



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.



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 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 17th).

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 _____

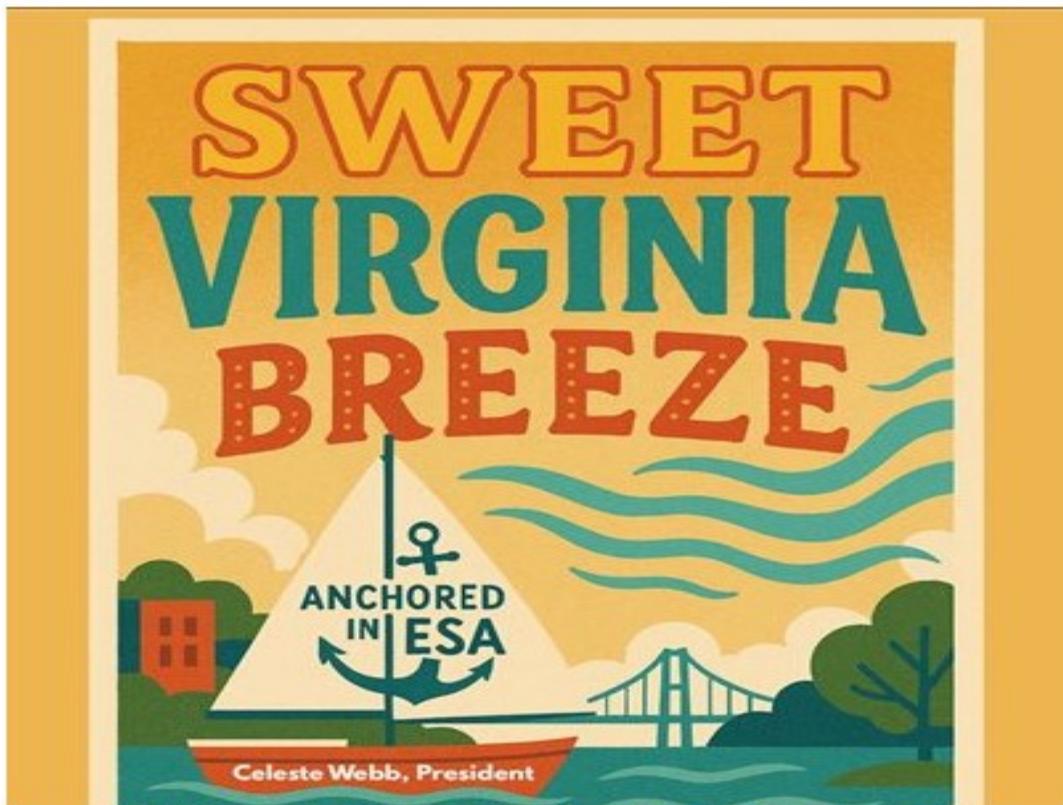
Chapter _____

Please send your artwork ready to print to Katrina Saunders at
cookekjc1964@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.



SWEET VIRGINIA BREEZE

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.



EPSILON SIGMA ALPHA

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

MEMBER FULL REGISTRATION FEE: Postmarked by May 1, 2026 \$300
Includes general assemblies, workshops, After May 1, 2026 (see payment note on page 2) \$350
welcome party, recognition luncheon, Saturday luncheon, and banquet

MEMBER FRI. & SAT. REGISTRATION FEE: Postmarked by May 1, 2026 \$275
Includes general assemblies, recognition After May 1, 2026 (see payment note on page 2) \$325
Luncheon, Saturday luncheon and banquet

MEMBER SAT. ONLY REGISTRATION FEE: Postmarked by May 1, 2026 \$175
Includes general assembly, Saturday luncheon and After May 1, 2026 (see payment note on page 2) \$225
banquet

MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE: Postmarked by May 1, 2026 \$375
Includes everything in full registration See payment note \$375

***PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE)** \$ 45
(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 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>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$300 After May 1, 2026 (see payment note below) \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026 \$ 90 After May 1, 2026 (see payment note below) \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026 \$ 75 After May 1, 2026 (see payment note below) \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026 \$100 After May 1, 2026 (see payment note below) \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$125 After May 1, 2026 (see payment note below) \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026 \$175 After May 1, 2026 (see payment note below) \$200

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

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

SELECT ONE PAYMENT TYPE: - Check Zelle® 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) 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.)

Zelle® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zelle® 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 E8A IC Registration Chair

at www.epsilonsigmaalpha.org.

13802 Krim Point Way

Middlethian, VA 23114

Zelle QR Code



Zeffy – Member full registration

<https://www.zeffy.com/en-US/ticketing/ic-convention-2026-sheraton-norfolk-waterside-hotel-virginia-members-only-copy>



Zeffy -Non-members and Youth Registration

<https://www.zeffy.com/en-US/ticketing/ic-convention-2026-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>





EPSILON SIGMA ALPHA

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



Payment by Zeffy QR Code