

# GOLDEN LAMP

## OF COLORADO



EPSILON SIGMA ALPHA

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**2023 - 2024  
Colorado State  
Council Officers**

**President**  
Karen Addison

**President Elect**  
Susan Bloss

**Recording Secretary**  
Leslie Stevens

**Vice President**  
Lori Anderson-Havelick

**Treasurer**  
Bonnie Gillmore

**Corresponding Secretary**  
Jenniffer Carlson-Mazza

**Parliamentarian**  
Mary Humphrey



*Friendship*



One of the best things  
to hold onto in this World  
is a friend.  
Each of us is a vital thread  
in the fabric  
of the other's tapestry.  
Our lives are woven together  
for a special reason.  
**True friends**  
make such a beautiful  
impact on our soul,  
we can no longer remember  
what life was like  
without them.  
They understand our past.  
believe in our future  
and accept us  
just the way we are.

S. Cummings

## PRESIDENT'S MESSAGE

Greetings! It has been an interesting start to my year as President. I have enjoyed hearing from many of you and the support has been wonderful.

Membership is still my most important focus. Numbers are dwindling and it is so important that ESA continue into the future. ESA is not a household name. It is vital that all of us promote ESA and let people know everything that we do.

I encourage all of you to share your events, volunteering, and fundraising on social media. Social media can be a powerful tool for outreach and engagement, so regularly posting about ESA and its activities will help spread the word and reinforce the importance of the organization's mission. If you see an ESA post, take a moment to share it. Make a comment if possible. Let people know who we are and what we do. Share your social events, let people know we are a social group as well. I plan to practice what I preach and my goal is to have at least one post a week talking about ESA.

At IC last week, Charlotte Carloni shared the latest challenge. It is called the Power Of Us Campaign. This is a wonderful initiative. Celebrating the collective power of ESA members making positive impacts in their communities is an excellent way to showcase the organization's values and contributions.

As you host events, volunteer and fundraise, submit your stories and pictures to ESA headquarters. To encourage membership, you need to have at least one non-member attending your event. Involving non-members in events is a smart strategy to attract new potential members. It is vital for them to experience the positive impact and camaraderie of the ESA community firsthand.

Thank you,

Karen Addison  
2023-2024 Colorado State President

**GOLDEN LAMP  
EDITOR**

Hello ESA Member's

My name is Jenniffer Carlson-Mazza, and I am your 2023-2024 Golden Lamp Editor.

A quick bit about me. I live in Salida, CO with my husband Rocky and our two kids Cayden (19) and Adi (6). We also have a husky named Tykka. I am a member of Alpha Omicron #770 in Salida, CO and I am honored to be their president again this year. I am also this year's State Corresponding Secretary.



I look forward to being your editor for the 2<sup>nd</sup> year in a row. Please reach out to me at any time with any questions or comments about the Golden Lamp.

My email is [goldenlampnewsletter@gmail.com](mailto:goldenlampnewsletter@gmail.com) or call / text me at (719) 221.9447

Please send all articles to: [goldenlampnewsletter@gmail.com](mailto:goldenlampnewsletter@gmail.com)

In the subject line put **Golden Lamp Article**

**Please make sure I respond to your email. If I don't respond, then I didn't receive it.**

The Golden Lamp newsletter will be uploaded on the 15<sup>th</sup> of the on [www.esacolorado.org](http://www.esacolorado.org)

Love in ESA

Jenniffer Carlson-Mazza

**PRESIDENT  
ELECT**

Hello all you ESAers!

IC Convention in Grapevine, TX was fun and HOT! There were lots of activities---and did I mention it was HOT? There were ideas for fundraising through ax throwing, a shoes-for-kids decorating workshop, a hospitality room for snacking and networking, and so much more—and it was HOT!! (Most days hit 106—but at least we were inside 95% of the time.) You should be proud of all your philanthropic work through the year as Colorado shines at IC; I was proud to be from Colorado.

I'm looking forward to a great year as your president elect. I have looked over everyone's guidelines and now am looking into what each of you as an officer has received about your position. If you have any input as to what information would make your position easier and more fulfilling, please share with me. I can be reached by email at [tanzybloss@gmail.com](mailto:tanzybloss@gmail.com), by text at 719-433-3840 or phone/message at 719-477-9260.

Enjoy the rest of your summer.

Susan Bloss, President Elect



*Friendship*

**VICE  
PRESIDENT**

Hi All,

Here are a few ideas to try for Rushing Parties. Remember that rushing is officially in October. How about getting a head start and do it from Sept. thru October, even Nov and Dec. Think about family gatherings inside or outside depending on the weather. Bring family and guests to every event that you are attending. You could even include husbands now. Get back to the old-fashioned days we used to do. Take the time to be with your Chapter members and Support each other. Make Connections and Make it fun. I have been looking up and researching Recruitment ideas and Membership. Almost everyone says to try and do these ideas, and this is from Google:

Hold a Wine and Cheese Reception or a Cocktail Reception and have a charcuterie spread and snacks. You could send handwritten invitations to people that you know. Hand them out to people you thought about asking into ESA in your group of friends that you have now. Even your Co-workers. All your contacts.

Networking is very important. Include businesses to partner up with ESA and St. Jude. You could have a treasure hunt for kids or adults and the businesses can provide a small prize, something really easy. This creates an open door for new opportunities and meeting new people.

Have an Open House, we used to do this in the olden days around Nov and Dec.

Try a New Member coffee. This will also keep engaging the new members and have everyone bring guests and friends.

Have a game night on Saturday night. Playing cards - Hearts and Spades tournament. Uno or Dominoes. Hold a Pickleball tournament and/or a Cornhole tournament. That appeals to young people.

Don't forget to try the Murder Mystery game. Have people over and dress up in costumes.

Think outside of the usual box that we are in. We could all benefit from making our own ESA Business cards. Eric and I have ours and we hand them out to people all the time.

These ideas will help you visit about ESA and tell people why, who and what we are about. Have Social parties. At IC Convention they make it fun with new and creative activities while still getting business done. Have fun at your Rushing Parties. Let's try and boost up our Membership for Colorado. I would like our numbers to rise!! Think Positive and Say, "Yes, We Can Do This!!" Looking forward to seeing everyone in Salida at the Fall Board Meeting.

Thank you.

Lori Anderson Havelick  
Vice President/Membership

**CORRESPONDING  
SECRETARY**

Welcome to my page for the next year!

I look forward to being your Corresponding Secretary and working with all the great board members.

This year Fall Board will be in Salida, CO. If you have not received a registration form, you can find one here in the newsletter or on the ESA website under the calendar. We really hope you can make it. **Please note that our host hotel only has 25 rooms on hold and all hotel reservations will need to be made by August 21<sup>st</sup>. You can make reservations after the 21<sup>st</sup>, but the rooms will no longer be on hold so they might be available, or they might not.**

Salida is such a cute town located at the base of the mountains. In our Chapter Report I have included a couple of cute shops that I hope you will be able to check out.

**If you haven't sent in your Chapter's Officer changes, could you please get them sent in soon.** You can email them to either myself or Karen. Also, to get the info to headquarters they ask that you now submit them online.

We want to make sure to get all the changes in the new yearbook that will be handed out at Fall Board.

Candie and the web team are in the process of updating the website. If you have anything they can use, please email Candie. (new pictures, info on all projects coming up, etc.)

**ALL executive board members could you please send Candie a picture of yourself so she can use them when she updates the website with the new officer's information.**

If you are on the executive board and did not receive info about the luncheon and meeting at Fall Board, please reach out to Karen or me and we will get you the registration form and info.

I look forward to seeing you all at Fall Board. Enjoy the rest of the summer and stay cool in all this heat!

Love in ESA

Jenniffer Carlson-Mazza

2023-2024 Colorado State Corresponding Secretary

# RECORDING SECRETARY

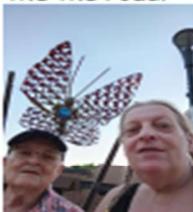
I thought St. Louis was brutal!!!! 107 DEGREES in Grapevine, TX!!!

Was still a really great Convention though! The TX ladies always do a really great job!

We didn't win a lot of awards this year, but we DID win some! I'll let Karen tell ya all about it!

Mom and I had one of our typical ESA adventures getting to Texas!!! My car battery died, but fate was shining down on us as there was a AAA shop two blocks away and a Ford Dealership right across the highway!! A short, 1 hour delay and we were on the road again!!!

Had an exceptional dinner at a place called YaYa's in Salina, KS for anyone going through there. A bit pricey, but the atmosphere was wonderful, the service was wonderful and the food was incredible! And look what we found, right across the the road!



Butterfly artwork!!!



A "SLICE" of chocolate cake at YaYas!!!

SERIOUSLY???

Then off to Flower Mound, TX, just cause we've never been!!! We encountered some Long Horns on the way home and then the sweet coolness of Colorado.



Hope to see everyone at Fall Board!

Leslie Stevens  
CSC Rec. Sec.



Our President with her President's Group - Brenda's Besties



Some of our crew at the Mixer.



Our President with the RMRC Presidents, proudly displaying their State Flags!



State Dinner Out! Karen with her gift from the State Board!



RMRC members joined us for State Dinner out, too!



Our incredibly CUTE and FUNNY waiter. I think Chloe would have liked a doggie bag to take him home in!! LOL!



PHOTO BOMB!!! LOL!

Our beautiful, Past President, Chloe accepting the Danny's Dream Award for CO reaching the 25 million, milestone!



# TREASURER'S REPORT

## TREASURER'S REPORT

### GREETINGS ESA SISTER'S

It doesn't seem possible that it is already August. I am not sure where summer went but I know I did not complete half the projects that I wanted to accomplish this summer. I normally love summer, just being outside enjoying all the sounds and sights of nature, but now I limit my activities to early mornings.

For those who are unaware I am your 2023-24 State Treasurer. I will be sending a reminder in the next Golden Lamp issue regarding dues deadlines, etc.

As a friendly reminder Chapter/Council Federal Tax Facts are due into Headquarters by September 15. The form can be found on ESA Headquarters website.

Hope to see many of you at the September Fall Board meeting,

Bonnie Gillmore

2023-24 State Treasurer

## EASTERSEALS



My name is Emily Woods and I am the Easterseals Coordinator. I am a member of Zeta Nu in Colorado Springs. I am fairly new to ESA and this is my first position on the State Council.

Our chapter is hosting a glass mosaics class on September 22. It will be a fundraiser for Easterseals. If you would like more information, contact me at [emwoods@comcast.net](mailto:emwoods@comcast.net).

Thank you,  
Emily Woods



*Friendship*

## ESA FOR ST. JUDE

### ESA for St Jude

Hello ESA Colorado friends. My name is Susie Morris, and I am excited to be our Colorado State Council St. Jude Coordinator this year. Let's get started with a quick introduction of how ESA volunteers for St Jude.

#### St. Jude Children's Research Hospital – ESA supports St. Jude

“Epsilon Sigma Alpha (ESA) members are among the most dedicated and hard-working volunteers and fundraisers for St. Jude Children's Research Hospital. St. Jude treats thousands of children each year and is supported primarily through public contributions raised by organizations such as ESA. Since ESA adopted St. Jude as its international philanthropic project in 1972, ESA has raised more than \$275 million in cash and pledges for the hospital. In addition to existing St. Jude activities, ESA members are challenged to participate in additional local events to raise money and awareness for St. Jude.” (Shared from <https://epsilonsigmaalpha.org> – will need to sign in – encourage to check it out – so much great information and ideas)

As our ESA Colorado Chapters this year – what events are we planning? In person? Social Media? Bunco? Gift Wrapping? Garage Sales? Bake Sales? Please remember to do the **Completed Event Form** available ONLINE @ <https://epsilonsigmaalpha.org> (you'll need to sign in). Look for: Chapter/Council Mgt., then Forms, then St Jude Forms - Completed Event Form. “All information is necessary to process this form. A chair pin will be sent upon receipt of a Completed Event Form for all events raising \$500 or more.

Please email [esaforstjude@epsilonsigmaalpha.org](mailto:esaforstjude@epsilonsigmaalpha.org) to send any additional comments about this event via e-mail. This form will be automatically received by the ESA for St. Jude Office and then forwarded on to your state St. Jude coordinator(s). NOTE: If this is a NON-St. Jude/ALSAC event (meaning you had no help from St. Jude,) send all monies to the ESA for St. Jude Office at 2580 E Harmony Road Suite 301-11, Fort Collins, CO 80528. If you are sending money please use the printable PDF form. If your event was a ALSAC event, please forward all of the proceeds to your St. Jude representative. If you have any questions, please call the ESA for St. Jude Office at (970) 223-2824. Thank you.” (Shared from <https://epsilonsigmaalpha.org> – reminder to sign to find the PDF forms as well.)

Our Colorado State Council St. Jude drawing this year will be for an American Tourister Glenbrook Collection - 9-piece luggage set. YES!!! You can check it out in-person at the upcoming Fall Board, Spring Board & final drawing @ 2024 CSC Convention. \$1 per ticket or 6 tickets for \$5. You are welcome to send me a check and I'll send tickets back to you (Susie

Morris, 16815 Howlett Pl, Mead, CO 80542). You do not need to be present to win this drawing @ 2024 CSC Convention.

Please check out our ESA website <https://epsilonsigmaalpha.org> as it has updated information and links for more St. Jude opportunities, ideas and how to contact our ESA HQ for questions as well.

We can also link up there to register for the upcoming Walk/Run and Memphis Marathon:

-**St Jude Walk/Run** will be September 23, 2023. The St. Jude Walk/Run is a nationwide 5K hybrid event, taking place in person and virtually.

-**St. Jude Memphis Marathon** will be December 2, 2023. The St. Jude Memphis Marathon Weekend is a fundraising event for St. Jude with a marathon, half marathon, 10K and 5K.

Last, but not least, a cyber-drumroll please ... **Congratulations ESA for St. Jude - Colorado** awards at this past 2023 IC Convention (NOTE: Thank you CSC President Karen and Mary Humphrey):

-“For reaching the next million dollar mark of \$25 million in giving to St. Jude Children's Research Hospital

-Pinnacle Award: For raising in excess of \$1 million for St. Jude Children's Research Hospital in a single campaign

-ESA for St. Jude - Largest Individual Event Award: 1st place, Denver Dream Home, \$1,730,494

-ESA for St. Jude - Largest Individual Event Award: 3rd place, Colorado Springs Dream Home, \$1,098,840

-COs total credit was \$2,868,299” (quoted from Mary Humphrey – thank you Mary)

LOVE in ESA, Susie Morris, ESA CSC St Jude Coordinator

Pi Sigma #5621 – Johnstown, CO



American Tourister  
Glenbrook Collection -  
9 piece luggage set

## ST. JUDE DREAM HOME

Congratulations Colorado Springs for selling all 11,500 tickets!! The drawing was June 28. The Dream Home winner does plan to accept the home. Winners are accepting other prizes.

We're busy approving documents for Denver's 13<sup>th</sup> Dream Home. Tickets (24,000) go on sale August 24. Open houses start September 16 and run through October 8 for four weekends. The giveaway is October 12 on KDVR Fox 31. Nancy will be looking for volunteers for both the office and the open houses. Office work involves printing, separating, and filing the tickets.



### Home Features:

- 4 beds
- 3.5 baths
- 3-car spacious garage
- Approx 3,038 finished sq ft
- Finished basement
- Chef kitchen featuring Bosch stainless steel appliances
- Large eat-island and quartz countertops
- Covered rear deck patio
- Luxurious spa bathroom
- Garden Level Home
- Fireplace in great room
- Home located directly on Buffalo Run Golf Course

Thank you for reporting your hours and miles on your Chapter's philanthropic form. Since this is a state philanthropic project, reporting the dollars Colorado receives credit for is a little different than our other projects. ALSAC provides the credit amount to the Dream Home Chairs, who in turn submits the dollars to our State Philanthropic Chair. They then include those dollars in the State Philanthropic Report submitted to IC.

Denver received first place for the ESA for St. Jude – Largest Individual Event Award (\$1,730,494) and Colorado Springs received third place (\$1,098,840). Saturday night during the Parade of States, Colorado ranked 2<sup>nd</sup> with raising \$2,868,299.

ESA's cumulative total this year was \$19,826.651 with a Lifetime total of \$361,279,730. Thank you for all that you do for the *Kids of St. Jude*!

Colorado Springs Co-Chairs: Alice and Jenny

Denver Dream Home Co-Chairs: Mary, Nancy, and Vickie



# Colorado

# \$2,868,299





EPSILON SIGMA ALPHA

MEMBERSHIP CAMPAIGN

# THE POWER OF US

ESA members are powerful. The friendship, service, and connection members make in ESA changes lives, and that power shines brightest through the values shared by members across this great organization. We will be celebrating the bright superstars of ESA throughout the 2023-2024 year through The Power of Us - the collective, incredible power that comes when members do good works in their communities in the name of ESA.

As you host events, volunteer, and fundraise for great causes this year, submit your stories to ESA Headquarters for a chance to be recognized and earn national awards at [epsilonsigmaalpha.org/PowerOfUs](https://epsilonsigmaalpha.org/PowerOfUs). The Power of Us campaign is a way to show the world the power of ESA by amplifying our collective impact.

Learn more about earning **The Power of US: Star Status**, **The Power of US: National Star Award**, and **The Power of Us: Best in Show Star Award** on the ESA website.

## HOW TO PARTICIPATE

In accordance with the three pillars of ESA, members and chapters are challenged to complete an activity that falls under each of the Education, Service, and Association categories. Together, these three pillars create and highlight The Power of Us.

**THE POWER OF EDUCATION:** Chapters and individuals are encouraged to grow their knowledge through their ESA membership

- External (ie. special chapter-hosted educational event open to the public)
- Internal (ie. take a class or attend a seminar as a chapter or individually)

**THE POWER OF SERVICE:** Participate in a volunteer or fundraising activity, either individually or as a chapter

- Volunteering (ie. Halloween craft with Easterseals)
- Fundraising (ie. silent auction benefiting St. Jude Children's Research Hospital®)

**THE POWER OF ASSOCIATION:** Share the ESA love!

Your event must include at least one guest.

- Community Outreach (ie. recruitment event)
- Social Activity (ie. scavenger hunt, costume party)

[epsilonsigmaalpha.org/PowerOfUs](https://epsilonsigmaalpha.org/PowerOfUs)



**ST. JUDE  
WALK/RUN****St Jude Walk/Run Denver September 23****Location:**

**DICK'S Sporting Goods Park  
6000 Victory Way  
Commerce City, CO 80022**



Join my team "ESA Colorado" or register virtually if you can't be there in person. Join me in Commerce City on Sept 23 for the St Jude Walk/Run. I'd love to see a big group of ESA members at the walk! What better way to promote Esa than to show up in force?!

If you can't join me, please consider making a donation to my team and help us raise money for St Jude Children's Research Hospital.

Karen Addison

# Facts at a Glance

St. Jude Children's Research Hospital® is leading the way the world understands, treats and defeats childhood cancer and other life-threatening diseases. Our mission is clear: **Finding cures. Saving children.®**



St. Jude patient Ay'Den, blood cancer, pictured with his mom



**Families never receive a bill from St. Jude** for treatment, travel, housing or food—so they can focus on **helping their child live.**



When St. Jude opened in 1962, childhood cancer was considered incurable. Since then, **St. Jude has helped push the overall survival rate from 20% to more than 80%**, and we won't stop until no child dies from cancer.



**St. Jude publishes more research and clinical trials than any other pediatric cancer research institution in the US** and turns laboratory discoveries into lifesaving treatments that benefit patients.



St. Jude was the **first children's hospital to make a major investment in pediatric cancer genome sequencing.** The St. Jude Children's Research Hospital-Washington University Pediatric Cancer Genome Project has resulted in **groundbreaking discoveries in several childhood cancers.** Before this project, not even one pediatric cancer genome had been sequenced.



St. Jude provides thousands of **free consultations for doctors treating children worldwide**, including kids in your community.



St. Jude treats children from all **50 states and around the world.**



[stjude.org](http://stjude.org)

©2022 ALSAC/St. Jude Children's Research Hospital (MCC-4574)

## St. Jude Walk/Run

### Every Dollar Makes A Difference

**\$250**  
Help provide meals for a St. Jude family for **1 WEEK**

**\$1,000**  
Help provide parent necessities for **20 PATIENT** families

**\$750**  
Help cover the cost of **3 DAYS OF OXYGEN** for a St. Jude patient

**\$2,500**  
Help provide 5 hours of **PHYSICAL THERAPY**

**\$1,500**  
Help cover the cost for 1 day of **CHEMOTHERAPY**

**\$100**  
Help cover the cost of **1 WAGON**

**\$500**  
Help provide **1 PLATELET TRANSFUSION** for a St. Jude patient

**\$50**  
Help provide **ART SUPPLIES** for patient art parties

**\$5,000**  
Help cover the daily room rate in the **ICU**

When you make a donation using this information, your donation will be used to provide breakthrough research, treatment and cures. Items listed here are representative of services and supplies that are part of the treatment and care of children at St. Jude. The cost of each item or service is an approximation, and will vary based on actual costs incurred and individual patient needs. Your donation will be used for the general operating needs of St. Jude, where no family ever receives a bill for treatment, travel, housing or food.

©2022 ALSAC/St. Jude Children's Research Hospital (EXPM-22706)

**EDUCATIONAL  
DIRECTOR**

Hi Everyone,

It has been a busy summer so far. We are looking forward to going to the fall board meeting in Salida next month. We have been putting together a fun activity for the event. The plan is to have a paint and sip party for your fun and enjoyment. Gathering the supplies and wines has been keeping us hopping.

Going to local farmers markets to raise awareness about ESA and to raise money for St Jude Children's Research hospital has been filling up our weekends. All this activity has me looking forward to fall, cooler weather, and taking a little time out for fishing.

We are always looking for ideas to share with everyone that are fun and might bring in people to grow our chapters and ESA. If you have any ideas to share, please let me know with a quick phone call or email. I love chatting with people.

Keep it simple, make it fun.

Your Educational Director,  
Eric Havelick  
[eric.havelick@gmail.com](mailto:eric.havelick@gmail.com)  
Cell: (303) 550-6851



*Friendship*

## FOUNDATION COUNCILOR

Hello Colorado ESA Members!

I am excited Karen Addison has asked me to be the Colorado State Foundation Councilor for 2023-24. As I explore the Spirit of Friendship, I will share with you all the ways you can support and participate in ESA Foundation.

Currently we have 51 individual members; 16 chapters and 2 Councils who are members. Last year we added three new individuals. If you are interested in joining, you can use the following link to print the contribution form and mail a check with it to the ESA Foundation in Fort Collins.

[II-2-4-ESAF-CONTRIBUTION-FORM-Contribution-Form-04202023.pdf \(epsilonsigmaalpha.org\)](https://www.epsilonsigmaalpha.org/II-2-4-ESAF-CONTRIBUTION-FORM-Contribution-Form-04202023.pdf)

'All contributions made directly to the ESA Foundation are tax deductible as "Gifts to Charity" due to our 501 c 3 charitable status under the Internal Revenue Code.'

*Thank you* to all the chapter Treasurers who use the Foundation's "Turn Around Fund." This helps to keep Foundation a 501C3. If you are currently not using this and need some more information, I can help!

At IC in July, the State of Colorado was awarded 1<sup>st</sup> place for the State Donating the Most Money to the Foundation Fun Fest. I would like to thank Chloe for donating quilts, Mary for donating silent auction items, and to everyone who gave gift cards to our State Tote Bag. Great job everyone! Pat ourselves on the back!

Susan Bloss won the ESAF Life Active award at IC for the Fund Fest Final Drawing!

I don't have a picture of her receiving this, but it might be in the official pictures taken at IC!!!

201 Scholarships were awarded last year. Students from Colorado received 8 of these. The following is a list of Students, how much they were awarded and which Endowment they received it from:

Jada Cannon of Aurora, CO \$650 Bernhardt Family Endowment	Afton Goins of Lakewood, CO \$1000 Colorado Lamplighters/Beta Omicron Endowment
Afton Goins of Lakewood, CO \$900 Colorado Lamplighter's Endowment	Emma Berg of Lakewood, CO \$700 Gamma Chi, Loveland Colorado Endowment
Jada Cannon of Aurora, CO \$750 Helen McSpadden Memorial Endowment	Afton Goins of Lakewood, CO \$1200 Jeanne Parker Memorial Endowment
Elizabeth Ho of Centennial, CO \$750 Kay McLaughlin Memorial Endowment	Jada Cannon of Aurora, CO \$700 Lucille Eastin Memorial Endowment

Congratulations to these students!

The Scholarship application deadline **starts** September 1<sup>st</sup>, 2023, and will close February 1<sup>st</sup> of 2024. Now is the time to reach out to high school seniors, college students and grad students to remind them that we have scholarships for them to apply for. These will be awarded for the 2024-25 School Year.

Susan Winton

CSC Foundation Counselor

[WintonColorado@gmail.com](mailto:WintonColorado@gmail.com)

505-670-4371.

**WEB  
TEAM****Colorado Web Team**[esacolorado.org](http://esacolorado.org)

Patience is a virtue! That's what we are asking from our members as we update the Colorado ESA website.

Updating involves receiving many "pieces" of our new year's information and much of it takes time to be collected before sending to us for publishing. Check the bottom of the web page to see when it was updated.

You will be able to find upcoming dates of meetings, conventions, and events on the ***Calendar Page***.

Minutes, IC Awards, CSC Convention Awards, are located on ***Officers/Chairman – Notices*** along with the listing and pictures of the 2023-24 CSC Board.

The ***Projects Page*** for St. Jude's, Hope for Heroes and Easterseals is still looking for more pictures! Please share your events and pictures for this page - they are most welcome!

Our ***Yearbook Page*** contains the current yearbook pages, Bylaws, Standing Rules, a link to Forms & Guidelines and a link to Ceremonies and Histories

The **Colorado State Council ZOOM** account is alive and well. To reserve a date/time just contact Candie Patino.

The **IC Coffee Chats** continue each 4<sup>th</sup> Monday of the month. You can register on our Homepage at [www.esacolorado.org](http://www.esacolorado.org) The next session will be August 28th with choice of 9:00 am or 5:00 pm time slots. New sign-in information will be sent to those already registered for the monthly chats.

Have a comment, idea, or suggestion for improving our website? Contact our web team. We are always available to gladly assist.

The Colorado ESA Web Team,  
Bonnie, & Candie

**ALPHA OMICRON  
SALIDA, CO**

Hello from Salida,

Our summer is going by way too fast. We had our 2<sup>nd</sup> annual yard sale in July where all sales are by donation only for St, Jude's. We just had our chapter summer potluck picnic, it was so nice to get our chapter together, catch up and enjoy some yummy food.

In July our very own Barb Preston turned 80 years old. Her son and daughter had a very nice birthday party with her friends and family.

We will start meetings up again in September, which will be here before we know it. We are looking forward to hosting Fall Board this year. Our chapter is really working hard to have a nice weekend. We look forward to seeing you all!

If you will be able to get some shopping in while you are here. We have two members who own and run two of the cutest shops in Salida.

Velma McCormick has the Christmas store on F Street called Seasons Celebrations and Sandi Lacey has a gift shop on G Street called The Hodgepodge. Follow our Facebook page for more information on their store. Here is the link to our Facebook page.

<https://www.facebook.com/profile.php?id=100093661789125&mibextid=ZbWKwL>

For any of you who are interested in crafting (various fiber techniques, knitting, weaving, sewing, crocheting, beading, dyeing, and stitching) The Salida Fiber Festival will be in town the same weekend as Fall Board. Here is their website if you are interested

<https://www.salidafiberfestival.com/>

We can't wait to see you all in Salida, CO!!!! Enjoy the rest of your summer.

Love in ESA

Jennifer Carlson-Mazza

Chapter President

Alpha Omicron #770

Salida, CO

**BETA ZETA  
CANON CITY, CO**

Hello from Beta Zeta!

Hoping everyone has had an awesome summer so far! Weather has been the story for a lot of people, I know. All that “chunky” stuff up North, HOT everywhere, and extraordinarily GREEN, too.

But Fall will be here soon and you know what that means—Beta Zeta's Soup, Salad and Shopping Auction Luncheon!! Make sure to save the date.

## SAVE THE DATE!!

### Beta Zeta Chapter of Epsilon Sigma Alpha

Soup, Salad, and Shopping  
**Saturday, October 7, 2023**

**11:00 a.m. Doors Open**

**11:45 Lunch**

**\$10.00**

**1:00 Auction**

**901 Main Street**

**United Methodist**

**Fellowship Hall**

**Cañon City, Colorado**

RSVP by October 2,  
2023  
to  
Nancy Trebella 719-  
429-1231

## GAMMA CHI LOVELAND, CO

It's time again to share news from the last two months with our sisters around the state. We always say we will slow down, but we still keep busy.

June began with helping at the Envision 5k fundraiser in Greeley. We weren't surprised as it was cool, and it rained part of the morning. Ruthmary Lyons works for Envision so she was busy with various jobs, while Moofie Miller, Kathy Fischer, Deena Gregory and myself helped with registration, check-in, handing out t-shirts and bags. We had a fun time.



Our installation was held at the Golden Corral. There is always plenty of food. We then celebrated the awards we received at the state convention. We were delighted that Riki could join us. She was surprised with our nomination of her for Women of the Year. Lori was also surprised to be our Pledge of the Year. Kerry did the Pledge Ceremony for Deena Gregory. Phyllis Minch did a beautiful installation around sunflowers. Our new officers for 2023-2024: Kerry Date - President, Lisa Weeks - Vice President, Kathy Fisher - Secretary, Kathy Ellingson - Treasurer (Pam McGee stood in for Kathy), Riki Johnson, Parliamentarian.





June continued to be busy as we visited Loveland's new Homeless Tent Shelters for people to stay the night. The tour lasted an hour and we got to see the whole facility. There is a staff at night and in the morning to help individuals with anything they need or questions they may have. It is safe and clean.

Gamma Chi members attended the groundbreaking for the future Veteran's Plaza at our local sports park. Another day many blankets were refolded and packed tightly so they could be transported by the group Ride to the Wall. They took them to a Navajo school and community. The handmade blankets were donated to Gamma Chi from a lady Phyllis knows.

We also volunteered at the annual Lake to Lake Triathlon setting up the breakfast and serving it. We still take care of the flowers around a sculpture we adopted years ago at Benson Park. In July we volunteered by stuffing backpacks for the Thompson School District. We see many of the same people every year when we help organize and stuff the backpacks. We continue our support of the Food Bank and Community Kitchen. Every year we support Meals on Wheels on 4th Street by helping serve dinner.

We hope everyone has been able to enjoy the summer. Our chapter sends caring thoughts to those sisters that have had health concerns or lost a loved one. Before we know it, Fall Board will be upon us. Enjoy the rest of the summer.

Pam McGee  
Gamma Chi

**KAPPA IOTA  
GOLDEN, CO**

Hi Everyone,

It has been a busy summer so far with attending the local farmers markets, selling drawing tickets for the lazy susan, and raising money for St Jude.

We are also hosting the Bunco party at the fall board meeting in Salida. Keeping busy is making the summer fly by. Slow down a little bit and enjoy every day. Love from your friends in Kappa Iota.

Eric Havelick



*Friendship*

## PI SIGMA JOHNSTOWN, CO

Hello, my name is Mariah Morris. My boyfriend Camron and I are members of Pi Sigma, and we are excited to start making a difference.

I have always loved ESA ever since my mom Susie joined in 2013. She would take me with her to volunteer while serving Meals on Wheels, playing Bunco, wrapping gifts for Santa Cops, etc. since I was eight years old. I joined ESA as an ELAN in 2021. My Mom was a big inspiration throughout my ESA experience and now I get to volunteer again not only with her, but with my dad Tom as well, as he too joined Pi Sigma. ESA is family.

Camron is also excited but doesn't necessarily know what he signed up for in ESA but has many ideas already. Currently he works as a Landscaper at a golf course, helps me take care of our cat Sox and our dog Lucy and loves to grill.

We are super excited about Pi Sigma!

Love in ESA,

Mariah Morris - Vice President & Camron Monroe - Parliamentarian  
Pi Sigma #5621 – Johnstown, CO



Camron, Mariah & Dad Tom

## ZETA NU CO. SPRINGS, CO

### Cross Country Bike Ride to Save Lives

Let me introduce you to two **HEROES** on a mission! With 140 years between the two of them, they are riding their bikes (pedal man-powered) from Santa Monica, CA to Boston, MA. That is 3,200 miles!! They need our support to raise money for Sarcoidosis and kidney donation awareness.

These two gentlemen that did the ride from coast to coast. They finished at the end of June. 3,500 miles, 80 days.



The wait list has over 104,000 patients waiting to receive an organ. 17 people on the list die waiting everyday as ten new names are added to the list.

Please use these links to donate:

<https://www.gofundme.com/f/sarcoid-bike-tour>

<https://www.kidneyfund.org>

Kelli Martin, Zeta Nu #5608  
kccmartin@msn.com



<https://www.gofundme.com/f/sarcoid-bike-tour>

## ADI'S PAGE

Adi has been really busy raising money for her St. Jude birthday fundraiser. She has been having cookie and lemonade stands on the weekends. Her fundraiser ended July 31<sup>st</sup> and her total amount that she raised is \$5,300.00. She wants to thank everyone who donated, and she is sending you big hugs.

Our local newspaper did an article on her and published it in the Mountain Mail. Here is the link to the article if you would like to read it

[https://www.themountainmail.com/news/community/article\\_f5ecaf5c-1c3c-11ee-b14e-d37bb29e70c5.html](https://www.themountainmail.com/news/community/article_f5ecaf5c-1c3c-11ee-b14e-d37bb29e70c5.html)

She also interviewed with Charlotte from headquarters for an article in The Journey.

Adi and I have signed up for the 5K walk/run in Denver on September 23<sup>rd</sup>. She has set her goal at \$2,587.00. If she makes this goal, then she will have raised a total of \$10,000.00 since August of 2022.

We are so proud of her. She has worked hard this summer to reach her goals. She started 1<sup>st</sup> grade yesterday and I can't wait to see what her year holds.

The picture below is a group of bikers who stopped and got cookies and lemonade from her. It was neat to meet them, they all have served in the military and were just a really great group of guys.



**IC  
CONVENTION****IC Convention, Grapevine, Texas**

Grapevine, Texas is a nice town. There are a lot of great places to eat, plentiful shopping and entertainment venues. This was such a well-organized event and there was always something to do.

Even as a fairly new member, it was nice to see a lot of people who I had met in the past. I was able to have drinks with my roommate from Leadership, Marsha Killam. It was nice to just chill for a bit.

My group arrived on Tuesday in time for the Foundation Fund Fest. There were so many auction items, and they raised a lot of money. The Hospitality Suite was well manned, and they always had something good to snack on and cocktails available. They had a different group of raffle items every day.

The Wednesday Welcome Party was fun with a Western Theme and featured a good BBQ dinner.

There were lots of workshops to keep us busy, from Tech, to Membership, Easterseals, St Jude and Hope for Heroes. We decorated children's shoes to be donated and enjoyed a night of Lip Sync. There was even an Easter Seals Bunco game.

Our state dinner was at an awesome Tex-Mex restaurant called the Blue Goose. We were joined by some of the Utah and New Mexico members. We had this cute waiter who took great care of all of us. Such a fun night!

We enjoyed Christmas in July for the St Jude Challenge. There were a lot of unique Christmas costumes.

There was an Axe Throwing demonstration, but it was very hot outside where it was set up. The Installation was very elegant, with everyone looking so nice. Dinner was very good, and we enjoyed listening to our guest speaker, Chris Boysen from ALSAC.

It was so nice to spend time with my ESA sisters and to get to know several of them better.

Karen Addison  
President Colorado State Council

# FALL BOARD

## ALPHA OMICRON #770 invites you to Salida, CO for FALL BOARD 2023-2024

We are excited to be hosting this year's Fall Board. We hope you all can make it and we can't wait to see you in our beautiful mountain town!!

Alpha Omicron will be having two drawings at Fall Board.

### NEEDLEWORK BOX

- Handmade pottery yarn bowl made by Rachel Rice
- 250-yard skein hand spun and dyed wool yarn
- Set of #10 1\2 knitting needles
- 328-yard ball acrylic yarn
- K crochet hook
- Set of 12 - 9" nursery blocks to embroider
- Oval embroidery hoop
- 6" round embroidery hoop
- 2 counted xstitch kits
- A completed hand stitched iris panel, thread, and border fabrics to make a throw size quilt
- Unicorn embroidery scissors
- Pin cushion
- Small handmade basket
- Handmade pottery coffee mug by Rachel Rice
- Set of 4 coasters

### S'MORES BASKET

- Sharper Image Bonfire S'mores Maker
- Marshmallows
- Graham Crackers
- Peanut Butter Cups
- Chocolate

Winners will be drawn Saturday before the meeting ends.

Tickets will be sold Friday & Saturday

Tickets are:

- \$1.00 each
- 6 tickets for \$5.00
- Arm's length of tickets \$20.00





## COLORADO STATE FALL BOARD ITINERARY

### Friday's Itinerary

- Executive lunch 12:30 pm (board members only)
- Executive meeting 1:30 pm (board members only)
- Painting with Eric 3:00-5:00 pm (everyone invited)
  
- Registration 4:00 pm
- Dinner 5:30 pm
- Bunco 7:00 pm

### Saturday's Itinerary

- Registration 7:00 am
  - Breakfast 7:30 am
  - Morning meeting 8:00 am
  - Lunch 11:30 am
  - Afternoon meeting 1:00 pm
  - Dinner at Fiesta Mexicana 4:00 pm (Optional)
- Registration fee does not cover dinner



## 2023 – 2024 ESA COLORADO STATE FALL BOARD MEETING

Where: Poncha Hall – 330 Burnett Ave, Poncha Springs, CO 81242

Date: Friday September 8<sup>th</sup>

Registration starts at 4:00pm ~ Dinner: 5:30pm ~ Bunco: 7:00pm

Date: Saturday September 9<sup>th</sup>

Registration starts at 7:00am ~ Breakfast: 7:30am ~ Meeting: 8am-4pm

**Deadline for registration is Saturday September 2<sup>nd</sup>.**

For info or questions please call or text Jenniffer Carlson-Mazza at (719) 221-9447

Follow our Alpha Omicron Chapter on Facebook for things to do around Salida!

(Facebook Account Name is: ESA – Alpha Omicron Chapter Salida, CO)

### **HOTEL INFORMATION**

Browns Canyon Inn – 407 Hwy US 50 Salida, CO 81201

To reserve a room please call the hotel at (719) 539-6651

Blocked rooms are under **ESA**. (They have 25 rooms on hold)

Room price: \$129.99 + tax Blocked rooms will be held until August 21<sup>st</sup>.

-----  
Cut off and return with your registration fee.

### **REGISTRATION FORM**

**Registration Fee \$50.00**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email address: \_\_\_\_\_

Chapter Name: \_\_\_\_\_ Number: \_\_\_\_\_

Friday Dinner  Yes  No (dinner provided at meeting venue)

Friday Bunco  Yes  No (flyer to follow)

Saturday Breakfast  Yes  No (breakfast provided at meeting venue)

Saturday Lunch (lunch provided at meeting venue)

Optional Saturday Dinner  Yes  No (dinner at Fiesta Mexicana Reservation at 4pm)

1220 E. Rainbow Blvd Salida, CO 81201

Food allergies: \_\_\_\_\_

Dietary restrictions: \_\_\_\_\_

Please check all that apply:  State Officer  Lamplighter  
 Chapter President  First time Attendee

***PLEASE MAKE CHECKS PAYABLE TO ALPHA OMICRON***

Mail check and registration form to: Alpha Omicron

Attn: Mary Grannell 7555 County Road 140 Salida, CO 81201

# IT'S BUNGO TIME!

**This Is How We Roll !!**



Ready for a night of fun and excitement? Then join Kappa Iota after dinner on Friday night at the Fall Board meeting.

**WHEN:** Friday, September 8<sup>th</sup> after dinner.

**WHERE:** Poncha Hall - 330 Burnett Ave, Poncha Springs, CO 81242

**WHAT:** Bunco Party to benefit future State Convention cities!!

**COST:** \$10.00 per person at the event. **DO NOT** include entry fee with Fall Board Registration! Check "Bunco" box just for a count on Registration Form.

Snack and drinks (non alcoholic) will be provided.

**TOP PRIZE** will be 25% of total entry fees, CASH!!!!

Prizes for 2<sup>nd</sup> place through 5<sup>th</sup> place will also be awarded.

Wear your lucky shoes and join us in Salida, CO

# LET'S ROLL !!



**STATE  
CONVENTION**

**SAVE THE DATE**  
**ESA Colorado State Convention**  
**Academy Hotel**  
**May 17-19, 2024**

## **AN ISLAND GETAWAY**

We have booked a great place to have our State Convention for 2024. Friday night luau, Saturday between meetings, Beach Blanket Bingo! More to come so put it on your calendar!

Kevin Richards    Chairperson



TWENTY  
RANDOM  
ACTS  
OF  
KINDNESS

1. Buy someone a coffee
2. Leave a five-star review
3. Call a family member
4. Do volunteer work
5. Search your pantry for nonperishable items
6. Hold the door for someone
7. Send someone a letter
8. Take a moment to listen to someone
9. Pick up litter
10. Support a local business
11. Smile at a stranger
12. Bring flowers to a nursing home
13. Check on a neighbor
14. Thank a soldier for his/her service
15. Donate old clothes
16. Give a “just because” gift
17. Bake cookies for someone
18. Invite a friend to lunch
19. Say a prayer for someone
20. Show yourself some kindness also

## PHOTO CONTEST

I want to do a photo contest each month, and I am hoping you all will be a part of it. Each month will have a different theme, and two months will be posted in each newsletter.

**OCTOBER THEME: FALL COLORS**

**NOVEMBER THEME: THANKSGIVING**

If you would like to submit a photo. Please either email me the photo to [goldenlampnewsletter@gmail.com](mailto:goldenlampnewsletter@gmail.com) or you can text me the photo to (719) 221.9447

The deadline for the next newsletter to submit photos will be **October 10<sup>th</sup>**.

Two photos (one for each theme) will be chosen and included in each newsletter with the name of who took the photo, a description of the photo, and the chapter they are in.

### **PHOTO RULES**

1. You must be the one who took the photo
2. The photo must include the theme
3. By submitting a photo you are giving me permission to include it in the Golden Lamp Newsletter
4. Please put photo contest in subject line
5. In your photo submission please include:  
(your name, the month you are submitting for, a description of your photo, and your chapter info)

**GOOD LUCK!!!!!!!!!!!!!!!**



I want to thank everyone who submitted their photos. With it being such short notice, we still received a lot of submissions. This was a tough choice! All the pictures were so good, and the flowers were so pretty. We did not have anyone submit a picture for “September – Fall Theme” so we will have two “August – Flower Theme.

This newsletter contest had two judges judging the pictures:

Mary Grannell with Alpha Omicron, Salida CO

Adi Mazza Salida, CO

**CONGRATULATIONS TO.....**

# AUGUST WINNERS

## THEME: FLOWERS



Picture taken by:

Jessica Filla

Gamma Omega #4306

Akron, CO

“Lotus flower from my  
lily pad garden”

Picture taken by:

Patty Ehrlick

Pi Sigma #5641

Johnstown, CO

“Flowers outside the  
Ft. Collins library”



**FINAL  
THOUGHTS**

If you are going to gain anything in life, gain a friend. They will always be there and that makes all the difference in the world.



There is a miracle called friendship that dwells within the heart, and you don't know how it happens or when it even starts. The happiness it brings you always gives a special lift, and you realize that friendship is God's most precious gift.



Some people make you laugh a little louder, smile a little brighter, and your life a little better.



*Friendship*