in the name of ESA. As you host events, volunteer, and fundraise for great causes this year, submit your stories to ESA Headquarters for a chance to be recognized and earn national awards. The Power of Us campaign is a way to show the world the power of ESA by amplifying our collective impact. I hope to see everyone in September 28-29 at Leadership and the Fall Board meeting.



A Candle Loses Nothing by Lighting another Candle

VSC LEADERSHIP 2023

September 23, 2023

Montgomery Hall Parks & Recreation Facility

1000 Montgomery Avenue

Staunton, VA 24401

CARRY THE ESA CANDLE
AND SHARE WITH THOSE YOU MEET



GOOD FRIENDS • GOOD WORKS • GOOD TIMES

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Executive Board Articles

Marie LaDuke, VSC 1st Vice President

Your 1st Vice President & the Virginia State Council wants you!

I am looking for members across the state to serve on the Executive and Appointed Boards for the upcoming 2024-2025 year. Please consider filling one of the offices. I have been giving it a lot of thought and will soon be contacting many of you hoping you will accept a position to serve along side me and the other officers. If you have a particular position you would like to fill, please let me know.

Serving on the Boards is a great experience working with others and can be very rewarding. Give it a try. I would love to have the opportunity to serve with you. See you in September!



Bev Scott, VSC 2nd Vice President

The POWER OF US!

Hi everyone! Hope you're getting started with some great activities for fall. In July at IC Convention, ESA Headquarters announced our new program for the year called the Power of Us. It's a campaign to do activities in our communities in the categories of Education, Service, and Association, and to share our stories with the world. It's also a friendly competition. All chapters are invited to enter a project in each of the 3 categories to add your activities to our national story and also for a chance to be recognized. You can learn more at www.epsilonsigmaalpha.org/PowerOfUs. Membership is in the Power of Association category and this year's activities are for both Recruitment and Retention. The Recruitment section is for having a recruitment party to welcome new members. The Retention section is to have a chapter social focused on strengthening our ESA friendships AND adding at least one guest to your social. October is Recruitment Month and all our Facebook fun kicks off SUNDAY, OCTOBER 1 with a Facebook live broadcast at 5 pm Pacific/6 Mountain/7 Central/8 Eastern. Join the IC membership directors for some quick fun and an overview of the activities for every Monday all month. Plan to spend 20 minutes with Lauren and Kerry

for fun and prizes. To get involved, visit www.facebook.com/Groups/ESAMembershipIdeas, ask to join the Group, answer the security questions (chapter name and your state) and you will be added to the group. (It's a private group for internet security, you must be an ESA member to join.) If you have your Recruitment Party or Retention Social and submit it to the PowerOfUs website by October 31, your chapter will be invited to the national Zoom party on November 9. If your chapter (or you as an MAL) sponsor a new member by 10/31, you will receive an additional invitation to the "Star Bar" pre-party cocktail event on November 9 as well. Please hold a Recruitment party (or a Retention social PLUS ONE GUEST) by the end of October and enter it into the PowerOfUs webpage. We want great representation from our state AND a bunch of wonderful new members who enjoyed meeting us and want MORE ESA! There are party ideas on the website, www.epsilonsigmaalpha.org/Recruitment and you can reach out to me or to ESA HQ for supplies and ideas (this goes to Tracy)

Katrina Saunders, Recording Secretary

I will be the VSC Recording Secretary again this year. Many thanks to Judy Williams and Carol Campbell for reviewing the minutes from the 2023 VSC Convention. With a lot of help from VSC Members; we were able to complete that

task! Please send me any reports you have for the Fall Meeting by September 17th. I will send out a reminder email. I will be the Editor for the Lamplighter as well this year. Thanks to everyone for sending articles for this issue. Plan on sending the Winter articles by the end of December and the Spring articles by the end of March.

Stephanie Hess, Treasurer

I am excited to serve as your VSC treasurer for another year. I learned so much last year and I am looking forward to using that knowledge this year. Don't forget that your Chapter's Tax Facts are due to headquarters before September 15, 2023. Forms are on the VSC website. First half of Chapters dues are due to me October 1, 2023. They are \$11 for each member on

your chapter's roster. You can bring them to me at the fall meeting or mail them to me. My address is 414 Mallard Cove Rd, Moneta, VA 24121. I look forward to seeing you in Staunton.

Nicole Lewis, Parliamentarian

Hello fellow members. I've been crazy busy since I last saw you all. I spent some time with my family in New York to help my oldest niece celebrate her 25th birthday. I had fun with the family. Work itself has been insanely busy – covering for a coworker on maternity leave, handling my own projects and training a new member of my team. I look forward to seeing you at the Fall Leadership and

meeting later this month. Remember, if you have any suggestions for By-Law or Standing Rule changes, please shoot me a message or let me know at the meeting. The best e-mail address to send me a message at is nicmarlewis@gmail.com.

Beverley M. Wright Jr. Past President, Disaster Fund Chair

Though this has been a hot and exciting summer for many of us, it has been challenging for so many throughout the country. Right now, I am feeling so much for the people on Maui who have lost their lives, homes, and livelihoods. As the heat and humidity along with the storms move across the mainland, so many will be impacted.

In trying to come up with an idea to encourage giving to the ESA Disaster Fund, I kept thinking of how truly grateful I am to be alive, to have friends and family in my life, and still have relatively good health and the ability to help others. As you all know, the Disaster Fund is there for ESA members who are having health issues, have lost their homes due to acts of God and nature, or find themselves in a situation they never thought they would encounter. We watch the news on TV, read the newspapers, and listen to the radio and feel empathy for all who are dealing with these events, but until it happens to you or someone you know personally it doesn't feel real!

So, since everyone reading this article is alive (and hopefully doing well), LET'S CELEBRATE JUST BEING ALIVE AND WELL and donate a dollar amount to the Disaster Fund that equals your BIRTH DATE!!!! For example ... I was born on the 14th of April so I will donate \$14.00 to go towards helping another ESA sister/brother whose life has been impacted by a disaster. If you were born on the 1st, then you donate \$1; or

if you were born on the 31st, you donate \$31. For those with a higher BIRTH DATE, you may choose to pay in 3 installments i.e. \$10 at the Fall meeting, \$10 at the Spring meeting, and \$11 at Convention. Whichever way works for you would be deeply appreciated!!!!

Each individual who **chooses** to participate in this challenge will receive one (1) ticket. At the 2024 VSC Convention, one of the tickets will be drawn and that person will receive **\$100**. So, everyone who donates has an equal chance of winning. You may think – will this really generate a generous donation to the Disaster Fund? I did a quick calculation going through the yearbook with all the birthdays and if EVERYONE were willing to donate their BIRTH DATE AMOUNT, it would be around \$1500. Can you believe it? Won't it be fun to see if the 'winner' donated \$1 or \$31?

As always, your donations are voluntary and there is no pressure to participate other than your desire to reach out with a small monetary donation to help another ESA member!

See you in September!



Appointed Board Articles

Theresa Morris, Association of the Arts

I am excited to be helping with the Association of the Arts Awards this year! I would like to challenge each of you to submit a project in one of the many divisions available. To officially encourage your participation, I will personally donate \$5 to the State Project, for each submittal. Being

the math masters you are, if 20 submittals come in, I donate \$100. I would LOVE to donate even more!!

This year's Association of the Arts form is located on page 9 of this issue of the Lamplighter.

Susan Caldwell, ESA for St. Jude

UPDATES

The Hampton Roads and Richmond Dream Homes have been given away. The Central Virginia Dream Home will be given away in August. Totals for the Dream Home Campaigns will be revealed at the Fall VSC meeting. Amazing St. Jude totals revealed at the IC Convention 2023 in Grapevine, TX—I'll share those totals at the Fall VSC meeting—Great job, well done VSC! St. Jude Walk/Run 2023—Details below—Create or join a team!

St. Jude Walk/Run 2023

Some event locations are hosting in-person events this year but there is still an option to participate **virtually** no matter where you are. In addition to the established event locations, ALSAC/St. Jude has added an additional 20 locations exclusively for **virtual participants** that don't have a Walk/Run close. Please check the St. Jude Walk/Run website for more information on the event near you.

Earn your St. Jude Walk/run shirt by raising \$100 on your walk/run page. (see below)

Ask your friends and family to join your team and make your team goal \$1972 in support of the first year ESA partnered with St. Jude Children's Hospital. There are two ways for you to join and show your support: in-person or virtual. At registration you can choose the option that works best for

you or register and decide later. There will be 70 in-person walk locations this year, including the 20 locations for virtual only participants. Choose to keep your distance or join in the party, whatever you are most comfortable with. Keep in mind, in-person events will still observe safety precautions to ensure everyone has a great time and stays safe. See which works for you!

[Join the ESA Walk/Run national team today!](#) (Click on this link and scroll to Team ESA Virginia set up by Lou Ann Wyer, join the team and make your donations. Remember this is a virtual event on September 23, 2023.)

NO MATTER WHICH OPTION YOU CHOOSE, CHECK "ASSOCIATE YOUR PARTICIPATION WITH A NATIONAL TEAM" WHEN YOU REGISTER AND SELECT ESA FROM THE DROPDOWN.

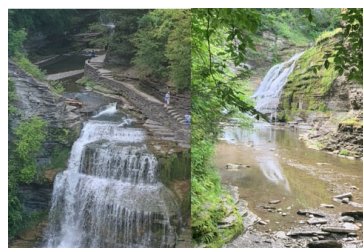
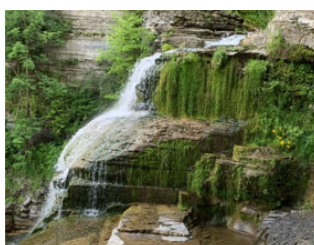
Both options allow you to earn fundraising incentives, use awesome features in the St. Jude Walk/run app, help ESA reach its national goal of \$75,000, count toward your state and chapter totals and, most importantly; help show your love for the kids of St. Jude!

LuAnn Wyer, Webmaster Co-Chair

Hi! I hope everyone has had a good summer. I recently got back from my summer trip to NY. I hiked up Lucifer Falls in the Robert H. Treman State Park in Ithaca. I've attached just a few of the pictures I took – if you ever get a chance to visit some of these spectacular falls in the Finger Lakes region of NY, you will not be disappointed! I'm hoping to check off the top 15, at least, from my bucket list.

I will be the VSC website co-chair again this year. If you have any additions to the website or if you see any errors on the website, please contact me directly.

Lucifer Falls, Ithaca NY



Appointed Board Articles

St. Jude Walk, LuAnn Wyer

Team ESA Virginia is participating in the Virtual St Jude Walk Run this year on September 30, 2023. Beta Kappa is planning to walk (location TBD) and you are welcome to join us OR walk in your desired neighborhood OR participate through your online donations. Thank you in advance!

Here is the link to get to Team ESA Virginia:

<http://walkrun.stjude.org/4theKids>

St. Jude Walk/Run - National

Team: Team ESA Virginia Team Captain: Lou Ann Wyer

Audio/Video Director, Nicole Lewis

Our Fall Leadership/meeting weekend is fast approaching. Please remember to let me know about any audio/visual needs you may have for the meeting. It helps if I have any needed files ahead of time, so I may test them out to make

sure I have the appropriate program to run them.

Please let me know if there is a specific A/V or tech item you'd like me to cover during one of our meetings. I'll do my best to cover it.

Looking forward to seeing everyone in Staunton.

Hope for Heroes, Bev Scott

Just a note to let you know that I will, again, be Virginia's Hope for Heroes Chairperson for 2023-24. Our focus will continue to be on Tunnel to Towers and the great work it does for our soldiers, first responders, firefighters and Gold Star families. Having Cpl. Bailey attend our Spring meeting was so inspiring and made me and hopefully you want to continue this great cause. In 2007, Cpl. Larry Bailey made his father proud by following in his footsteps and enlisting in the United States Marine Corps. He showed his commitment to others while deployed as a Senior Machine Gunner in Afghanistan. When an enemy attack caused a fellow service member to be injured, Larry immediately provided cover fire that allowed the Marines to transport their comrade to safety. In 2011, Larry and his unit were ambushed by small arms and machine-gun fire that killed a fellow

Marine. While trying to repel the assault, Larry struck an improvised explosive device (IED) and was injured, resulting in the amputation of both legs above the knee and the loss of his left hand. Larry received the Purple Heart for his combat wounds. Cpl. Bailey received his smart home in 2017.



Alpha Nu, submitted by Pat Holtsclaw

Alpha Nu has spent time via Zoom meetings setting up for Educationals and ideas for a Philanthropic project for the Sorority year 2023-2024. On Friday, 23 June 2023, three ESA members attended a funeral service for Edna Plancon. Edna was a member of Beta Tau chapter for over 45 years. Pat, from Alpha Nu, Sandy Reed from Beta Tau, and VSC current President, Priscilla Browning attended the service. The family set up a really nice lunch for everyone following the service, photo attached. Also, Kathy, sister to Doris Hood died 15 July 2023. Some members

may remember that Kathy was a guest of Doris at many VSC Conventions through the years. Alpha Nu have a luncheon planned for 5 September, 2023, meeting at the Edelweiss Restaurant in Stanton. It is hoped that seven members will be able to attend this event.



Alpha Omega, submitted by Jane Parrish and Priscilla Browning (VSC President)

We are starting this 2023-2024 year on September 2nd. We meet the first Saturday each month. We will pay our chapter dues. We will bring two foods for our needy families. We also plan to do a WATTS dinner for the homeless when Market Street United Methodist Church takes their week. Last year it was in October. Since we haven't had our meeting yet, we don't have our social calendar but we will plan a Christmas dinner for sure. We are still waiting to hear our program list. We do plan our Christmas bags (2 each) to pass on to our Shenandoah Agency on Aging and our usual service for the Christmas dinner at N.W. Works—

we have served 50 dinners so far to them. We had such a wonderful meal at the Sunflower Cottage, we are hoping to do this again. They grow herbs they served in their food in Middletown. Our state president, Priscilla Browning, in our chapter, suggested we should send letters to businesses suggesting they contribute to St. Jude Hospital. We will raise money for our Ways & Means with a country ham sandwich order then take orders for more in late January for February gain. This has been a success fundraiser for our large amount of orders. Hopefully we will have a good year. Our officers are: Polly Look President; Ann Taylor Vice President; Betty Hess Recording Secretary; Bee Adams Corresponding Secretary; Laura Button-Cain Treasurer; Jayne Craig Parliamentarian. These officers were installed by our VA State President, Priscilla Browning.

Beta Delta, submitted by Shelby Hodges


Beta Delta ladies have been busy since convention. Welcome to Cindy Dinkel – our newest member and thank you Lisa for introducing her to ESA. Cindy has jumped right into the activities of the chapter and has many philanthropic ideas which are so welcomed by the group. Our first Ways & Means project was a Mary Martha party to benefit our state project, as well as Easter Seals. We hope to realize a nice profit. A Pampered Chef party is planned for November to benefit St. Jude. Congratulations to those ladies who volunteered to serve on the VSC Appointed Board for

the coming year - Shelby, Chaplain, Ginger, Easter Seals and Lisa, Awards. Shelby & Julie plan to attend the Leadership Conference later in September as well as the Fall VSC Council meeting. Educationals have been presented by Lisa concerning origin and facts about our US flag and Shelby with introduction to giving foods to local church Food Pantry. Until next issue when we will have more to report, take care of yourselves and share ESA!

Beta Sigma, submitted by Pam Cook

We Got Talent, Yes We Do, We Got Talent, How Bout You? Beta Sigma will be Showing our talents through many fun and informative activities that we have planned for the new sorority year. But wait! We have been busy since we last met with our Virginia Sisters. Of course there was a VSC Convention where fun was had by all. We also spent the summer traveling with our families to the beach, Italy, Montana and many other places. If you know Beta Sigma you know we don't sit still. We meet monthly to work with Chesterfield County Food Bank for their monthly distribu-

tion at AM Davis Elementary School. They host 100 - 150 clients at this location monthly. Of course we have help from our families. Susan Caldwell hosted us at her home for a lovely installation of our new officers; followed a few weeks later with our planning meeting. I, for one, am looking forward to sharing and seeing everyone's hidden talents and knowledge. Always Learning. Until

we meet again for VSC Leadership & Fall Meeting;  Share your talents with a friend!



Delta Rho, submitted by Jenny Brunelle and Roxie Leonard

Delta Rho has been very busy since our Spring edition came out. At our April meeting we talked about a person from our own, or another family member's ancestry...all very interesting stories. One scandalous!! We had two events in May.. One a lecture at our library on the history of Ireland, second; our convention. Almost our entire chapter went to Harrisonburg in May. It was a great time ending Beverley's year as State President. Our thanks to her and all who served this past year—job well done. Our President, Ruth, again hosted our Summer yard sale for St. Jude. It was a success! For the first time,



we joined the summer "Adopt a Street" program in Front Royal. It was hot, but we managed to pick up lots of trash (cigarette butts—yuk). Pam, Ruth and Roxie collected coupons for our Troops. Roxie spearheaded us collecting books for Veteran's families. We got together to sort, pack and mail them to the families. Tineke and Ruth have gotten together to go to a play and a movie. Tineke and Jenny have gone to line dancing classes. We are looking forward to cooler days and starting our regular meetings in September. Hugs and Blessings.



Delta Sigma, submitted by Sheen Childress



Greetings from Manassas! Our Delta Sigma members have been busy traveling and enjoying a little culture this summer. Mike and Suzanne traveled to the UK and the Caribbean. Sheen went to British Columbia

and Alberta, Canada. Katrina spent time in Florida and Asheville NC. Many sites to

see and foods to enjoy! Sheen and Katrina saw Hello Dolly at Shenandoah University in Winchester, Virginia. It was a wonderful performance and a beautiful theater. We are looking forward to more travel and learning opportunities this year, as well as supporting our favorite charities including our beloved St. Jude.



Zeta Nu, submitted by Bev Scott

Happy Labor Day from beautiful Smith Mountain Lake and your Zeta Nu Sisters. We have had an usually difficult time getting together since Convention. Between illnesses, travel and work, we have not been able to meet as regularly as we normally do in the summer. Since there are only four of us, we try really hard for everyone to be able to attend. First of all, IC Convention was fantastic-accommodations were lovely, food was great, and Denise and her board did an amazing job! She complimented Virginia's Convention in one of her speeches as allowing her to relax and have fun before the rigors of IC began! Yeah US! There was shopping and restaurants nearby, and did I say that the Embassy

Suites "free drinks" cocktail hour brought the sisters out in force! Brenda B and I left on Sunday and headed to Waco! Of course we did the whole Magnolia "Thing"! It was so much fun, so beautiful, and as spectacular as expected. We toured Waco and saw lots of the houses that had been remodeled, and then a river tour! Let's say we didn't miss much! This year's theme is "Celebrating Pets and Patriots in ESA"-my two passions! I got elected president, with four of us, let's be honest, it was just my turn again!! But we do plan on focusing on our local SPCA, and Hope for Heroes through Tunnels for Towers. We managed to get together for dinner in July, and Tracie entertained us in her amazing home in August where we finally held our yearly Unbirthday Party with presents and Birthday cake! Looking forward to seeing everyone in Staunton for Leadership and the Fall Meeting.



Notes and Information

Thank You Note from Brenda Orebaugh

Thank you to all my ESA sisters who sent cards and emails after my fall. I am doing much better. Still have some bruising on my face and a support on my hand. I still cannot believe it happened but, thankfully, it was no worse. Hope to see everyone at Leadership.

PPA Bazaar, submitted by Mindy Boyd, Susan Caldwell and Beth Sherron

Hope you're saving your money to purchase great items at the PPA Bazaar! The PPA members are working on preparing our donations—baked goods, hand-made items, books, clothing, household goods, and more!

Here are the details:

Location--Montgomery Hall Parks & Recreation Facility, 1000 Montgomery Avenue, Staunton, VA 24401

Date and Time--Saturday, September 23, 2023, prior to the Leadership Conference and during breaks and lunch.

Finance Committee, submitted by Brenda O., Doris and Stephanie

The Chinese Auction theme for the September 24th Board Meeting will be:

*Pumpkins.....Candles....Fuzzy Socks....Coffee....Plants...
All Because It's Fall*



Catherine Gorham Association of the Arts Entry Form

Name	Member #
Chapter	Chapter #
Address	
City, State, Zip Code	
Home #	Email Address

Div	Categories	# of Entries
1	Fine Arts - Oil Painting or Acrylics (a)	
	Fine Arts - Drawings: Pastel or Charcoal (b)	
	Fine Arts - Watercolors (c)	
	Fine Arts - Sculpture (d)	
2	Literature - Poetry (a)	
	Literature - Short Story or Humorous Essay (b)	
3	Visual Arts - Calligraphy (Mounted or framed for display) (a)	
	Visual Arts - Photography (Black & White or Color, Mounted or framed for display) (b)	
4	Folk Art - Pottery (a)	
	Folk Art - Tole Painting (b)	
	Folk Art - China Painting (c)	
	Folk Art - Doll Painting (d)	
	Folk Art - Ceramics (e)	
	Folk Art - Wood Carving (f)	
	Folk Art - Weaving (g)	
	Folk Art - Hooking (h)	
	Folk Art - Knitting (i)	
	Folk Art - Crocheting (j)	
	Folk Art - Latch Hooking (k)	
	Folk Art - Metalsmithing (Copper, Tin or Brass) (l)	
	Folk Art - Miscellaneous (m) (please describe on back of form)	
	5	Wearable Art - Sewing (a)
Wearable Art - Fabric Painting (b)		
Wearable Art - Miscellaneous (c) (please describe on back of form):		
6	Holiday Art - Ornaments (a)	
	Holiday Art - Decorations (b)	
7	Fine Needlework (hand or machine) - Crewel (a)	
	Fine Needlework (hand or machine) - Embroidery (b)	
	Fine Needlework (hand or machine) - Counted Cross Stitch (c)	
	Fine Needlework (hand or machine) - Needlepoint (d)	
	Fine Needlework (hand or machine) - Quilting (e)	
8	Fine Needlework (hand or machine) - Miscellaneous (f) (please describe):	
	Original Masterpieces (Must be entered as is. Include description & circumstances)	
	Original Masterpieces - Goof-ups (a)	
	Original Masterpieces - Unfinished projects (b)	
9	Original Masterpieces - Flops (c)	
	Chapter Crafted Project	
Total Number of Entries		

All items should be brought to the VSC Convention with the exception of Literature entries. Entry Forms and Literature entries should be submitted to the current Association of the Arts Chairman no later than April 15.

Rev June, 2017

Email to: Theresa Morris: theresaseaymorris@gmail.com