



## “Let Your Inspiration Spill Over to Others”

Seasons' Greetings!!

December is here whether we are ready or not! This time of year has a tendency to bring out the best and the worst in us. We all have plenty of things to keep us busy, often too many things. We have to keep the hustle in our bustle! I encourage and challenge you this holiday season to take time for YOU every day. Allow yourself 15 minutes to reflect on things that bring you joy. What inspires you? What brings an instant smile to your face? Whatever “it” is, take the time to reflect on this. Remember you are the only one who can control your happiness. You are the one who determines, when you get out of bed in the morning, if it going to be a good day or a bad day. One thing that will be key to your happiness is your perspective. If you are having an off day, adjust your perspective just a little, see if it makes a difference. We can't control everything around us BUT (could not resist putting a big butt in here) we CAN control how we react. One thing that I have been struggling with lately is how many of our ESA sisters have passed away this year. While I can't control when or why they pass away I can control how I choose to react to it. How I choose to honor them and how I choose to celebrate the life that they lived. Tears, hugs, stories and laughter are some of the best ways that I have found to get through some of these sad times. Going through these things with our sisters often bring us closer, give us a deeper bond. Being part of this wonderful organization brings me much joy. I consider myself blessed when I think about all of my ESA sisters. You ladies have given me love and encouragement when I needed it. A helping hand when mine were full. Many giggles and so much laughter that it is sometimes hard to breathe. Thank you for giving me so much to be thankful for this Holiday Season. You ladies are my Inspiration!!

Have a Very Merry Christmas and a Happy New Year!

Love in ESA  
Kathy Ellingson  
Colorado State President 2016-2017

**Colorado's Inspired  
Wire Golden Lamp  
Issue 3**

**Let your Inspiration  
Spill Over to Others  
- President's  
Message**

**The Brave & Bold -  
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Chapter/Council  
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**Beauty within ESA  
- Humor /  
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EPSILON SIGMA ALPHA

# BEAUTY WITHIN ESA

- ✦ Time has a wonderful way of showing us what really matters – Margaret Peters
- ✦ Kindness is a language that the deaf can hear and the blind can see – Mark Twain

## THE BRAVE & BOLD - OFFICER'S REPORTS

### President Elect – Kathy Garrison

The Holiday season is here and all of us are extremely busy with shopping, decorating, baking and all the things we do to make the holiday season memorable. During this very busy time I hope you take a minute to consider running for office or accepting an appointed office on the Colorado State Council for next year. If we are to have a state council in the future we must have members who are willing to step up and serve. We are blessed with so many talented women who would truly enhance the council it's a shame that they seem to be shy about

shining their light on us. The nomination form is on the website and I will be glad to mail one to you if you are interested. The deadline for mailing it is February 15, 2017. If you are considering serving and have questions and would like to chat please give me a call at [303-791-6859](tel:303-791-6859), or cell number is [303-263-4972](tel:303-263-4972) - I would love to hear from you. May you all have a Blessed Holiday Season and remember the true meaning of Christmas and hold those who are suffering and lonely close to your heart. Hugs!!

### Secretary – Kelli DeCoronado

Fall board minutes have been posted to the web. So sorry for the delay. Thanks a bunch, Kelli.

## A SISTER'S CANVAS - CHAPTER/COUNCIL REPORTS

Beta Zeta #3149 – Cannon City  
Submitted by Carol Dunn

Beta Zeta's first annual "Soup, Salad and Shopping" Auction Luncheon was held October 22, 2016 at the First Methodist Church Fellowship Hall. Mary Elin, Carol and Nancy have been planning the event for months, inspiring the Beta Zeta gals to reach deep into their creative spirits to make an amazing array of crafts. The day started with sisters cooking lunch together with a lot of coffee and conversation. Out of the kitchen came wonderful Broccoli Cheese Soup, Minestrone Meatball Soup, green salad, crescent rolls and two kinds of pie for dessert. After lunch the auction began in earnest! Holiday décor items including a snowman family and reindeer couples and festive wreaths were a highlight.

Quilted items, sewing projects, wine cork and wine bottle gifts added to the baked goods and cooking mixes available for sale. A dizzying array of baskets featuring wine and accessories, home goods and pampering products were beautifully displayed. Thanks to our friends in the community and our sisters from other cities in Colorado, we had a fantastic fundraiser. Beta Zeta will be able to fund our scholarship for a Canon City High School senior, the local Meals on Wheels programs as well as CASA, Christmas for Teens, Literacy Center and the 4-H Senior Breakfast. We will also be able to support Colorado ESA with our contribution to St. Judd and Colorado Disaster Fund.



Epsilon Epsilon #1896 – Denver  
Submitted by Kathy Garrison

In October the members traveled to Sedalia to the Begin Again Ranch to experience the healing power of horses. Terri Mongait had developed a therapy for a variety of issues people deal with. It is amazing to see just how the horse takes on the burden of the person working with it. She owns three horses called the “herd” and a burro named “Burrito”. It was a delightful afternoon and we learned so much. Some of us traveled to Canon City to the auction /luncheon for Beta Zeta Chapter. What a fun afternoon and what wonderful things they had to bid on! Congratulations on a great job. November took us to Zeta Rho’s auction and it was great to see so many

smiling faces. The food was great and the bidding was hot and heated for some of us. We are all working now on our 7<sup>th</sup> annual Holiday Tea the Manor House. We sold out the first week in November and are looking forward to seeing everyone on Saturday, December 10<sup>th</sup>. With the new addition The Manor House we are having the Tea in the beautiful room on the first floor. We are working on our raffle items and of course the items for the bake sale. We wish all of our ESA sisters a Happy Holiday Season and look forward to the New Year. The Scribe



It has been an Autumn Season for Theta Eta chapter members. On October 8, five members participated in the Vision Walk at City Park. The event is an annual fundraiser for the Foundation Fighting Blindness to raise money for research and clinical trials involving the some 68,000 Coloradoans who suffer from retinal degenerative diseases such as macular degeneration and retinitis pigmentosa. A few members sold nuts at the October Stober Elementary Craft Fair. One group of Theta Eta Sisters made Halloween bags and delivered them to The Action Center. During November, we collected sweatshirts for Fort Logan patients. We also put together Operation Christmas Child shoeboxes, sponsored by Samaritan’s Purse, to be delivered to

Theta Eta #2830  
Submitted by Marge West and Carolyn Rush

children in third world countries. We adopted a needy family for Thanksgiving by providing money for a prepared Thanksgiving meal or food for a home-cooked meal. Rob Reger’s Fall ride to raise money for ESA philanthropic projects was completed in November. This year’s ride was from the Southern border to the Northern border of Arizona, raising \$1,300.00 thus far. The west group of Theta Eta furnished 24 hours of food for the Action Center’s Homeless shelter in early November. Our chapters Christmas party will be held in early December so we are looking forward to that social event. Until next time, we wish all of you a very Merry Christmas & Happy New Year!



Merry Christmas to all my ESA sisters. Zeta Rho member Rebekah Martinez tied the knot (got married) back in August, I failed to mention that in my October article, so thought I would let everyone know that her new title is Mrs. Jeffery Koehler. In October we

Zeta Rho, #1774 Aurora  
Submitted by Shirley Telinde

suffered a terrible loss when long time member Judie Tate passed away very suddenly. Judie had been a member of Zeta Rho for 55 years. She was a mentor to all of us. We will miss her. The first Saturday in November we held our annual auction/luncheon and it was very successful. We would like to thank all our ESA sisters for coming out and supporting us year after year. Christmas

time is upon us and I don't know where the year has gone. Seems like the years just fly by anymore. But I do love the holidays and all the festivities. Speaking of festivities nine members will attend the Denver Alpha Council Christmas party coming up on December 3<sup>rd</sup>. Then on December 10<sup>th</sup> we will celebrate with Zeta Rho's potluck lunch at the home of Shirley Telinde. We have a guest attending who we hope will become a member of Zeta Rho. Shirley received an email from MAL member Rhonda Westcott that her mother passed away on November 28<sup>th</sup>. Rhonda and her sister Geri Santos-Rach

Hello to all of my dear sisters. I wanted to share one the recent and scariest of events that my family experienced shortly after Thanksgiving. I am sharing with all of you because of the lesson we learned is one too important not to share. It was a Tuesday evening and we were getting ready for bed and I plugged in my phone just like always. A few seconds later the outlet began to spark and caught fire. Thien was fast acting enough to run and shut the power down to the entire house while I was able to catch the fire. Once an electrician had a chance to inspect, it was determined the cause was a burnt outlet. Just like everything else in life these only last so long and

(MAL) had recently moved their mother, Lucille to Colorado to be close to them. Our deepest condolences to them both. Rhonda and Geri both belonged to Zeta Rho. I forgot something "Hallelujah the election is over"!!!!!! No more negative commercials and annoying phone calls. Ending with a happy note. Happy New Year everyone.



**Keeping our Spirits Merry and Bright  
Submitted by Laura Wilson**

should be inspected and/or replaced every few years. I guess while this seems like common sense, we did not really think about it. Burnt outlets is a common reason for home fires and can be preventable. While I felt overwhelmed from this incident, I know that my family is lucky as we were home at the time of the spark and were able to keep it under control and we have so much to be thankful for. Everyone was safe and our house is still standing. Please, please, please make sure you all know how old your outlets and light switches are, and that you are checking them.

**FORMS AND REGISTRATION INFORMATION**

State Convention – May 19<sup>th</sup>-21<sup>st</sup>, 2017 – Mark your Calendars! Registration form

Alpha Lambda Chili Supper- March 23, 2017

# Alpha Lambda Chili Supper



Please join Alpha Lambda for their annual Chili Supper. Lots of companionship, fun, food, door prizes and a grand prize drawing.

Chili Supper - \$10.00

Proceeds to go to: Local Charities, St. Judes and Childrens Hospital

Grand Prize drawing: tickets \$1.00 each or 6 for \$5.00

Crafts will be available for purchase

**When:** Thursday; March 23, 2017  
6:30 PM – 8: PM

**Where:** Farr Library  
1939 61st Avenue, Greeley, CO 80634

**RSVP:** RuthMary Lyons  
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