

# The Spirit

"What the mind can conceive and believe, and the heart desire, you can achieve!"

Norman Vincent Peale



## REMINDERS:

VSC Spring meeting, Saturday March 19, 2022 at 9am, Hilton Gardens Inn, Roanoke 1-540-776-3400. Lucky Numbers: Spring Theme.

**Awards:** Reports Due to Chairman's by April 15, 2022 for months from April 1, 21 thru March 31, 22. (please refer to yearbook for your chairman.)

## LAMPLIGHTER DEADLINES

Spring issue: April 10<sup>th</sup>

Send all submissions to [theresaseaymorris@gmail.com](mailto:theresaseaymorris@gmail.com) by the above deadline dates

**SERC:** Theda Hall, 1<sup>st</sup> VP is looking for members to run on SERC Boards, attached are forms for such!

VSC has a home projector screen for home use if anyone is interested or know of an organization

## Chapter Presidents:

Please email your chapter events and I will post them each month to the State Membership.

### Upcoming Chapter events:

Nothing Submitted!

I did receive a phone call this week from Gaynell Krista and she has a new home phone number (unlisted) due to excessive spam calls, 540-489-0049. Please change in your yearbook.



## Presidents Message

Happy Valentine's Day, President's Day, Black History month, and anything else you may be celebrating! Hope everyone is enjoying their winter and is looking forward to our Spring Council meeting next month in Roanoke. We will try to start at 9am and the Executive Board meeting will be Friday night in my suite at 5:30-6:00pm. Chapter Presidents don't forget your items for lucky numbers. Also, if you're coming in on Friday night, text or call me as I'm going to be looking for a place to have dinner Once again attached to this newsletter is Convention Registration!! I understand some of you are hesitant to come to any meetings at this time, so I'm going to try and set up a Zoom link so you can listen to the speakers. Information from Foundation:

The ESA Foundation is presenting a Workshop on Effective Communication Between Generations on February 17, 2022 at 8:30 Eastern Time. 7:30 Central Time, 6:30 Mountain Time and 5:30 Pacific Time. We will present information for members and chapters of all ages. Please use the button below to register for the workshop.

Register in advance for this meeting by clicking on the button below:

[\*\*Register Now\*\*](#)

ESA for St. Jude

Susan Caldwell, Coordinator

February 2022

### **\$50 FOR 50 CHALLENGES**

ESA and St. Jude are celebrating 50 years together in 2022!

Here's hoping that VSC members and chapters will participate in this special project!

Below is all of the information for the new \$50 for 50 Challenge that I copied from the ESA website.

You can also access the same information as follows:

- Go to ESA website and sign in
- Click on Make a Difference
- Under St. Jude Children's Research Hospital Click on **Celebrate 50 years together**
- Select State Challenge and click on link **Raise 50 donations of \$50 or more for St. Jude in 2022**



## **\$50 for 50 Challenge**

This year ESA is going above and beyond for the kids of St. Jude Children's Research Hospital®. Every state is being challenged to make 50 (or more!) \$50 donations to St. Jude during 2022.

### **The Challenge:**

Every state should commit to making at least 50 donations of \$50 or increments of \$50 to St. Jude during 2022. This challenge is designed to recommit and re-engage the ESA membership with the St. Jude mission and increase our cash donations during this very special anniversary year.

### **How it works:**

From January 2022 through December 2022, states are able to make as many \$50 donations or donations in increments of \$50. ESA Headquarters will track these donations by state and at the end of 2022 a winning state will be announced. That winning state will receive a very special prize for their 2023 State Convention.

### **Ideas for fundraising:**

This is an individual, chapter, and state challenge. Get creative and come up with a fun new event or ask each chapter member to write a check for \$50 - this challenge is meant to be easy for anyone! Here are a few fundraising ideas, but get creative for what will work best for your group!

- Plan a special 50th anniversary fundraising event (more ideas here [epsilonsigmaalpha.org/50Years](https://epsilonsigmaalpha.org/50Years))
- Participate in a letter writing campaign with your chapter. Ask each member to bring 10 addresses and utilize the pre-made letter provided by ALSAC. Just fill in the blanks and mail out an easy request for donations.
- Ask local businesses to make a donation to St. Jude. All donations are tax-deductible
- Put a St. Jude donation jar in a local business you frequent (ask permission from the business first, of course!)
- Hold a "change rolling" night with your chapter and use the coins collected as a St.

## Jude donation

- Ask chapter members to make a small (\$5-\$10) donation for each child, grandchild, or niece/nephew they have
- “Good News Bucks” - at the beginning of each chapter meeting allow each member to share some “good news” that’s going on in their lives in exchange for a small donation. At the end of the year donate all those “Good News Bucks” to St. Jude.

### Rules:

- The money raised for this challenge must be NEW money - not funds from a chapter’s yearly St. Jude event or annual donation that they were already planning on making.
- Credit events will not count - this is a cash fundraiser.
- ESA Headquarters must be notified for any donation that should count toward this fundraiser. Mailed checks should arrive with a note in the memo line. If filling out a Completed Event Form (online or on paper) be sure to use the new check mark indicating the donation is a \$50 for 50 event. Note: there is a new printable Completed Event Form on the ESA website - be sure to use that one, the old forms do not have this check box.
- ESA will not retroactively count donations toward this campaign, so make sure it is clear that the donation should be counted.
- NEVER mail cash - convert any cash donation to a check.
- Donations should come in in increments of \$50 (\$50, \$100, \$250, etc.), and HQ will track these donations for your state. Headquarters will not keep track of smaller donations (\$5 or \$10), so hold those donations until they equal \$50 and then send in.
- **All checks should be made out to St. Jude Children’s Research Hospital** and mailed to ESA Headquarters. Checks mailed directly to the hospital will not be tracked.

### SUSAN’S NOTES

- The Completed Event Form can be found on the ESA Website
  - Click on Chapter/Council MGT
  - Select St. Jude Forms
  - Select Completed Form
  - Select the **ONLINE version**—At this time the PDF form does not have a necessary donation checkbox. I’ll let you know when that link is active.
  - Fill out form **AFTER** your project is completed
  - Reminder—There is no longer a Booked Event Form
- We’ll discuss this project at the Spring VSC meeting! I can’t wait to hear about your chapter and/or individual project.

