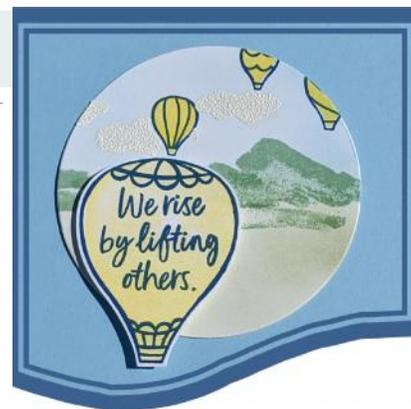


Ascend



President – Brenda Bowersox

Welcome to the second issue of Ascend, the President's newsletter for 2020-2021.

October is Breast Cancer Awareness Month. If you haven't had your mammogram this year please schedule it as soon as possible. Gentlemen make sure that you prod your wife just a little to make that appointment. Without my yearly screening and early detection, my personal story may have been written in a completely different way. Let me be your reason this year.

This year has taught us how to live in a completely different time. Without a real warning, how we function on a day to day level has changed drastically. We have learned how important hand sanitizer and toilet paper really are. 😊 More importantly we have learned to be a little more patient, a little less critical and how to help people in need in so many different ways. We are adaptable to everything that is thrown at us and try our best to make it work. That may be the human spirit but I definitely know that it is the ESA spirit.

I would like to invite you to a ZOOM chat on Monday Nov. 2nd at 7:00 pm. Have a glass of wine, cup of tea or coffee, a snack, whatever you like and let's chat about how our chapters are making things happen in this unprecedented time. Hold the date and everyone will receive an invitation link the week prior. I hope that you can make it.

For those of you who were unable to attend the ZOOM Mini Convention my acceptance speech is on the next page.

Hugs, BB

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SPECIAL POINTS OF INTEREST

- Foundation Project – Oct. 17
- Chances for Foundation Life Active Membership – Oct. 31
- Save the Date: Nov 2 7:00 pm for ZOOM Chat.



Virginia State Council

Incoming President's Message – 9-12-2020

First, Suzanne, Thank you so much for the wonderful ceremony. It was beautiful and everything I could have hoped for. And, we got to do it twice. My best friend and wonderful Executive Board pulled off quite a surprise at our retreat and instead of just taking some photos in our dresses we had the full ceremony.

We Rise by Lifting Others. That is our theme this year and hot air balloons are the symbol. Before Covid19 and the discord in our nation I chose this theme to remind us that we are at heart special people; the type of people that will lift a helping hand to those in need like the children at St. Jude or the seniors that we play bingo with at the nursing homes. It was also a reminder that we need to always be aware that our words and actions have an effect on those around us.

Our newest members need to know that we have their back as they reach out to accept some of the duties in this council. It is important that we lift them by asking to help or just answering their questions. We aren't going to be able to gain and retain new, younger, energetic members unless we can keep an open mind and try to see things from a different point of view.

Can you image your life without ESA? I can't. It has been there for me no matter where I was or what I was going through. We really need to reach out and find ways to add to our membership so that others can feel the same.

It has been a dream of mine to figure out how to add chapters in different parts of this state. We need to spread out our good works and enthusiasm. I don't have the answer and with the restrictions that we have now it's just harder but not impossible. Keep me posted if you have any good ideas on this.

We also must learn to cultivate the art of communication. It is an art; it must be learned and practiced. But communication is a two way street. We can all talk, but do we listen? Well I listened to one of our newer members this past year when I was asking for help on the appointed board. When asked, this person wanted to know if there were instructions or guidelines for the job I was asking her to do. My answer was that there was something in the bylaws but that it may not be exactly what she was asking for. That made me really think. So I asked this question at our Executive Board retreat and we will have a special committee starting this year to look into writing a handbook of guidelines for our officers as well as committees. I hope to have more to report in my next newsletter.

Goals may be set, and met, or not as fate would have it. Planning on the other hand can be updated and changed to meet fate's challenge. Let's use this year to start planning for our future. Think of it as a quest. There may be no end in sight, but the beginning is now. We can make this world a better place by lifting others.

Brenda Bowersox

Virginia State Council President

2020 - 2021



VSC Corresponding Secretary Bev Scott

Thank you

I'd like to again thank everyone that helped make Brenda's Installation and the Virginia State Council of ESA's first Executive Board Retreat such a great success!

The Virtual Mini Convention was also a lot of work and turned out wonderfully! Special thanks to Lou Ann, Brenda and Suzanne, and so many of you that gave your Saturday afternoon to ESA! I hope you enjoyed it, and felt it was worthwhile and informative! Can't wait to see all those beautiful faces in person!

Last, but not least, Sheen did amazing job with this year's first edition of THE LAMPLIGHTER! I've never done the job, but can only imagine what a challenging position this can be. Congratulations!

In case you should need to get in touch:

Cell 540-871-0418

Mail 88 Lakewood Forest Circle, Moneta, VA 24121

E-Mail Bscott84@hotmail.com

Love in ESA to you all!

Bev

*** Bev has graciously agreed to put together a photo album of memories of this year instead of the usual scrapbook. I would love to have some photos from every chapter for her to include. Just send them her way whenever you have the chance. BB

VSC Parliamentarian Brenda Orebaugh

Congratulations Brenda as you begin your year as VSC President and I look forward to serving on your board as Parliamentarian.

If anyone has By-law changes please email me at brendaorebaugh@gmail.com.

Looking forward to seeing everyone at the spring meeting.

VSC Jr. Past President Lou Ann Wyer



With the cancellation of our in-person meetings, we have been unable to donate to our Disaster Fund. We have many ESA members in harm's way across the country, and now is the time to think of them with a donation to the Disaster Fund. If you or your chapter would like to make a donation before **October 31st**, one lucky person will win (your choice) an ESA apron or an ESA bag (pictured here) with your name on it! Please make your check to **ESA Disaster Fund** and send to Lou Ann Wyer, our VSC Disaster Fund Chair.

The Disaster Fund page has been updated on the IC website. Please visit this page to access the application for disaster funds.

Win a FREE Life Active Membership to the ESA Foundation

VSC is having a Life Active Membership Contest! There are 50 chances for **\$10 each**. Your ticket(s) will buy a chance to win a full Life Active Membership worth \$500. Any extra monies will go towards a Virginia scholarship. The membership may be purchased for yourself, a chapter, or gifted to someone else.

Notify Beth Sherron via email at bethsherron@verion.net for the number of chances you would like to purchase. All chances must be purchased prior to **October 31st**. What a great holiday gift for you or your special ESA'er!



IC 2019 Memphis, TN

ESA Foundation donation to the St. Jude School of Biomedical

ESAF Foundation Fund Fest Chair

The Foundation was ready with Carnival Games.
But we waited for people to see if they came.
The decision was made that the games were called off.
A virus occurred that made people to cough.

So we thought and we thought of another event,
Less things to be bought and less things to rent.
The questions for sure were the dilemmas we had,
But calling it quits sure made us sad.

Our quandary was answered with a mystery to solve.
A suspenseful event began to evolve.
The people would be part of the cast
Anyone that attends will sure have a blast.

A murder occurs in a swanky retreat
With Margaritas that flow and just can't be beat.
But a murder happens to everyone's surprise.
Now the evening unfolds to some people's lies.

We want you to join us for this special event
Your admission fee is money well spent.
Our thank you is from the bottom of our hearts
And hope that you join us by doing your part.

Here's something that will make you cheer.
Take it off your taxes at the end of the year.
What more could you ask for of an evening fun
Than laughing with friends till the solution is done.

Time is moving on the clock on the wall.
So get your admission in and you'll have a ball.
Be a solver of mystery and we will be certain
That good times are had until the final curtain.

(continued on next page)

Murder in Margaritaland

October 17, 2020

7:30 pm Eastern Time

6:30 pm Central Time

5:30 pm Mountain Time

4:30 pm Pacific Time

Reservations made online: <https://esa-foundation-event.square.site/>

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Let us know if you have any questions. Hope you will join us.

Thank you,
Sandy Hosack
ESAF Fund Fest Chair
sjhosack@yahoo.com
314-239-7920

VSC Philanthropic Chair Marie LaDuke

Happy Fall!!

I know your chapter has started to accumulate philanthropic hours, monies and miles already for the current year. I look forward to receiving your reports so my recordkeeping can begin. You don't need to wait until March to send in your information and I hope you don't. It will be easier for me and for your chapter to keep track of your good works that way. I have already received a few reports which I appreciate. Keep up the good work!

The updated reporting form was published in the Lamplighter that just went out a few days ago. If you have any questions, please don't hesitate to contact me and I will do my best to assist you.



Maple in my yard. BB

VSC Easterseals Co- Chairs Lynn Keffer & Susan Garland



Fact: Sigma Chi sisters miss our volunteer hours in the Early Intervention Program which has been put on hold since Covid 19 reared its ugly head.

Fact: VSC members need a project to show our love and support for the wonderful services easterseals/ucp provided in the past.

With these facts in mind, and after speaking with Alex Barge the Camp Easterseals Virginia Director, we would like to propose that as individuals we contribute financially to a scholarship (\$1,000) for someone who otherwise couldn't afford to attend camp.

Fact: Valentine's Day  would be an appropriate occasion to send our donation. Our target is \$10.00 a member, but more would be welcomed. Checks should be made out to Camp Easterseals Virginia and mailed to Lynn Keffer, 3339 Longhorn Rd., Roanoke, VA 24018.



VSC State Project Chair Judy Williams

Hello Everyone,

What beautiful fall weather we are having. I hope everyone is doing well and I can't wait for us to be together again soon. First, I want to thank Brenda for giving me the opportunity to once again serve a State Project Chairman for the next two years. I have served several times in the past and love working with our two special groups ASK and Special Love. While this past year has been difficult in so many ways our fundraising endeavors continue. Updates will continue throughout the year on nonmonetary needs of our organizations as well as any volunteer opportunities that arise.

I am also happy to announce that we will have a fund raiser for State Project this year. I will be selling chances to win two beautiful quilts.



Quilts by Theresa Morris.

Chances will be \$1.00 each or 6 for \$5.00. Checks need to be made out to VSC State Project and clearly marked with "quilt" so I can differentiate between regular State Project donations and fund raiser. I will then send you your tickets by return mail.

My address is:

1109 Sunkist Avenue

North Chesterfield, Virginia 23235

Any Questions: judy.williams790@gmail.com

Everyone have a wonderful year and see you all soon!!

Story of the Heads – Sandy Reed



When Beta Tau and Delta Sigma were co-hosting the VSC convention in Manassas in 2003 it was the 50th anniversary of the VSC. We dressed in 50 style dresses and hats for the PPA luncheon and decorated the tables with the heads. Beta Tau made the heads with the help of Jane Shamblin's daughter in law. Since Diane Mockabee was a talented artist she painted the faces and added 50's style hats. Somebody I don't know who gathered them up after the luncheon and put them in the incoming VSC president's bed during the Saturday night banquet. It became a tradition to sneak the heads into the Incoming President's bed from then on. I thought the heads had disappeared but apparently some of them are being passed on. This has become a 17 year tradition. Diane would be so pleased. Hopefully she can see this from heaven.