



## *The Helping Hands Gazette*

### KATRINA SAUNDERS, PRESIDENT

I hope that 2026 is off to a great start for everyone. I've had the opportunity to visit with some of you over Zooms and telephone calls as we conduct the business and fun of the VSC. The focus of this newsletter is the three big events we have coming up in the first half of 2026. Please read thru the newsletter to gain all the information for our VSC Spring meeting and Convention along with IC Convention. Please note that the date to send in your registration for our VSC convention in May has changed to April 24, 2026. We have 23 VSC members who have committed to attending the IC Convention in Norfolk. I am hoping this number grows so that we can share the work of producing a successful IC convention. I am looking forward to all of the opportunities to enjoy time together in the upcoming months.

### **VSC Convention IC & SERC Representatives**

Please send a note of welcome to our IC and SERC Representatives.

#### **International Council:**

Margaret Kramer  
114625 S. 4172 Circle  
Eufaula, OK 74433

#### **Southeastern Regional Council**

Kelli Thornberry  
1118 E. Burnett Ave  
Louisville, KY 40217

## SAVE THE DATES

### • 2026

- March 13th—Fundraiser dinner at Katrina's house—RSVP by March 6th
- March 14th—Spring Meeting in Front Royal
- April 1st—VSC 2nd Half Chapter dues—Send to Pam Cook-Smith
- VSC Convention Hotel Group Rate Expires
- April 15th—Lamplighter Articles due to Sandy Reed
- April 15th—VSC Convention Ads due
- April 24th—VSC Convention Registration Due
- May 1st—IC Convention Registration Due
- May 15th—17th—VSC Convention in Front Royal
- June 23rd—IC Hotel Group Rate Expires
- July 16-19th—International Convention in Norfolk—VSC is hosting
- September 19th—VSC Leadership in Front Royal
- September 20th—VSC Fall Meeting in Front Royal
- October 23-24—SERC Convention in Kissimmee, Florida

## VSC Spring Meeting

**Friday, March 13th**

### **Hotel Information:**

We have a block of rooms at the hotel below. The room rate is \$150.00

**THE CUTOFF DATE IS FEBRUARY 13TH.**

DoubleTree by Hilton  
111 Hospitality Drive  
Front Royal  
540-631-3050

### **Friday Nite Dinner**

Delta Rho and Delta Sigma are hosting a St. Patty's Day fundraising dinner at Katrina's house.

Time: 6:00

Place: 125 Jamestown Rd, Front Royal

Cost: \$20 - pay at the door

RSVP to Katrina by March 6th

### **Saturday March 14th**

### **VSC Spring Meeting**

Time: Registration is at 8:30, Meeting will start at 9am

Place: Riverton United Methodist Church, 55 East Strasburg Rd, Front Royal

Info: We have a lot to do at this meeting. If you signed up to bring items for the IC Convention "goodie-bags" - please bring those items. After the meeting, we are assembling the bags. Thanks to everyone for volunteering to bring items. Marie says the list is complete.

### 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!
- \* Be on the lookout for an email from ESAMC explaining the new system for reporting philanthropic information. Beverley Wright will hold a workshop during our VSC convention to go over the information in more detail.
- \* Take a look at the new IC award categories. They can be found on the IC website with the rest of the forms. We will have time at our Spring meeting to discuss these in more detail.



## 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 April 24th | \$ 30.00 | \$ _____ |

**Total Enclosed:**

\$ \_\_\_\_\_

\*Any form postmarked after April 24th or on-site registrations will not be accepted unless the attendee has given the convention chair 7 days prior notice (April 17<sup>th</sup>).

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 Haggie 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.



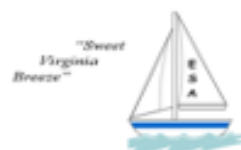


**July 15 - July 19, 2026**  
Sheraton Norfolk Waterside Hotel  
777 Waterside Dr.  
Norfolk, VA 23510  
(757) 622-6664

You can access the hotel registration link and the Convention Registration form on the ESA International Website. Go to Member Center—Chapter Council Management—International Council Convention. I've also included the registration form in this newsletter.



2026 INTERNATIONAL CONVENTION  
"Sweet Virginia Breeze"  
July 15 – July 19, 2026  
Sheraton Norfolk Waterside Hotel  
777 Waterside Dr., Norfolk, VA 23510  
(757) 622-6664



MEMBER NAME \_\_\_\_\_ MEMBER NUMBER/STATE \_\_\_\_\_ /  
ADDRESS \_\_\_\_\_  
CITY, STATE, ZIP \_\_\_\_\_  
CELL # \_\_\_\_\_ EMAIL \_\_\_\_\_  
CHAPTER NAME \_\_\_\_\_ CHAPTER # \_\_\_\_\_ STATE COUNCIL \_\_\_\_\_  
DATE OF ARRIVAL \_\_\_\_\_ TIME OF ARRIVAL \_\_\_\_\_ FLY DRIVE USING SCOOTER Y N  
DO YOU NEED A NAME BADGE HOLDER? Y N  
ROOMMATE(S) \_\_\_\_\_

\*Each registered guest will receive an email confirmation after form and payment has been received\*

CHECK ALL THAT APPLY

- ☐ First IC Convention ☐ Pledge ☐ ELAN ☐ Collegiate Member – Campus \_\_\_\_\_ ☐ MC Staff  
☐ ESA Foundation Board ☐ IC Elected/Appointed Board ☐ Past IC President (year) \_\_\_\_\_  
2025-2026 State President – State \_\_\_\_\_ 2026-2027 State President – State \_\_\_\_\_  
Previous State President -State(s)/Year(s) \_\_\_\_\_ Served with: \_\_\_\_\_  
I will be recognized at convention for my years of ESA Service 25-80 years in 5-year increments: \_\_\_\_\_  
Dietary Restrictions: The hotel will do its best to accommodate **DIETARY RESTRICTION requests only.**  
Restriction or Allergy alert: \_\_\_\_\_ (Additional costs may apply)

CIRCLE AMOUNT

|   |  |
|---|--|
| <b>MEMBER FULL REGISTRATION FEE:</b><br>Includes general assemblies, workshops,<br>welcome party, recognition luncheon, Saturday<br>luncheon, and banquet | Postmarked by May 1, 2026 .....\$300<br>After May 1, 2026 (see payment note on page 2).....\$350 |
| <b>MEMBER FRI. &amp; SAT. REGISTRATION FEE:</b><br>Includes general assemblies, recognition<br>Luncheon, Saturday luncheon and banquet                    | Postmarked by May 1, 2026 .....\$275<br>After May 1, 2026 (see payment note on page 2).....\$325 |
| <b>MEMBER SAT. ONLY REGISTRATION FEE:</b><br>Includes general assembly, Saturday luncheon and<br>banquet  | Postmarked by May 1, 2026 .....\$175<br>After May 1, 2026 (see payment note on page 2).....\$225 |
| <b>MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE:</b><br>Includes everything in full registration <input type="checkbox"/> See payment note.....\$375        |  |
| <b>*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE)</b> .....\$ 45<br>(all past and present state presidents/IC presidents)                             |  |

\*If served with multiple IC presidents, indicate with whom you wish to sit? \_\_\_\_\_

SUBTOTAL MEMBER REGISTRATION: \$ \_\_\_\_\_

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you **MUST** make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: **ES1**

or click on the link: [Book your group rate for Epsilon Sigma Alpha 2026 International Convention](#)

Member Name and Number as listed on first page: \_\_\_\_\_

**MEMBER MAY NOT REGISTER AS A NON-MEMBER FOR ANY EVENT**

NON-MEMBER NAME \_\_\_\_\_

Please indicate if special guest of the following: ☐ ALSAC ☐ EASTERSEALS ☐ INCOMING IC PRESIDENT

☐ OTHER (Please specify) \_\_\_\_\_

|  | <u>CIRCLE AMOUNT</u>  |
|--|---|
| <b>NON-MEMBER FULL REGISTRATION FEE:</b>   | Postmarked by May 1, 2026 ..... <b>\$300</b>                  |
| Includes general assemblies, workshops,<br>welcome party, recognition luncheon, Saturday<br>luncheon and banquet | After May 1, 2026 (see payment note below) ..... <b>\$350</b> |

|  |   |
|--|---|
| <b>NON-MEMBER attending WELCOME PARTY:</b> | Postmarked by May 1, 2026 ..... <b>\$ 90</b>                  |
|  | After May 1, 2026 (see payment note below) ..... <b>\$140</b> |

|   |   |
|---|---|
| <b>NON-MEMBER attending RECOGNITION<br/>LUNCHEON:</b> | Postmarked by May 1, 2026 ..... <b>\$ 75</b>                  |
|   | After May 1, 2026 (see payment note below) ..... <b>\$125</b> |

|                                      |   |
|--------------------------------------|---|
| <b>NON-MEMBER attending BANQUET:</b> | Postmarked by May 1, 2026 ..... <b>\$100</b>                  |
|                                      | After May 1, 2026 (see payment note below) ..... <b>\$150</b> |

|  |   |
|--|---|
| <b>YOUTH REGISTRATION FEE (age 12 &amp; under):</b>  | Postmarked by May 1, 2026 ..... <b>\$125</b>                  |
| Includes general assemblies, workshops,<br>welcome party, recognition luncheon, Saturday<br>luncheon and banquet | After May 1, 2026 (see payment note below) ..... <b>\$150</b> |

|  |   |
|--|---|
| <b>YOUTH REGISTRATION FEE (age 13-17):</b>   | Postmarked May 1, 2026 ..... <b>\$175</b>                     |
| Includes general assemblies, welcome party,<br>recognition luncheon, Saturday luncheon and banquet | After May 1, 2026 (see payment note below) ..... <b>\$200</b> |

|   |  |           |
|---|--|-----------|
| ***List dietary restrictions for<br>non-members on page one,<br>indicating who has the restriction. | <b>SUBTOTAL NON-MEMBER REGISTRATION:</b> | <b>\$</b> |
|   | <b>ENTER TOTAL FROM FIRST PAGE:</b>      | <b>\$</b> |
|   | <b>TOTAL REGISTRATION:</b>               | <b>\$</b> |

**MEN'S GOLF** - Indicate day(s) you would like to play golf - ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

**SELECT ONE PAYMENT TYPE:** - ☐ Check ☐ ~~Zeffy~~ ☐ Zeffy® see next page ☐ Zelle® see next page

**PAYMENT NOTE:** Payment AFTER MAY 1, 2026 must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD** AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair ([susancaldwellva.comcast.net](mailto:susancaldwellva.comcast.net)) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

**Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)**

~~Zeffy~~® registration has been added for Credit Card Payment. It is on the ESA Website - [www.epsilonsigmaalpha.org](http://www.epsilonsigmaalpha.org) under IC Convention

If you CANNOT use ~~Zeffy~~® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

**CANCELLATION:** If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is postmarked NO LATER THAN **JUNE 15, 2026**.

**NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.**

**TRANSFER TO ANOTHER MEMBER:** One time transfer allowed, \$16 transfer fee. See separate form.

|   |                           |
|---|---------------------------|
| Mail registration form with payment to:                                     | Susan Caldwell            |
| Online Registration form can be found                                       | ESA IC Registration Chair |
| at <a href="http://www.epsilonsigmaalpha.org">www.epsilonsigmaalpha.org</a> | 13832 Krim Point Way      |
|   | Midlothian, VA 23114      |

## Zelle QR Code



## Zeffy – Member full registration

<https://www.zeffy.com/en-US/ticketing/ic-convention-2028-sheraton-norfolk-waterside-hotel-virginia-members-only-copy>



## Zeffy -Non-members and Youth Registration

<https://www.zeffy.com/en-US/ticketing/ic-convention-2028-sheraton-norfolk-waterside-hotel-non-members-and-guests-only-copy>



## Ads in program book

<https://www.zeffy.com/en-US/ticketing/advertising-order-form-for-program-book-copy>







2026 INTERNATIONAL CONVENTION  
"Sweet Virginia Breeze"  
July 15 – July 19, 2026  
Sheraton Norfolk Waterside Hotel  
777 Waterside Dr., Norfolk, VA 23510  
(757) 622-6664



## Tour Registration

### Spirit of Norfolk Signature Dinner Cruise

Wednesday, July 15, 2026 6:00 PM - 8:30 PM

Deadline: **May 1, 2026**

**\$113.45 per person - Group Rate - 50 guest minimum**

(NOTE: If more than 50 people register, the price will be reduced and a refund will be given at convention.)

# of attendee's \_\_\_\_\_

Name(s): \_\_\_\_\_

#### CRUISE EXPERIENCE:

Our Norfolk Signature Dinner Cruise is an unforgettable experience. As one of the only public dining cruises in Norfolk, you will dine and dance on the Elizabeth River with views of the city's magnificent skyline on this casual evening out. Enjoy a delicious, chef-prepared buffet and gorgeous views of Norfolk's spectacular architecture. You will marvel at famed city landmarks, with one of the most unique ways to view the Navy's mighty Atlantic Fleet and Norfolk skyline, from our cozy, climate-controlled interior, and open-air roof decks. We keep the spirits flowing with a fully stocked bar, games, and lively music from our DJ. Join us for a memorable, one-of-a-kind dinner cruise evening on the water.

**Whether paying by check or by Zelle, a Tour Registration Form is required.**

Checks Payable to: 2026 ESA IC Convention

In Memo/Comment Section of Check indicate: Dinner Cruise



Paying by Zelle:

Zelle Confirmation Number: \_\_\_\_\_

Send Registration Forms and Checks to: **Mindy Boyd**  
13131 Lady Ashley Road  
Midlothian, VA 23114

## Advertising Order Form for Program Book 2026

Please use this order form to advertise in the International Convention Program Book of ESA International Convention, July 16 – 19, 2026 at the Sheraton Norfolk Waterside Hotel, Norfolk, Virginia.

**Print ready ads will be accepted until May 15, 2026. Please email artwork.**

Please select from the following ad sizes:

Business card \_\_\_\_\_ \$ 20.00

¼ page \_\_\_\_\_ \$ 25.00

½ page \_\_\_\_\_ \$ 50.00

Full page \_\_\_\_\_ \$100.00

Advertising place by \_\_\_\_\_

Contact name \_\_\_\_\_

Phone number/email \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Advertising sold by \_\_\_\_\_

Chapter Name \_\_\_\_\_ City \_\_\_\_\_

Please make your check payable to: **ESA 2026 IC Convention**

If receipt is requested, please give name and address \_\_\_\_\_

Mail completed form & check to: Beth Sherron

13606 Quail Hollow Court

Midlothian, VA 23112

Sent camera ready artwork [bethsherron@verizon.net](mailto:bethsherron@verizon.net)



Payment by Zeffy QR Code