



The Helping Hands Gazette

KATRINA SAUNDERS, PRESIDENT

Happy Fall to All Everyone! I feel like we are fast approaching the end of 2025 and gearing up for 2026 which will be a busy year for the Virginia State Council. Please take note of the “Save the Dates” and the “To-Do” list. As I am fond of saying—many hands makes light work and we will definitely need all hands on deck for our IC Convention Hosting Duties. The VSC had a nice turnout of members for the SERC Convention in Myrtle Beach, SC. We had some fun, did some ESA business and stuffed lots of stockings for our female veterans. Please read through this newsletter for IC and SERC updates along with important VSC information.

SAVE THE DATES

- 2026
- January 15th—Lamplighter Articles due to Sandy Reed
- January 17—Beta Sigma Trivia Nite over Zoom
- February 7th—ESA Leadership Online
- March 14th—Spring Meeting in Front Royal
- April 1st—VSC 2nd Half Chapter dues—Send to Pam Cook-Smith
- April 15th—Lamplighter Articles due to Sandy Reed
- May 15th—17th—VSC Convention in Front Royal
- July 16-19th—International Convention in Norfolk—VSC is hosting
- October 23-24—SERC Convention in Kissimmee, Florida

VIRGINIA—IC APPOINTED BOARD MEMBERS

Let's send a big thank you to our Virginia members who are on the IC Appointed Board. We are grateful to have the VSC represented at the IC level and are appreciative of the work these members do! Thank you to Bev Scott, Hope for Heroes Chair and our IC Convention Co-Chairs, Beverley Wright and Marie LaDuke. Ladies—you make us proud!!



INTERNATIONAL COUNCIL INFORMATION

Our IC President, Celeste Webb, is leading the efforts for changes that will benefit ESA for our future. The IC convention will be reduced in days but full of opportunities to do the business of ESA and to celebrate all of our good works. ESAMC has agreed to be more forthcoming with state membership rosters. I have been sent the latest VSC membership roster and will be working with Stephanie Hess to ensure the report is accurate. This report includes our Members at Large along with our collegiate members which will allow us to develop a long term strategy for engaging those members. Our IC Board is allocating monies to assist ESAMC in an upgrade of the ESA website to make it more user friendly. Stay tuned for further updates!

IC CHAPTER DUES

Good News! Our IC chapter dues can now be paid electronically! The form is on the IC Website . Click on International Council. I will also send out the form to the Chapter Presidents to share with their Chapter Treasurers. **Make sure the form gets sent to Brenda Campbell even if you pay the dues online.** IC Dues must be paid by May 1st of 2026 in order for a chapter to be considered in “good standing” and receive voting privileges at IC Convention. It will help our incoming President, Stephanie Hess, out immensely if these dues are paid by January. This will mean that the first Credentialing Report she receives will be easy to confirm.

SERC OFFICERS

Congratulations to our newly installed SERC Officers for the 2025-2026 SERC year. President Lauren Ryan’s theme is “Beyond the Rainbow”.

First Vice President: Kelli Thornberry, Kentucky

Second Vice President: Jennifer Gailey, Tennessee

Recording Secretary: Sandy Fletcher, Arkansas

Treasurer: Susan Garner, Georgia

Parliamentarian: Sandra Edwards, Florida

Corresponding Secretary: Evelyn Greene Dudley, North Carolina

Past President: Dawn Middleton, Mississippi

TO-DO LIST

- * Find and follow Epsilon Sigma Alpha Virginia on Facebook.
- * Find and join Epsilon Sigma Alpha Annual IC Convention Group on Facebook
- * Take and send pictures of chapter events to our Facebook volunteer, Kathryn Gerow. Chapter Presidents have her contact information.
- * Contact Kathryn for an opportunity to share your ESA Legacy story on Facebook.
- * Find and watch the video on how to set up “Partner in Hope” donations via the ESA website. Go to the Member Center then to the Education Center. Scroll down and find the video under “Working with ESA Partners”. You can also find a set of steps in the October VSC Lamplighter.
- * Send Katrina a list of chapter happenings. I would love to join one of your meetings or a special event you are having!
- *

SERC

Hello VSC Members -

I want to thank you for purchasing the 50/50 tickets for our SERC fundraiser. A total of \$170.00 was raised and the split was \$85.00. Our own Doris Hood went home with a little more than she came with. I also want to thank all who contributed to the SERC purse auction. We had over \$300 in gift cards, jewelry, cosmetics, and a beautiful scarf. Our own Katrina Saunders had the highest bid on it so the purse came back to Virginia! Again, thank you to all who supported the SERC.

Submitted by Brenda Orebaugh

VSC SPRING MEETING

MARCH 14, 2026

The Spring VSC meeting will be held Saturday, March 14th at the Riverton United Methodist Church in Front Royal, Virginia. Registration will begin at 9am. We are looking forward to having as many members present as possible to attend to VSC business and to assist in stuffing the goodie bags for IC Convention. The Doubletree by Hilton has blocked rooms for anyone who plans on arriving on Friday. We have also made a reservation at their on-site restaurant for lunch following the meeting. Please let me know if you plan on arriving on Friday as we may have a get-together that evening and also if you plan to stay for lunch on Saturday. It would be wonderful if we had **at least** 40 VSC members in attendance.

Riverton United Methodist Church - 55 East Strasburg Rd, Front Royal

DoubleTree by Hilton—111 Hospitality Drive, Front Royal (540-631-3050) Room Rate—\$150.00

VSC—A LIVING LEGACY

Hello all! I want to thank everyone for all of their ideas and feedback about our Facebook page during Leadership. I am working through many of the wonderful suggestions, so you should start seeing a little more on the page soon. If you have any members who were not able to attend Leadership but do use Facebook, please encourage them (and your family and friends) to “like” our page. Every “like” counts and gets our page one step closer to someone who may want to join us!

With that said, one of the first projects for the Facebook page will be a series of testimonials from our current members to highlight the reasons we all joined. The series title will be “VSC – A Living Legacy”. I’ve completed the first of hopefully many posts with the help of Sue Foy, so please take a minute to read through the post on Facebook. If you would like to share your ESA journey or you have a chapter member who you think has an exceptional story, please reach out and we can set up a time to chat. I’d even love to hear about members who are no longer with us – the VSC has a long history of wonderful women and they should all be celebrated.

Submitted by Kathryn Gerow

BEVERLEY WRIGHT, PHILANTHROPIC CHAIR

PHILANTHROPIC CHAIRS - Please use the form on the ESA-VA website to report your chapter philanthropic hours and monies. That one has the Hope for Heroes/T2T category as a separate line item on the form so it will be easier at the end of the year to report that subtotal. Also, I haven't heard back from the IC Philanthropic Chair questioning the mileage rate; however, the IRS mileage rate for corporations (and we are now the ESA Membership Corporation) is shown as \$.70/mile as of August 1, 2025. Once I get confirmation from the IC Philanthropic Chair I will have the form updated. Thank you.

2026 ESA IC CONVENTION

The plans for the 2026 IC Convention are coming along step by step. The Registration form will soon be available to be posted on the IC website and FB page. At SERC, we talked with those in attendance about putting together a Convention Survivor's Kit to be placed in the bags that will be distributed at Registration. Everyone present volunteered to provide an item or two. We need enough items for 300. You can share the cost with someone else if you need to. If you can donate something from the list below, please let Beverley or Marie know ASAP. We are planning to assemble the kits at the Spring VSC Meeting.

Needed Items:

Smarties - small rolls individually wrapped . Walmart has 3 lb. bags of 120 pieces for \$23.99. Need 2 bags. Need 1-60 piece bag for \$4.49.

Erasers – Walmart has Mr. Pen Erasers of 64 pieces for \$5.99.

Pens – Walmart has boxes of 60 for \$6-\$10. We need 300.

White paper fans – they are available on Amazon. Item is listed for 50 for \$35.99. Promised already 100. Need 100 more.

Reese's Pieces – unless you can find individual small bags, we will be dividing up loose pieces and placing into a small plastic bag.

Gum – Walmart has a tub of 300 pieces of bubble gum for \$13.54. Need 1.

Balloons – Walmart has 100 for \$4.90. Need 3.

Peppermint Lifesavers – Need 3- 5 lb. bags of individually wrapped pieces. Walmart has them for \$24.99.

Please plan to bring your items or send them with someone to the Spring Meeting and help assemble the kits. We appreciate your help. Thank you!

Submitted by Beverley Wright and Marie LaDuke

Please join Delta Rho and Delta Sigma for...

Seasons in the Valley



2026 Virginia State Council of ESA International Convention May 15-17, 2026

Double Tree by Hilton Blue Ridge Shadows
111 Hospitality Drive, Front Royal, VA 22630
540-631-3050

Make reservations directly with the hotel under **ESA Virginia State Council Convention**
or online at [Double Tree by Hilton Blue Ridge Shadows Front Royal](#).

Room Rate: \$144 + tax

Room Block Expires 4/13/26

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	\$150.00	\$ _____
Non-member/Guest	\$ 90.00	\$ _____
Postmarked after May 1st	\$ 30.00	\$ _____

*Any form postmarked after May 1st or on-site registrations will not be accepted unless the attendee has given the convention chair 7 days prior notice (May 8th).

The registration fee includes the Friday Night mixer (heavy hors d'oeuvres), Saturday Lunch, Saturday Banquet, and Sunday Brunch).

Food Allergies? _____

Mail registration form and check, payable to **2026 VSC Convention** to:

**Sheen Childress
10812 Haggle Court
Manassas, VA 20112**

ADS FOR THE VSC 2026 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 full color page	(\$67.50 by 3/31/26)
_____	\$40 half page	(\$36 by 3/31/26)
_____	\$25 quarter page	(\$22.50 by 3/31/26)

10% off for ADs received no later than March 31, 2026.

Name _____

Chapter _____

Please send your artwork ready to print to Katrina Saunders at
cookekc1964@gmail.com no later than April 15, 2026.

Send the check made out to 2026 VSC Convention to

Sheen Childress
10812 Haggie Court
Manassas, VA 20112

Thank you for your support of this project.

If you have a business that would like to advertise in our convention booklet - please share this form with the business.