



The Lamplighter

2019 Fall Issue



*Lou Ann Wyer,
President*

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**President's Report,
Lamplighter Sept 2019**

I hope you all have had a great summer! I have been to California to speak at a national convention (on Chemistry stuff...., boring for most people!). I then went to Memphis for IC where I had a wonderful time and was happy to share moments and memories with all VSC attendees. For anyone thinking about going to IC, I definitely recommend it! My most recent trip took me back to upstate NY to visit with my siblings and their families. I arrived back in Virginia Beach just in time for hurricane Dorian to slide by. No damage to property, just lots of yard clean-up to do.

So now it's back to business. I think everyone knows by now that the focus of ESA is

Virginia State Council

Founded Sept 19, 1953

The purpose of the VA State Council is to:

- **Promote closer relations and fuller cooperation between the local chapters, councils and Headquarters.**
- **Encourage friendship and fellowship through member and chapter association.**
- **Promote educational and leadership development among the members.**
- **Promote philanthropic and service endeavors.**
- **Promote interest in and growth of ESA throughout the state and internationally.**

<http://www.esa-virginia.com/>

<https://www.facebook.com/esavsc/>

<https://www.epsilonsigmaalpha.org>



*Editor: Diane McLane
DianeESAVA@gmail.com*

President's Message Continued

membership. We need to recruit new members and retain current members. Hopefully, our chapter surveys will reveal some ideas that we must be willing to try. Terri Olson, our IC President, has put together a Cheer Team this year. These ladies are full of energy and ideas that have helped them to recruit new members. We have access to them to help our chapters. For example, the Membership Recruitment Tips (available at the Fall VSC meeting) was developed by Lauren Ryan, the state President for North Carolina and a member of the Cheer Team. Specifically, Amanda Rowland, past state president from Ohio, will be our Cheer Team Cheerleader. Here's the fun part: The states have been divided into 4 groups. The state with the most net growth will win --- a visit from Charlotte Carloni! Let's see if VSC can win this!! I know we can!

IC is calling for nominations for 2020-2021 international council officers. Qualifications, instructions and the form can be found in this Lamplighter. The deadline is November 15, 2019. This is a great opportunity to spread your wings and your talents at the international level!

I am looking forward to Leadership and our Fall VSC Council meeting in October. I hope you all are planning to attend. The agendas are packed with good information from which we all can benefit. It will be good to get together again and share our ESA love.

Submitted by Lou Ann Wyer VSC President



Executive Board:
President: Lou Ann Wyer
1st Vice Pres: Brenda Bowersox;
2nd Vice Pres: Diane McLane;
Rec. Secretary: Brenda Orebaugh;
Corr. Sec: Tammy James;
Treasurer: Mindy Boyd;
Parliamentarian: Marie LaDuke
Jr Past President: Debbie Langfitt

Mindy Boyd, Tammy James, Debbie Langfitt, Lou Ann Wyer,
 Brenda Bowersox, Diane McLane, Brenda Orebaugh, Marie LaDuke



2nd Vice President—Diane McLane

I'm looking forward to seeing everyone at Fall Meeting. We (Lou Ann and I) have plans to discuss the results of the Chapter Surveys. Please fill yours in and get the results to me, either as individual surveys or as a summary for your chapter. That way I can plan for the discussions to be done at the meeting. Please send me your results at DianeESAVA@gmail.com. I am having a copy of the Survey sent along with the Lamplighter when it is distributed.

We have many things to talk about concerning membership, Our "cheer" team as mentioned by Lou Ann. We have some "Tiips" from Lauren Ryan, State President, NC).

Have you taken a look at the Membership Guide: "Building stronger chapters: A guide to increasing member engagement"? It is very informative and useful for starting a new chapter as well as continuing growth in an older chapter. The Chapter Surveys, and the Membership Guide are found at Home/Chapter/Council Mgt./ESA Headquarters/ESA Chapter Guide

I know Susan has a wonderful Leadership planned for us, and as the hotel is pretty close to where I live: "Welcome to the Neighborhood". I'll see you soon.



Recording Secretary—Brenda Orebaugh

It's hard to believe summer is over and fall is on its way. For me, I can't enjoy fall for thinking what comes next. I am not a winter person and as I age I dread it even more.

Jim and I have been visiting breweries and vineyards this summer. We have so many nice ones in our area. It's nice to sit, relax, listen to music and just enjoy. We celebrated our 54th wedding anniversary on August 21. Some friends have asked how we have accomplished this and I tell them I work at it every day!!

I usually read by author. My favorites being Dorothea Benton-Frank, latest novel being *Queen* and Elin Hilderbrand, latest novel being *Class of 69*. Both were great summer reads. I visited our area Book Fair in Mt. Crawford and purchased five books by authors I have not read. Right now I am reading *Once Upon A Wine* by Beth Kendrick.

I hope to see you at our Leadership in October. I know Susan is planning a delightful and entertaining day for us.

If you are giving a report on Sunday at the Board Meeting please email me prior to the meeting a copy of your report. My email is: brendaorebaugh@gmail.com

Hope to see you in Richmond. Take care and enjoy each day.

VSC Corresponding Secretary

By: Tammy James

It has been one long hot summer and I am so ready for some crisp fall air. For the past thirteen months Larry and I have been working on my She Shed. (I am the unskilled labor and cleanup crew) Larry and my father did the design and construction. It is finally complete and it made it through a visit from Dorian. Thank goodness as it is NOT insured.



Special thanks to Jenny Brunnelle and Diane McLane for providing notes and advice to me regarding the duties of the Corresponding Secretary. It has been extremely helpful.

I would like to remind everyone to send me any changes to your home address, email or phone numbers. This will help ensure that you receive all information, forms, news, etc.

Looking forward to seeing everyone in October. It is going to be a wonderful weekend !

Parliamentarian—Marie LaDuke

I really don't know why I accepted this position other than a Parliamentarian was needed by the VSC and I had not yet served in this capacity. I am certainly not an expert in this area and hope that my abilities aren't challenged beyond what I know. I do have as my trusty side-kick this year — the 3rd Edition of "Robert's Rules for Dummies". Hope it helps!

I thought I would inform you by giving everyone a little history of Robert's Rules. It is estimated that about 80 percent of all organizations use Robert's Rules as their parliamentary manual. The original manual was written in 1876 by Henry Martyn Robert who was a civil engineer in the U.S. Army. In 1863, when he was 26 years old, he was asked to preside at a church meeting which he accepted. It turned out that that meeting was very turbulent and he was then determined to learn something about parliamentary procedure before he attended another meeting. From his studies, he developed a pocket manual which was published in 1876. Since then the manual has seen two revisions in a total of 11 editions.

I am going to share with you some myths about Robert's Rules:

*** Robert's Rules is Just a Guide You Don't Have to Follow.

Truth: If your bylaws state that if Robert's Rules is your parliamentary authority, the rules are binding for your group.

*** Only One Motion Can Be on the Floor at a Time.

Truth: Only one question can be considered at a time. Secondary motions can be made during the handling of the main motion. Motions are voted on one at a time in order.

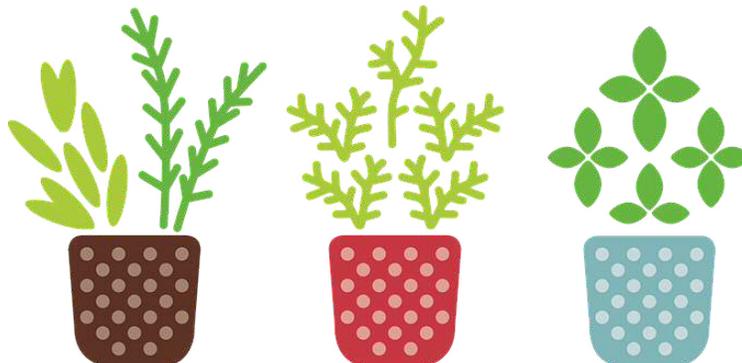
*** The Presiding Officer Can Vote Only to Break a Tie.

Truth: The Presiding Officer votes along with other members whenever the vote is by ballot; otherwise he votes only when he wants to use his vote to affect the result.

FYI - I learned as Recording Secretary at the end of the last VSC year that it is considered passé to use the phrase "Respectfully submitted" on the minutes of meetings.

It is not too early to review the VSC Bylaws and Standing Rules and let me know if you would like to propose any changes.

I look forward to seeing everyone soon at our Leadership and Fall VSC Meeting.





NEW MEMBERS



Beta Kappa welcomes Joy Mills to ESA! Joy was introduced to ESA through Deana Renn. Joy is a realtor with the Real Estate Group and lives in Carrolton, Virginia. She is the mother of one sweeeeet daughter, Gayla, who just turned 1 year old. Joy has a quick wit and makes us laugh – a lot! We look forward to putting all of her great talents and energy to use to grow our chapter.

ΕΣΑ



Maya Nixon is a senior at Hickory High School in Chesapeake, Virginia. She has plans to attend college to study international relations. With 4 years of German and time spent in the G Culture, Germany is one of her top choices to further her education. Maya also enjoys color guard, young life, animals, music, and various sports. She is the daughter of Deana Renn. We are soooo excited to have Maya join Beta Kappa!



Congratulations, Beta Kappa!!

Welcome, Joy and Maya!



PPA Leadership Conference 2019
Susan Caldwell, Leadership Conference Director

Just a few more weeks until Leadership Weekend! My mailbox has been filled with Registration Forms and I hope that yours was sent in by the deadline of September 13. In case you haven't sent yours, the form and directions to the hotel can be found on the VSC Website. Just send me an email or text to let me know that it's on its way.

Speakers and activities will help you to grow in mind, body, and spirit! The hands-on project will definitely sow "Seeds of Hope."

Here's what you need to know

Restaurants close to the Leadership Conference Hotel

Fast Food

McDonald's, KFC, Starbucks, and many others on Midlothian Turnpike going west from the hotel

Restaurants

Joe's Inn 2.8 miles: 2616 Buford Road North Chesterfield, VA

Olive Garden 0.6 miles: 9750 Midlothian Turnpike, Richmond, VA

Friday's 1.5 miles: 10301 Midlothian Turnpike, Richmond, VA

Carrabba's 2.8 miles: 11450 Midlothian Turnpike, Richmond, VA

Texas Road House 3 miles: 1570 W. Koger Center Boulevard Richmond, VA

Saturday Leadership Conference Meeting Rooms and Activities will be located on the lowest level of the hotel and can be accessed by elevator

PPA Bazaar—Theresa Morris and Beth Sherron

Sales begin—9:00 am Bring lots of money! Great merchandise! Always yummy goodies!

Registration—9:00—9:45 am—Marie La Duke and Bev Scott

Conference begins—10:00 am

Lunch will be served and is included in your Registration Fee.

PPA Meeting immediately following the Leadership Conference in the Meeting Room

Dinner for all members—Meet in lobby at **5:00 pm** Carpooling available—WILL NEED MONEY FOR

TOLLS

Dolce Vita Italian Restaurant—2401 Colony Crossing Place off Charter Colony Parkway

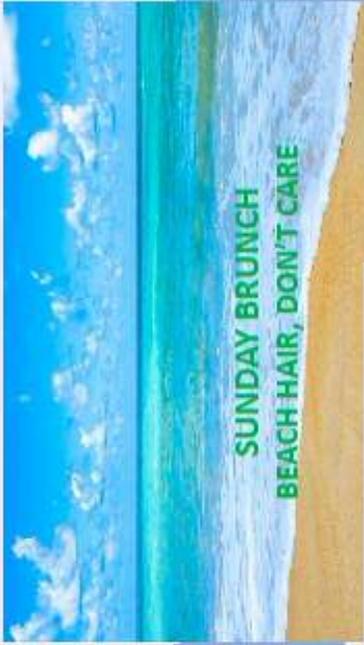
Dinner Reservation for 5:30 pm

Separate checks available

Order from the menu

See you soon!

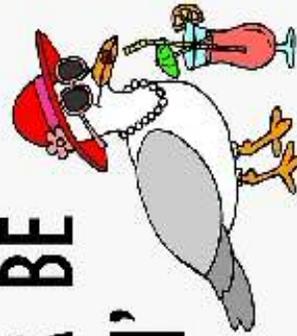
Susan



**SUNDAY BRUNCH
BEACH HAIR, DON'T CARE**

SATURDAY LUNCHEON

**RATHER BE
HANGIN'
WITH
MY GULL FRIENDS**



Party at the Beach!



**FRIDAY NIGHT
Life is Better in
Flip Flops**

VSC State Convention 2020

May 15th – 17th

Holiday Inn Virginia Beach – Norfolk Hotel and Conference Center
5655 Greenwich Rd, Virginia Beach, Va. 23462
757.499.4400

Room Rates: \$119/night



**SATURDAY NIGHT
SUNSHINE,
SEASHELLS, AND
SANGRIA**

Chaplain — Beverley Wright

What can I say that hasn't already been said in the email blasts I've been sending out? Nothing – other than I hope we are in for a LONG stretch of happiness and good health! As always, PLEASE let me know of any illness, death, or celebratory occasion so I can pass the information on to the state of Virginia and the IC Chaplain as appropriate. Communication is the lifeblood of any organization – without it we feel marginalized and insignificant! I encourage each of you to be a part of the good news and caring vibes bouncing around the state!

I have been a member of ESA since 1976 – that's 43 years! A lot of people 'think' that I 'know everything'... well sometimes we like to think we do know a LOT but I'm a sponge when it comes to learning new bits of information. I love trivia and came across an article listing quite a few little know or unknown truths. I'm sharing just a few so YOU can know a little bit more as well.

DID YOU KNOW?????

Barbie's full name is Barbara Millicent Roberts

Coca-Cola was originally green.

A duck's quack doesn't echo, and no one knows why.

In every episode of Seinfeld, there is a Superman somewhere.

A pregnant goldfish is called a twit.

The first toilet ever seen on TV was on "Leave It To Beaver".

In space, astronauts are unable to cry, because there is no gravity and tears won't flow.

Honey is the only food that doesn't spoil.

It is physically impossible for pigs to look up into the sky.

The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.

See everyone in October at the VSC Leadership and VSC Board Meeting! Until then I wish you Blessings and Tender Mercies!

P.S. (Bet you tried that tongue twister – didn't you???)

Harvest Moon Friday, September 13,
2019 from Emerald Isle, NC



Educational Director—Susan Caldwell

As usual, Beta Tau Chapter is off and running with their Educational Programs. Their theme for the year is “Golden Girls Sharing Knowledge.” In July, they learned about Chemicals in Bottled Water. Quite eye opening! Well, this Golden Girl has discovered that I’m potentially in trouble after reading their August entry, “Obesity and Cancer Relationship.” Can’t wait for the next report!

Of course, the PPA Leadership Conference on October 5 is all about Education. Don’t want to reveal the topics so you’ll need to attend to learn things that will benefit you in “Mind, Body, and Spirit.”

What is your chapter learning about? Please share your Educational reports with me using the form on the VSC Website. I’d love to feature your programs at the VSC meetings, in my articles for Lou Ann’s newsletter, and in my Lamplighter articles.

The form can be mailed to me at

Susan Caldwell

13932 Krim Point Way

Midlothian, VA 23114

Or emailed to me at

susancaldwellva@comcast.net

Yours in ESA,

Susan





“Counting Your Blessings for Easter Seals”

Our new Easter Seals Project for this Fall is “Count Your Blessings for Easter Seals”! Knowing that all of us Moms, Grammies, and Aunties count our children, grandchildren, and in some cases even great grandchildren as our greatest blessing, I would like each chapter to ask each member to donate just \$1.00 (in recognition of Easter Seals 100th Anniversary Celebration) for each of your children and grandchildren. If you could then send a check to me for the total, I would greatly appreciate all contributions. Would LOVE to collect these at Leadership, but realize that this is short notice, and many of you have already had your September meetings.

Zeta Nu did this at our meeting and raised a total of \$40.00! If your babies have fur and are definitely also blessings in your life, please consider including those as well.

If you prefer making a personal donation with a check, make it out to Easter Seals, and I will forward it on to the Salem office. Remember all donations to Easter Seals are tax deductible.

These donations will be used by the Easter Seals for infant and children’s programs as well as families needing Easter Seals support.

Thanks in advance for taking part in **“Counting our Blessings”** and helping those helped by Easter Seals.

Bev Scott
2019-20 Easter Seals Chairperson
88 Lakewood Forest Circle
Moneta, Va 24121
Bscott84@hotmail.com



Ginny Hatchell - GinnyHatchell@gmail.com

I wanted to put something in this publication to remind you to help support the Hope for Heroes program. So, let me remind you of our heroes.



ESA For St Jude—Carol Campbell

IT'S NOT TOO LATE TO PARTICIPATE IN VIRGINIA'S TWO "GIVE THANKS WALK FOR ST JUDE HOSPITAL!!

CAN'T WALK? NO TIME TO SPARE?

Well, it's okay if you donate to either of the walks in Hampton -- Saturday, September 21st or Richmond, September 28th! JUST go online and sign up to contribute to our ESA teams. If you don't this time, it's never too late to contribute but make sure you do with the forms that will give your chapter credit.

I loved it when recently, a chapter sent in their philanthropic report and they remembered to put their monthly gift of a personal donation.

Hopefully we can discuss how it's possible to "pop-up" events in your neighborhood and community on a scale that suits you. Come to leadership and let's talk about it.

Isn't it great when we can help parents with children who are struggling with cancer? I cannot imagine! One trip to the Memphis hospital makes me so proud of what we as a group have accomplished!

See you at Leadership! Carol Campbell



2018-2019 VSC INTERNATIONAL AWARDS



In the area of:

- | | |
|--|--|
| 1. Membership Net Growth Award | |
| 2. Membership Growth Award/Greatest Growth by Number | 2 nd Place |
| 3. Membership Growth Award/Greatest % of Growth | 2 nd Place |
| 4. Membership Director Honor Award/Greatest % of New Members | 3 rd Place |
| 5. Easterseals Award – State Monies | 3 rd Place (\$6,125.21) |
| 6. ESA Foundation/State Foundation Award | 1 st Place (\$31,670.00) |
| 7. ESA Foundation/Chapter Foundation Award | 1 st Place, Beta Kappa (\$30,000) |
| 8. ESA Foundation/Foundation Scholarship Award | 1 st Place (\$31,345.00) |

Congratulations for all the hard work from every VSC member!

A Journal: Hurricane Dorian and Eating My Way Across the Crystal Coast of North Carolina

In September 2018, Hurricane Florence came roaring up the east coast and our late summer trip to Emerald Isle, NC was a no-go! We had been able to spend a week at the Grande Villas Condos in June with the entire family, which was wonderful but we always enjoy the September trip with just the 3 of us plus or if we are really lucky, Jim and Brenda Orebaugh join us

This year, we didn't make a summer beach trip to include the grands due to an unreal schedule of weekend baseball tournaments and a trip they took to California so we were REALLY looking forward to our September vaca. Well wouldn't you know it - along comes Hurricane Dorian! The devastation in the Bahamas was total and when we heard that a tornado had touched down in Emerald Isle we thought - oh well, we hope everyone is okay! After numerous emails and calls with the rental agency, we were actually able to come down to the Crystal Coast a day later than scheduled. The area where the tornado touched down was destroyed with mobile homes torn apart and tossed around like tinker toys, but everything around it was untouched!

Once we arrived I made a decision to expand my 'mindful eating' regime to include some of my favorite restaurants and foods this week because you never know when this time will be the last time you get to enjoy a very special place. The weather this week has been awesome - highs in the 80s and low 90s and only a brief thunder storm one evening! The atmosphere here is always laid back but in September there are fewer visitors and dining out is never an issue.

A Journal: Continues...

On Sunday evening, we wanted to go to one of our favorite restaurants, The Crab Shack, but they had damage to the deck area that overlooks Pamlico Sound so they were closed until later in the week. We decided to go to The Trading Post, a relatively new restaurant where we have had good food before. Though it is not for everyone, one of the sides offered is Black Eyed Peas! I know - you either love them or hate them! Me - I love them so this was an unexpected find to go along with some delicious seafood!

After a day of sitting by the pool and relaxing on the balcony overlooking the ocean with a cold glass of Peach Wine I brought along from Cross Keys Vineyard, we decided to go over to Swansboro, which is a lovely, historical coastal town. We hadn't been to the Riverside Restaurant in Swansboro for several years, only because it does get crowded and there are so many other restaurants closer. So glad we went again - the grilled Salmon topped with Crab Meat and Biere Blanc sauce was outstanding and Joe loves their Sweet Potato Muffins. I resisted the muffins but they are SOOO good! Also - finished reading "Sweet Salt Air" by Barbara Delinsky - good summer read!

Tuesday morning was again spent by the pool and Tuesday evening was a break from seafood with a relaxing dinner at El Zarape, our favorite Mexican Restaurant at the beach. Food is always good and it is very authentic! The steak & chicken fajitas are so very good and enough for two! Started and finished another book,

A Journal: Continues...

"The Coincidence of Coconut Cake" by Amy E. Reichert. This was the first time I read one of this author's books - it was fast moving and very engaging!

Wednesday morning was glorious and thought provoking as it was the anniversary of September 11th. Joe and I sat on the balcony watching the waves roll in, drinking coffee, and truly appreciating the blessings we have been so generously given. I started "The Sunshine Sisters" by Jane Green (another new author for me) and am hooked with this delightful story of an aging narcissistic mother and her 3 grown daughters. Joe went up to "the point" for some shelling and for his "old man hobby" (that's what I call it anyway) - metal detecting! We had another yummy dinner at Port-of-Call. I was drawn to the grilled salmon with a lemon, butter, dill sauce.

On Thursday morning Joe went out for his 2 mile walk while I actually made breakfast (usually we just have coffee and yogurt/fruit etc.). Another lovely day sitting by the pool reading - finished "The Sunshine Sisters" - would definitely recommend this book if you are not put-off by some strong language!

Break from seafood again with Joe and Amanda chowing down on burgers and I had a wonderful salad at Jackie's American Grille. The salad had mandarin oranges, sunflower seeds, grilled chicken, and pieces of deep fried goat cheese!

Since we had to leave on Saturday morning, on the last day (Friday) we are at the beach we usually go out to lunch and then spend the rest of the day at the beach,

A Journal: Continues...

pool, and gathering everything to repack the car. Amazing how much 'stuff' you take for a week! Lunch was at The Crab Shack - one of our favorite restaurants - and they did not disappoint! Started an older Elin Hindebrand novel, "The Island", which I somehow never read or forgot I read. I have always liked her books, but have been disappointed with the endings of the last few - with the exception of "Summer of '69" which was SUPER good!

I know this is a lot to read, some will find it boring, some will find it entertaining, but I miss having articles to read which were written by our sister, Flora, when she traveled. We left the beach on Saturday morning having confirmed the following ...

Happy hour comes earlier at the beach!

Coffee tastes better while sipping it early in the morning while sitting in a rocking chair overlooking the ocean. Seafood eaten at the beach has a whole different level of freshness.

The sound of the waves hitting the shore is a better sedative that any prescription drug!

Hope to see lots of you in October. Until then - I'm back on the "mindful eating" program with wonderful memories of the Crystal Coast.

Beverley Wright



Alpha Omega Winchester

Alpha Omega held a country ham sandwich sale in mid-August, which brought in the cash needed for Ways and Means, so, we do not have to do another project for the budget.

President Priscilla Browning heads to Washington, D.C. to work at a St. Jude Walk-a-thon Sept. 21. Other members will be on a Library Tour for the program in September on that day. Our St. Jude project in November will be October's program to explain how this works for donations with a representative from Belk's Charity Days allowing our ESA chapter to solicit donations. In October we will have a country ham sandwich sale to support our State Project. Churches in the Winchester area offer help with the homeless called the WATTS program from November to March so we have scheduled a WATTS dinner prepared and served by Alpha Omega for November 20 at Market St. United Methodist Church.

We started our Social calendar with a August 25 picnic in our park. It was a fun event including bingo for which we brought gifts for prizes. We also included a philanthropic aspect by providing a lot of snack items for our hospital's Hurst House. This is a free place where family members can stay in case an out of town person is in the local hospital. It is next door to the hospital and no motel fees. Many of our members do volunteer hours at the hospital Gift Shop as well as at the Hurst House. November 7, we plan to have a joint birthday celebration at a restaurant for 5 members whose birthday falls in the Oct. to Dec. period. A later spring one will pick up the balance of 2020 birthdays.

We started our year with a single guest we are hoping will join us.

Jane Parrish



Chapter at August Picnic

Beta Kappa, Virginia Beach

Beta Kappa #3721 - Ginny Hatchell, *President*

Summer – Beta Kappa had a busy and productive summer. We are looking forward to continuing that momentum!



We stuffed Beach Bags. We have **many** students whose families are well below the poverty level. To ensure these students have nutrition on the weekends, Beach Bags are stuffed with food for several meals and given to each student on Fridays. Distribution points throughout the City of Virginia Beach during the Summer. During the school year the students pick up their Beach Bags at the school office.



We played Bingo. For the residents and patients at Lake Taylor Transitional Hospital. On the third Wednesday of each month we provide entertainment, winnings and snacks.

We prepare for Back to School, Got donations, shopped, gathered and stuffed backpacks. Then delivered to For Kids, a local nonprofit organization which helps the homeless families in the Tidewater area



We planned ahead. A paint party to benefit ASK. Coming up in October, we are excited! To be held at MUSE Paint in Virginia Beach. This is our first time planning this event, and the response has been great. You can purchase wine, paint, have fun and meet new people. This event is open to the public, so we are hoping to introduce more locals to ESA and what we can do to help our community. MUSE does most of the work, so your job is to have fun.

SAT, OCT 19 | 12:00-2:15 PM



Paint For A Cause: ASK Me Why I Am
Painting! - \$50

Wooden Sign Fundraiser

Come support the ASK childhood cancer
foundation!

Lead Instructor: TBD

1

BOOK NOW!

Photo by author/owner

Beta Sigma

**In the spring, we declared
That no effort be spared
And put forward our best
For convention success.**

**Next came the Dream Home for St. Jude
For all it required an industrious mood.
The ladies pitched in and scurried about,
And then eventually the tickets sold out!**

**June finally began our own R &R--
Some to the beach and some traveled afar.
Some had weddings, and some had IC;
Some had grandbabies, cute as can be.**

**Now it's September, and fall's almost here.
We have birthdays to celebrate with crabs, wine, and beer.
The Easter Seal yard sale depends on the weather,
With Leadership ready to bring us together.**

**In all it's the time to get back in gear,
We let everyone know, both far and near.
Beta Sigma is planning to fill up our year,
With ESA Sisters and lots of good cheer.**

Beta Tau, Woodbridge

“Golden Girls” is the theme of Beta Tau’s 2019-2020 sorority year. The chapter will be celebrating its 50th anniversary in February 2020. The members might be of a certain age, but we can be full of life and laughter.

Our year started with the installation of officers on April 29th at the Globe and Laurel Restaurant. Edna installed President Sandy Reed, Vice President Edna Plancon, Secretary Pat Hoover, Treasurer Doris Hood, Educational Director and Parliamentarian Kathy Gibbons.

Doris, Edna, Kathy and Sandy attended the VSC meeting in June.



Right after the VSC June meeting Kathy received her diagnosis of pancreatic cancer. She had to resign from her chapter offices, but she managed to do an educational on Obesity and Cancer. It was such shock for her to fail so fast. Beta Tau along with many VSC members attended her memorial service on September 7th. Kathy will be sorely missed by her chapter sisters and many others. At least she didn't have to suffer long.

Beta Tau will now have to strive along with an one armed President, but we are tough and will make it.

Doris, Edna, Pat and Sandy are planning to attend the Leadership Conference and VSC Fall Meeting and look forward to seeing our Virginia sisters.

Sandy Reed



Delta Kappa—Roanoke

Our summer started off early working on the Dream House, which was new and exciting to all four of us. Then each one of us had some trouble with life turning on us. Brenda with new treatment, Pat going to doctors, Carol going to help with her sons family and then I lost my best friend and husband so fast that it was unbelievable and having my brother pass in November it just seemed to be so much.

We missed out on going to the meetings but were able finally able to get together for a meeting and have lunch, which is always great.

We were able to finish the Dream House and were really proud of each Chapter that helped with it and felt it was a great success.

Now on the the pressing coming up year, just hope all stays healthy and able to attend the meetings. Fall is on its way and looking forward to all the beautiful colors that we will see.



Delta Rho—Front Royal

Since the last Lamplighter came out, your Delta Rho sisters are proud to announce another successful Golf Tournament, our “Swing for the Kids,” this past May. The hard work of our chairwoman Alice and her Delta Rho sisters, the many golfers who participated and the generous donations of our friends and local businesses enabled us to send more than \$10,000 to St. Jude Children’s Research Hospital! WTG, Delta Rho! We’re already planning our next one.

In May, we saw Debbie and Jenny pass on their State board positions (President and Corresponding Secretary) to Lou Ann and Tammy. It was a wild ride! We look forward to a great year with Lou Ann at the helm, and Debbie remains on the board as Past President.

In spite of the unusually hot weather this July, Debbie and Jenny enjoyed IC in Memphis. It was very special visiting St. Jude and see firsthand how our efforts at fundraising are helping so many children. It’s an amazing hospital, full of children’s artwork and grateful families.

Delta Rho began our year in August by participating for the 19th year in Special Love’s Camp Fantastic. We were especially thankful this year to be indoors! We so enjoy baking hundreds of yummy cookies for a very appreciative bunch of campers and staff.



In September our first chapter meeting was held in a different venue... our town’s new police station! We all wore our orange and black to have our picture taken! Our president, last year’s State President, Debbie (the inmate on the far right!), has asked us for ideas for more social events to increase our “fun factor”. We have responded and are looking forward to a fun filled year, working hard for ESA.



Gamma Pi, Staanton

As I am writing this is not a pattern in the making for vacationing at the beach in September. Oh well – Mother Nature always knows best!

This has been a pretty laid back summer for Gamma Pi. We have been able to get together and enjoy food and friends for Amanda's birthday in June, a mutual friend's birthday in July, just us girls early in August, and Beach Fest with music by the Original Rhondels at the American Frontier Culture Museum. Sadly, there were just too many losses over the summer with the passing of Brenda's long-time friend, Betty, and our own Barbara Midkiff and Kathy Gibbons. I am so glad we were together at the June VSC meeting.

Speaking of the June VSC meeting – a funny story to share ... After leaving the hotel in Norfolk/Virginia Beach to return home, we were headed towards the Hampton Roads Bridge Tunnel. Several miles before the tunnel there was one of those huge signs warning that there was an accident in the tunnel and traffic was backed up for 3 miles. Well, Brenda and I decided that there was NO WAY we were going to sit for hours creeping through that underwater tube so we took the very next exit just knowing we could find our way down to Rt. 460 and travel across to Prince George then up I-95. You know GPS can be SO HELPFUL if you know where you are going, but fooling the GPS to take you somewhere when it keeps wanting to put you back on I-64 is hard to do. So we finally decided to put in the address for the Virginia Diner on Rt. 460 as our destination because we knew once we got there we were on the right path home. Well that sort of worked but we had the GPS programmed in my car and Google Maps programmed on Brenda's phone and they were each telling us to go a different way. I was getting frustrated (imagine!!!!) and we kept seeing these signs that a toll was up ahead. We kept going (because what else could you do right?) and finally went through a short tunnel and saw signs leading us to Rt. 460. After several u-turns and pull-overs to check our dueling GPSs, we finally made it to Rt. 460 and then homeward bound. BUT the funny thing was – we NEVER saw a toll booth! Well about 2 weeks ago (in August) I get a nice notification in the mail telling me that I went through the Elizabeth River Toll without paying??? I swear to you, we never saw a toll booth but they had a photo of my car so I knew it was true and gladly sent them a check for \$5.35. Where oh where we were I can not tell you, but we will just chalk this up to another B&B Adventure!

So looking forward to seeing many of you in October. I think we can make it to Richmond without missing a toll!



Theta Mu, Richmond

Theta Mu met on a hot but beautiful Sunday in July for Lunch at a Chinese Restaurant, with all members present and one guest, Betty Elam. After lunch, the members proceeded to Eveleen's home for the installation of members and brainstorming for the new year.

President, Eveleen has chosen as her theme "LOVE Blooms in Theta Mu". Her symbol is a large LOVE sign with Flowers in it. Everyone loved the idea.



Later in September we will be holding our meeting, making zucchini bread, and celebrating Eveleen's Birthday.

We are planning a very laidback year as we have several members dealing with medical issues of one type or another. Educational Director, Diane, is planning to give "virtual" tours of some of the "Loveworks" signs that have been a part of the 50th Anniversary of the "Virginia is for Lovers" campaign. When looking at the Google Map showing all the signs (each as a single heart), Virginia is certainly covered.

We look forward to seeing you at Leadership and the VSC meeting.

Diane McLane, Theta Mu



Zeta Nu—Smith Mountain Lake

Zeta Nu started off the new sorority year in June with our yearly “Unbirthday Social” and secret sister gift exchange in June. We also celebrated our VSC Convention recognitions and a recap of the Convention.



In addition the Chapter took on a new project called “Simple Gestures” which supports the community Lake Christian Ministry. Four times a year contributors from churches and other organizations like ESA purchase designated products that are needed bur clients of LCM.



Noel Lukeson, Stephanie Hess, and Tracie Ayers load up Zeta Nu’s “Simple Gestures” donations.

Zeta Nu—Smith Mountain Lake

Steph and I also had the pleasure of working the Roanoke Areas first ever dream home with the rest of the amazing ESA Roanoke members. Attending the TV stations give-a-way and presentation of the check was quite a thrill!



We managed to get together for a social at Hot Shots for dinner and plans to play miniature golf.



Bev Scott, Noel & David Lukeson, Larry & Sheila Levinson, Ronnie Hess (Steph was the photographer!)

Zeta Nu—Smith Mountain Lake

Last, but not least is our latest project for Hope for Heroes. We are making lap tie blankets to take to the Veteran's Hospital in Salem for Veterans Day. We decided to use flannel because we found some amazing patriotic prints that seemed more appropriate than the solids and prints of the fleece. Our fabric came in 45" so it takes 1 and ½ yards of the printed material and the same for the solid on the back. After trimming the pieces (we used pinking shears so it wouldn't ravel), you lay the back and front together and then cut a 4 inch square from each



Steph hard at work!

Looking forward to seeing everyone at Leadership and the Fall Meeting!

Much love to everyone. Please keep Tracie's husband Tim, and Sheila's husband Larry in your prayers as they deal with health issues.



Angel with snowdrops



This Velvet Elvis is from Ginny's Garden, a shade garden in our yard that was my daughters. Here the Purple Elvis is an annual and starts blooming mid summer. It bloomed continually until frost.

Plectranthus 'Velvet Elvis'

After a 5 year breeding project, here's a **notable improvement over 'Mona Lavender'** with dramatically larger flowers and better habit. Plush, **velvety foliage is deep mallard-green with a vibrant purple back**. Huge flower spikes are twice the size of Mona Lavender. Spikes emerge in large numbers and create an amazing floral effect that lasts for months. 'Velvet Elvis' has thick leaves that resist foliage diseases so they look great year-round.

USDA Hardiness Zone(s): 9-11

Size (HT/W/FL HT): 28" / 31" / 32"

Exposure: Part Shade, Full Shade

Bloom Time(s): September, October



Stargazer lilies



Iris taken from Mom's first home. Grandma had planted them.



Calla Lily

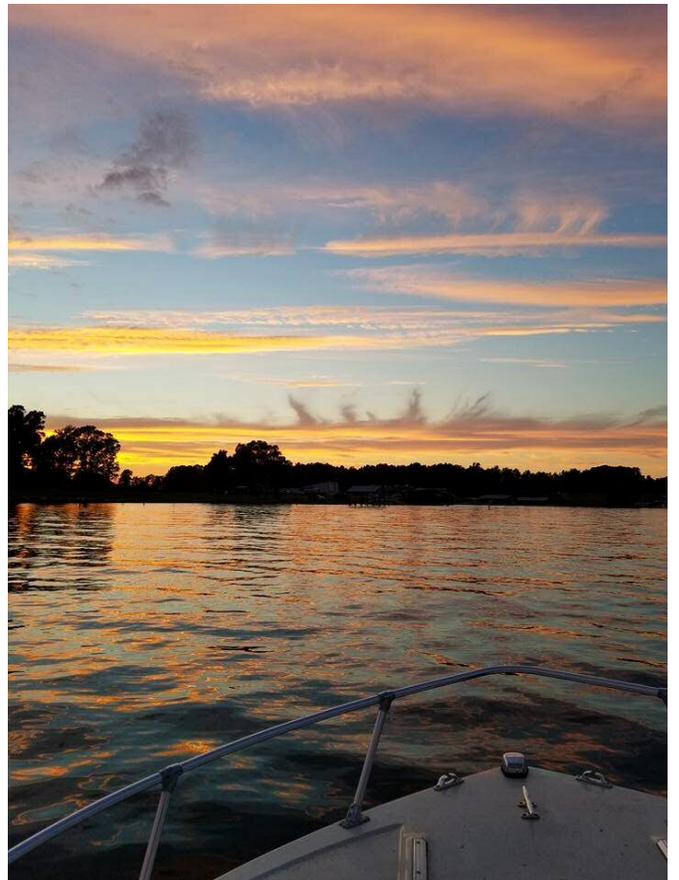


Editor's Note—Diane McLane

Thank you very much for those who chose to write an article for this issue of The Lamplighter. I've enjoyed reading them! I hope to hear from more of you for the Winter Issue of The Lamplighter, due Jan 15. Take a moment to jot down some notes and save some pictures and send them to me. I believe we would all love to hear from you. If you have any interesting plants — send a picture and the name of the plant and I'll put it in "My Garden".

"This is my **wish** for you:

Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
Sunsets to warm your heart,
Hugs when spirits sag,
Beauty for your eyes to see,
Friendships to brighten your being,
Faith so that you can believe,
Confidence for when you doubt,
Courage to know yourself,
Patience to accept the truth,
Love to complete your life."
 — Ralph Waldo Emerson



Sunset on Smith Mountain Lake



CALL FOR NOMINATIONS

2020-2021 INTERNATIONAL COUNCIL OFFICERS

Nominations are now in order for the offices of First Vice President, Second Vice President, Recording Secretary, Treasurer, Parliamentarian, and Workshop Coordinator for the International Council of Epsilon Sigma Alpha International.

STATE PRESIDENTS

Through your newsletters and state publications please encourage your qualified members to accept the challenge of an International Council Office. (Don't you forget to consider serving on the next level.) Dedicated members are significantly needed to share their time and talents to assist in the growth of ESA, to help plan the future of the organization, and to help achieve the goals and ideals of ESA. Additional forms can be found at www.epsilonsigmaalpha.org or by contacting:

LeAnn Wray, IC Nominating Chairman

10355 Blaine Rd
Brighton, Michigan 48114
C 810-772-9551
lwray2@comcast.net

QUALIFICATIONS

Nominees must be in good standing with ESA Headquarters and may be sponsored by any chapter, state, multi-state or district/zone in good standing with International Council (IC). Chapter and district/zone dues are \$40.00. State and multi-state council dues are \$45.00. Checks should be made payable to the International Council and mailed directly to the IC Treasurer.

Refer to the IC Bylaws: Article V – Qualifications of Elected Officers; Article VIII – Duties of Elected Officers; and Standing Rule 11 & 12 – number of candidates for each office and the responsibilities of the Nominating Committee.

Serving on the Nominating Committee are: Chairman: LeAnn Wray - Michigan, Sandy Weston - Alabama, Nancy Reid - Oregon, Roxie Lenox - Wyoming, Brittany Hillard – Michigan and Laura Gnewuch, North Carolina.

Notice to Nominees

If more than 5 candidates run for an office, a weighted point system is used to qualify nominees for that IC office. No points will be given unless directions are followed; therefore, it is important that you *carefully read and follow* instructions for completion of the nomination form. All the information requested must be given. All eligibility requirements must be fulfilled, and all attachments must be included with the official nomination form. No changes will be accepted after the nomination form has been mailed to the committee members. If necessary, candidates will be asked to move to another position on the ballot.

Instructions for Completion of the Nomination Form

1. Please type or print the form legibly.
2. List the year(s) served as President and each elected and appointed office.
Example: President 2010-2011; First Vice President 2009-2010; Second Vice President 2008-2009; Recording Secretary 2007-2008; etc. Offices must either be elected or appointed and may not be listed twice.
3. If an office has several responsibilities, list only the elected office.
Example: If the Vice President, because of the elected office, is also the Membership Chairman, only the Elected office may be given – the chairmanship should not be listed. This may also apply for Junior Past President and Disaster Fund Chairman.
4. If you were appointed to complete an office for an unexpired term you may list this office if the term of office is for three (3) months or more.
5. Committee appointments should be for the required term of office of three months or more. Do not list special appointments for special events. Appointments must be made by the President of the referenced council.
5. Do not include any recognition, such as, Outstanding Woman/Pledge etc.
6. Do not include qualifications on a separate sheet of paper. All qualifications must be included on the nomination form.
7. The Nomination Form must be postmarked no later than November 15, 2019. Mail or email the form with all attachments (sponsoring letter, letter of nominee's acceptance, and photo (5X7 if printed photo - .jpg if sent via email) to LeAnn Wray, IC Nominations Chairman • 10355 Blaine Rd. • Brighton, MI 48114 • lwray2@comcast.net.
8. The signature of either your chapter or state/multi-state president is required; however, the contact information is needed for both.
9. Address all questions concerning the listing of qualifications or other matters regarding nominations to LeAnn Wray, IC Nominations Chairman.



2020-2021 Nomination Form

Nominee		Member Number:	
Phone	Email		
Address	City	State	Zip
Employer	Occupation		
Chapter Name and Number			
City		State	
Nomination for the office of			
Second Choice of office			

(It is recommended that nominee have previous experience on the IC Executive Board or have a strong accounting background before being nominated for IC Treasurer)

Background Information

QUESTIONS	YES	NO
Does nominee have a working knowledge of computers?		
Does nominee have working knowledge of bookkeeping/QuickBooks?		
Does nominee have knowledge of parliamentary procedure and Roberts' Rules of Order Newly Revised?		
QUESTION	# OF YEARS	
How many years of ESA service does the nominee have?		

Eligibility Requirements

QUESTIONS	YES	NO
Nominee has been an active member for the past three years?		
Nominee has held the office of Chapter and State or Multi-State Council President?		
Nominee's acceptance letter is attached?		
Sponsor letter from Chapter and/or State/Multi-State is attached?		
5 x 7 color photo or .jpg color photo of nominee is included?		
Nominee's chapter's dues have been paid to the International Council?		
Nominee's state's dues have been paid to the International Council?		
Nominee's individual dues have been paid to ESA Headquarters?		
All dues have been verified as paid by Nominating Committee Chairman?		
QUESTIONS	# OF YEARS	
Number of State Conventions nominee has attended?		
Number of International Conventions nominee has attended?		

INTERNATIONAL COUNCIL OFFICES HELD (list years)			
Second Vice President		Recording Secretary	
Treasurer		Parliamentarian	
Workshop Coordinator		Appointed Chairs (include Corresponding Secretary)	
MULTI-STATE COUNCIL OFFICES			
ELECTED OFFICES			
APPOINTED OFFICES			
STATE COUNCIL OFFICES HELD (list years)			
President		First Vice President	
Second Vice President		Recording Secretary	
Corresponding Secretary		Treasurer	
Parliamentarian		Junior Past President	
Other Elected Offices			
Appointed Chairs (include offices of past presidents' auxiliary)			

<p>In 50 words or less state why you would like to be an IC officer, what your objectives would be and how you plan to accomplish those objectives:</p>

<Note: due to Journey space constraints quote will be edited if more than 50 words are submitted>

Sponsor Signatures

Chapter President's Name (printed or typed)			
Chapter President's Signature			
Address			
City		St	Zip

State or Multi-State President's Name (printed or typed)			
State or Multi-State President's Signature			
Address			
City		St	Zip