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THE GOLDEN LAMP

OF COLORADO



IN THIS ISSUE

—

TAKE A LOOK INSIDE

President's Message

Golden Lamp Editor

Officer Reports

Chapter Reports

Forgotten Gems

Forms

Facts Corner

Recipe Corner

Spotlight of the month



2022 - 2023
Colorado State
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Chloe McClantoc

President Elect

Karen Addison

Corresponding Secretary

Leslie Stevens

Recording Secretary

Susan Bloss

Treasurer

Rita Martin

Parliamentarian

Riki Johnston

February Gems



A friend is what the heart needs all the time.



Love is just love; it can never be explained.



As you walk down the fairway of life, you must smell the roses for you only get to play one round.

Precious Gems



OF E.S.A.



Happy
Valentines
Day

PRESIDENT'S MESSAGE

I am excited to see everyone at Spring Board. Here are some fun facts about gemstones.

1. The diamond is the hardest stone and the largest diamond found in the United States, to date, is known as the Uncle Sam Diamond.
2. Amber is the softest stone.
3. After diamonds, pearls are a women's favorite jewel, and it takes up to three years to grow a matured pearl.
4. The garnet was named after the seeds of a pomegranate.
5. One of the largest sapphires is known as the Star of Asia, which is currently housed at the Smithsonian Museum of Natural History.
6. Tanzanite is a variant of the mineral zoisite and is only found in a small area near the foot of Mount Kilimanjaro in Tanzania. The stone was only commercialized after the 1960's. and has become increasingly popular since then.
7. Painite was once the world's rarest gem. A British gemologist discovered it in 1951 and for many years it was the only specimen in existence. 53 years later, there are still fewer than two dozen painite gems. With only 1000 stones, this gem is still scarce and extremely valuable with a carat costing approximately \$60,000.
8. Red beryl, also known as a red emerald, is so rare that for every 150,000 diamonds, one red beryl is mined. Pure beryl is colorless and only gains its bright hues from impurities in the rock: manganese adds the deep-red color to create red beryl. This stone is only found in Utah, New Mexico, and Mexico, and most of the stones found are just a few millimeters in length, too small to be cut. Those that have been cut are generally less than a carat in weight.
9. Austrian-Irish gemologist Count Edward Charles Richard Taaffe discovered Taaffeite by chance in the 1940's when he bought a box of cut stones from a jeweler in Dublin. At first, he had no idea where the mineral naturally occurred, but the source of the stone was tracked down to Sri Lanka, and a handful found in Tanzania and China. It is thought that less than 50 taaffeite stones exist, making this gemstone so rare that the ordinary public are unlikely to ever encounter it.
10. The Sergio Diamond is a black carbonado diamond, discovered in Brazil in 1895. The 3167-carat diamond is a true spectacle as black diamonds are exceptionally rare and there is still a lot of debate over their origins.

Chloe McClantoc
2022-2023 CSC State President



GOLDEN LAMP EDITOR

Hello ESA Member's

Just a quick note to say hello!

Thank you to everyone who has been getting me their articles. I enjoy learning about the different chapters and reading about all the fun things you all do every month.

**When you send me an article, please make sure I email you back saying I received it. If you don't hear from me, please sent is again to make sure it comes through.

**In the subject line please put the month you are sending your article for.

For April's Issue please send all info by April 1st.

Please send all articles to: goldenlampnewsletter@gmail.com

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

*Please add your **NAME, CHAPTER # & EMAIL ADDRESS** in case I have questions on your article.*

Could you please send all articles in a *Word Doc and Pictures in Jpeg or png*

As a reminder, I will send you an email letting you know when the Golden Lamp Newsletter will be ready to view on the website. The Golden Lamp newsletter will be uploaded on the 15th of the on www.esacolorado.org

HAPPY VALENTINE'S DAY

Love in ESA

Jenniffer Carlson-Mazza





EDUCATIONAL



Hi Colorado ESA members!

Hope you are all making it through the winter with health and contentment. And doing or learning some interesting stuff.

Beta Zeta has had some really interesting educational programs ranging from using decoupage to decorate storage boxes to learning about the Ute Indians and their use of culturally modified trees. Yes, that's a thing!

I hope your educational programs have been just as fascinating and I can't wait to see them when I receive your folders.

Just to refresh the requirements for judging:

***Please provide me with your folders as set out in these IC rules.**

Each entry should be compiled in a 1"-2" binder/folder. Any entry exceeding the 2" binder maximum will be disqualified.

***Review criteria which may help as you complete the form each time you have an educational program.**

Include in the binder a purpose statement about the theme, a contents index, and divider pages. A complete narrative or outline stating major points emphasized should be attached to the Reporting Form so the program can be fully understood.

***Judging will be based on educational value and continuity of programs; method of presentation; appearance/content of year's programs (neatness, originality, and arrangement of materials);**

Each portion of the Educational Report Form should be filled in.

Your SIX wonderful educational programs will need to be sent to me by April 1, 2023 to qualify for the Golden Link Award. Included in this Golden Lamp is a Chapter Educational Report Form. Please fill it out and send to me. If you have any questions or need any assistance please let me know.

Carol Dunn
380 Barrett Ave.
Cañon City, CO 81212
719-275-7618
719-334-4410
carolld380@gmail.com





THE WEB TEAM



Colorado Web Team

esacolorado.org



February, the month of hearts, flowers, and thoughts of LOVE, LOVE, LOVE!

Speaking of LOVE, we love all the items we have received for posting to our Colorado ESA website. Thank you, thank you, thank YOU! Our website continues to be a source of information as well as the latest/greatest instructions and forms.

In addition, we would LOVE to receive MORE. More items for our Projects page would be fabulous! We know you are doing great fund raisers for our many great projects and would like to share them with all our members. Don't be shy. We can't wait to see them.

REMINDER: The Colorado State Council has its own ZOOM account. In addition, councils and chapters are using this account – FREE. The advantage of this account is its unlimited time use as compared to the 40 minutes on the free account. To reserve a date/time just contact Candie Patino.

See you at Spring Board!

The Colorado ESA Web Team,
Bonnie, Kathy, & Candie



JR. PAST PRESIDENT

Junior Past President - Disaster Fund

Hi Everyone,

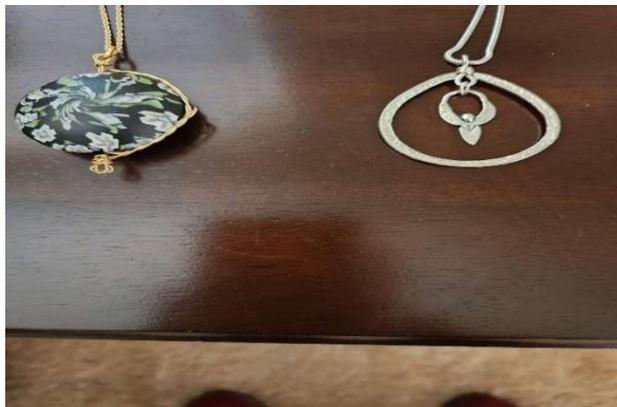
Just a quick update on monies that so far have been donated to the Disaster Fund, I have sent in checks from chapters and personnel donations of \$1,905.00 plus another \$100 sent to the IC Disaster Ch. for a total of \$2,005.00.

Below are photos of the three items that are drawings for the Disaster Fund. You can purchase 6 tickets for \$5 or \$1 a ticket at Spring Board and State Convention. A reminder that anyone can buy tickets even if they don't attend either meeting. If you want to donate, just send me a check made out to the Disaster Fund for the amount of tickets you want and to which item you want me to put your tickets in. You can just donate money, also, if you're not interested in the three items.

The Disaster Fund is a very important part of ESA and has helped many members throughout the years. It provides support to members in times of catastrophic life events. \$5,000 is the maximum amount an applicant can receive.

Thank you for your support.

Pam McGee
Jr. Past President/Disaster Fund Chairman
1259 Finch Street
Loveland, Colorado 80537





MESSAGE FROM GAMMA CHI



Gamma Chi News

As I work on our chapter's news for the last two months it is 6 degrees and fresh snow on the ground. To say the least I am delighted I can be indoors today.

Besides the hustle and bustle of Christmas in December our chapter spent a morning stuffing stockings for the Vets to hand out on the 17th at their weekly breakfast. The next day the chapter arrived in force to hand out around 120 stockings. I was unable to help this year, but I heard they had a great time and as always, the Vets were very appreciative. Members stay and always have breakfast.



Later that same day our chapter celebrated Neoma Scott's 85th birthday with family and friends. It was a very special day.





MESSAGE FROM GAMMA CHI (CONT.)



In January along with Sigma Rho we hosted a Chili Supper fundraiser for NCC.

We served approximately 30 people.



Every month we continue to volunteer at the Larimer County Food Bank and the local Community Kitchen. During our meetings our Educationals have us learning about the local Hearts around town.

Mark **March 4th** on your calendar for the annual Gamma Chi Bunco Party at Zion Lutheran Church in Loveland. Doors open at 11:30 am with lunch served at Noon. Play will begin at 1:00 pm.

That's the news for now. Gamma Chi wishes everyone a Happy Valentine's Day. Don't forget to send your Valentines through Loveland. Looking forward to seeing many of you at Spring Board.

Gamma Chi,
Pam McGee





MESSAGE FROM ALPHA OMICRON



Happy Valentine's Day from Alpha Omicron!

In January our chapter was asked to do a presentation for the Celebration of the 50 for 50 challenge. We were honored to be asked and I want to thank everyone who emailed afterwards with your kind words, also thank you to everyone who had kind words for Adi. I read her all the comments on the zoom and all the emails regarding her. Most of our group was able to be together and be a part of the zoom celebration. It was so neat to see so many people come together. Congratulations to Arkansas for winning!

That same night we also had a surprise birthday party for our member Velma McCormick, she turned 90 years old on the 25th of January. It was such a fun night, after the zoom we had a lasagna dinner made by Diana Wood. We hung out celebrated Velma and enjoyed each other's company.

Adi is still working on raising money for St. Jude. A couple weeks ago, when talking about what she wants to do for her 6th birthday. She asked that instead of getting gifts if she can ask people to donate to St. Jude. I reached out to Charlotte at headquarters, and she said absolutely. Also talking with Charlotte, I asked if Adi and I could take a tour of the hospital so Adi could see in person why we raise money for St. Jude. Unfortunately, Adi has to be 16 years old before she can take a tour (I guess I know what we are doing for her 16th birthday lol). When I was working on setting up her donation link through St. Jude, I asked Adi what she wanted her goal to be and she said "I want to raise enough money so all the kids can get better and they can go home with their family"  I am so proud of her, she amazes me every single day!!!

Love in ESA,
Jenniffer Carlson-Mazza
Alpha Omicron #770
Chapter President





Forgotten Gems From the CSC Lamplighters

This is third in a series based on the educational presented at the CSC Fall Board meeting, where members learned that Colorado has played a very interesting part in the history of Epsilon Sigma Alpha.

Although our organization was founded in Texas and incorporated in Missouri, Colorado has played a major historic role. Dr. Freeda Lotz Kellogg, Colorado Springs, Colorado, became the first National President of ESA.

Freeda's installation was held January 29, 1931, at the Denver Cosmopolitan Hotel. Her officers included Vice President, Lillian Johnson from Bloomington, Illinois, and Treasurer, Vera Howarth, from Kansas City, Missouri.

Stay tuned for MORE GEMS . . .





Dear ESA Sisters,

Please help! I am in search of future sites for our State Conventions. Please let me know if you and your chapter would be interested in hosting the State Convention in 2024 or 2025.

Give me a call at 719.482.5820 or email me at

karenadd@live.com

I hope that you will be able to join us for the 2023 State Convention in Canon City May 19-21!

Thank you!

Karen Addison

Colorado President Elect

Let's make memories together!



CHAPTERS IN GOOD STANDING

February 8, 2023

CHAPTER	CHAPTER #	CITY	STANDING
ALPHA DELTA	178	PUEBLO	GOOD
ALPHA GAMMA	174	AURORA	GOOD
ALPHA NU #534`	534	AKRON	DELIQUENT
ALPHA OMICRON	770	SALIDA	GOOD
ALPHA PHI #327	327	GOLDEN	GOOD
BETA ALPHA	5416	AURORA	GOOD
BETA EPSILON	357	FT. MORGAN	GOOD
BETA NU	510	PUBELO	GOOD
BETA ZETA	3149	CANON CITY	GOOD
CHI KAPPA	5129	DENVER	GOOD
DELTA CHI	5052	AKRON	DELIQUENT
DELTA THETA	1898	DENVER	GOOD
EPSILON EPSILON	1896	DENVER	GOOD
GAMMA CHI	3668	LOVELAND	GOOD
GAMMA OMEGA	4306	AKRON	GOOD
KAPPA IOTA	5442	GOLDEN	GOOD
OMRGA CHI	4842	FLORENCE	GOOD
SIGMA RHO	5014	LOVELAND	GOOD
THETA ETA	2810	DENVER	GOOD
ZETA OMICRON	4016	CEDAREEDGE	DELIQUENT
ZETA NU	5608	COLO. SPRINGS	GOOD
ZETA RHO	1774	AURORA	GOOD
ZETA TAU	2064	COLO. SPRINGS	GOOD
COUNCILS			
DENVER EPSILON		DENVER	GOOD
NE COLORSDO		AKRON/FT.MORGAN	GOOD
NORTHERN COLO.		LOVELAND	GOOD
PUEBLO ALPHA		PUEBLO	GOOD
COLO.LAMPLIGHTERS			GOOD





77th Colorado State Convention

May 19, 20, 21, 2023
The Abbey Event Complex
2951 East US Highway 50

"Precious Jewels That Glow & Shine"

Come and have fun at the Friday Night Mixer

Come dressed as your favorite person in history.

So, get your thinking caps on.

Who will you be?

We can't wait to see who will be arriving Friday night.

Registration forms can be found in this issues of the
Golden Lamp and on the Colorado website

77th
Colorado State Convention
"Precious Jewels That Glow & Shine"



Hosted by Colorado Lamplighters

Co-Chairs: Billie Jean Farnham & Joan Snyder

May 19, 20, 21, 2023

The Abbey Event Complex

2951 East US Highway 50

Hampton Inn
102 McCormick Parkway
Canon City, CO 81212
719-269-1112

Room Rate \$102 per night+ tax until May 1, 2023 (Under ESA)

Registration: \$140 until May 1st - \$ 150 after May 1st
NO PARTIAL REGISTRATIONS

Registration Form - Please complete a form for each chapter member.

Name: _____ Phone: _____

Address: _____

Chapter & Number: _____ Voting Delegate: _____

First Time Attendee: _____ State Officer _____ Lamplighter: _____ Pledge: _____ Elan: _____

Please note special dietary needs (allergies, etc.) _____

Make check payable to: Colorado Lamplighters
Send Registration form & check to:
Joan Snyder
5961 Crestone Street
Golden, CO 80403

Any questions please contact either Billie Jean Farnham (719-275-1126) or Joan Snyder (303-279-9711)

**ESA COLORADO STATE
SPRING BOARD MEETING**

March 11TH

Where: Green Mtn. United Methodist Church, 12755 W.
Cedar Dr. Lakewood, CO 80229

When: Saturday 11th Breakfast 9am-10am
 Meeting 10am-5pm

Cost is \$50.00 for registration. **Deadline for registration
Saturday March 4th.**

Breakfast and Lunch will be served.

Registration Form:

Name _____

Phone # _____

Chapter Name and # _____

Allergies: _____

Please circle: State Officer, State Chairman, Chapter
President, Lamplighter, First time Attendee

Yes No Saturday Night Dinner

Please make checks payable to Chloe McClantoc. Mail
check and registration form to Chloe McClantoc 1224
Steele St. Denver, CO 80206. Phone 303-355-1884.

SEE YOU IN LAKEWOOD



CHAPTER EDUCATIONAL REPORT FORM

Chapter Name and Number: _____ State: _____

City: _____ Meeting/Presentation Date: _____

Yearly Theme: _____

Topic of this Program: _____

METHOD OF PRESENTATION (Check all that apply)

- Member's Oral Report (name)
- Guest Speaker (who/title)
- Visual Aid Program (kind and type)
- Field Trip (where)
- Reference Listing (book or magazine)
- Other (explain - internet, pamphlets, etc.)

SUMMARY: (Briefly summarize the program and attach a more complete narrative or outline stating all major points emphasized so the program can be fully understood.)

COMMENTS BY THE EDUCATIONAL CHAIR: (Value to chapter/community, general comments about the presentation and chapter discussion)

CHAPTER EDUCATIONAL CHAIR: _____ DATE: _____

Chapter Educational Director(s)

Name(s):

Address:

City and State:

PLEASE SEND TO:

STATE EDUCATIONAL CHAIR

Carol Dunn

380 Barrett Ave.

Cañon City, CO 81212



MONTHLY GEM FACTS



February Birthstone

•Amethyst•



It has long been said that the **Amethyst** can guard against drunkenness and has a sobering effect for those excited by passion and love. It symbolizes peace, protection, tranquility, and sincerity.

March Birthstone

•Aquamarine•



A symbol of honesty, loyalty, and beauty. The **aquamarine** is supposed to offer protection from evil and is also said to bring love and affection back into a failing relationship.

RECIPE CORNER

Valentine's Day Saltine Toffee Recipe

Ingredients

- 4 oz saltine crackers (about 1 sleeve)
- 1 cup butter
- 1 cup dark brown sugar
- 2 cups dark chocolate morsels
- ¾ cup pink (red and white M&Ms)

Instructions

1. Preheat oven to 400 degrees. Line cookie sheet with parchment paper or Silpat mat. Place Saltine crackers on the pan and make sure they are touching, and the parchment extends past the crackers.
2. Combine sugar and butter in a medium saucepan and bring to a boil over medium-high heat. Let boil for 3 minutes. Pour immediately over Saltines, making sure all the crackers are completely covered.
3. Bake at 400 degrees for 5 to 6 minutes. Remove from oven and sprinkle chocolate morsels over the top. Let sit for 5 minutes. Spread melted chocolate and top with Valentine's Day candies. Refrigerate toffee for 2 hours. Once set, break into pieces. Enjoy!

Valentine's Day Homemade Fudge

Ingredients

- 2 cups white chocolate chips
- 1 cup pink candy melts
- ½ cup mini marshmallows
- 1 can sweetened condensed milk
- ½ cup flour
- ⅓ cup white chocolate chips (for drizzle)
- Sprinkles

Instructions

1. Combine white chips, candy melts, mini marshmallows, and sweetened condensed milk in a large pot over medium-low heat. Melt, heating about 10 minutes while stirring frequently.
2. Once smooth and blended, mix in flour thoroughly. Remove from heat and pour into a lined 8x8 or 9x9 inch square pan.
3. Melt ⅓ cup white chocolate chips in the microwave for 45-60 seconds (or a little more if needed, checking every 15 seconds) until melted. Pour into a zip top bag, cut off the tip, and drizzle all over your fudge.
4. Add sprinkles on top, refrigerate for at least 2 hours, then cut into small squares and serve as desired.



SPOTLIGHT OF THE MONTH

EASTERSEALS

- For 71 years, Easterseals Colorado's Rocky Mountain Village (RMV) camp has provided enriching, memorable, and life-changing experiences for children and adolescents (six years old and up) who live with a wide spectrum of disabilities, both cognitive and physical.
- Consisting of 220 glorious mountain acres, RMV is fully accessible and used by more than 1,200 children and adolescents with disabilities during the year. It's where campers enjoy fishing, horseback riding, swimming, a climbing wall, zip-lining, archery, and more. Camp provides a safe, barrier-free environment for children and adolescents to experience all aspects of camp without usual limitations. It is a place where disability inclusion is an action not a phrase.
- Epsilon Sigma Association funding is designated to Easterseals Colorado's Rocky Mountain Village "camperships" which provide camp scholarships to a child or adolescent with a disability, removing the financial barriers families face, so their loved one may attend camp and can gain experiences where they are accepted for who they are, can be themselves and know they belong.
- The camperships (scholarships) not only provide financial aid to families making it possible for youth affected by disability to experience the joys of summer camp but provides respite for families to take a break from caregiving.
- It costs \$2,000 per camper to attend a week of camp. Costs reflect the staff and resources imperative to ensuring a safe, successful experience for all campers and participants.
- The impact of the camp experience for children and adolescents living with disabilities and their families is:
 - To improve camper's ability to adapt to new environments with more ease and comfort
 - To provide respite hours to families living with disability
 - To help campers progress in their ability to adjust to new care providers
 - To further develop their social skills
 - To aid campers in increasing their self-esteem