

The Lamplighter

Virginia State Council

Epsilon Sigma Alpha International



President Marie LaDuke

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Fall is in the air. I just returned from spending a few days in the Virginia mountains at Massanutten. The weather was gorgeous with clear blue skies and beautiful views.

I want to again thank LouAnn Wyer for the outstanding PPA Leadership she organized. The speakers were excellent and I think those in attendance enjoyed the day and learned a lot about how to live healthily. Thanks to Susan for arranging the use of her neighborhood clubhouse for the weekend. Thank you to Beth Sherron for planning the donations to ASK of toys and snacks. Her car was stuffed with the items everyone brought.

The Fall VSC meeting went well. Thanks to the Richmond Area Chapters for providing the breakfast items prior to the meeting. Thank you for attending.

I received many gift cards and items for the SERC Purse Auction. Thank you for your donations. Virginia will have a great contribution to this fundraiser.

I am preparing to go the SERC in a couple of weeks. I look forward to seeing those of you who will be there too. I know we will have a good time.

Don't forget to share the gifts of ESA with others as we look for new members or bring back previous members and MALs.

“The best gift you can give is a hug. One size fits all and no one every minds if you return it.”

Vice President Katrina Saunders

Happy Fall Everyone! Those of us who attended the Fall Leadership in Richmond left energized and ready to organize our lives and our health. It was a great meeting which caused me to have conversations with my family about the information I learned. For those of you who were unable to attend - we missed you and hope to see you in the Spring.

As the VSC Vice-President, I am tasked with leading the effort to increase our membership and to fill the Executive and Appointed Board positions for the 2025-2026 VSC year. Both of these tasks weigh heavy on my mind because they are so vital to our ability to thrive and continue to exist as an organization. The recruitment of new members and the participation of all of our members in the VSC is necessary for us to continue our mission of Good Friends, Good Works and Good Times. I was happy to report at the Fall VSC meeting that Delta Sigma has recruited a new member, Kathryn Gerow. Many of you may remember her as my sidekick when she was little as she attended many meetings with her momma!

On October 3rd, I attended a Zoom Kickoff Meeting since October is recruitment month. Out of the 61 Zoom attendees, three were from Virginia. Thank you Marie and Susan for attending! One of the activities was to share a favorite picture from your ESA memories. Lots of fun memories were shared including Walking the Dog which I remember was an early project of Delta Sigma. A Chapter Charter challenge has been issued to all state councils. We are encouraged to start a new chapter by the end of May 2025. Let me know if you have any ideas for this challenge. Perhaps you have a contact at a college, university or local community college where we could start a new collegiate chapter. Perhaps you know of some MALs who would like to rejoin the VSC as a new chapter.

I am excited to announce the Executive Board positions have been filled for the 2025-2026 VSC Year. The board will be made up of a great mix of veterans and newcomers to the board. I am so grateful for our new board members and their willingness to say "yes" to the work of the VSC. Every organization needs a strong succession plan and these ladies have ensured the future of our organization. I have also had many of our members agree to take on the tasks of the appointed board. I have a few positions that need to be filled including Awards Director, Two more needed on the Finance and Nomination Committee and a Social Director. Please let me know of your willingness to serve on the appointed board. I will be reaching out to many of you in the upcoming months.

I'll leave you with a funny kindergarten story to make you smile. After Back to School night, I mentioned to one of our Kinders that she looked exactly like her mom. This little one has a beautiful head of blonde hair - as does mom. She rolled her eyes and said, "She dyes her hair." I told her she probably shouldn't be telling mom's secrets. So be careful what you let the little ones in your life know - they may give your secrets away!

I hope all of you have a happy Fall and head into the holiday season with happiness in your heart. Take care and I will see you at the Spring meeting.

Association of the Arts Doris Hood

THEM-ME-YOU Most of the girls and some of the boys in my family have been gifted with the Arts and Crafts Gene. Some to the point of going professional.

Them My great granddaughter Cora now nine made me a beautiful small multi colored vase when she was five. It was perfectly crafted and you could hardly tell when one color began and another ended. It occupies a place of honor in the dining room on the buffet or sideboard whichever you call it. My niece Geri now fiftyish made a life size figure of my cat Smoke who was a rescue from a rain drainage at Fort Belvoir. She sits on the upstairs landing keeping guard on the traffic. The only help either girl required was using the Kiln

Me The Arts and Crafts Gene completely passed me by. My niece, Jody Sullivan, only old timers will remember her, decided everyone could make something. Well I needed some new drapes and back in the day they only came in one width. If you needed wider, you had to sew panels together. I took mine to Jody asked her to sew them for me. She said no and steered me to the sewing machine. When I finished, one side was 6 inches shorter than the other and Jody had to take them apart and start over. After that I was the delegated pillow stuffer.

You It is very rare that the Arts and Craft Gene completely passes without leaving a little talent behind. I know first hand that there many very talented VSC members. And I bet there are many others who have something to share. It will soon be winter with falling snow and days we just want to stay inside. That would be a perfect time to write a story/poem, paint a picture or dabble in ceramics. Who knows maybe I'll have one of the kids make a craft and I'll put my name on it. Just Kidding.

Chaplain Sue Foy

Hello Sisters –

Today is a beautiful day in this neighborhood. Hope all is well with you and your family.

Today is not so good in Florida, Georgia, Tennessee, and North Carolina Helene sure gave it good to all the folks in these states. Reports are slowly coming in to let the rest of us know how people are managing to get their lives back to some sort of normalcy. It takes a while to analyze what the next steps are after daily survival and what to do from there and where to get the help they need.

There are lots of ways for us to help our sisters who need us. If you know of someone who needs our help, let us know. My chapter Beta Kappa, is working with a helper who can get our donations to where it is needed. My Methodist Church is working through its relief committee (UMCOR). The Red Cross as well as the many federal and state programs are on the ground, literally, helping as many affected people as they can get to.

My communication's system is slowly getting better. You can send me any prayer requests, concerns, and celebrations to suefoy1012@gmail.com. I will do my best to relay your information to the rest of our membership in a timely manner.

“JOY is what happens to us when we allow ourselves to recognize how good things really are.”

Have a joyful day today and always.

ESA ST Jude Coordinator Susan Caldwell

As the ESA for St. Jude Coordinator for the VSC, I sign in to the Quarterly Zoom Meetings. The ESA for St. Jude Coordinators, Jennifer Gailey, Sr. and Larry Oberste, Jr. coordinate the meeting with Deena Steele at ESA Headquarters, and they presented the following information:

ESA WEBSITE

- Check for updated St. Jude forms on the ESA Website.

ST. JUDE WEBSITE

- VMS/Volunteer Management System—Sign up on the St. Jude Website if you haven't done so before.
- Search for Events in our state—There is usually a Gala in Hampton Roads that always needs volunteers and attendees. Date TBD.

The ESA for St. Jude campaigns run from **June 1 to May 31** (This is different from the VSC campaign dates—**April 1 to March 31**) Continue to report your and your chapters hours, miles donated, value of donated goods, and mileage to the current VSC Philanthropic Chair and then to new VSC Philanthropic Chair.

VSC ESA FOR ST. JUDE INFORMATION

The St. Jude Walk/Run ESA Team goal is \$80,000. You can continue to donate until November 2024.

All Dream Home Campaigns have reported their credited monies for the 2024 Dream Home Campaign to ESA Headquarters. Very impressive numbers that represent dedicated service!! Remember to report these hours, miles, monies, and the value of donated goods to the VSC Philanthropic Chair, Mindy Boyd, on your “monthly” Philanthropic Form.

Thanks to Delta Sigma for emailing me your monthly Philanthropic Report. Great to see you're your Chapter is doing for Philanthropic!

ESA NEWS

Registration for the IC Challenge at IC Convention 2025 in Cary, NC, opens in **February 2025**. The IC Challenge at IC Kansas 2024 was so much fun! Here's hoping if there is a great theme that we will "dress up." You know I love a costume!

Hope for Heroes Bev Scott

Recently at the Fall Council Meeting and in an email I sent out a request to several Virginia ESA Chapters to let me know what their members did for the Hope for Heroes project, and also if they had a designated person for this position. Following are the responses received including Zeta Nu's. I would like to thank those who answered my email so quickly, and hope to receive more from the rest of our chapters soon.

Beta Kappa Ginny Hatchell Hope for Heroes

We are lucky to be close to Norfolk International Airport, where a USO location is on the second floor of the airport. The USA kindly accepts donations of paper products, food, coffee, etc. I have seen military personnel and their families in the lounge waiting for flights and having them sit comfortably waiting is a blessing.

I walked into the airport with my wagon in tow when a couple approached me and asked if I was going to the USO. I confirmed I was. That couple retired here after he retired from the military. He said he always enjoyed being able to go the airport in advance of a flight because he didn't have to wait in the open area but could head to the USO lounge. When he asked if I was a military wife, and I told him I was not, he beamed and said that that is what the USA is about, it is not just military supporting military, it is everyone supporting the military.

Our other group which we strongly support is Vets House. It is a locally run private residence (several residences actually). The "home" which we support is for the women. They currently have women in that residence. These women are veterans who would be homeless, and were homeless. Our group supports these women with gift cards for purchases (Walmart, etc.) and regularly provide them with clothing for both pleasure and job interviews. This group of women have banded together and we delight in being able to provide the little things they need to thrive.

Those are our two favorite projects.

Beta Tau Sandy Reed Hope for Heroes

I am the contact person for the Hope for Heroes in Beta Tau. We support WreathsAcrossAmerican, VFW, DAV, and the Vietnam Veterans of America.

Gamma Pi Beverley Wright Hope for Hereos

Since I am our chapter philanthropic person, Hope for Heroes falls under me. Brenda and I do not have a special project however we support such organizations as T2T, Disabled American Veterans, WreathsAcrossAmerica, etc. on an individual basis and run through the chapter for accountability.

Zeta Nu Bev Scott Hope for Hereos

As the State's Hope for Heroes director, I also fulfill that position in Zeta Nu. Our primary project the last two years has been Tunnel to Towers. We make a yearly donation from the Chapter and then do individual donations from members.

In the past Zeta Nu members got together on several occasions to make tie-lap blankets for veterans at the Salem Veterans Hospital. Once these blankets were finished (more difficult for our craft-impaired!), we filled up goody bags with all kinds of treats. After making arrangements with the patient co-ordinator, we were allowed to visit at the Hospital and distribute the blankets and bags to the veterans. We had the opportunity to visit with some of these individuals and their visiting families.

With Veterans Day coming soon, I would encourage each chapter to do what we do this time of year, and send cards out to those presently serving. Lists can be found on line or through most churches.

And, of course, I couldn't end this article, without encouraging you to share the info in your chapter folders on Tunnel to Towers and considering making a contribution to a great cause

Social Director Pam Cook

From My Desk to Yours

Are you ladies who lunch? Did you get together and go to a museum? Go see a great speaker and maybe lunch or dinner after? I wanna hear about it. I have seen some great stuff so far and of course spent lots of time with my Beta Sigma Family. You can send them to me all at one time by April 15th or monthly. Whichever you choose!!!

My email is gogopam1@msn.com or snail mail 2350 New Market Rd Henrico VA 23231
I will let you know I got it either way by email.

Looking forward to seeing all your fun!!!!

State Project Director Beth Sherron

I hope everyone that attended the Fall meeting enjoyed Kelsey with her ASK Childhood Cancer Foundation history and update. She is amazing to work with as is all of the staff there.

Thank you, thank you, thank you!!!! My Jeep is full of items for the toy closet and snack closet. Kelsey was so excited when she saw it! Great job everyone. You always come through.

I have put in your chapter folders pictures and raffle tickets for the drawing in May 2025. The pictures do not do it justice but I will quilt it and try to get more pictures. I hope you like my choice this year.

I am excited about the adopting a Christmas family this year. Alpha Nu, Delta Sigma and Gamma Pi has signed up along with my Jeep club. I look forward to seeing all the photos from the deliveries!!!! If you want to participate let me know and I will get you in touch with Sarah Kelly at ASK.

Thank you again everyone that helped us send checks to both ASK and Special Love. Each organization got a check for \$1,530.50. We raised a little over \$3,000. Give yourself a hand!

I am excited that I received the first check for this year's campaign from Beta Delta for over \$500. This is a great start for this year

I have not heard of any volunteer opportunities at Special Love, but I continue to contact them for updates.

Everything Theresa Morris and I delivered to the office.

Thank you!!!!!!



VSC Webmaster Lou Ann Wyer

VSC Website

The website is up to date. Please send me pics or info you need added/corrected.

Alpha Nu, submitted by Pat Holtsclaw

Alpha Nu is pleased to announce a new member has joined our Chapter. Priscilla Browning has now joined Alpha Nu and was able to join us for our Zoom meeting on Tuesday, 1 October, 2024.

Beta Kappa, submitted by Ginny Hatchell

We're growing! I would like you to welcome Jordan Rhea and Jamie Burns (on the left in the picture).

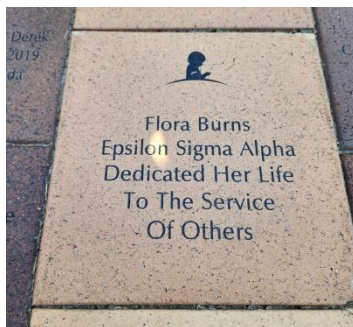
There's no denying this dynamic duo, mom and daughter, will blow you away.

We had met these ladies at our Flamingle social in June. During a hardy round of Left, Center, Right (a game) they did not hold back, so be prepared. Jordan, a newlywed, won BOTH rounds. The pots were divided 50/50, the chapter's 50% going to Easter Seals.



Our other fundraisers have also been successful, so we've got some money in the kitty. Well, we did! This quarter alone, we've supported Back Packs with supplies for kids going back to school, Tunnels to Towers, Hurricane Relief, and a food pantry.

When Deana Renn was at St. Jude's Hospital for a builder's conference, she ran into Beta Kappa's honorary member, Jody Hibbs, and Jody located Flora Burn's brick. Jody might have a special touch. Jody works the ticket booth – faithfully – yearly – for the St. Jude Dream home raffle.



We look forward to this time of year and plan lots of fundraisers for the holidays.

So stay tuned!

St Jude Walk/Run

The St Jude Walk/Run for the beach area this year was virtual as the nearest in person walk/run was held in the DC area. We are still taking donations to help us meet our goal. If you can help, the donation site is:

<http://walkrun.stjude.org/ESA-Virginia>

Beta Sigma submitted by Lynne Rightmyer

The members of Beta Sigma never rest. Vacation? What is that?? After the VSC Convention, we hit the road running with out June meeting which was a social/meeting combination—the best kind. Out to dinner at Scott’s Addition in Richmond, followed quickly by our yearly planning meeting at President Susan Caldwell’s home—food too, of course.

We did take a short break to allow Lynne Rightmyer to take her grandchildren, along with her husband, Rick, to Hawaii for a much anticipated trip for 10 days. Soon after, Marie LaDuke and

Wasting no time when they returned, the chapter enjoyed a summer social/philanthropic weekend at Lynne’s summer home at Gwynn’s Island, in Mathews, VA, where we did what we do best, combo events! We enjoyed together, socialized, made over sixty baby blankets for Little Hands in Richmond

Susan journeyed to Kansas City for the IC Convention.



We all took another short break until the end of August, when ou new year started up again with our next social which was a trip the the VA Museum of History to enjoy the Julia Child exhibit; WOW, was it terrific! Then we went to lunch at a Cheesemonger shop near the museum, where we tried a collection of new meats and cheeses, dessert, and of course, a bottle or two of great wine. That got us ready for our official calendar.



September included our meeting, a Food Bank event, and a special social with Judy Williams' granddaughter, Isra, presenting the educational, a tutorial of henna applications and a taste of middle eastern food. All the ladies felt very exotic. Several members attended the Fall Leadership Conference and meeting held at the Grove Clubhouse in Chesterfield, VA. We topped off the month with our annual yard sale to benefit one of our philanthropic projects—to be determined.



Beta Tau submitted by Sandy Reed

Now that there is just two of us, Doris and I decided not to do the usual chapter events like meetings, socials and philanthropic projects. For philanthropic donations, we each donate to the project. We do go to the Virginia State Council Convention and the Leadership Conference and State Council Meetings. Lou Ann did a great Leadership Conference with outstanding speakers and Panera Lunch.

Right before the Leadership Conference Doris and I went on a Falls Run 3 day tour to the grand canyon of Pennsylvania. Didn't know Pennsylvania had a grand canyon until we got to see it. Williamsport, PA is where we stayed. In the late 1800's Williamsport was the lumber capital of the USA. Many lumber barons became millionaires selling lumber all over the world. They lived on a street in Williamsport known as Millionaires Row and they tried to outdo each other by building Victorian 30 room mansions each with distinctive features. Unfortunately in 1900, a big flood deluged the Susquehanna River where the lumber was stored and it all floated out into the Chesapeake Bay and the Atlantic Ocean. Most of the millionaires lost their money.

Luckily during the depression the CCC came in and replanted the trees that were cut. There is still a present day Millionaires Row. One mansion is now a five star restaurant and we had a delicious meal in it. Another is a museum with breathtaking workman ship on the ceilings and walls. Very few of them are private residences. Many are apartment building or college dormitories.

Another feature of the trip was a covered wagon ride on bike path along the river. The wagon was pulled by two horses and we probably could have walked as fast but the scenery was beautiful.

We also went up to the top of the mountain to see the Grand Canyon. Unfortunately my camera was not cooperating so I didn't get a picture.



Delta Kappa submitted by Elaine Prillaman

Our group has really lost lots of members, Patricia Buck and Brenda Underwood. Carol and I are hanging on just trying to keep chapter together.

We will probably try to meet for lunch sometime soon. The last project was processing tickets for the Dream Home. We were so lucky to sell out in 9 days and the house was given away on August 26. We hope to have another one to process next year. Each one of our Roanoke chapters had someone working in the ticket off and we are so lucky that Pat Bucks husband will let us use his office space to work. Hope to be able to see everyone next year.

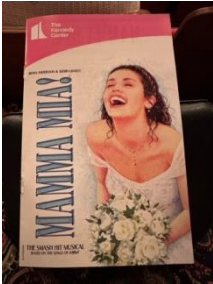
Delta Sigma submitted by Sheen Childress

We are super excited to welcome our newest member, Kathryn Gerow. Kathy is Katrina's sweet daughter. She has grown up with Delta Sigma, so she knows our chapter well and is a wonderful addition.

This summer, we hosted a "Happy Hour" at one of our local breweries to share information about ESA/Delta Sigma with a few friends. We had a great time and possibly enticed a few new members. Fingers crossed!



In August, we had a marvelous time visiting the Kennedy Center and seeing Mama Mia. Kathy was our tour guide as we navigated the DC Metro and bus system. We enjoyed Mama Mia, especially the sing-along at the end.



In September, we participated in the St. Jude Walk with several good friends. Luckily, we had a beautiful sunny morning before all the rain from Helene. Of course, we had a delicious breakfast afterward. We it! earned it.



Our October project is the Alzheimer's Walk in Old Town Manassas. We have participated in this walk several times to honor of family and friends who have passed away from dementia/Alzheimer's. It's project near and dear to our hearts.

Zeta Nu submitted by Bev Scott

Greetings from beautiful Smith Mountain Lake which after a perfect weekend has been drizzly and overcast for the last two days!

Zeta Nu's new year started off at the Convention in May when Stephanie was installed as VSC Secretary after serving two years as Treasurer. Really hated that I could not be in attendance, but was kept updated with photos from Brenda!

Our biggest and most successful event was the restarting of a long valued project, the Easterseals Barbeque Benefit for Camp Easterseals located fairly close to us in New Castle, VA. Stephanie and Ronnie Hess hosted in their backyard, and Chef Ronnie was in charge of the delicious. Members supplied the sides and desserts. With wonderful support from friends and neighbors in the SML community and several ESA's, we had a fun and profitable afternoon. Thanks to Beverley Wright, Brenda and Jimmy Bowersox, Carol Campbell, and former Beta Sigma Cindy Wright for attending.

Zeta Nu members and mascot: Tracie Ayers, Bev Scott, Sheila Levinson, Front: Koda and Stephanie Hess.

Although we normally meet all summer, this year because of vacations etc., we decided to cancel our August meeting. So we met in September as a social at a local restaurant. Next Steph and I were off to Leadership and the Fall VSC meeting. Leadership was amazing! Kudos to LouAnn for an amazing job---I came home knowing I had to eat better, stop using artificial sweetners, and make an appointment with my lawyer, and last but not least who knew the greatest cause of falling in the elderly was actually the "fear of falling"!!!!!!

With her usual expertise, Marie conducted a very informative and interesting Fall meeting. And Food....those Richmond girls know how to provide treats both healthy and sweet! Thank you Beta Sigma, for a wonderful weekend. There was time blocked for socializing which I so enjoyed. ESA sister hugs and conversations are the best!!! And who knew that Dolce Vita was the best Italian place to eat in Richmond. Did someone say, "Painkiller??? Crab Alfredo? Garlic

2025 IC CONVENTION SATURDAY NIGHT BANQUET

“Bottle of Wine, Fruit of the Vine, When you gonna’ let me get sober, Leave me alone and let me go home, let me go home and start over!”

Okay so that was the only line from a song about wine I could think of to get your attention to remind everyone that between now and the March 2025 VSC Council Meeting as you empty your wine bottles, please wash and dry them well (removing any labels) and bring them to the council meeting. We will be given time to create the center pieces for the 2025 IC Convention Saturday Night Banquet and Installation for which the state of Virginia is responsible. Be sure the bottles are clean and there is no etching or labels on the bottles. All other supplies will be available.

Thank you.

Mindy Boyd & Beverley Wright



2026 IC CONVENTION



As Fall gently spreads across the Old Dominion and the trees are turning bright red, orange, and yellow don't forget that we are less than 2 years away from hosting the 2026 IC Convention in Norfolk.

I have sent out a LOT of information via email to the chapters, officers, and past presidents. If you are reading this article in the Lamplighter and have not seen or heard anything about the 2026 IC Convention, then please contact your chapter president or Marie and me.

We are in the early planning stages right now and there are plenty of opportunities for you and/or your chapter to become involved. We don't want anyone to feel they haven't had sufficient notification and opportunity to be an integral part of this undertaking.

A HUGE THANK YOU to everyone who has already stepped forward and will be part of that “Sweet Virginia Breeze” blowing our way!

Marie LaDuke & Beverley Wright

2026 IC Convention Chair & Co-Chair



Wreaths Across America by Sandy Reed

Many of you already support Wreaths Across America. Did you know that Wreaths Across America also donates wreath to other Veteran Cemeteries not just Arlington? My husband is buried at the Quantico National Veterans Cemetery and Wreaths Across America decorates the graves there. Unfortunately there are more graves than available wreaths. I used to buy a wreath for my husband's grave but then I notice the wreaths from Wreaths Across America lasted a lot longer. My husband is not in a front row in the section so if they run short only the first few rows get wreaths. I found out that when I donated to Wreaths Across American I can designate my husband's grave so he gets a wreath. You need the section number and the tomb stone number and the information on the stone so the volunteers who decorate the graves can find it.

So if you have a loved one buried in a veterans cemetery, you can find out in Wreaths Across America decorates that cemetery and with the needed information your loved one will get a wreath. Their website is <https://wreathscrossamerica.org>.

This is a worthy cause even if you don't have a loved one in a veteran's cemetery.