

The VSC Salute

A Salute to Service: Honoring the Hearts of ESA

Issue #1 | August 2026 | Stephanie Hess VSC President 2026-2027

Saluting Our Past, Serving Our Future

ESA is changing but let us not forget the proud past that got us here! This year, let us celebrate the past members who paved our path and salute the current members carrying on the ESA mission.

★ Stephanie Hess - President

First, I want to extend my heartfelt thanks to the IC Convention Board and the Virginia state members who attended the convention. Your hard work and dedication made the event a wonderful experience for everyone. Even in its condensed format, the IC Convention offered memorable moments, including a dinner cruise on the Elizabeth River, a Welcome Party BBQ, Music Bingo Night, General Assembly meetings, the St. Jude Mission Impossible fundraiser, the Hospitality Room, and Installation. I was honored to give a welcome during the First General Assembly meeting and to carry the Virginia state flag during the ceremony. Virginia state members worked tirelessly behind the scenes and served as pages throughout all those events. The convention days were long, with membership a central focus throughout the conference, especially as ESA continues to look for ways to strengthen participation. Two moments stood out to me. One was when members under age 45 were asked to come forward during the installation, and there was enough to fill out the stage—a wonderful sight to see. The other was the membership workshop, where conversation centered on tasks rather than titles, reminding us that inviting someone to help with a specific event can be an easier first step than asking for a larger commitment. We also worked on service projects. Deana Rinn organized a project for ForKids, and we filled 60 backpacks with school supplies. Culinary Connections and Easterseals PORT had a joint fundraiser with a bake sale and the smoothie bike, raising a combined \$1,000. Lastly, thank you all for allowing me to serve and represent the State of Virginia this year.



★ Katrina Sanders -Past President

ESA Disaster Fund "No-Bake Bake Sale"

Help Us Raise \$3,000 for the ESA Disaster Fund

No shopping. No baking. No calories. Just helping fellow ESA members. Instead of baking your favorite treats, simply donate the amount you would have spent making them. Together, we can reach our goal of **\$3,000** to support the **ESA Disaster Fund**, which provides financial assistance to ESA members experiencing medical emergencies or weather-related disasters.

Every Gift Makes a Difference

Your donation helps ESA members who are facing unexpected hardships such as:

- Medical emergencies
- Tornadoes, hurricanes, floods, wildfires, and other natural disasters
- Other qualifying emergencies such as accidents

Together, we can show the strength of ESA by caring for our own.

Every "recipe" purchased brings us one step closer to helping members when they need us most.

Skip the baking. Share the caring. Make your donation today!

Thank you for supporting the ESA Disaster Fund and making a meaningful difference in the lives of our fellow members. **Make your check out to IC Disaster Fund. Bring it to a VSC meeting or mail it to Katrina Saunders at 125 Jamestown Road, Front Royal VA 22630.**



\$10.00



\$15.00



\$15.00



\$20.00



\$20.00



\$25.00



\$25.00



\$30.00



\$35.00



\$40.00



Holiday Treat Tray \$50.00



Dessert Table \$75.00+



Master Baker \$100+

★ Pam Cook Smith – Vice President

Membership Recruitment Resources

Start the new year by visiting the ESAMC Membership pages, where you'll find recruitment resources and practical how-to tools to help make your events successful.

Leadership Opportunities for 2026–2027

Have you thought about serving on the Executive Board or joining the Appointed Board? We want you!

Willing to Serve forms for both boards are available on the [BYLAWS / FORMS – Virginia State Council](#) website. It's never too early to consider stepping into a leadership role.

"The only way to achieve the impossible is to believe it is possible." – Charles Kingsleigh

★ Susan Caldwell – Recording Secretary

If you have a report for a state meeting, please make sure they are emailed to me and Stephanie one week prior to the meeting.

★ IC Convention Co-Chairs - Beverley and Marie

Your 2026 IC Convention Co-chairs want to express our sincere appreciation for the excellent assistance of every VSC member who attended throughout the convention.

We heard "What can I do to help you?" "We've got this," and "We can do this for you" many times. Your willingness to jump right in and get the job done was so appreciated. This was partly because the Convention Co-chairs were like the phrase, "be like a duck — calm on the surface but paddling like crazy underneath." There were times when we weren't so calm, but I think the other attendees weren't aware of all the surprises and problems that arose. There have been very complimentary posts on Facebook about how wonderful the convention was. Most of the face-to-face feedback from attendees was positive as well.

The IC Convention Chairs and their committees were fabulous. We couldn't have done it without every one of you. Those who weren't assigned a certain position were right there to help when needed.

Virginia is a small state, but we did it well, thanks to those from Virginia who were in attendance.



★ SERC Director - Brenda Orebaugh

We will be doing a 50/50 raffle for SERC at Leadership and will draw the winning ticket on Sunday at the Fall Meeting. Chances will be \$5.00 each. Are you feeling lucky?



★ Webmaster- Lou Ann Wyer

I continue to update the VSC website as new information is provided to me.

If you have any additions to the website or if you see any errors on the website, please contact me directly.

★ St. Jude Walk 2026

We invite you, ESA Virginia, to support the St Jude Walk 2026! While there is no live event in our immediate area, our ESA team is active, and you can make your donations online (link below). Beta Kappa is also planning to sponsor a walk after the Leadership meeting on September 19th at the Eastham Park on Luray Ave in Front Royal, VA. There are places to sit too, so you can participate even if you choose not to walk.

If you would like to join us, please contact Lou Ann.

We would love to have your personal or chapter donation towards Team **ESA Virginia!**

Here is the link to the page with 3 ways to donate:

<http://fundraising.stjude.org/goto/ESAVirginia>

St. Jude Children's Research Hospital **walk** Find P lwyer@cox.net

ESA Virginia
Washington, D.C.
Captain: Lou Ann Wyer
Company Affiliation: ESA

4 Participants

24%

Amount Raised: **\$400**

Our Goal: **\$1,700**

Donors:

Mrs. Bev Scott	\$100
Katrina Saunders	\$100
Lou Ann Wyer	\$100
Stephanie Hess	\$100

Join This Team

Donate to a Team Member

Make a general donation to this team

Spotlight

Congratulations!

Brenda Orebaugh was presented with her 40-year service pin.

Beverley Wright was presented with her 50-year service pin.



Spotlight

Spotlight VSC member, Flora Burns

When asked to write an article to spotlight Flora, our Beta Kappa members said it was impossible to do in just one article. Flora was more than that! She holds a special spot in each of our hearts with numerous memories that we will cherish forever!

So, I will start with a synopsis of Flora below and include two other attachments. We felt like the tribute we did for Flora at the VSC Spring meeting captured her in everlasting ways. Those of you who were present can enjoy it again and reminisce. Those who were not there can envision Flora and all her antics and most of all, her huge and generous heart!! Lastly, I had to attach the letter I received from BJ Clark. I thought of only capturing snippets for this spotlight article but just couldn't leave any of it out.

Flora Hawkins Burns passed away November 22, 2018, surrounded by family. Flora was born a coal miner's daughter in Davy, West Virginia on November 5, 1940. She married Bill Burns, and they made their home in Norfolk, Virginia, 44 years.

Flora loved her family, but her greatest passion was working for and contributing to charitable causes. Flora was an ESA member for over 50 years where she held the office of ESA Virginia State Council President and was also elected as the President of the International Council of ESA. Flora considered her sorority sisters among her closest friendships.

She was a true philanthropist, giving back to the many causes she loved, especially St. Jude Children's Research Hospital and the Peter Decker Children's Charity, Inc. Flora will be remembered by her family and friends for her bad jokes and her costumes. She loved funny and cute baby videos, and Canada geese (in her yard) were the bane of her existence. Family was her number one and family always came first.

Honored to submit as we remember a GOAT for ESA,
Lou Ann Wyer

Flora Burns Tribute Slideshow



A Tribute to Flora Burns

by the Beta Kappa Chapter of ESA
March 23, 2019



Chinese New Year

The Chinese have been described as honest and loyal
Our dear Flora was all that and we thought her quite royal
She could wear daring colors that sparkle and shine
All while enjoying a nice glass of wine



Mafia moll

Is it a bird?
Is it a plane?
No its Flora, dressed up again
Disguised as a spy
Hoping to catch the guy
Who used the rope
to knock off the hope
of being caught in the study
with his hands guilty and muddy
in a game of Clue: of who killed who



Flora the Greek

The Value of Family is highly respected in Greece
And Floras love for family and friends will never cease
We celebrate her like the Greeks with the Blessing of the Water
Because truly Flora made each one of us feel like a daughter
Her antic, her hats, her calming ways
Will stay in our memory for the rest of our days



Flora the Witch

Double Double Toil and Trouble

Flora could make us laugh and bubble

Broomsticks, Hats, and Witches Brew

Flora always made Halloween a big to do!



Flora the Magician

A magician can pull a rabbit out of a hat
But our dear Flora could do much
more than that
Whip up a party with sass and finesse
Ride her scooter all over with no care
or stress
Volunteer for St Jude to show she cares
or accept a challenge, just because you dare
She was fearless and bawdy
And some say maybe even naughty
But her heart was pure, and love ran deep
And she wouldn't want any of us to weep



Until next time,



It'll be all right!



Flora Burns
1940-2018



50 years service to ESA

19 years service to
St Jude Children's
Research Hospital

Letter from BJ Clark

BJ Clark

1220 West Sixth Street, Loveland, Colorado 80537

January 14, 2019

Lou Ann Wyer
First Vice President
Virginia State Council ESA

Dear Lou Ann Wyer:

I am grateful for the opportunity to send my condolences and best wishes to the family of Flora Burns, to all of my Virginia ESA family, and to the many friends of my friend Flora. Flora was a beacon of light to all of us in ESA, and it was totally appropriate that she use the "lighthouse" as the symbol of the leadership that she chose to exemplify during her year as the International President of Epsilon Sigma Alpha. However, the symbol of the lighthouse extended far beyond a single year as Flora nurtured supported and uplifted so many of us.

As so many of you already know, Flora used her many talents, skills, and last but certainly not least, her wonderful sense of humor to connect and expand the horizons of the many people that she met along her journey. She enjoyed life, loved people and benefited so many causes, usually those that benefited children, as she used her common sense to balance, and gently prod those around her to work together and to use their capacity for caring to improve the lives of others.

She was recognized nationally for her personal efforts to help the children of St. Jude Children's Research Hospital, by Epsilon Sigma Alpha International, by the ESA Foundation but she usually found some example of how others helped her to share the spotlight. She also did so much at home with the Peter Decker Foundation and local entities to share her good works with her community. In summary, Flora was a fabulous volunteer who exemplified the many ways that one person can make a positive difference in this world, but her light shone way beyond the boundaries of her causes. Flora grew the best instincts and talents of an extraordinary number of people along the way, and she developed many tricks to do so.

She'd provide surprise recognition for others at every opportunity, and she'd also love to spend time and get to know people along the way. Many of you know just what I mean when I say, she'd invite people to her table, sit next to someone who looked lonely, smile at everyone, and put on goofy hats, outfits, perform skits and do shows to illustrate her humor, and her sense of unity with those who were in a place with her (the goofy outfits were regular tools that she used to overcome apathy, or shyness among her ESA friends—I remember her bursting on to the ESA scene as an incredible motorcycle personality to make a point, and it's the one of the times I saw her make people cry with laughter). In essence, no one could help loving Flora for her bold efforts to make others do good things.

She visited Memphis many times to do fund-raisers or attend seminars for the children of St. Jude's. There she did incredible things also—walked thirteen miles on bad knees, making jokes along the way to keep many others walking too. It was hard, but Flora always guided people to finish, lots of times by convincing them they were having fun. Her beacon, her lighthouse leadership, was powerful in expanding the scope way beyond doing what needed to be done.

Like many of you, Flora was a good friend to me, writing notes, sending e-mails, and regularly posting the terrible picture she saved from one of our ESA fun outings at Medieval Times. I had to wear a crown, so did she, but she got my photo and made the worst of it. She really got me again, and again, and again, but she always got a laugh and a lasting smile. She was fun, she got things done, and she cared for countless people. In the last Facebook post I saw, Flora took to riding in a go cart when her knees gave out—she never complained and got to more things done than most of us do. In the entry I'm citing there was a photo of Flora riding toward something called "The Finish Line", probably in an event for St. Jude. Her comment was "Need a ride?"

Flora gave us all a ride, she picked us up, made us get up and go again, and I'm sure that when the time comes for us to reach the finish line, Flora will be there to give us a ride into heaven.

She was a great lady, an accomplished leader, and I will miss her greatly as with you. But during those sad times, I hope we'll recover Flora's spirit via the memories and wonderful example she left behind. It might be appropriate on many occasions to take time to toast Flora—she was good from beginning to end—and worthy of the Pino Grigio that some of us will drink in her name.

Here's to Flora and to all of you! You were part of the light on her path, and she would tell you to hang in there and enjoy the future that God gives you. Continue to share that light.

Love and best wishes to all,

BJ...

Sincerely,

BJ Clark

Announcements

- Please bring gift cards for the Old Bag Auction and gift cards for Embrace, the SERC service project, to the Fall Meeting.
- Tax Facts are due September 15. Forms will be online August 1.
- VSC Lamplighter due dates: October 15, January 15, and April 15

Upcoming Events

Date	Event	Location
September 19, 2026	PPA Leadership	Front Royal, VA
September 19, 2026	Fall Meeting	Front Royal, VA
October 23-24, 2026	SERC Conference	Kissimmee, FL
March, 2027	Spring Meeting	Staunton, VA
May 22-23, 2027	VSC Convention	Roanoke, VA
July 14-18, 2027	IC Convention	Portland, OR
October 29-30, 2027	SERC Convention	Pigeon Forge, TN
July 27-29, 2028	IC Convention	Tulsa, OK
November 3-5	SERC Convention	Lexington, KY



Many Minds, One Mission: Growing and Giving



2026 VSC Leadership
September 19, 2026
American Legion
22 W 8th St., Front Royal
9am – 3pm



Name _____ Chapter _____

Address _____

Phone Number _____ Email _____

Lunch Sandwich Choice _____

(See menu on next page) Coffee and Drinks will be provided throughout the day

Registration Fee:

\$45.00 (Deadline August 15th)

Make Checks Payable To:

PPA Leadership

Mail To:

Katrina Saunders

125 Jamestown Rd

Front Royal, Va 22630

Hotel Block:

Doubletree by Hilton – Front Royal

540-631-3050

King \$160 Double \$165

Group Name: ESA Fall Meeting

Deadline: August 19th

After Leadership, we will be walking at a local park to raise monies for St. Jude.

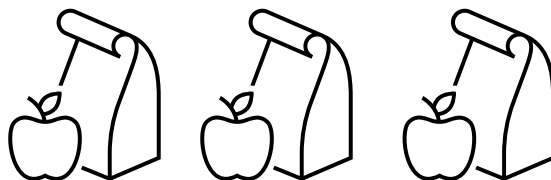
Join our 2026 ESA Virginia St Jude Team: <http://fundraising.stjude.org/goto/ESAVirginia>

Dinner will be planned at a local restaurant for Saturday night.



Downtown Local
Signature Lunch Box Choices
(includes signature sandwich, chips, pickle, cookie)

Blue Ridge	Grilled Cheese with Gouda
Creek Side Clucker	Chicken, Bacon, Ranch
Leaf Peeper	Turkey, Arugula, White Cheddar, Cranberry Mayo
Local Club	Turkey, Ham, Bacon, White Cheddar, Lettuce, Tomato, Sundried Tomato Mayo
Mile Post 0.0	Bacon, lettuce, tomato, mayo
Mountain View	Ham, Swiss, Arugula, Tomato, Honey Mustard
Peak Pass	Chicken, Mozzarella, Arugula, Pesto Mayo
Ridge Runner	Roast Beef, Provolone, Lettuce, Tomato, Onion, Horsey Mayo
Royal Oak Reuben	Corned Beef, Swiss, Sauerkraut, Thousand Island on Marble Rye
The Hell Town	Chicken, White Cheddar, Arugula, Tomato, Chipotle Mayo
The Lone Pine	Portabella, Roasted Peppers, Spinach, Onion, Banana Peppers, Sundried Tomato Mayo
The Rivers Edge	Turkey, Bacon, White Cheddar, Arugula, Cucumber, Tomato, Mayo
The Seven Bends	Ham, Salami, Mortadella, Capicola, Provolone, Lettuce, Tomato, Onion, Banana Peppers, Sub Sauce, Mayo
The Tuna Summit	Tuna Salad, Lettuce, Tomato





SERC CONFERENCE 2026

Orlando, FL

October 23-24, 2026

Holiday Inn & Suites Orlando SW – Celebration Area
5711 W. Irlo Bronson Memorial Hwy; Kissimmee, FL 34746

Name: _____

State Council: _____ Chapter Name and #: _____

Address: _____

Phone: _____ Email: _____

Mark all that apply:

☐ Full member registration \$160.00 _____

☐ Full member registration (after 10/15/26) \$170.00 _____

Saturday banquet choice: ☐ Honey roasted chicken or ☐ Seared salmon

☐ Full guest registration \$160.00 _____

☐ Full guest registration (after 10/15/26) \$170.00 _____

☐ Partial guest registration (Saturday banquet only) \$ 65.00 _____

Guest Name: _____

Guest Saturday banquet choice: ☐ Honey roasted chicken or ☐ Seared salmon

TOTAL ENCLOSED \$ _____

Medical dietary requirements for member or guest: _____

Check all that apply:

☐ SERC Elected Board

☐ IC Elected Board

☐ New Member (pledge)

☐ SERC Appointed Board

☐ IC Appointed Board

☐ First Time Attendee

☐ SERCHETTE

☐ PICPA

☐ Headquarters Staff

☐ State President

☐ ESA Foundation Board

☐ Other, please specify

Make checks payable to: Epsilon Lambda (put "SERC Conference" on the memo line)

Mail registration form and check to: Laurel Lichtenberger
3609 S. Banana River Blvd., C308; Cocoa Beach, FL 32931

For registration questions: Laurel at 321-222-8737 -- spaceangel@cfl.rr.com
or Sue Ceriale at 321-690-2234 -- wceriale@cfl.rr.com

Hotel information on back of registration form