



The Helping Hands Gazette

KATRINA SAUNDERS, PRESIDENT

Happy Spring! It was so nice to be together at the Spring meeting in Front Royal. Thanks again to Ruth Clatterbuck for securing our meeting place. We were able to get our meeting done and work on those goodie bags for convention. I'm hoping to see many of you at our VSC convention in May. If you are on the fence about coming, please come—we have so much fun when we are together. We are also hoping to have a good turnout for the IC Convention in Norfolk. There is a lot to do but the VSC knows that “many hands make light work”! We need members to help in the office, assist with registration and hospitality as well as acting as pages for the meetings and events. The contact person for each sign-up will be in this newsletter. Thanks in advance for ensuring that all of our needs are met for the IC convention.

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
- 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

IC DUTY SIGNUP CONTACTS

Office—Brenda Bowersox

Registration—Susan Caldwell

Hospitality— Brenda Orebaugh

Pages— Katrina Saunders

IC HOSPITALITY ROOM REMINDER

Bring your small donated gifts for the raffles to be held in the hospitality room to our VSC State Convention in May so I can organize and know what we will have. Also any donation(s) of wine is appreciated.

Thank you.
Brenda O.



State Project Quilt Raffle

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.
- * Take a look at the new IC award categories. They can be found on the IC website with the rest of the forms. The deadlines are coming up quickly.

PLANNING MY TRIP TO THE 2026 ESA IC CONVENTION

If I could plan my ideal trip to the 2026 ESA IC Convention, this is the way it would go...

First, if I decided to drive and was coming into Virginia from the west, I would plan a day trip or at least a stop in my home town of Staunton, Virginia. It is a small, beautiful, historic town with lots to see and do. I would visit the birthplace of former President Woodrow Wilson, walk the main street (West Beverley) to check out all the unique shops and boutiques, then head to The Depot (at the train station) for a delicious lunch. Afterwards I would head to the American Frontier Culture Museum and learn about all of the different cultures that made up not only Virginia but America. What better way to celebrate the 250 th anniversary of our nation! If time allows, I would dine at the Mill Street Grill, a converted flour mill that has the absolute best baby back ribs.

If I could get into Norfolk before noon on Sunday morning, July 12, I would check into my room at the Sheraton Norfolk Waterside, drop off the load of 'stuff' we always bring with us, then head over to Harbor Park and take in a minor league baseball game – the Norfolk Tides vs. Syracuse Mets. The game starts at 1:05 p.m. and the ticket prices are very reasonable (\$20-\$30). Bonus – The stadium is only .6 of a mile from the hotel and it is an easy walk if you don't want to drive.

For dinner, I would check out one of the restaurants at Waterside Park (again within walking distance of the hotel) ... Blue Moon Tap Room ... PBR Norfolk, A Coors Banquet Bar...PDS Street Tacos...Rocky Mountain Grill...The Market...The Fudgery.

Monday or Tuesday - Weather permitting (and just to be clear the average temperature in the Norfolk/Virginia Beach area in July is a balmy 88 to 71 degrees), I would head to Virginia Beach. The boardwalk at Virginia Beach stretches from 2 nd to 40 th street and is accessible for those in scooters and wheelchairs. You can rent an umbrella and chairs and spend the day on the wide sandy shore, rent fishing gear and fish from the shore, rent a bike and ride the boardwalk, or watch and beautiful sunset over the water.

For dinner, there is a wonderful restaurant right on the waterfront of Virginia Beach near 5 th street – Waterman's Seaside Grille. You must trip the She Crab Soup (the best I have had in VB) and the Orange Crush Cocktail. You may want to make a reservation if a large group as this place is extremely popular – and for good reasons!

If I wanted to stay in the hotel/Norfolk area on Monday or Tuesday, I would head to Neptune's Fury for coffee and a breakfast sandwich or if I decided to sleep in, I would head there for lunch. (BONUS – The Neptune's Fury is within walking distance of the hotel and in the tall Dominion attached to the parking garage – LOOK FOR THE WHALE!).

I always like to visit a local park or museum, so I would hit the Chrysler Museum of Art (10 minute drive/25 minute walk) to see the exceptional glass collection. BONUS –Free admission! The museum has 50 galleries and 35,000 objects! Maybe I feel like visiting Nauticus – the Norfolk Maritime Naval Museum. (again, BONUS TIME, you can walk!). Have to check out the Armed Services Memorial which are letters written home by service men and women shortly before they gave their all and are inscribed in bronze. How about a photo-op at one of the 130 mermaid statues that are scattered around Norfolk? The museum covers so much including the Port of Virginia, Jamestown Settlement, and the USS Wisconsin. This should take a good part of my day!

After a LONG day of educating myself, nothing feels better than having a drink with my ESA sisters and brothers and enjoying a delicious meal. I'm heading to Freemason Abbey. Personal note from your 2026 ESA IC Co-chair – I LOVE THIS PLACE!!! I try to eat here any time I am in Norfolk.

The Freemason Abbey building was built and dedicated as a church in 1873 by the congregation of the Second Presbyterian Church. The building passed to the First Church of Christ Scientists and then as a meeting hall for the Independent Order of Odd Fellows. The historic building still includes many of the original features such as the roof trusses, stained glass windows in the bar, the bell tower and cathedral window framings. Sit back and relax, expect friendly service and great food.

I plan to ease into Wednesday by registering for convention in the Promenade Hall and while there I'm going to pick up a quick grab-n-go breakfast. As I eat my breakfast and drink my coffee, I'll go through everything in my CONVENTION SURVIVAL KIT I received in my registration bag while humming along to the song from "Gilligan's Isle"! Sound interesting???

There will be more in our next article so don't toss this aside as we will take you from Wednesday through Saturday night!

Beverley Wright & Marie LaDuke

2026 ESA IC Local Co-Chairs

VSC STATE PROJECT INFORMATION

BETH SHERRON

Please don't forget to sell tickets for the Special Project Quilt raffle this year. This is another one with a jonquil theme with purples and greens. Very pretty! And there will be an extra surprise quilt added to the raffle this year. Sell to your friends outside of ESA!!!! Just put your name on the back so I know who can deliver the quilt to its new owner.

If you have not signed up to get the email updates from these organizations, please check out their websites and become involved.

I am looking forward to having a video to share with the membership from ASK and very excited that a representative from Special Love will be with us on Sunday to give us an update!!!

Thanks again for all of your support of Special Love, Inc. and ASK Childhood Cancer Foundation.

Here are some events for Special Love and ASK that are on their websites

Special Love events

Parent's Day April 11, the Barrel Oaks Winery, Delaplane

Summer Family Day May 9, Smoke Glen Farm, Gaithersburg, Maryland

Annual Golf Tournament June 5, Shenandoah Valley Golf Club, Front Royal

Under 7 Family Day June 6, Frying Pan Park, Herndon

BRASS Camp 2026 July 12 – 18, Camp Maria Leonardtown, MD

Camp Fantastic 2026, August 2 – 8, NOVA 4-H Center, Front Royal

Family Day, September 12, Williamsburg Campground, Williamsburg

Special Love Annual Gala 2026, Hilton McLean Tyson Corner, McLean

Octoberfest Weekend, October 9 – 11, NOVA 4-H Center, Front Royal

Parent's Getaway Weekend 2026, November 7-8, Tysons Hyatt Regency, Tysons

ASK Events

ASK Day at the Zoo, April 11, Richmond Metro Zoo, Moseley

Tad's Kid Golf Tournament, May 11, Dominion Club, Richmond

ASK 5K & Fun Walk, May 16, Carmax Park, Richmond

Tennis for Tad's Tournament

Oyster Roast Fundraiser

ASK Fredericksburg Golf Classic, September 11, Lee's Hill Golf Club

Mustaches 4 Kids, Richmond, November

Raffle tickets for 2025-2026 State Project

Name _____

Email _____

Phone number _____

Drawing at 2026 VSC Convention in May 2026

Do not have to be present to win

\$10 each or 3 for \$20

Proceeds go to ASK Childhood Cancer Foundation
and Special Love

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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
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.



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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri. & Sat. Registration Fee, Member Sat. Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*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 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) 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 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.

Mall registration form with payment to:	Susan Caldwell
Online Registration form can be found	E 8A IC Registration Chair
at www.epsilonsigmaalpha.org	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



Payment by Zeffy QR Code