



ESA Flying High on Eagles Wings President's Message

Hello Sisters of Colorado, I am so glad so many of you came to Denver for our Fall Board meeting. I hope everyone had a good time, I know I did. As all that attended know we did things a little different this year and I hope you enjoyed it. We did have some fun time in the afternoon on Saturday and made some craft items to take home. I think everyone had a good time. We did cover quite a bit of business in the morning on Saturday; we have some recommendations from a special committee I appointed, that presented some suggestions for cutting back on the offices on the State Board. As we all know it is getting harder and harder to get members to run for State Offices, so we have suggested that we eliminate a couple of these. Betty Ziska is spearheading this group as far as writing up the by-law changes and such. I asked her to put the suggestions in the Golden Lamp and we asked everyone at the meeting to take it back to your chapters to discuss and send your thoughts to Betty by November 1, so she can get these written up and submitted to Anita Miller as they will be changes to the By-laws.

I know you all are gearing up for a busy and eventful Fall in ESA, I wish you all good luck on your projects, whatever they may be. I know we will have a great year and raise a lot of money for our Easter Seals and St Jude, as well as all of the other things we all contribute to in our own areas of the state.

Please everyone get your articles into the Golden Lamp Editors so we can all see what is happening around the state. Please get all your dues in so you don't have to worry about them later in the year, State Dues are due December 1, 2015. Also it is not too early to start thinking about running on the State Board for next year with Kathy Ellingson, so get your nomination forms in to her. Just a note if anyone wants one of my yearbooks that did not get one they are \$5.00 and I have some left, so let me know and I will get it to you.

Well I think that is all from me for now. I hope you all have a great Halloween and don't let the ghosts and goblins get you!!!

Love & Hugs,

Vickie Martinez
Colorado State President 2015-2016

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EPSILON SIGMA ALPHA

ONE THOUGHTFUL MOMENT

7 Lessons Your Team Can Learn From Tour De France:

- ✦ Become a Group: get to know each other
- ✦ Develop bonds of trust: trust the people in front of you, behind you, and around you
- ✦ Consider your roles: what is your job? What are your talents and gifts? Each member should have a role.
- ✦ Work & Learn: practice, work together, get stronger
- ✦ Share Leadership: take your turn up front
- ✦ Speak the Truth in Love: with the other person's best interests at heart
- ✦ Have Fun Together

OFFICER'S REPORTS

Chaplain Report – Rebekah Martinez

Hello Ladies. I have sent 25 emails and 15 cards. This is a running count from the start of the year. We have had our ups and downs this year. We have celebrated beautiful lives that have gone to be with God, and helped support our healing sisters. We have pulled together to honor and celebrate our sister's accomplishments. I want to thank each and every one of you for all the support and caring you have given to each of our sisters in need,

Vice President/Membership – Kathy Garrison

Fall is here and it's time to think about membership. Ask friends and family to "Fly High on Eagles Wings" with ESA. Since June 1st Colorado has five new members. With the holidays approaching there will be many activities that you can invite former members and prospective member to attend. There is a plethora of ideas for events to invite prospective members to. These can be accessed on the IC Website at www.epsilonsigmaalpha.org/member-center/chapter-management/recruitment. I encourage to you to take a look at the various party suggestions there. There even is a calendar of ideas for each month of the year. Plan an event and have FUN! I have included a survey of the

Recording Secretary – Leslie Stevens

WOW! What a head spinning, start to the year! Beautiful Fall colors, including reds this year, began my journey as your new State Recording Secretary. The weather could not have been more perfect for the Fall Board Meeting. With the exception of **serious** construction zones all the way to Golden, it was such a pleasant drive. Our Fall Board Meeting was full of information and plain out FUN! Friday night the

as well as the support and love you show their families. Without your strength and courage some would not know how special they really are. I hope all you wonderful strong ladies believe the following, "I choose to be unstoppable. I am bigger than my concerns and worries. The strength of others inspire me daily. I focus on my goal. I trust my intuition and live a courageous life."

chapters to see what is successful for their recruiting efforts. Please fill out the survey and send it to me and we will share your ideas with our sister around the state. It's that time to start submitting convention bids for 2018 and beyond. There is a great "Convention Guideline" that outlines the entire convention. Convention Bid forms are in the State books given to all chapter and council presidents. The Convention Bid form is also found on the website under Yearbook, then Forms. If your chapter or council is interested, please contact me. If there is anything I can help you with this year please let me know.

Executive Board Meeting was held and we had a wonderful dinner of lasagna and lots of chatting and foolin' around. We were then told that our own, Sandy Alexander, won her bid for 2nd Vice President on the International Council. She is on her way and we couldn't be more proud! Sandy spoke a bit about the IC Convention in Orlando, FL. and then she presented some awards from Foundation. Betty Ziska of Chi Kappa,

received recognition for a Lifetime Membership in the Foundation and Joan and Larry Snyder, Snyder Engineering, started and fully funded an endowment through the Foundation. Several other milestones for Foundation were presented. You can see them in the minutes on the web site! We then got down to business with an Easter Seals Presentation by Mary Guida and a special speaker, Tayler Powers who showed a video of Easter Seals Camps and facilities and what services they provide. Then President Vickie, in her infinite search for fun, handed out rolls of toilet paper to each table. When we started the game, Vickie would count out loud, “1, 2, 3, GO”. Whoever had the roll would have to pull off sheets until “GO”, then pass the roll to the next person, who would then repeat the task. We weren’t told what we would be doing with those sheets, so some made big, long pulls, and others did short pulls. When everyone had done a pull, we were then instructed to write on each section of our pulled paper, something that all the others at the table, didn’t know about us! This got a bit complicated at our table as my Mom and I were sitting together! We then shared our “secrets” and enjoyed a

good laugh. Some of us went to the bar afterwards and spent some time getting to know each other better. Was a great time. The Board Meeting the next day went very smoothly, we discussed Board Offices to eliminate, combine or otherwise alter, so that there is such a long time commitment in the run up to the Presidency and also to reduce the amount of time we spend on awards at Convention. There was a lively discussion with the membership and each Chapter’s input is being requested and submitted to Betty Ziska, by Nov. 1. Regular business and Officer’s reports were given. Then back to FUN! We split up into teams, one person put pantyhose with the feet cut out on her head, other team members had to stuff the hose with balloons to make them stand up like antlers!! OHH the room got so loud during this one! We had a wonderful lunch then Vickie, had us doing crafts the rest of the afternoon. I must admit, I never realized just how much information is given at Board Meetings, until I typed the minutes up! Until next time, Love Always. P.S. Lots of info in the minutes! Check them.

Corresponding Secretary – Shirley Telinde

I have received some changes to the yearbook: Vickie Martinez is the new Co-Chair for the Denver Dream Home along with Co-Chair Mary Humphrey. Vickie has replaced Nancy Cameron. Georgia Delong of Kappa Iota #5442 Golden, her email address is incorrect, should be delongga@hotmail.com. Lori Hetherington of Kappa Zeta #5571 Colorado Springs information is wrong: her last name was misspelled and her email address is wrong. Her last name is spelled Hetherington and her

email address is lhether65@gmail.com. Mary Elin Stratton Beta Zeta #3149 Canon City, correct email address should be as DOCME720@aol.com. If anyone else has any changes please get those to me and I will get those changes corrected and sent out. You can email me at smtel@comcast.net. I understand Vickie had a great Fall Board sorry I had to miss it but will see you all at Spring Board in March.

Treasurer – JoAnn Singley

Greetings, October is here already. It is time to think about our Sorority plans for the year. It is time to send in your state dues. Your chapter president has a form, or you can get it from the web page. To be in good standing

with the state your dues must be paid by the deadline which is December 1, 2015. If you have questions feel free to call me (303-795-8291) or email.

St. Jude Coordinator – PamMcGee/Chloe McClintock

There have been several St. Jude events. On September 11th, there was a St. Jude Fall Harvest (Farm to Table event) held in the Big Red Barn at the Highland Meadows Golf Course in Windsor, and five sisters from Loveland helped with that fundraiser. It was a fun evening and we enjoyed a delicious dinner. September

26th, the St. Jude Walk/Run to End Childhood Cancer was held at Sports Authority Field, which from what we heard had excellent weather. Please keep in mind that if your chapter books an event through St. Jude all the money raised has to go to St. Jude. This year, Pam McGee, is assisting the Dream Home Committees by

sending out updates on the Dream Homes. Please contact Pam McGee if you wish to also be included in the updates by e-mailing, pkmcgee@aol.com. St. Jude had a raffle at Fall Board, which was filled with: St. Jude themed duffle bag, blanket, stuffed elephant, notebook, poem book, lapel pin/bracelet, along with colorful pens,

Easter Seals Coordinator – Mary Guida

At the Fall Board Meeting, September 18-19, 2015, I invited Taylor Powers to come to our Friday evening meeting and do a presentation for us on Easter Seals Colorado. Taylor is in their Development and Special Events Assistant. She presented a film what Easter Seals are doing and what they accomplish with their activities and what their goals are. She presented some items we can do this year to help them. Continue the donations at Convention with sheets, towels, and the arts and crafts. For those that wish to do volunteer work in the office you may call (303) 233-1666 and see what you can do in this area to help out. Also, I have presented to the membership to take back to their chapter for each member to purchase an Easter Seals Calendar, which is \$5.00, and choice of flowers or children. In ordering you

Golden Lamp – Laura Wilson / Marlene Hewitt

We love hearing from all of our sisters, both near and far! Please keep sending your thoughts and suggestions, as this is your lamp and we are continuing to request that all members will be able to spread the word that the

candle, 2 coffee cups and \$10.00 Applebee's gift card. Tickets sold at \$5 for 6 tickets or \$1.00 each, raising \$159.00. Our sister, Donna Lee VanStone was the winner of this beautiful basket, but don't worry – there will be a new item in March to give away!

will have to specify which calendar option. All proceeds will go to Easter Seals. Remember, this has to be recorded in your philanthropic report, and your chapter does get credit. So keep record of this, providing you sell the calendars, how much, and how many. In turn, send me the money and your sheet you have been provided with. My address is: 5055 S. Newcombe Ct., Littleton CO 80127. All checks need to be made payable to Easter Seals Colorado. I have included with this report the Easter Seals Calendar sales sheet along with a copy of the Easter Seals cards sale sheet. The choice of cards include: Bear, Moose, Rabbit, Poinsetta and Cardinal. If you have any questions or need additional sheets, please email me, mvgui36@aol.com.

lamp is available of the website: www.esacolorado.org. If you have any comments, please email Laura Wilson, at laurawilson318@yahoo.com or Marlene Hewitt, at marlenehewitt6490@comcast.net.

A MOMENT OF CELEBRATION

The DAC Angels team which included Betty Kring, Mary Humphrey, Sandy Alexander, Nancy Cameron, Marjorie Satterfield, Pat Marty and Laura Wilson, would like to thank all of our sisters, friends and family who helped support our team to raise \$950.00 in support of the St. Jude's Walk/Run to End Childhood Cancer on Saturday September 26, 2015! We could not have been so successful without the motivation of our team captain, Betty Kring, who kept us motivated the weeks leading up to the walk and inspired us on the walk day! Mary Humphrey, Betty Kring, and Laura Wilson, laced up their tennis shoes and enjoyed the beautiful sunny weather (the weather couldn't have been better) and were inspired by the stories of the brave children and families of St. Jude!

CHAPTER/COUNCIL REPORTS

This past Rocky Mountain Regional Roundup was held August 7-8, 2015, in Downata Hot Springs, Idaho. Vickie Martinez, Beth Gibson, Sandy Alexander, Yvonne Farrell, Mary Humphrey, Georgia DeLong and yours truly enjoyed the annual Roundup in Idaho. It was a

Rocky Mtn Regional Roundup
Submitted by Nancy Cameron, RMRC President
long drive but certainly worth it! We slept in cabins, bunkhouse and yurts! The Bunkhouse was really nice - queen beds, bathroom and full kitchen. I heard the yurts were a bit more primitive but you'd have to ask Sandy about that. Beth & Mary, I lost track, did you stay in a

cabin or a yurt? Many, many other people decided to spend the weekend there also. They came in RVs, campers, tents and some slept in teepees! Lots of people having fun and didn't interfere with us at all. Of course the hot springs were WONDERFUL and were kept open for us after hours on Sat. Nite! We were honored to have a lot of "muckety mucks" from IC to be with us this year! IC Pres. Rickie Brown, IC Past Pres. Vickie Farris, our very own IC 2nd Vice Pres. Sandy Alexander - YAY!! Past IC Corres. Sec Cleoria Glenn and 2016 IC Convention Co-Chairs Mary Humphrey & Bobbie Massey. Others were from Idaho (hostesses), New Mexico, & Utah. Of

At Fall Board, an update was given for 2016 IC Convention; the update has been distributed via email. If you did not receive the update and would like to be on the distribution list, please contact Mary Humphrey (marykh@tds.net) and Betty Ziska (2016.ic.convention@gmail.com). If you have not attended an IC Convention, this is a wonderful opportunity right in your own backyard. What a savings with no airfare involved and you can load your trunk with as many suitcases as you want. There's meetings, workshops, tours, and new friendships to be made. We are finalizing the registration form now, to be posted on the IC website soon. Full registration for members is \$250 which includes the three general assemblies, workshops, welcome Party (Wednesday night),

Summer came and went in a flash! We kicked off our new year with a Bunco Party at Vickie Chavers-Bruso and Kenny's home. We had 16 attend with some potential new member joining us. We dined on pulled pork and a myriad of side dishes and ended the night with fresh peach cobbler (Palisade peaches of course), and a chocolate cake to die for! No one went away hungry that night. On September 13th we enjoyed our first educational field trip. We toured the "Nature of Horses" exhibit at the Botanic Gardens in Denver. What a unique media these sculptures are. You would swear that they consist of branches and pieces of drift wood and would be surprised to learn that they are cast bronze. The artist, Deborah Butterfield has a very unique process of using patina to paint the bronze to resemble tree bark. If you have time you should not miss this amazing exhibit. On September 14th we enjoyed dinner at the Chili's for St. Jude night. This is an annual event for us and a great way to help support St. Jude Hospital.



Botanic Gardens



Dinner at Chili's



JoAnn with her antlers

course the food was wonderful. Meeting was mercifully short - we did catch our by-laws up to date - and heard from all states on their event plans for IC Convention. Our workshop was etching glass and we all came home with a souvenir and know how to do it now! Sat. Nite dinner was in the restaurant with cloth table covers and napkins! Steak and the trimmings! Then we went to the POOL!! It was plenty hot and no sulphur odor. Some were brave enough to go down the long tube slide! The rest of us just soaked up the warm, warm water. **We missed you - maybe next year you can get away to the NRA Whittington Center in Raton, NM.**

IC Convention 2016

Submitted by Mary Humphrey, Convention Chair

recognition luncheon (Friday), banquet and walk of the states (Saturday night), and the goody bag. If a member attends Friday and Saturday only, registration is \$225. If a member attends Saturday only, registration is \$125. There are no partial registrations. We also have registration available for non-members. Carol Worley, from NM, is our Volunteer Chair. She will be coordinating how many volunteers are needed where and when during convention. She will be requesting the dates you are available, if you have physical limitations, your arrival dates, phone number and email address. She wants to meet your needs plus fill the time slots volunteers are needed. Certain events specify the number of volunteers that are needed. Please contact me if you have any questions or concerns.

Epsilon Epsilon, #1896 DENVER

Submitted by Kathy Garrison

JoAnn and Kathy attended Fall Board and participated in a contest for creating reindeer antlers. You had to be there! We are working on the final plans for our 6th annual Holiday Tea. We have 100 tickets available and we sold out last year by November 1st so if you are interested, please get your tickets early. It will be at the Manor House again this year and those purchasing tickets by the November 15th deadline will be eligible for a drawing for a Kindle Fire HD. These are not just for reading books anymore, you can even watch movies. We will of course have some great items for drawings as well so come join the fun and start your holiday season off with us. Fall is finally here and the color in the high country is wonderful. There are some trees that have the disease but overall there is still such beautiful shades of yellow and orange and red. We are truly blessed to live in our state.

Gamma Chi, #3668 LOVELAND
Submitted by Pam McGee

Happy Halloween! Hard to believe it is already October. Gamma Chi sisters have been trying to keep out of trouble (ha, ha). In September we continued to help at the Loveland Community Kitchen on the first Friday of the month and started up bingo again on the third Wednesday. The Silver Leaf group are always happy and very appreciative when we start back up in the fall. We made a big batch of noodles at Neoma's Noodle Palace as we call her basement. We had our first business meeting

and 5 sisters attended Fall Board. The fourth Tuesday of the month we had a Pledge Social, in which Michelle Bernhardt (who use to be a member) and 4 guests attended. It was a wonderful evening with hors d'oeuvres, games, and a surprise retirement party for our President Kathy Fischer. Gamma Chi helped Phyllis Minch host the NCC Fall Board meeting at her house in early September. Enjoy the fall colors and Halloween. Before we know it, Christmas will be here.

Kappa Iota, #5224 GOLDEN
Submitted by Leslie Stevens

Started our year off with a BANG! 5 members attended Epsilon Epsilon's Mother's Day Luncheon. This was my and my Mom's 50th Luncheon together with Epsilon Epsilon. Quite a Hallmark for us! Since I was already down the mountain, Georgia asked me to preform her Installation Ceremony the next day, of which, I was honored to do so. We had a wonderful lunch at The White Ranch, but due to lots of noise, we opted to step outside to do the Installation. It was a bit cold, and windy, but we got it done with our 2015 - 2016 Officers as follows: President/Corr. Sec. - Georgia Delong; Vice President - Lori Anderson; Rec. Sec. - Nancy Cameron; Treasurer/Parliamentarian - Joan Snyder and Publicity/Chaplin/ Educ. Dir. - Leslie Stevens. President Georgia's theme this year is: "Rising Above with Diversity" and she has selected Hot Air Balloons as her symbol. Two members attended the R.M.R.C Roundup in Idaho; President, Georgia and Recording Sec., Nancy Cameron, who also happens to be President of R.M.R.C. Plans were discussed for the 2016 I.C. Convention here in Colorado. If you've never been to an International Convention, **PLAN ON BEING AT THIS ONE!** Four members attended Fall Board: Georgia, Nancy, Joan and Leslie with a special guest appearance from Joanne Klemovich for a short visit! We truly hope we will be seeing more of Joanne in the coming year! State President, Vickie's meeting was very productive and FUN! Two members are on Vickie's Subcommittee, Leslie Stevens and Joan Snyder. We are so proud of our member, Joan Snyder and her husband Larry for receiving an award from the ESA Foundation for establishing and FULLY FUNDING, an endowment in their company's name, Snyder Engineering. What a wonderful gift they have created for future generations! **WAY TO GO JOAN AND LARRY!** The day after Fall

Board, we held our first Business Meeting, since, again, I was already down the mountain. We discussed the Board Changes, the Educational Program for the year, "Wanted! Diversified Women!" and our Philanthropic/Ways and Means projects will be for the year. We took our first Educational field trip, Sat. Sept. 26th and it was loads of FUN! Several members also attended the D.A.C meeting on the same day. We will attempt a Skype connection during our meetings so I can participate more. What with weather concerns and such, we feel it would be a safer alternative to traveling back and forth every month, and I can save the gas for participation in "other" events on this side, such as our first Educational Field Trip. The idea this year is to take us out of our comfort zones and try things we might not otherwise do and possibly meet people we wouldn't otherwise.... sooo I did some research online and found this Educational Theater Troupe who was doing a performance and thought it would be a good, small step towards reaching my goals. Pandemic Collective is a non-profit horror theatre company that utilizes artists outside of the theatre medium to create original plays and performance pieces. This year, they will be launching their education program, which will teach young artists how to create and produce their own work. For our show, several performers had to give a short montage on a character real or fictional that did outrageous, horrible, despicable things in their lives, and we, the audience, had to guess who they were. After a short performance giving some clues, we then circulated throughout the building, where each performer had set out hor'dorves. Another hint as to who they might be. We were allowed to ask any questions, but sometimes the performers would give very vague answers. At the end of the night, our "guess sheets" were collected and

then the performers revealed the names of their characters. Tickets for next year's performance is the prize. It was a lot of fun, different and inexpensive. 6 of

us attended with my Brother Mike and Joan's Husband Larry as guests. We're still waiting to hear if we won. Till next time, stay open to new ideas.

Sitting: Larry Snyder
L to R: Joan Snyder; Georgia DeLong; Leslie Stevens; Nancy Cameron
Back: Mike Cameron



L - R: Vlad the Impaler; Griselda Blanco; Jim Jones; Belle Gunness; Oeidpus Rex; Annie Wilkes; The Zodiac Killer; Medea; Silver Dollar Tabor

THETA ETA, #2830 DENVER
Submitted by Karen Taylor

"Sisterhood" began in September by hearing our mention on his second "Rob's Ride" for ESA. Those funds go to Foundation and are available to our chapter to turn over to our community. We did our annual contribution to Action Center's "School Supply" drive. Nine of us attended State Board here in Lakewood. It's always nice to see sisters from all over the

State. We can always use hugs from friends. Our Educational-Social event was up at Mt. Vernon CC. with a few husbands! Lunch was delightful and the program was 1) Golden City Cloggers: a group of senior ladies dancing their hearts out. 2) Pageant winners from Senior Women performing winning songs and dance. One is 82 and going strong.

Zeta Rho, #1774 Aurora
Submitted by Shirley Telinde

Zeta Rho held its first meeting on September 12th @ Peace with Christ Church. Vice President Rebekah Martinez conducted the meeting in the absence of President Shirley Telinde, who was on vacation in Italy. Zeta Rho's auction/luncheon is fast approaching; we hope to see a lot of our ESA sisters and friends. It's going to be a fun filled day with lots of items to auction off and plenty of good

food. See our flier in this edition of the Golden Lamp plus it is posted on the website. I heard through the grapevine that State President Vickie Martinez (member of Zeta Rho) had a great fall board. I was sorry I had to miss it. Things are starting to take shape for the 2016 state convention hosted by Zeta Rho. Until next time, hope everyone is enjoying the nice cool weather.

ANNOUNCEMENTS:

ESA NE Council Fall District Meeting will be held Monday, October 19, 2015, at 6:30 pm. XW Electric Building, 250 Main, Akron CO 80720. Refreshments will be served. Please contact Lea Ann Laybourn, (970) 554-1538, for more information.

FORMS AND REGISTRATION INFORMATION

Please note – all forms are posted for your convenience on the ESA Colorado website: www.esacolorado.org. Forms contained within this issue are as follows:

- Colorado ESA Membership Survey**
- Easter Seals CO Calendar Sales Sheet & WINGS Card Sales Sheet**
- DAC Candy Cane Christmas - December 5, 2015**
- Zeta Rho's Annual Auction Luncheon – November 7, 2015**