



"HIGH HOPE"

# The *Epsilon Sigma Alpha* INTERNATIONAL® *Kentucky Lamplighter*

Volume 56, Issue 2

Winter 2009

Inside This Issue	Page
Executive Board and General Board News	1-6
IC St. Jude Challenge	3
Chapter News	7-9
IC and SERC News	10
State Convention Registration Form	11

## President Sherry Suggs Has High Hopes for Kentucky Chapters this New Year

Well Thanksgiving has come and gone and can you believe that Christmas is right here upon us!! I hope each of you is having a very Merry Christmas with your family and friends.

I also have "High Hopes" that all of our Kentucky chapters are busy with various projects whether they are at the local community level or one of the projects that you have taken on at the request of our IC President Jamie. Jamie challenged us to "Believe it and Achieve it" and from what I am hearing from some of you..... You have taken the Challenge and ran with it!!

In this season of thanksgiving and caring, I wanted to take this opportunity to share with each of you what your sisters have been busy

with around our great state of Kentucky.

**Alpha Delta** has been working with a local school preparing boxes to ship to our military in the "Hope for Heroes project. This project also gave them the opportunity to spread the word of ESA and our good works. They are also planning Mathathons for the spring. Just amazing works, Alpha Delta!

**Alpha Mu**, well these ladies had a Rush event at a local restaurant. They had two past member attend (who may return) and possibly four new members. The ladies shared Appetizers and boxed up donated items to ship overseas for the Hope for Heroes. The Local American Legion donated the money to cover shipping the boxes. Talk about Reaching into the com-

munity! Fabulous!

**Alpha Theta** teamed with Cheer Force in Bowling Green and made up 22 boxes. These boxes were delivered by my sister and brother-in-law (in Santa hats) to the critically wounded servicemen at Walter Reed Army Hospital in Washington, DC. Alpha Theta has a rush planned in January. Yet another example of "Making ESA Known".

**Beta Chi** is supporting one of their member's granddaughter who is currently serving in Afghanistan. They are also working on a project for Camp Hope.

**Beta Nu** held their Christmas Brunch and invited myself, Alicia and Vicky to share in the delicious food and fellowship. Those ladies CAN COOK! Vicky and I had the honor of conducting

### Special Points of Interest:

- IC Dues are due to IC Treasurer, Judi Grefer.
- Award Packets sent to each chapter for review.
- February 1 is DIANA Deadline
- ESA Foundation dues are due March 1, 2010.
- Beta Chi is gearing up for State Convention
- IC St. Jude Challenge "ESA Mall Madness" to take place at the Mall of the Americas in MN.
- ESA Leadership to be held February 4-7 in Denver, CO.
- KY website provides great communication tool.

## President Sherry Suggs (cont.)

a Pledge Ceremony for four new sisters and a Jewel Pin Ceremony for two sisters. Ladies, we welcome you as our Kentucky sisters and anticipate getting to know each of you.

**Delta Tau** has been very busy. They put boxes together and mailed them out in the Hope for Heroes project. Sara Brown coordinated the group and they registered walkers in the St. Jude Walk in Louisville and then they walked!! Over \$31,000.00 was raised for St. Jude. Awesome!

**Gamma Tau**, now talk about your Rush events....these ladies hosted "Chocolate Chit Chat" with among other goodies a chocolate fountain. Who doesn't like chocolate? I believe they are looking at approximately ten new members. These ladies are fired up for ESA! Bertha also coordinated our phone card drive along with gifts to Tiah in the Middle East. Tiah has returned home, but you can continue to send the gifts and cards for the month you signed up, as

her address has been rerouted to her Chaplain. This way the items will continue to be distributed to the unit. Thank you Bertha.

So, what do you think? Have the ESA ladies of Kentucky been busy? Each of you has gone far beyond my "Hopes" of projects, events and programs. And guess what, I am already hearing about more events being planned for 2010. If I can be of any assistance, please give me a yell!! I still haven't had the opportunity to visit some of you yet. Thank you for sharing your goals and "good works" with me. I know collectively, we can continue our good works and share the news of ESA

While I have you in that "sharing mood" as we head into winter, the thoughts of deadlines of forms and dues should be entering your thoughts and schedules.

All Board members, please be checking the section on Deadlines and Dues in your books.

Please give our chapters a friendly reminder of the information that you will need to complete your paperwork. I would also expect that some of you may be receiving phone calls from First Vice President Wendy Lea. Ladies, you are all so talented and have so much to share.

Please share those thoughts, ideas and talents and say 'Yes' when Wendy Lea calls you. Besides, what an exciting and fun year it will be to serve with Wendy. Her enthusiasm is infectious. Plan on being a part of it.

My "hope" is that you are already making plans for State convention in April, 2010. Beta Chi has a memorable time planned for us as we "Remember the Hopes of ESA, Yesterday, Today and Tomorrow". They will be sharing more details with us in the months to come.

I wish for each of you and our families, happiness, hope, good health and peace in the 2010.

*Have you checked out the Kentucky ESA website lately?*

*Go to [www.esaky.com](http://www.esaky.com) and see the latest news around the state.*

## Terry Cosby gives Treasury Reminders

Happy New Year!!

I hope everyone had a very blessed Christmas and a Happy New Year. I had a wonderful trip to New Orleans for SERC in November. Joy Lynn's installation was so beautiful. It was my first SERC outside of Kentucky and I will treasure the memory forever.

Speaking of treasure, I wanted to remind all chapter treasurers (if you have not done so) to please send in your IC dues and

Kentucky state dues. IC dues are \$35 per chapter and are to be mailed to Judi Grefer, 503 Brookstone Lane, Cold Spring KY 41076. State dues are \$25.00 per chapter plus \$7.50 per member. Please mail those to me at 1319 Robertson Way, Bowling Green KY.

When making donations to ARC of Kentucky, please mail your donation directly to ARC and send me an e-mail with the amount donated so I can report this at convention. Please note

on your check that it is a donation from ESA and your chapter name and mail to Patty Dempsey, The ARC of Kentucky, Inc, Suite A, 706 E Main St. Frankfort KY 40601.

Convention will be here before we know it. Please start gathering articles for the silent auction. I would love to see a record number of items and, of course, a record amount of dollars for our treasury. We all have such a wonderful time with the bidding

## Awards Chair, Janice Cayce Promotes Award Participation

I hope you all have gotten your awards packets that were sent to you at the end of November. None were returned to me, so I'm assuming you did!

Please take a few minutes to look them over, notice the deadline dates, to whom you

will send your information, etc.

I know convention seems a long way off, but it will be here before we know it (or are ready for it)! Please let me know if you have any questions and I will do my best to answer them. I'm sure I will have to

have help from Marge and Nancy!

My wish and prayer for each of you is that you have a happy and healthy new year!



### Everyone Can Participate...

Grab your racing shoes and join us in Bloomington, MN, for Epsilon Sigma Alpha's Mall Madness! This year ESA is taking over the Mall of America for the 2010 International Council Challenge. The beauty of the land of 10,000 lakes will have everyone ready to race through the mall for the kids of St. Jude, doncha know? So grab those racing shoes and prepare yourself for madness!

## Alicia Pennington Encourages Communication

Happy Holidays. As Corresponding Secretary, it is my job to communicate the wishes of our President to members. I recently thought when and how we communicate. This is the time of year we tend to communicate with each other more than any other. We write Christmas letters, send Christmas cards with short, or long, handwritten notes and get together with friends and family to express our love and friendship to each other. We don't limit our expression of love and friendship to those we see on a regular basis. We'll send Christmas cards to friends we have not seen in years. However, we just can't let Christmas pass without sending a card to that long ago college friend that lives three states away now. We like to have that connection with others.

Receiving cards and notes is just as enjoyable as sending them. Do you have a stack of letters your husband, friend, or other loved one wrote to you years ago? Do you have a place you keep notes or cards you receive? It gives us a warm feeling to know that someone took the

time out of their day to communicate with us.

There are lots of ways to communicate. You can write a letter, send a card, make a phone call, send an email, post a note on a friend's Facebook Wall or text them. As we enter into a new year, I challenge you to send a card, call someone, send an email, write a letter, or in some way let someone know you care.

One way I can help you communicate is through the website. I have enjoyed the opportunity to share what's going on throughout the state with you. I believe knowing what's going on with others makes us feel more connected to one another. This enhances our feeling of belonging and sense of duty to each other and the cause of ESA – serving our community. I can't help connect everyone without your help. Please send me a quick note and/or a picture about something your chapter is doing or a note of congrats to a fellow sister.

As I thought about writing this article, a poem Romanza Johnson shared with Alpha Theta a couple of years ago came to mind.



*I "MINT" to call and thank you,  
But my time is in demand.  
I " MINT" to say "I Love You,"  
But I knew you'd understand.  
I "MINT" to send you flowers,  
But they cost so much you know.  
I "Mint" to pray for you this morning,  
But I had someplace to go.  
I "MINT" to say "Forgive Me,"  
But that's so hard to do.  
I heard the Lord say, "Bless You Child,"  
I hope He "MINT" me too!*

Merry Christmas and God's blessings to you in 2010.

## DIANA Chair Romanza Johnson Makes Plea for Entry

Remember to be looking in your community for someone to nominate for the Diana Award which will be due to me on Feb. 1. That is a non ESA member that has made contributions to your area. It would be great to have an entry from every chapter.

## Chaplain Janice Gibson Shares Adversities & Joys of our Membership

Seasons Greetings to all and I hope you have taken time to reflect on this past year and give thanks and appreciate our health, our families, our joys and the strength that we find when we are faced with adversities.

Sandy Jean from Bet Chi Chapter in Bowling Green had back and neck surgery in early fall. She has responded well to the surgery and the post-op recuperation has progressed nicely. If you would like to send her a card her address is 1524 Aquarius Way, Bowling Green, 42104.

Ruth Britton from Alpha Mu was diagnosed with cancer several months ago, has been receiving chemotherapy and moved to be

closer to her family. The most current address I have for her is 403 Glenway, Knoxville, IL 61448.

We were all very saddened when we learned that Norma Vitous of Alpha Mu had passed away in September after a long battle with cancer. Our Alpha Mu sisters have experienced a great loss with Norma's passing and Ruth Britton's illness. We want to lift them and the family members in our prayers.

I just got the information that Sue Willams' father, Mr. Ed Mulroony, passed away on December 8th after a short illness. Sue and daughter, Karen, are both members of Delta Tau and we

want to extend our condolences at this time in the loss of their father and grandfather. Their addressees are as follows: Sue Williams, 381 Blackberry Circle, Mount Washington, KY 40047 and Karen Williams, 198 Benjamin Place, Mount Washington, Ky 40047.

I have included addresses of the above mentioned, thinking many of you would like to send notes to our sisters to let them know they are remembered.

To each of you I wish you Peace, Love, and Joy in the coming year. God bless.

## ESA Foundation Reminder from Gloria Davis

Thus far I have received scholarship applications from 5 students, but am sure that the mailbox will start filling up next month. This will be fine because it will be a time when I won't be able to gad-about. Am having my right hip "tweeked" January 12 - as the doctor said I had gotten my money's worth since it has been in for 22 1/2 years!

Right now it doesn't looked like

it will be a total revision, just replacing the plastic cup - but, of course, he won't know till he gets in. Am hoping that is all.

A reminder - if you haven't sent your Foundation dues of \$15.00 in, please do so postmarked before March 1. If you are not a member and would like to be, it is just \$25.00 initially and \$15.00 each year thereafter. Also - if you have been a member, but

have not paid your \$15.00 dues in a while, you can become active simply by sending \$15.00 and that will bring you up to date.

May 2010 bring you all the health, happiness and love you desire.

## Polly Payne Conveys a St. Jude Thank You

I would like to wish all of my sisters a Merry Christmas and a very merry healthy New Year!!!! Rebecca Farrell, the Director of Donor Services at St. Jude, sent a letter of sincere Thank You. The children were very delighted in receiving their cards that we made at Fall Board. She also sent a letter of other items that we could donate too. I will pass this out at State Convention. Hope to see everyone in Bowling Green -April 23-25, 2010.

## Kay Wells Has High Hopes For State Convention

*Look for the 2010 Kentucky ESA Convention Registration form in this issue of The Lamplighter*

The year is quickly drawing to a close and it has been a very good year with the new year looking good as well! I hope that all of you can come to Bowling Green for convention in April, we will have a wonderful time!!!! It will give us the chance for "Remembering the High Hopes of ESA, Yesterday Today and Tomorrow". You will find the registration form in the Lamplighter so that you mark the date to be there.

Remember to let me know what your chapter is doing for Easter Seals. I will be letting you know closer to convention what we will be doing or needing so be on the lookout!

Till then, I hope that each of you and your families have a blessed Christmas and enjoy all the trimmings!!!!

I earnestly wish that every good brought into life by the Christmas Christ be yours, that you may have a heart of cheer, a spirit of hope, a life of love for every day in all the year.

- George Elliott

## Velva Yeomans Asks Members to Remember the KY State Council Endowment Scholarship Chair

Thanks to an auctioneer who kept things moving along, the jewelry auction held during Fall Board made \$357. Thanks, Sherry, for a lively auction. Special thanks also go to Virginia Thompson and Carol Sargent for getting the items together, and

to Peggy Thompson for keeping track of the finances.

Please consider the Scholarship fund when thinking of memorials. Make checks payable to ESA Foundation, and in the memo line show Kentucky Scholarship.

**Mail check to  
Peggy Thompson  
1213 Shawnee Way  
Bowling Green, KY 42104.**

## Alpha Delta All Decked Out for The Polar Express

Alpha Delta members embraced IC President Jamie Atchison's Hope for Heroes Challenge. Members solicited help from the students of Heritage Christian Academy, who raised money to help buy items for military units in both Afghanistan and Iraq. For our November meeting, Alpha Delta members met at Walmart and shopped, then gath-

ered at Kim Robertson's home for a delicious dinner.

Our annual Christmas Party and Secret Sister Reveal is always a highlight. Members assembled at Nancy Junker's home for dinner and gift exchange.

On December 12th, several members volunteered to help at *The Polar Express* in downtown Hopkinsville. It was so much fun dress-

ing up in our Victorian Dicken's attire. Even Lynn's new puppy was stylishly dressed.

We are now geared up to begin our St. Jude Math-a-Thons. Our plan is to have several of the schools in Christian County participate within the same time frame. We hope to raise a lot of money for the Children of St. Jude's.



*Dressed for The Polar Express. Front Row L to R: Janice Cayce and Lynn Waggoner. Back Row L to R: Connie Jones, Vicky Jones, & Kim Robertson.*

## A Texas Christmas for Alpha Theta

Alpha Theta ended their annual Antique Show with a traditional worn-out party for members and spouses. A special thanks goes to members from other chapters that attended and especially for making purchases of homemade goodies from the St. Jude table.

In keeping with the Educational program theme Staying Young, members did a skit at the October meeting on "If you are Young at Heart----Keep only Cheerful Friends". The November meeting was held at Edna Cashman's and our speaker from Franklin, Kentucky spoke on Surround Yourself with what you Love. Members shared a Treasured Christmas Memory when we met at the home of Harriet Breece and exchanged gifts.

A Texas Christmas was promoted for the December Social when members and spouses went to dinner at the Split Tree Bar-B-Que. Decorations and handmade favors were provided by the Social committee and everyone felt that they were deep in the heart of Texas.

As usual members were busy with service projects-----helping man the Angel Tree for the Salvation Army, which Romanza Johnson served as the Community chairman. Also the chapter made a donation, donated canned goods for the soup kitchen and donated over 75 hats, gloves, scarves and etc. Members also made donations for the Cancer society Greeting Card, the Make the Season Bright Fund for the Free clinic

and purchased a brick for the Hospice Center. Members continue to turn in used eye glasses, hearing aids, can tabs, rollers, books and magazines, Betty Crocker and Campbell soup labels---all of which are turned in to be recycled by requested groups in our community.

Best wishes for the new year to all ESA members.



*L to R: Sherry Suggs, Edna Cashman, and Dorothy Hunter collecting goodies to be sent to injured soldiers in Washington DC.*

## Beta Chi Gears Up for State Convention

Greetings from all of Beta Chi. We hope you had a wonderful Christmas and a Happy New Year.

Beta Chi has been busy collecting items for the "Hope for Heroes" project and mailing them to our adopted soldier Emily. We have mailed her a Thanksgiving package and a Christmas package loaded with lots and lots of goodies. We have received an e-mail from her to tell us she received the packages and how much she appreciates all of her goodies.

Kay and Terry attended SERC convention in New Orleans and had a wonderful trip. They had their picture made on Bourbon Street (they are not telling much else about that). Their taxi ride back from the French Quarter took less than 8 minutes with the driver's speed never going under 80 and most of the trip over 85. Convention was fabulous – thanks Louisiana sisters!

A pledge ceremony was conducted for Emily Burden at the November meeting. Emily is the daughter of member Angie Bur-

den. Emily is a student at Western Kentucky University. Welcome, Emily!!

Bingo prizes for nursing home seniors were collected in October and Christmas bags were collected in November for senior Santa gifts. We are working on Valentine goody bags for the local spouse abuse center.

Please mark your calendar for convention in April. We are looking forward to seeing everyone.

## Beta Nu's Angel Tree Helps Those in Need

As usual this has been a busy fall for Beta Nu. We have had a couple of fund raisers. The Sunday afternoon after Fall Board we hosted a golf scramble with the proceeds to help with the Angel Tree. We had a nice turnout, made money and had a great time spending the afternoon getting better acquainted with our own members and we chatted and planned away while our golfers played.

In October we had a photography fund raiser and the money for that went toward our scholarships we give out each year. Now we are in the midst of our Angel Tree; we had nearly 300 on the trees this year. Fortunately all but 5 were adopted, BUT we got a family of 5 and

another family of 4 after the trees went up. Eight people went to Wal-Mart and shopped for 4 hours buying for those, as well as fill in gifts. Then 10 of us spent another 4 hours wrapping presents! Gift pick-up will be December 19. Then we can sit back and relax for a while.

We did a Hope for Heroes that was not too successful, but since this is something that can be an ongoing thing, we plan to do that again. We participated in the Trigg County Homemakers Women's Show again this year, selling our Rada knives and enjoyed talking with those who came by.

Beta Nu had their Christmas brunch and dirty Santa ornament exchange on December 5 at

Holly McCormick's. We were honored to have Sherry Suggs, Alicia Pennington and Vicky Jones as our guests. Sherry and Alicia conducted the pledge ceremony for our 2 new members - Candy Fuller and Sheena Moore, who is the daughter-in-law of Nancy Moore, as well as Jody Brewer and Cathy Craven. Jody has been in more than a year, but we just didn't get around to her ceremony; Cathy has been in about 4 months, but we have had the same problem. BUT [again caps] we had Vicky do their jewel pin ceremony that day also.

On a sad note - Kim Roeder lost her brother December 13. Our sympathies go out to her and her family.

## Delta Tau

Delta Tau has been busy since Fall Board. We finished up our Craft Fairs for the year and can now put away our glue and scissors for a while.. We have adopted two soldiers, sending them a box each month. This is a small contribution but continuous. We adopted three families for Thanksgiving, providing them with food and gift cards to Krogers. We are providing two families with food and gifts for

Christmas along with a third family for just food.

We celebrated this past weekend with everyone going out to dinner at the Whistle Stop. This is quaint area with small shops, the railroad and a great restaurant. We exchanged gifts and revealed our secret sisters. We will have the party for just us at Carola and John Lina's home tomorrow night. More good eating!!

The men will come along and spend the evening downstairs in "Man's World".

We have a potential new member and are keeping our fingers crossed that she will join us. Delta Tau wishes you all a very Merry Christmas and a Happy, Healthy New Year.

## Zeta Chi's Holiday House A Success


On November 15, the Leitchfield Chapter of Zeta Chi held their annual Holiday House. This event has grown over the past few years and has become one of our best fund raising events. We hope to continue this as an annual event and to help it continue to grow.

The members donated items to be auctioned and we invited guests to be part of our group

for an evening of fun, food and fellowship. Many of the items had a holiday theme and included hand painted art work; pottery pieces; homemade food items; quilts; handmade aprons and many others. Hostess groups put together theme baskets and a silent auction was held for the beautiful baskets. Our president Linda Gentry did an excellent job as auctioneer and there was some

friendly competition for the items.

A delicious buffet was provided by the members hosting the event, Madelyn Kane; Pam Langdon; and Anita Bratcher. We all enjoyed the food and even more the fellowship and fun as we worked together to raise funds for our charitable efforts.



### *People building*

Chapters are successful when they attract and retain good people. As a result, every chapter needs to pay attention to building its people strength through effective recruitment and by helping each of its members to experience a sense of belonging and friendship within the chapter. If your chapter dedicates itself to incorporating each of the following ideas into your meetings, both our chapter and your members are bound to experience success.

## IC & SERC News

### IC Membership

ESA's membership goal this year is to allow hundreds of people in communities large and small across the country to **EXPERIENCE ESA** first hand. We'll get fabulous new members, and do lots of good!

This year instead of inviting people to join an organization, we'll ask them to help us do good things. People rarely say no to helping a good cause!

### IC Good Works

There are several areas of GOOD WORKS that any chapter can participate in. Some ideas include:

- **Hope for Heroes**  
Through the Hope for Heroes program, chapters or individual members can support the service men and women and their families through a variety of programs. Although varied in scope, the programs offer

philanthropic fulfillment through donations, volunteerism and craft projects.

- **Care Connection**  
The Care Connection was developed as a link to provide a network of services to ESA members, their families and communities.
- **Hands-On Projects**  
Designed to give ESA members hands-on projects to help their local communities.



### SERC Easter Seal

I hope that each chapter has planned an extra fund raiser to benefit the Easter Seals. While serving as SERC Easter Seals Chairman, I would hope that my state could lead the way by having the largest contribution from a state. Please send a contribution no matter how many members that you have so we can say Kentucky had 100 % participation.

- Romanza Johnson, Chair

### SERC St. Jude

Have you made plans for your St. Jude Event this year? If you are not participating in an ALSAC event (i.e Math-A-Thon, Dream Homes, & etc) don't forget to fill out your St. Jude form. It can easily be done on line. Our SERC Sr. St. Jude Coordinator Diane Hills and our Jr. Coordinator, Kentucky's very own Sherry Suggs, would love to hear from you. Be sure to keep them informed of your chapter happenings.

### SERC Important Dates

**January 2, 2010** - annual dues due to SERC Treasurer, Tammy Akins.

**February 1, 2010** - SERCH articles due to SERCH Editor Anita Hilburn.

**February 4-7, 2010** - ESA Leadership Seminar for incoming State Presidents and any interested ESA member. SERC Incoming Presidents' Get-together Thursday Afternoon.



**Remembering the High Hopes of ESA - Yesterday, Today and Tomorrow**  
**2010 Kentucky State Convention**  
**April 23-25, 2010**  
**Hilton Garden Inn, Bowling Green KY**

Name: \_\_\_\_\_ Chapter Name & No: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Guest Name: \_\_\_\_\_

Please check if:

\_\_\_\_ State Elected Officer \_\_\_\_ 1<sup>st</sup> Time Convention \_\_\_\_ Current Chapter President  
\_\_\_\_ State Appointed Officer \_\_\_\_ Out of State Guest \_\_\_\_ Pledge  
\_\_\_\_ Past State President \_\_\_\_ Outstanding Member \_\_\_\_ 1<sup>st</sup> Year member

Registration Fees: \$80.00 \$ \_\_\_\_\_

Men's Registration: \$50.00 \$ \_\_\_\_\_

Man's Name \_\_\_\_\_

Late Registration Fee (Postmarked after April 1, 2010) \$10.00 \$ \_\_\_\_\_

Partial Registration (all must pay) PLUS \$15.00 \$ \_\_\_\_\_

Friday night social \$18.00 \$ \_\_\_\_\_

Saturday night Banquet \$35.00 \$ \_\_\_\_\_

Saturday Luncheon \$18.00 \$ \_\_\_\_\_

Sunday Breakfast \$15.00 \$ \_\_\_\_\_

Total Registration Fee: \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Make check payable to: Beta Chi #3836 2010 KSC Convention  
Mail to: Terry Cosby, Convention Registration Chair  
1319 Robertson Way, Bowling Green KY 42104 (270) 842-7852

Make your room reservations **directly with Hilton Garden Inn by 3/24/10** (270-781-6778).

The rooms will be released after March 24, 2010.

Remember to mention you are with ESA for the discounted room rate.

Room rates: \$89.00 per night for Double Queen with 1-4 persons per room.

Vicky Jones, Editor  
664 Grigsby Lane  
Cadiz, KY 42211

# ***The Kentucky Lamplighter***