The Lamplighter

Virginia State Council

Epsilon Sigma Alpha International

Fall Issue 2026

President Stephanie Hess



Article	Page
Officers	1-3
Appointed Officers	3-4
Chapters	5-13
Trunk or Treat	14
Disaster Fund Bake Sale	15
Convention Registration	16
Trivia Invitation	17

It is hard to believe that fall has arrived and cooler weather is beginning to set in. This season brings so many community events and holiday activities, including open markets, festivals, and the anticipation of Hallmark's Christmas movies. These are just a few of my favorite things about fall.

The year is moving quickly, and the first unofficial quarter of my term as president has already passed. International Convention was a wonderful experience and seemed to go by very quickly. However, I know that was not the case for the Convention board, who are probably thinking of it as the never-ending Convention. They all did an amazing job!

The trip to Front Royal for Leadership was excellent and began with baked goods from the PPAs. Koda, Ronnie, and I enjoyed the treats I brought home. Thank you, Katrina, for presenting a refreshing and engaging Leadership session. The group discussed strategies for recruiting new members and increasing fundraising, and we completed philanthropic projects. At the most recent state presidents meeting, we were asked to prepare remarks on membership recruitment for our next meeting. I look forward to sharing Katrina's ideas. I am grateful that the day was spent learning and interacting with one another. Thank you to Ruth for securing a wonderful location, Lou Ann for coordinating the St. Jude Walk, and everyone who attended.

I have submitted all requested materials and have everything needed for SERC. I look forward to traveling to Orlando. I am especially excited about the Give Kids The World outing, where we will place the Virginia ornament on the Christmas tree. I hope to return from Convention in sunny Florida with valuable information and meaningful updates to share.

Wishing everyone a wonderful fall season.

Vice President – Pam Cooke

It was wonderful to see so many members come together at the Leadership Workshop, sharing ideas, encouragement, and genuine enthusiasm for ESA. That spirit of connection is at the heart of our growth. With 64 members across 13 active chapters, the Virginia State Council has a strong foundation—and each of us can help welcome new members and build an even brighter future for the VSC and the broader ESAMC organization.

Our VSC is fortunate to have a membership rich in experience, talent, and dedication. I'm asking for your help to fill several open board positions and keep our council moving forward. Over the next few months, I will be reaching out but you do not have to wait to hear from me. If you would consider filling a spot on the board, please contact me by phone, text, or email.

Ready to commit? Willing to Serve forms for both boards are available on the BYLAWS / FORMS – Virginia State Council website. Your voice, talents, and leadership always makes a real difference!



Junior Past President and Parliamentarian – Katrina Saunders

It is my pleasure to submit this article as your Junior Past President and Parliamentarian. I would like to remind the membership that beginning this year, the Junior Past President also serves as the Parliamentarian for the Virginia State Council. In this role, I am available to assist chapters and members with questions regarding parliamentary procedure, the VSC Bylaws, and Roberts Rules of Order.

As Junior Past President, one of my responsibilities is planning for future state conventions. I will be seeking bids for the 2029 Virginia State Council Convention. Chapters interested in hosting are encouraged to begin discussing this exciting opportunity and preparing proposals for consideration.

I would like to encourage all members to support the **VSC Disaster Fund**. This year's fundraiser theme is a **"No-Bake Bake Sale."** Flyers have been distributed electronically and are also included in the Lamplighter. Thanks to those who have donated so far. To date, two chapters and six members have donated for a total of $990.00

The Disaster Fund provides assistance to ESA members who have experienced a **natural disaster** or a **major personal medical or accident crisis**. This benefit is available to **Active Members**, **Members-at-Large**, and **Life Active Members** of ESA. Through our collective generosity, we can continue to offer meaningful support when our ESA family members need it most.

As Parliamentarian, I encourage all members to review the Virginia State Council Bylaws. If you identify areas that may need clarification, updating, or amendment, please submit your recommended changes to **me** no later than the Spring Meeting so they may be properly considered.

Thank you for your continued dedication to ESA and to the Virginia State Council. It is an honor to serve as your Junior Past President and Parliamentarian, and I sincerely thank the VSC for the opportunity to perform these responsibilities on behalf of our membership.

Leadership Chairman – Katrina Saunders

Thanks to everyone who attended the Leadership weekend held in Front Royal. We spent the morning working together to develop new ideas for membership and philanthropic activities. We had a working lunch and then spent the afternoon making no-sew blankets for a local children's philanthropic group. Some of us met in a local park and did a mini walk for St. Jude. We ended the day with a wonderful meal together. It was a wonderful day filled with time to talk and dream together.

The first workshop of the morning was a challenge to rethink how we are approaching membership. Instead of focusing on individual members; we split into groups and chose areas of the state we felt would be a good fit for a new VSC chapter. The hope is that we could do the work of creating a new chapter as a VSC project. Please read about our most promising idea and let me know if you would like to be a part of the project to develop a new chapter.

Harrisonburg*

Harrisonburg is a college town (JMU, Eastern Mennonite and Bridgewater) with an existing collegiate chapter (JMU) which members could convert to a local community chapter if they stay local. The population is ~51, 814. Media includes Daily News Record, The Harrisonburg Citizen, The Breeze (JMU), The Weathervane (EMU), Shenandoah Living Magazine and the ShenValley News with a Harrisonburg section. Social Media includes City of Harrisonburg Government FB Page, Stay Connected City of Harrisonburg, Harrisonburg Happenings, Harrisonburg Virginia and Visit Harrisonburg (X.com). Networking opportunities include civic organizations, Rockingham County Fair (August), Dayton Days, Harrisonburg Food Festival, Valley Fourth and Food Truck Festival. Other contacts include JMU, EMU, Bridgewater, Chamber of Commerce, Public and Private Schools. Places to meet include Massanutten Regional Library, private room in a restaurant, Parks and Rec and churches. VSC has contacts with the Assistant City Manager and the folks at the Madison Hotel.

The second workshop was a challenge to think of a philanthropic project that the Virginia State Council would work on together. Perhaps this project could occur during one of our scheduled meetings. Again, read about our most promising idea and let me know if you would like to be a part of the planning for a philanthropic project.

Give It Up Challenge*

Ask supporters to give up a single daily habit and instead contribute those funds. Ideas include daily Starbucks, regular bowl of ice cream or online shopping.
Hold at the same location as Leadership and count as the Leadership meeting.
The PPA would plan.
Advertising would be locality of the meeting usings signs and word of mouth.
Partners could include restaurants and local philanthropic organizations.
Prizes could be given to largest donors.

Thanks again to everyone who was able to attend Leadership. There is nothing better than spending the daydreaming and working together!

Philanthropic Chairman – Beverley Wright

I truly enjoyed seeing my Virginia ESA sisters at the recent VSC PPA Leadership and VSC Fall Board Meeting. Lunch was so good and our outing for dinner on Saturday night was so much fun!

Katrina did an outstanding job of leading and inspiring us all throughout the day on Saturday and Stephanie – you did an awesome job conducting your first council meeting. Thank you both so much for sharing your time and talents with us all.

I'm not going to reiterate what I presented at the meeting insofar as Philanthropic Service Reporting is concerned but will give you an update as of today (October 14) as to what has been entered into the system.

Chapters/individuals with information in the system – Alpha Nu, Beta Kappa, Beta Sigma, Delta Kappa, Delta Sigma, Gamma Pi
Total Miles Traveled – 6,514 – Valued at $913
Total Volunteer Hours – 1,364 – Valued at $49,153
Actual Money Donated - $4,682
Value of Donated Goods Donated - $1,433

ALL chapters should be entering their service information or filling out a paper form and sending it to me for entry. Please don't ignore this very important aspect of accounting for all the hard work we do and make Virginia proud!

REMINDER – if you enter something incorrectly (either online or on the form sent to me) – this will need to be corrected by ESAMC so please let me know (preferably by email so I have a record) so I can in turn get this corrected in the system.



Beta Kappa submitted by Lou Ann Wyer

Beta Kappa has enjoyed attending the state meetings this year! If you have not attended one of these, now is the time to plan for next year. It is a great way to learn more about ESA and to meet new friends and connect with those who live throughout the state and the country!



Lou Ann, Sue and Tammy at VSC Convention in Front Royal



Ginny, Tammy, Deana, Sue and Lou Ann attended IC in Norfolk



Sue and Lou Ann attended Leadership



ESA Virginia team for 2026 St Jude Walk in Front Royal

The **ESA Virginia** team for the **2026 St Jude Walk** was a success again this year! We planned the walk during our PPA Leadership weekend. We went to the Eastham Park in Front Royal and

had a great time! It is a beautiful park along the South Fork of the Shenandoah River. Front Royal is also the canoe capital of Virginia!!

Beta Kappa also held a Walk in Virginia Beach on September 26th. It was held at White Oak Manor. The weather was a challenge, but we had 30 walkers, including 7members from the Gamma Lambda Epsilon Sorority who we met at the hotel during IC in July. We hope to collaborate with them on other events in the future.

If you have not had a chance to make your donation, please use the link below:
http://fundraising.stjude.org/goto/ESAVirginia





Beta Kappa has lots of activities planned for the rest of the year! We are doing a Trunk or Treat on October 24. Donations can be made for Easterseals through Zeffy at:
https://www.zeffy.com/en-US/donation-form/pop-the-trunk

We also have planned a fundraiser for Lucky Fin on Giving Tuesday, a Rada fundraiser for our local Food Pantry, and a glass blowing event for our chosen Christmas family!!

Beta Kappa welcomes a new member, Debbie Zelesnikar. Debbie's family member attended IC and connected her to us! We look forward to enjoying Good Friends, Good Works and Good Times with Debbie!

Beta Sigma submitted by Marie LaDuke

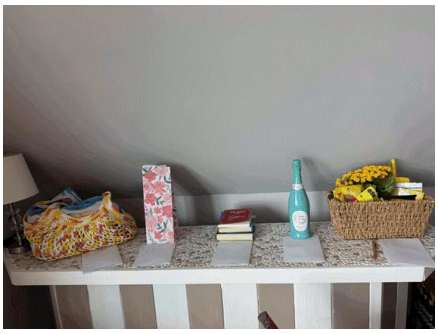
We hope everyone has had a good summer and start to Fall.

Beta Sigma started out the year with an informal Installation of our new President Pam Cook Smith due to our then current President's moving.

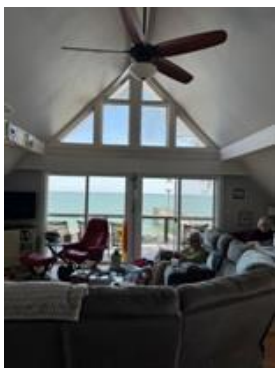
In June, we went to Lynne Rightmyer's home on Gwynn's Island on the Chesapeake Bay for a weekend of philanthropy, business and socialization. For the fourth year, we cut out and sewed receiving blankets for Little Hands. Some members crocheted soap sacks, hats and scarves to be donated to From the Heart. We had our Planning Meeting with everyone being prepared to share their calendars of ideas/events for the year.



Receiving blankets for Little Hands



Raffle Items for Ways & Means



Lynne's view



Beautiful Sunset

The Richmond St. Jude Dream Home located in Ashland, Virginia was given away on June 25th. Our 17,000 tickets sold out in just 32 days. We have always sold out but never that fast. It was great!



2026 Richmond Dream Home

You all know that on July 14-19th, Virginia hosted the IC 76th Annual Convention which was held at the Sheraton Waterside Norfolk Hotel in Norfolk, Virginia. 3 from Beta Sigma and many other VSC members worked very hard to help whenever needed bringing it all together.

Registration Chair Susan posing with the Anchor.



Following IC, it was time to relax at our social in July while visiting the Saude Creek Winery in Lanexa, Virginia. All members and spouses enjoyed the beautiful winery and its setting sitting on the porch chatting and sampling food and wine. It was a great afternoon.



Relaxing and enjoying the company!

A Flight of Wine



On the second Saturday of each month, we meet at Ream's Elementary School in North Chesterfield to assist distributing food for the Chesterfield County Food Bank. Usually about 150 families receive a huge shopping cart of food items loaded into their cars by volunteers. Our members and family members participate. We do this rain or shine and some of the items can be pretty wet or messy. What we don't do for those in need!



Pam has her pineapples ready



It's a hot day … Pam needs a break!

Following Food Distribution on September 12th, we met at the home of Marie LaDuke and assembled Hygiene Kits for the Ronald McDonald House in Richmond, Virginia. The kits will be used by those staying at the House who need toiletry items.



In the evening of September 12th members and spouses gathered at Latitude Seafood Co. at Westchester Commons to say farewell to long time member Susan Caldwell who was soon to be moving to Clifton, Virginia.





Three members attended the Leadership Conference and Fall VSC Meeting in Front Royal Virginia.



Pam giving the results of her group's discussion



Making a no sew blanket for for the Sweet Julia Grace Foundation inn Front Royal

Since it will be a while until our next news, we wish you Happy Holidays and look forward to seeing you in the spring.

Beta Tau submitted by Sandy Reed

Doris and I along with Pat & Jim Holtsclaw went on a bus trip to Lake Erie, Ohio in mid-August. We took a boat trip around the islands in the lake and tried some fresh water perch. Also went by Clear Point and saw the famous roller coasters. A Wild Life Park was included but since we were on a bus we couldn't feed the animals just look at them.

In September, Doris & I went to the Leadership Conference at Front Royal. As everyone who went as commented it was a great leadership with discussions groups and making no sew blankets. I am oxygen now and many thanks to Nicole Lewis for setting me up with an outlet. The Saturday Night dinner and fellowship was also enjoyed.

On Sunday I was happy to receive an IC Most Visual Award from Katrina for the Lamplighter. Thanks to all of the members for submitting articles to win this award.



Delta Rho submitted by Pam Henry-Sievert

For a group of 70+ ladies, we have been busy since the last lamplighter. This past December, Delta Rho sponsored the Merritt family' s Christmas dinner with a $300 gift. Tiffany Merritt's 15-year-old daughter, Sophia Gibb, had been diagnosed with brain stem cell cancer at age 13. We had the privilege of meeting Sophia before her passing on January 10th. The family was extremely grateful to receive our monetary gift.

On April 18th at 11:00 a.m. in Peggy Thompson's home, we conducted our Installation of Officers meeting. Katrina Saunders, Delta Sigma, VA State President, was our guest at the ceremony. The officer was as follows: Ruth Clatterbuck, President; Jenny Brunelle, Treasurer; Pam Henry-Sievert, Secretary/Social Chair and Peggy Thompson, Parliamentarian. Peggy and her family prepared us a delicious luncheon featuring her famous chicken salad and desserts. At our May Virginia State Convention held in Front Royal, Virginia, Peggy was honored as being a member of ESA for over 50 years. Sadly, Peggy passed away on June 29th.



On May 23rd, our chapter participated in our annual street cleaning to beautify the town of Front Royal. The specific streets that we clean are Ross, 6th & Randolph along with Braxton. The city of Front Royal provides us with gloves, hand grabers, and bags to clean the streets. You can only imagine what we pick up on the streets and lawns of neighbors. Our next street cleaning project will be on October 14th.

School was out and Front Royalists were looking for something to do. Delta Rho hosted a yard sale at our President, Ruth Clatterbuck's house on June 5th. Everything and anything were offered for sale. We were able to raise $ 297.50. This money was split between our Ways/ Means and St. Jude. We also had a second yard sale on October 9th and raised $156 for St. Jude.

Members of Delta Rho, Ruth Clatterbuck and Pam Henry-Sievert went to the 4-H Center in Front Royal, VA on August 7th to provide an unexpected surprise. We were welcomed by David Smith, Senior Director of Out Reach and Programs. We were there to serve the "Special Love" campers, counselors, and staff to homemade treats of over 300 cookies and 3 hugh batches of brownies. I must say the brownies were the most popular treats asked for. It was joyful to see the faces of these children light up when they saw what we had brought to their luncheon. They were not expecting treats. Our Chapter of Delta Rho and Delta Sigma baked all the treats. We are looking forward to baking again next year for the "Special Love" campers.

Here comes August 27th and Delta Rho sponsors our 2nd Purse Bingo held at I-Hop in Front Royal. The event started with dinner served from 6:00 – 7:00 p.m. and bingo starting at 7 p.m. Debbie Langfitt was our numbers caller, Jenny Brunelle collected the entrance fees and provided

extra cards to participants. Ruth Clatterbuck recalled the numbers for everyone to hear. Pam Henry-Sievert along with Ruth and Katrina Saunders, Delta Sigma, provided the door prizes. We had over 40 purses (Vera Bradly, Steve Madden, Longaberger, etc.) to give away to winners. It was an exciting time as 21 games of bingo were played. The winners got to choose a purse. Everyone went home with purses and joyful facial expressions. We raised $375 for St. Jude. I-Hop promised to give us 20% of the proceeds from anyone who purchased a dinner.





Neda Duncan and her friend Joyce
who won the purses

Lastly for our social enjoyment, the Ladies from Delta Rho enjoyed several plays performed at Shenandoah University Theatre in Winchester, Virginia. We saw "Guys and Dolls," "She Loves Me" and "The Carol King Musical". All first-rate Broadway plays performed by the Shenandoah students,

Delta Sigma submitted by Sheen Childress

In July, we traveled to IC Convention in Norfolk. We enjoyed spending time with ESA members from all over the country. We especially enjoyed hanging out with our Virginia members. The hospitality suite was a favorite gathering spot! We loved helping in any way we could to make IC Convention a success. At the end of convention, we were tired but very proud of our beautiful state.

In September, Katrina and Kathryn attended to the PPA Leadership conference and VSC Fall meeting in Front Royal. We were so proud of Katrina and her hard work to make Leadership fun for all. She hosted a very hands-on conference with lots of time to chat and reconnect with members from around the state.

In October, we had two celebrations. First, Katrina and Sheen gathered with the "Queens of King" to commemorate Katrina's retirement from Prince William County Public Schools. The "Queens" are an extraordinary group of women who accompanied Katrina on her decades long educational journey. It was a well-deserved celebration. Second, we celebrated our sweet Kathryn and her baby boy – due in November. Kathryn was showered with love and many thoughtful gifts. She and Frank are going to make amazing parents! Katrina is going to make a wonderful grandma!


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E S A
EPSILON SIGMA ALPHA
easterseals
Port Health
Improving Lives. Creating Opportunities.
Beta Kappa
IS HOSTING A
Trunk or Treat
for Easterseals
October 24th
3:00 – 6:00 p.m.
White Oak Manor
Pawpaw Way
Virginia Beach, VA 23456
TRUNKS
TREATS
COMMUNITY
GIVING
BRIGHTER
TOMORROWS
Please make your donation here!

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+

2027 VIRGINIA STATE COUNCIL CONVENTION
EPSILON SIGMA ALPHA INTERNATIONAL
May 21-23, 2027

Hilton Garden Inn Roanoke
4500 South Peak Boulevard
Roanoke, VA 24018
TEL: 540-776-3400
FAX: 540-776-3401
WEB: www.roanoke.hgi.com

Room Types: 1 King Bed; 2 Queen Beds
Room Rate: $139.00 + tax (9.3%)
Per Night: $151.92; Two Nights: $303.84
Rooms reserved by individual call-in
to 540-776-3400.
Identify as ESA-VA State Convention Group

More about reservations: Must be made on or before **Friday, April 21, 2027.** For a room with a better view, ask for a front room and make your reservations early.
Cancellation: Hotel cancellation for individual reservations is 48 hours prior to arrival to avoid a one night's hotel stay.

REGISTRATION

Name _____ Chapter & Number _____
Address _____ City/State/Zip _____
Phone #(s): _____ Email: _____

_____ Current VSC Elected Officer
_____ Chapter President
_____ Voting Delegate
_____ Member-at-Large

Convention Registration--Member	$150.00	$_____
Registration—Men	$ 36.00	$_____
		$_____
	Total Enclosed:	$_____

NOTE: The registration fee includes meals for Saturday Luncheon, Saturday Night Banquet, and Sunday Brunch. The Hotel does not provide a Continental Breakfast. Registration Form must be received no later than **Wednesday, April 28, 2027**.

Make check payable to **2027 VSC Convention** and mail Registration Form and check to:

Gaynell Krista, Registration Chairman
2017 Angle Plantation Road
Rocky Mount, VA 24151
Telephone Numbers: (Cell) 540-871-5289; (Home) 540-489-0049
Email: gaynellk@embarqmail.com
Note: I usually do not answer calls, unless I recognize numbers due scam callers. Please leave a message or send me a text, and I will get back to you as soon as possible. Thank you.

Join in the fun

with Beta Sigma of ESA International

for our virtual **Trivia Night**

Proceeds to benefit ASK (Childhood Cancer Foundation) in Richmond and Special Love (Camp for Children with Cancer, Survivors and their Families) in Front Royal, VA

When: January 16, 2027

Time: 7:00pm – log on by 6:45pm

How: On Zoom

Admission Fee: $20 Donation

You don't have to leave the comfort of your home as long as you can log onto a computer. Plan your snacks and refreshments and enjoy the evening.

Sharpen your trivia skills, form your teams and send your checks payable to Beta Sigma to Marie by January 10th to:

Marie LaDuke
2201 Cardiff Court
North Chesterfield, VA 23236

For questions: Contact Marie at:
marieladuke@comcast.net
or **call 804 337 1875**