

The Lamplighter
Virginia State Council
Epsilon Sigma Alpha International
Winter Issue 2025

President Marie LaDuke



Articles	Pages
Officers	1-3
Appointed Officers	3-4
Chapters	5-8
2025 State Conv	9-12
2025 IC Conv	13
2026 IC Conv	13

I hope everyone enjoyed your past holidays spent with family and friends and are looking forward to the New Year. Many of us are getting a taste of winter this year. I hope you are staying warm and safe.

This ESA year is more than halfway over. I don't know about you, but the older I get the faster time seems to fly by.

It won't be long before we are getting ready to attend the VSC Spring meeting. I hope all our chapters are accomplishing your goals and I am looking forward to reading your news in the upcoming Lamplighter.

Arrangements have been made to hold the VSC Spring meeting on March 22, 2025. I had intended to use one of the local libraries and, in fact, did reserve space at one. However, after being advised there could be no money exchanged in the building, I asked Susan Caldwell to check on reserving The Grove Clubhouse. It has been confirmed, so once again, we will meet there. At least everyone knows how to get there. We will begin registration and refreshments at 9am and the meeting at 10am. The Grove Clubhouse address is 508 Biggin Pond Road, Midlothian, VA 23114 .

Right after the drawing for Lucky Numbers, we will take a few minutes to create our centerpieces for the IC Saturday Night Banquet. Beverley Wright and/or Mindy Boyd will give you more information in their article in this Lamplighter concerning this. Please remember to bring your clear clean wine bottles.

Also if you have any electronics from the list below that you would like to donate to Tech for Troops, please bring them to the March meeting and I will deliver them to the store.

- Working and non-working laptops (with or without power adapters)
- Desktop computers
- Working flat panel monitors
- iPads and tablets
- Cell phones
- Keyboards, mice, and other computer parts
- File servers and networking equipment
- Wiring (Cat5 and Cat6)
- All other electronics you are throwing away

See you in March.

Vice President Katrina Saunders

Happy New Year to all of you! It is hard to believe that we are at the beginning of 2025. They say “time flies when you are having fun” so I must be having a lot of fun. As I am writing this article, I’m reflecting back on a restful and relaxed Christmas break. I hope each of you spent time with loved ones over the holiday season. I was able to visit with family and friends and enjoyed a trip to Florida. New Year's Eve was warm enough to spend the day at the beach soaking up some much needed sun.

As the VSC Vice-President, I am able to look at our Chapter Status Report from Headquarters. This report lets us know how many current VSC members we have and details our new pledges. I am excited to see that since June 1st of 2024 we have pledged 6 new members. Thanks to those of you who worked your ESA magic to entice these members to join in our “Good Times, Good Friends and Good Works”!

I am happy to report that the Executive Board and Appointed Board positions have been filled for the 2025-2026 VSC year. Thanks to all of you who raised your hand to assist in the work of the Virginia State Council of ESA! With the enthusiasm I have encountered as I have asked members to serve, I am positive that the VSC continues to be a force in the world of ESA

Looking ahead to convention, if your chapter has pledged new members or reinstated an inactive, MAL or transfer member between 4/1/24 to 3/31/25; please fill out the VSC Membership Award form. These forms are available on the VSC website and should be sent to me by April 15, 2025. Please encourage your new members to attend the convention. This is when they will truly understand the magic of ESA!

It seems forever since our Fall meeting. I am looking forward to seeing each of you at the Spring meeting.

The VSC year has been so enjoyable and I’m looking forward to the upcoming events.

Corresponding Secretary Susan Caldwell

The VSC Spring Meeting will give us an opportunity to visit with each other, get updates on projects, and also get some work done on IC Convention 2025.

For those who are attending the Convention in Harrisonburg in May, you're invited to the President's Reception to honor Marie, our VSC President, who has done an amazing job. I'm going out on a limb here and am assuming that the event will take place on Friday at The Madison Hotel. Details as to the time and location will be shared by the Beta Kappa Chapter.

Chaplain Sue Foy

Hello to all my fellow ESA Sisters –

Brrrrr. This has been a cold one here in the Virginia Southeastern area. Our projected snowstorm amounted to a snow dusting. I love watching the snow fall and cover the grass and trees with the white stuff but, what I don't like is slush and black ice on our roads. I feel for all of you having to dig out and plow through to get to work and get needed supplies for home.

The coming year will be filled with many unknowns. However, ESA in Virginia will face whatever comes with grit, thoughtfulness and tenacity to get our service projects done. We can moan about what is happening around us and to us but we can do, as our resident Beta Kappa philosopher, Tammy says. "To not look at all those challenges as problems to solve, look at the problems as new opportunities."

I wish for you all a happy, joyous and wonderful year, 2025.

Stay well, stay warm, stay safe and find the JOY in your life.

ESA for St. Jude Coordinator Susan Caldwell

Dream Home Campaigns for 2025

Hampton Roads—The campaign has kicked off with the Groundbreaking Ceremony in December. The home will be built by Wetherington Homes in Chesapeake.



Richmond—The 2025 Dream Home Office has been donated by Long & Foster Realtors and is located off of Nuckols Road in Glen Allen, VA. The Groundbreaking Ceremony was held on Wednesday January 8th at

the property in the Contreras Subdivision 9119 Terroir Lane, New Kent, VA. (Absent from Picture—Judy Williams)



Central Virginia/Roanoke/Lynchburg. A lot has been purchased in the same neighborhood as Dream Home 2024.

PARTICIPANTS FOR THE ST. JUDE MONIES REVEAL AT VSC CONVENTION

I'll be sending out invitation emails to those I'm asking to participate in the Reveal on Saturday night at Convention. As always, I appreciate all of the help that Marie gives me in preparing for this event.

Philanthropic Chairman Mindy Boyd

Happy New Year! to everyone. Hope everyone had a wonderful holiday season! And wishing you a blessed and prosperous 2025!

To date I've received monthly philanthropic reports from four chapter and know the rest of you are preparing you reports for the year.

Forms are on the VSC website and you can email or mail to me. Remember deadlines are due by April 15, but sooner would be greatly appreciated.

Philanthropic have two distinctive awards, 1. Beverley Wright Philanthropic Hours, 2. Dot Brown Philanthropic Monies Award. I know for fact that most if not all chapters are doing a lot for our communities as well as support our state project and international projects! Please submit forms!!!

It's so rewarding announcing what Virginia contributes to all charities.



Social Director Pam Cook

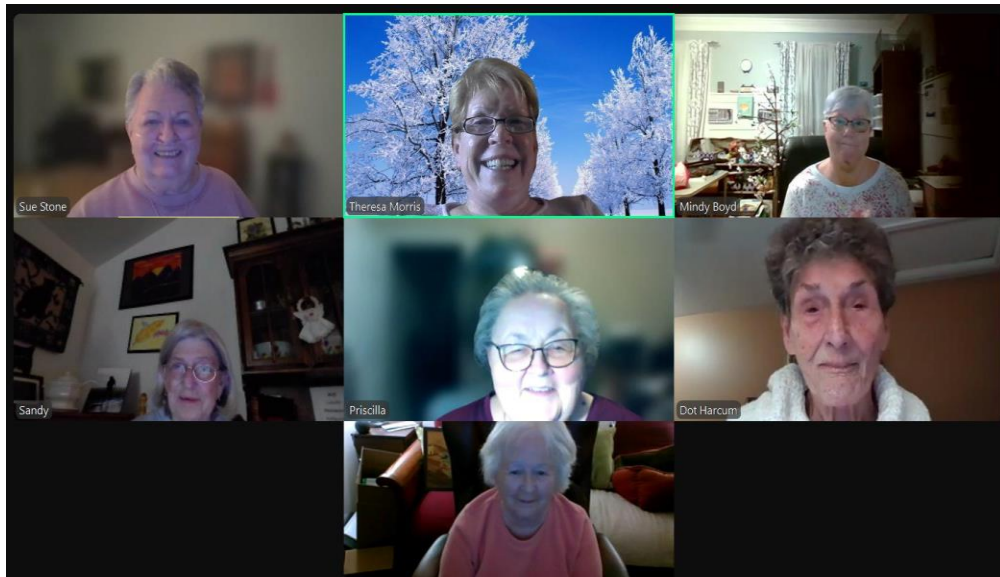
Are you going out to lunch as a Chapter? I wanna hear about it. Did you meet up for an activity as a Chapter? I wanna hear about it. April 15 is right around the corner. You can send your reports for the Lisa Files Social Award by email to gogopam1@msn.com or you can mail them to 2350 New Market Rd Henrico VA 23231. Let's be honest, are we really trusting the U.S. Postal Service. Once I receive them by mail for email I will send you a quick response to let you know that they have been received,

If you have any questions let me know and I will do my best to answer.



Alpha Nu submitted by Theresa Morris

Happy New Year!!! Nu enjoys meeting up on the 1st Tuesday of every month, and our President Sue has a full agenda for that definitely includes smiling! We really look forward to catching up. Pictured below are: Sue, Theresa, Mindy, Sandy, Pricilla, Dot and Pat.



We have been very busy with philanthropic projects and enjoyed providing an ASK Family with a gift filled Christmas.

Mindy and Theresa both have teams for Beta Sigma's upcoming Trivia Night in support of ASK.

Pricilla helped with the WMZQ Radiothon for St Jude, and Theresa has been providing quilts for the Linus Project.

Beta Sigma submitted by Pam Cook

Just what has Beta Sigma been up too? That is the question; we are out there “Discovering Our Talents”

We start every month off with our friends at the Chesterfield County Food Bank for their 2nd Saturday Distribution at Reams Road Elementary School where we provide food for 125 to 180 families per month. This was cancelled in January due to snow but we would have braved the weather. We follow each event at Joe's Inn Bon Air for brunch; we are joined frequently by David William, Doug LaDuke as well as Marie's grandchildren.

We have many who support Tunnels 2 Towers and are monthly Partners in Hope. We are always willing to lend a sister/brother a hand when needed.

In October four members met up at Brown House Candle Company to create our own candles by sniffing and stirring to create combinations you are sure would not work then combining them with the oils and wax. While they were curing we mosied down the sidewalk for brunch at Anne Ruth's Wine Bar. We then picked up our lovely scented candles to take home.

November we took a trip back to the 70's for a Cheese and Chocolate Fondue Social at Marie's House. We gather to enjoy bread swirled in cheese and eaten with cornichons and pickled onions. Dessert Chocolate was melted Toblerones paired with cakes and fresh fruit. Fun times and conversations with six members and three guests.

Then the Holidays were upon us where we started the month with the Richmond Area Members for our Annual Christmas Dinner. This year we met at Dolce Vita and at this event we always show our support for the Richmond Ronald McDonald House by sharing a night and gathering pop-tabs for their recycling effort. We rounded out the month with our Beta Sigma holiday brunch at the Four Seasons Restaurant in Midlothian with three members and two quests. We toasted the holidays with our mimosas and coffee.

The star of the show was our State Project Trivia Night. We had 100% attendance by our Chapter Members but we were also joined by many of our VSC Sisters as well as guests. Marie is the producer of this Annual Event and has Zoom on lock. My group as well as many others gather together in person but we accomplish the others by adding to zoom breakout rooms.

The Smartini's came in first place!!! Yay to my team!!!!

There ain't no stopping Beta Sigma we are always on the move and share our talents with each other for our good works in ESA and the Community

Beta Tau submitted by Sandy Reed

Beta Tau is no longer doing the usual chapter activities. However Doris and I stay in touch weekly with phone conversations. Doris invited me to her home for Thanksgiving dinner. Her eldest great granddaughter did most of the meal but other people furnished the fixings. All of her grandchildren were there, 3 of her great granddaughters and a few friends. It was a great meal and a lot of fun.

On January 6th Fredericksburg like most of the state got snow. My former neighbor who moved the summer before last had a snow blower and always did my driveway and walk for me. I didn't think I could shovel 6

inches of snow and on Tuesday morning I was feeling real sorry for myself. I went to the front door to see how bad it was and low and behold the neighbor on the other side of me twenty some year old son was out shoveling my driveway and walk. It just goes to show there are good people everywhere.

Delta Sigma submitted by Sheen Childress

Greetings from Delta Sigma!

Happy New Year! We have had a busy couple of months.

In November, Katrina and Sheen met Sue Foy in Winchester for lunch. It was great to catch up and talk about Katrina's upcoming installation. Sue is going to do a marvelous job!

In December, we adopted an ASK family for Christmas. We were very fortunate to have so many generous donations as well as contributions from our members. Facebook is a great tool for reaching out to the community. Katrina and Sheen spent a lovely Sunday afternoon wrapping everything we received and then had a nice lunch at a local restaurant in Front Royal. All of Delta Sigma met up with Beth Sherron the following weekend to pass the gifts on for delivery. Of course, lunch was again involved. ;-) Thank you, Beth, for making sure the family received everything! It is a project that is near and dear to our hearts.

We recently participated in Beta Sigma's trivia night. Even though our team, The Delta Dynamos, didn't win, we had a great time. Thank you, Marie and Doug, for hosting a fun evening. We look forward to doing it again next year.

We hope you all are doing well and enjoying the beautiful snow. See you in March!



Gamma Pi submitted by Beverley Wright

Happy 2025 to my Virginia ESA sisters and brothers! I hope you all had a wonderful Christmas and New Years' Eve.

It seems like forever since we say one another in October. So much has been going on in our lives but when all is said and done, we are truly blessed!

A couple of days prior to Halloween, Brenda O. and I joined her 'work' church in distributing large bags of candy and apples to the children at a local apartment complex. Surprisingly we didn't have as many children come to participate as we would have liked; however, it was so much fun interacting with the ones who did.

November brought Thanksgiving and donations to the Blue Ridge Area Food Bank, Hurricane Helene Relief, and helping the Sangersville-Towers Ruritan Club serve dinner to approximately 300 people.

As the Christmas season approached donations were made to the Valley Mission, Kingsway Ministry, and the Children's Clothes Closet.

After the great presentation we had from ASK at the Leadership Conference in September, our chapter decided to take an ASK family and provide Christmas presents. This was something new for us and we thoroughly enjoyed shopping, wrapping and taking the gifts to the ASK office on December 6. It had been a LONG time since I had purchased Hot Wheels racing tracks and cars and Spiderman outfits. Brenda and I did stop at the Cheesecake Factory for lunch and to pick up a piece or two of cheesecake on our way home.

We did manage to have some fun along the way. Brenda and I joined our cohorts in merriment (Pat and Darlene) for dinner and attended a play based on the Walton's Christmas at the Shenanarts Theater. We also had lunch and attended a cantata by the Shenandoah Choral Society. It was amazing! Over a hundred in the choir, brass instruments, pipe organ, hand bells – so inspiring! Of course, I hosted our annual New Year's Eve gathering with close friends and family. Lots of food, laughter, games, and fun!

From a personal point of view ... Jim O. is doing SO MUCH better after a long ordeal and surgery to correct a renal/prostate issue and we are so glad he is returning to his old self. Amanda is doing well. She is now walking with assistance and continues with physical and occupational therapy and Neuro-Wellness activities. Brenda O. and I are still full of life on the inside and always on the lookout for ways we can lend assistance. On the outside we have a few more wrinkles and the joints creak and pop as we move around. Brenda is still working part time as secretary for Central United Methodist Church and I have taken over as President of the women's group at my church, due to our leader being diagnosed with pancreatic cancer and of course she is dealing with chemo and all that goes with these treatments. We named ourselves WHAM (Women of Hope, Action, and Mission) as the church is Vision of Hope UMC! Thanks to ESA I am slowly getting this group to accept and appreciate the value of having an agenda, a budget, parliamentary procedure to a small extent, and open discussion. I knew that nearly 50 years in ESA would come in handy!!!

We did have some sadness to deal with over the holidays. Joe's oldest brother, retired Rev. William "Gus" Wright, passed away on December 15. He lived in Colonial Heights so his family planned the viewing and memorial service there and then had the burial and graveside service up here on December 23 to accommodate family and church members he had served throughout his 40+ years of ministry.

Well, that seems to sum-up most of the major happenings since we last saw one another. When you sit down and review all that has been going on over the last several months, it amazes you just how much you have done while still going to those endless doctor/dental/eye appointments, therapy visits, birthday celebrations, and lunches/dinners with friends. We I said at the beginning of this article, we are TRULY BLESSED!



Beverley & Brenda delivering gifts to ASK Childhood Cancer Foundation

December 6, 2024

SAVE THE DATE!



VSC Convention

The Hotel Madison

Harrisonburg, VA

May 30 - June 1, 2025

"Don't Worry, Beach Happy"

We are excited to announce the upcoming VSC Convention at The Hotel Madison! We hope to see you there as we have planned a weekend of fellowship, fun and recognition.

In this Lamplighter you will find the flyer/form for a **Shell Fundraiser** that we will be doing at the VSC Spring meeting. Each numbered shell for \$5.00 buys you a chance at ½ off your Convention registration fee! Buy as many as you would like until the shells are gone. Sales can be done in advance or at the Spring meeting. The winner will be selected at the Spring Meeting. Good Luck!

The **2025 Convention Registration form** can be found in this Lamplighter too! While the price is slightly higher than last year, this is solely in response to the increase in food costs.

The **Convention Ad form** is available here as well. Please use this to send your *Congrats* to your new incoming Executive Board, *Thanks* for those members stepping down from their positions, or *advertisements* from your favorite businesses. All monies help defer costs of the convention.

For your early planning:

Registration/check-in at the Hotel Madison will be open May 30th from 2-5PM on the 2nd floor, near the parking garage entrance.

The **Executive Board meeting** is scheduled from 3-3:45PM in the Blue Ridge Room.

The **PPA meeting** is scheduled from 3:45-4:30PM in the Blue Ridge Room.

We can't wait to see you in May. Make your hotel reservations now so you can be assured a room. Send in your registration forms and encourage all members in your chapter to join you as this is a convention you do not want to miss!



VSC Convention Fundraiser

The Hotel Madison

Harrisonburg, VA

May 30 - June 1, 2025

"Don't Worry, Beach Happy"

Win a 50% discount to your convention registration fee (worth \$83)

\$5.00/shell

Name: _____

Phone: _____

Email: _____

Number of shells: _____

Total \$ amount: _____

Shells can be purchased in advance or in person at the spring meeting.

Shells are numbered. Each shell number sold will be put into the fundraiser raffle.

The winning shell will be selected at the VSC Spring Meeting.

Contact Tammy James at 757-650-9482 or tamjames3@gmail.com for advance sales.

\$5.00/shell

Checks should be made out to 2025 VSC Convention

For Fundraiser Admin only

Shell #:_____ Shell #:_____ Shell #:_____ Shell #:_____

We are bringing the Beach to Harrisonburg!



Ads for the VSC Convention Brochure

If you would like to purchase a page to support your candidate, or tell your chapter President what a great job she did this year, or just to make someone's day, we have a place for you to do that!

_____ \$75 a full color page

_____ \$40 for a half page

_____ \$25 for a quarter page.

Name _____

Chapter _____

Please send your artwork ready to print to Lou Ann Wyer at l.wyer@cox.net no later than April 28, 2025. Thank you for your support on this project.

Don't Worry, Beach Happy!



Room Rate: \$144.00 + tax

Make reservations directly with the hotel under **ESA Virginia State Council Convention** or online at [The Hotel Madison block for VSC Convention](#)

Block of rooms expire on April 28, 2025

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

_____ Current VSC Elected Officer
 _____ Chapter President
 _____ First Convention

_____ Appointed Officers
 _____ Voting Delegate
 _____ Member-At-Large

Convention Registration Member \$165.00
 Non-member/Guest \$ 90.00
 Postmarked after April 28, 2025 \$ 30.00

Total Enclosed:

\$ _____
 \$ _____
 \$ _____
 \$ _____

Any form postmarked after May 15 or on-site registrations will not be accepted unless the attendee has given the convention chair 7 days prior notice (May 23). Cost will be an additional \$30 (original fee + \$10) for both member and guest. The registration fee for members includes 4 meals (Fri Reception, Sat Lunch, Sat Dinner, Sun Brunch). The registration fee for non-member/guest includes 2 meals (Friday Night and Saturday Banquet). Food Allergies? _____

Make check payable to
2025 VSC Convention,
 Mail to: **Lou Ann Wyer**
209 South Fir Avenue
Virginia Beach, VA 23452

2025 Virginia State Council Convention
Epsilon Sigma Alpha International

May 30 – June 1, 2025

The Hotel Madison & Shenandoah
Valley Conference Center
710 S. Main Street
Harrisonburg, VA 22801
540-564-0200

For questions, please contact:

Deana Renn: 757-287-2143 deanarenn@gmail.com

Lou Ann Wyer: 757-621-1099 l.wyer@cox.net

Tammy James: 757-650-9482 tamjames3@gmail.com

2025 IC CONVENTION SATURDAY NIGHT BANQUET

Now I know with all the celebrating Virginia ESA members like to participate in over the holidays, there must have been a few??? empty wine bottle – right? Did you save them, wash them, remove the labels and put them in a place you won't forget so you can bring them to the March VSC Meeting?

If you did – THANK YOU, THANK YOU, THANK YOU! If you didn't, there is still plenty of time to contribute to our wine bottle drive! Still lots of holidays to celebrate between now and then i.e. Presidents' Day, MLK birthday, Groundhog Day, Lunar New Year, Valentine's Day, Ash Wednesdays (the beginning of Lent) St. Patrick's Day, and one of my favorite days – Daylight Savings Time returns! Whatever the occasion, or if you just keep a bottle chilled in the frig so you can have a glass and relax on these cold winter evenings, don't throw that bottle away when it's empty – save it and bring/send it to the March meeting.

All other supplies needed to make the table decorations will be made available to you.

IMPORTANT: please drop Marie LaDuke an email or text letting her know if you have empty wine bottles and how many so we can keep a running total! THANK YOU!

Mindy Boyd & Beverley Wright

2026 IC CONVENTION

Virginia ESA Members – WE NEED YOU NOW!

The 2026 IC Convention is 18 months away and it may seem like a long time, but in reality it isn't. The state of Virginia made a commitment to host the 2026 convention and this very well may be the last one we host on our own or ever! I am a realist and well aware that our membership is aging and with aging along comes health issues and physical limitations. However, I also know without a doubt that no one can predict where we will be or how we will be feeling in July 2026. I also know that though the body may be slowing down the mind, heart, and hands and willing and able to take on the task of making the 2026 IC Convention the best it has ever been.

I sent out a LOT of information trying to highlight some of the duties and expectations of the positions available. If you feel you can't do something on your own, ask another ESA sister/brother (doesn't have to be in your same chapter) to take on the task with you. If you are a small chapter, ask another small chapter to take one two or three of the positions so not only will you be helping make the convention a success but be building a closer relationship with another chapter. If you have a newer member in your chapter, ask him/her to work a position with you to acquaint them with members from all over the U.S. and learn how a convention works.

Again, A HUGE THANK YOU to everyone who has already stepped out of their comfort zone to be a part of this endeavor.

I'm not too proud to beg....please, please, please let Marie and/or I know what you can do so we can go into the planning meeting this summer feeling like we have a strong, solid, and energized base supporting that "Sweet Virginia Breeze" in 2026.

Marie LaDuke & Beverley Wright 2026 IC Convention Chair & Co-Chair