

# GOLDEN LAMP

## OF COLORADO



EPSILON SIGMA ALPHA

Page 2 Council Officers

Page 4 Presidents Message

Page 5 Golden Lamp Editor

Page 6 Officer Reports

Page 11 State Reports

Page 19 Chapter Reports

Page 23 Adi's Page

Page 24 Spring Board

Page 25 Fall Board Recipes

Page 26 Photo Contest

Page 29 Final Thoughts

**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!

I'm loving the weather these days! Still enjoying the warm days but cooler evenings! Trees are starting to turn here and it is lovely to see. Autumn is my favorite time of year!

The last two months have been a whirlwind of activity. I am so thankful for Jenniffer Carlson-Mazza for her help in so many ways. While busy updating the yearbook, Jenniffer, with her chapter, Alpha Omicron, had offered to host the Fall Board. I appreciate all the hard work that went into planning and executing such a wonderful event. The ladies at Alpha Omicron were awesome hosts!

Fall Board was such a great weekend filled with lots of activities. Friday afternoon, after the Executive lunch, Eric, as Educational Director, hosted a Paint and Pour event. We had fun painting pictures and sipping on wine. Pictures were on display throughout the meeting on Saturday, and then we had a silent auction for the pictures. The funds were donated to the State Treasury Fund piggy bank!

On Friday night, Leslie Stevens and Lori Anderson-Havelick hosted a bunco night. It was a fundraiser for the State Convention 2024. After prizes for best bunco were awarded, Saturday brought us homemade cinnamon rolls and Standing Rules! Mary had the proposals well organized and our meeting went well. We were entertained by Candie Patino and Bonnie Gillmore, who presented a skit about the ESA Colorado website. To break up the day, we had a quick trivia contest. Alpha Omicron kept us well fed all weekend!

Since State Convention last May, I have had to make a few changes to the State Council. I am thrilled to be working with these new people who have graciously agreed to help. Susan Winton, Alpha Phi, is our new Foundation Counselor. She did a very informative presentation at Fall Board. Susan Anton, Alpha Omicron, has agreed to serve as Philanthropic Chair. Her contact information will be updated on the website yearbook.

I am excited to announce that we have a venue for Spring Board 2024! Susan Winton and her chapter Alpha Phi have secured a place in Grand Junction. From what she has shared with me, I think we will have another fun experience! Information will be shared when things are firmed up. Plan on joining us March 15 and 16!

Zeta Tau and Zeta Nu will be hosting the State Convention here in Colorado Springs in May 2024. We have lots of fun stuff planned already! Be sure to make your calendar for May 17-19!

We have some corrections for the yearbook that was sent out. Please be sure to make the corrections in your copy. The updated version has been uploaded to the ESA Colorado website. Please note the new Philanthropic Chair info, corrections to Zeta Tau, Phi Sigma and Alpha Phi info.

Happy Fall!

Karen Addison  
President  
2023-2024 Colorado State Council

**GOLDEN LAMP  
EDITOR**

Hello ESA Member's

I want to thank everyone for all their articles for August's newsletter. It was the biggest newsletter that I have done so far. Keep them coming.

I am going to enter our newsletter in IC for judging and I am hoping we place this year.

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)

**\*\*\*\*My family puts on an Annual Christmas Party every year, and we would love to invite you and your family to it. I have included the invitation below on page 30.**

**If you are in the Salida area or would like to make the drive down here we would love for you to come to our party. This is the 5<sup>th</sup> year that we have done this. We provide lunch, homemade yummys, and a hot chocolate bar. We have drawings, a kid's corner, Santa even shows up and puts on the best show. You and are family are all invited. If you would like to stay for the weekend. We highly recommend Browns Canyon Inn. It was our host hotel for Fall Board and it's a great place to stay. \*\*\*\***

Love in ESA

Jenniffer Carlson-Mazza

**PRESIDENT  
ELECT**

Happy Fall to all you ESAers!

The year is flying along and soon it will be 2024. As 2024 approaches, please be thinking about participating on the Colorado State Council for 2024-2025. I am working on filling a slate of officers SO—if you've ever had a thought like "WOW—I'd love to work on Easter Seals" or "Military appreciation is near and dear to my heart", contact me and I'll see if we can fix you up with a rewarding position. Positions still open are Vice President (you will need to have served in 2 elected Board positions), Parliamentarian, Chaplain, Easter Seals Coordinator, Educational Director, ESA for St. Jude, Hope for Heroes Chairman, ESA Foundation Counselor (must be a member of Foundation), Philanthropic Chairman and Golden Lamp Editor. The nominations are due by February 15, 2024 and the form is on the Web: Yearbook, Forms, CO State Council Nomination Form. If YOU or someone you know might be interested, email me at [tanzybloss@gmail.com](mailto:tanzybloss@gmail.com).

As chair of the Guidelines Committee I can report our committee is working on suggestions for changes to our guidelines (official & unofficial) to help make our Colorado ESA protocols and offices more efficient and officer friendly. If you have any suggestions that you think would make any office you have held in the past more enjoyable, please let me know—same email [tanzybloss@gmail.com](mailto:tanzybloss@gmail.com).

May the love and friendship of your ESA family bring you joy everyday.

And—Happy Holidays—they'll be here before you know it.

Susan Bloss,

President Elect

## VICE PRESIDENT

Dear ESA Members,

Many of you know about the Power OF Us program on the ESA International Website, [epsilonsigmaalpha.org/PowerOfUs](http://epsilonsigmaalpha.org/PowerOfUs). What I like about this program is that it includes everyone. There is a lot of information this year.

Let's not have ESA be the best kept secret. I would like some help! I can't do this by myself. Open up and talk about ESA and we'll get more people to sign on. That is my hope for getting new members for Colorado! Colorado needs to score high with Members. You can do this by calling old and new friends that you know and reinstating people from your Chapter. If everybody could help, my job would be easier.

There is a lot to read in this letter and some of you have seen this, but not all the Members in Colo. Please pass the Newsletter around at your meetings/socials and let people read it, if they are not on the email list. This info was presented at the IC Convention and at our Fall Board Meeting in Salida. Here is how to Participate in the Power of Us.

The Power of Education - Chapters and Individuals are encouraged to grow their knowledge through their ESA Membership.

External - (i.e., Special chapter-hosted educational event opens it to the Public)

Internal - (i.e., Take a class or attend a seminar as a chapter or Individual)

The Power of Service - Participate in a volunteer or fundraising activity. Either as a Chapter or individually.

Volunteering - (i.e., Halloween craft with Easterseals)

Fundraising - (i.e., Silent auction benefiting St Jude Children's Research Hospital)

The Power Association - Share the ESA Love!

Your event must include: At Least one guest!!

Community Outreach - Community Outreach (i.e., recruitment event)

Social Activity - (i.e. Scavenger Hunt or Costume Party)

Facebook live was fun. Please join up on the site. This can also be a tool to put up your Fundraisers and Activities that are going on. They still need to work out some kinks. Like always you never know the Technology is going to work. They give great little tidbits and reminders that can help you. You also get prizes. So, please jump on. They will do this live event every Mon through October. Here are the dates and times: Facebook Live Details: Monday Oct 9th, 16th, 23rd and 30th - 8pm ET, 7pm CT, 6pm MT, 5pm PT.

**Oct 23rd** - The next coffee chat. If you haven't gone onto the coffee chat, you are really missing out on GREAT INFORMATION. **I would like to Challenge Everyone for COLO, Myself Included** to please get on the chat. It is only for a ½ hour. They have it in the morning and in the evening. The Coffee Chat Info and times are on the ESA International Website. You can sign up there too.

**Oct 31** - If you have your Recruitment Party or Retention Social and submit it to the PowerOfUs website by October 21, your chapter will be invited to the national Zoom party on Nov 9th. Please bring At Least One Guest. **If your chapter (or you as an MAL) sponsor a new Member by 10/31, you will receive an additional invitation to the "Star Bar" pre-party cocktail event on November 9th as well.**

Our Chapter Alpha Phi has already planned a Recruitment Party and an Educational in October in Ridgway, Colo. That info is on the ESA Membership Idea Facebook site. I am Challenging every Chapter to have a Recruitment/Retention Party for October and we can have a very good Representation for Colo. Remember to invite the old friends from ESA, they just might want to come back.

There are some more party ideas on the website at [www.epsilonsigmaalpha.org/Recruitment](http://www.epsilonsigmaalpha.org/Recruitment) or reach out to Tracy Swanson at ESA HQ.

In the recruitment section there are monthly ideas that can help you plan your socials. Scroll down the Recruitment page and it shows all the ideas. It is a useful tool!

I would like to challenge All of You to reach out to JUST ONE PERSON that you know and, "Ask them if you want to be in ESA." All it takes is to "Ask" people. Get the conversation going.

One idea is to do a Wine/Beer and Appetizer Mixer for your group and to bring guests.

You could do this for a Social mtg outside of a Business mtg and get to know your Chapter members better and brainstorm for more ideas.

You could also go to coffee places and have a coffee chat with your group and bring guests. Use your contacts in your phone that you have now or friends on Facebook.

Have an Open House like we used to do in the olden days.

Phew!! I think that covers it, for now!

If you have any questions, please contact me at:

loriandersonhavelick@gmail.com

720 353 8839

Thank you all so much for your help,  
ESA VP/Membership  
Lori Anderson Havelick

**CORRESPONDING  
SECRETARY**

Welcome to my page for the next year!

I just want to thank everyone for your help with the yearbook and getting me all the info I needed.

It was great to see you all at Fall Board. I am looking for to Spring Board in Junction!!!

Love in ESA

Jennifer Carlson-Mazza

2023-2024 Colorado State Corresponding Secretary



*Friendship*

**PARLIAMENTARIAN**

Do you have questions regarding motions? Check out the ESA Colorado Chapter Took Kit on our website. The Tool Kit is listed under the Yearbook. After you click on the Tool Kit; scroll down to Parliamentary Tidbits, click on “meaty tidbit” where you will find answers to motions and other parliamentary information. ESA Foundation presented a workshop this Spring on the ABCs of Parliamentary Procedures. You can find the presentation on ESA Foundation News - Epsilon Sigma Alpha (ESA) - An International Service Organization. Just highlight, past in your browser, and click “Open Hyperlink” to view the workshop or view the power point.

Those who attended Fall Board approved the proposed Standing Rule changes which have been updated and posted on our Colorado website. Changes included grammatical corrections, removal of the term raffle as a license is required from the Secretary of State to hold a raffle, removal of the term sorority as both men and women are members, and items referring to the budget.

If you have any proposed Bylaw recommendations, please forward to me in writing by December 15 per Article XVI. The Bylaw Committee will review all recommendations. The proposed amendments will be posted on our website by February 1, read at both Spring Board and State Convention where they will be adopted.

Standing Rule and Bylaw changes affect the Guidelines which will be updated after the 2024 State Convention.

Mary Humphrey  
2023-2024 Parliamentarian

## TREASURER'S REPORT

Greetings ESA Sisters,

The changing of the weather tells me Fall is not far behind. I love seeing the changing of the season, Mother Nature in all her glorious splendor. It also reminds me another ESA year is about to commence. This year started out with a fun event, our Fall Board meeting at Salida. Alpha Omicron, you were the perfect hosts. Beautiful drive, lovely scenery, perfect venue, delicious food, fun entertainment, then we had the meeting.

As everyone knows our only source of revenue is from the dues chapters and council pays. As membership decline, chapter disbands, etc. so does our revenue source. Special thanks to Karen, Susan and Mary for helping create this year's budget. With some minor changes the proposed budget was passed. We did create a new revenue source, Donation. Thanks to everyone who participated in the silent auction of our paintings, we raised close to \$100 for the State Treasury. We are looking for any and all fundraising ideas for the State Treasury. One change that was made is pin fines have been increased to \$2.00. Please remember to wear your ESA pins to Spring Board or be prepared to pay a \$2.00 fine.

Remember that Chapter and Council dues are to be paid by **December 1** in order to assure your Chapter is in good standing. The Dues Form is on our Colorado website ([esacolorado.org](http://esacolorado.org)) under Forms. Checks are to be made payable to Colorado State Council.

Please mail forms and payments to:

Bonnie Gillmore  
Colorado State Treasurer  
3909 Jefferson Drive  
Loveland, CO 80538

Have a fantastic Fall,

Bonnie Gillmore  
Colorado State Treasurer

## ESA FOR ST. JUDE

### ESA for St. Jude

Hello ESA CSC - we had wonderful weather and fantastic fun together at the CSC Fall Boards at Poncha Springs/Salida last month. Thank you again Chapter Alpha Omicron for hosting that amazing weekend. I brought the 6-piece Tourister Luggage set (yes, 6-piece, I mistakenly wrote 9-piece in the last article) to sell pink tickets for the **ESA for St. Jude drawing** at upcoming **May 2024 CSC Convention**. *We already have a generous \$85 towards our \$200 goal!!!* I'll continue to sell pink tickets at CSC Spring Board and May CSC Convention as well - \$1 each or 6 tickets for \$5. I also brought along copies of the **CO St. Jude Reporting Form** to be filled out next Spring. You can find that form on our **ESA Colorado State Council** website: <https://esacolorado.org/> - click on **\*Forms** and then the **CO St. Jude Reporting Form** to fill out for your Chapter and send to me, please, before the April 1<sup>st</sup> 2024 deadline.

I'm continuing to encourage getting onto our <https://epsilonalpha.org> website for St. Jude questions and more volunteering opportunities via in-person or online. Another online way to stay updated is if you're already on Facebook, please look up **ALSAC/St. Jude Volunteers** – *"This group is a place for ALSAC/St. Jude Children's Research Hospital volunteers to connect. Whether you've been a volunteer for years or you are a new volunteer, this is the place for you. Come share, collaborate, learn, and be inspired by the St. Jude mission: Finding cures. Saving children. ®"*

Via their Facebook page, there are different tabs: **Discussion, Featured, Rooms, Members, Events, Media, Files**. For example, click on the **Featured** tab and learn how to sign up for **VMS (Volunteer Management System)** by watching a "how to video" (has closed caption options too) to sign up for **VMS** or click on their link to register: [https://volunteer.stjude.org/.../515/volunteer\\_registration](https://volunteer.stjude.org/.../515/volunteer_registration). Another example is the **ALSAC Volunteer Experience Webinars**. The last Webinar was on September 13<sup>th</sup> 2023, so if you were already registered but missed that one, they'll have the recording of it on their Facebook page till the end of that month to watch for the first time or to watch again. The chats on their Facebook page are fun too – great way to learn more opportunities and ideas of how to volunteer in-person or online for St. Jude AND also opportunities of sharing ESA with potential new members as well.

Please let me know if you have any projects happening and/or questions. I'll do my best to find answers and/or guide who to talk to. Hope to see you all at CSC Spring Boards. Thank you 😊

### LOVE in ESA,

Susie Morris

ESA for St. Jude - CSC St. Jude Coordinator

Pi Sigma #5621 – Johnstown, CO

email [smilesatyou@gmail.com](mailto:smilesatyou@gmail.com) or call/text my cell 970-217-9856

address: 16815 Howlett Place, Mead, CO 80542

**ST. JUDE  
DREAM HOME**



**DENVER DREAM HOME**  
Drawing October 12, 2023

**TICKETS OFFICIALLY SOLD OUT ON SEPTEMBER 29<sup>TH</sup>**



Sneak Peak and Wall Signing, September 15. Can you find the two ESA members in attendance?



Dad and mom accompanied this little visitor who parked by the garage. The driveway is blocked during open houses; somehow, he squeezed through.



Jennifer and Adi helped staff the Dream Home after participating in the St. Jude Walk/Run September 23. Thank you for making the drive from Salida.

## ST. JUDE WALK/RUN

The St. Jude 5K Walk/Run was in Denver, CO on September 23<sup>rd</sup>. It was such an amazing set up. They had different booths with free items, they had a food tent set up called Kay Kafe just like the café in the hospital.

A few other booths were the Butterfly Garden, where you write in memory of someone, and tape it onto the garden wall. They had a tent where you could color a picture for a patient. The tent was covered in pictures that patients had drawn.

They had a huge stage with a DJ who played a lot of fun music. A marching band and performers showed up and played. Dinger from the Rockies was there signing autographs.

There was a family there who spoke about their daughter. At age 2, just before Christmas they were given the news that she only had a couple months to live. After they received the news that changed their life, they were introduced to St. Jude and today she is 5 years old and cancer free.

The family fun zone was a blast. It had games, face painting, and a cartoonist.

The walk was 3.1 miles. It was such a nice day to walk, it was a little cool and breezy. 922 participants either ran or walked. People enjoying their time chatting with others as they walked, meeting new people, and other encouraging some that they finish.

As of that day they had raised over \$200,000.00.



**EDUCATIONAL  
DIRECTOR**

Hi everyone!

Fall board sure turned out great. On Friday afternoon, we hosted a 'Paint and Sip' party with several kinds of wine. Each attendee was given an eight by ten-inch canvas and multiple colors of paints. The theme was 'Fall Colors'. There were several pictures provided for people to use for inspiration. There were ten people that did eleven paintings. After allowing the pictures to dry overnight, they were all presented for silent auction which was donated to the piggy bank.

Our next big meeting will be in Grand Junction. We are looking for interesting places and activities that everyone might enjoy.

Those that will be coming over from the Denver area might want to consider taking the Amtrak to and from Grand Junction. The train ride is very scenic and a relaxing way to travel. The current cost for a ticket starts at only \$46 each way. Depending on what options you choose, the price goes up from there. Looking forward to seeing everyone in Grand Junction in the spring.

Eric J. Havelick  
303.550.6851

**SENIOR PAST  
PRESIDENT/AWARDS**

I know this is early to think about awards, but just a reminder to put April 1<sup>st</sup> on your calendar. That is the date for all award applications to be turned in so they can be judged. Service awards are due by May 1<sup>st</sup>.

I encourage all chapters to send in their reports. I know most chapters do philanthropic projects and you should share that information with everyone.

More to follow in February.

Pam McGee



*Friendship*

# WEB TEAM

## Colorado Web Team



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

It was so great to see everyone in Salida. Such beautiful surroundings during fabulous Colorado Fall weather! Thanks to our Alpha Omicron hosts for making us feel so welcome!

We had a great time playing Bunco, participating in acrylic painting & auction, and Karen's Trivia.



In the Halloween spirit, we gave a CSC Web update to the membership.

For those who missed it, here is a portion:

*"We blended our magic potions 22 years ago to create your Colorado website and have faithfully watched over and refined the recipe to meet your ever-changing tastes and needs.*

*It's now time to prepare our annual special website brew. Hmmmmm, to find the right potions recipe. Ahhh, here it is. Bonnie, do you have all the fixin's? Good, let's begin.*

*Into the cauldron we add:*

*Fillet of yearbook, Eye of calendar, and toe of events,*

*Wool of meetings, and tongue of minutes,*

*Wings of Golden Lamps, and award deadlines,*

*Snouts of membership lists, and officers' guidelines,*

*Claws of Forms, Bylaws, and Standing rules all in a row,*

*Ears of History, and service projects we proudly show,*

*Add a dash of charm and creativity for a powerful bubble,*

*Now stir and boil, fire burn and cauldron bubble.*

*Mmmmmmmmmmmmmmm. Smells done. What do you think?*

*Let's Serve this up to all our members."*

Webs with QR code were handed out to members.



The CSC Website is constantly being updated. Be sure to check the bottom of the page for the last date of editing. Also, the **Site Map** on the home page may help in finding what you need.

The Colorado ESA Web Team,  
Bonnie & Candie

**ALPHA OMICRON  
SALIDA, CO**

Hello from Salida,

Well, I think we have recovered from Fall Board. We want to thank you all for making the drive to our beautiful town. It was great to see everyone, and the weather couldn't have been more perfect. A huge shout out to our chapter. I will never be able to thank them enough for making it a great board meeting and weekend!! THANK YOU LADIES!

We had our first meeting and social in September. It was nice getting back into meetings and seeing everyone.

Our social for September is a hayride. One of our members Diana Wood and her husband host our hayride every year. We take a hayride up on their property and have a fire, where we roast hot dogs and marshmallows. Diana makes chili and cinnamon rolls. It's always a fun evening and we have been lucky to have great weather.

At the beginning of October a few of us took a drive to Canon City to enjoy Beta Zetas luncheon. The food was great, they had a fun auction and a beautiful quilt that they had a drawing for. They always do such an amazing job putting on this fundraiser. It was really good to see the ladies from Canon!! GOOD JOB LADIES YOU PUT ON A GREAT LUNCH!!!!!!!!!!!!!!

Love in ESA

Jenniffer Carlson-Mazza  
Chapter President  
Alpha Omicron #770  
Salida, CO



## ALPHA PHI GOLDEN, CO

Good morning everyone,

The Alpha Phi Chapter is going through some changes. We are growing the chapter with new members and people transferring in.

We have three men in the chapter now. As we move forward, we hope that number will increase too! This month we have a couple of events going on for the Power of Us program. Susan is hosting an invitation only Pampered Chef party recruitment event as a fundraiser for St. Jude/ESA. Our educational meeting will be the Power of Us Oil tasting for ESA. The whole chapter is signed up for the event.

Eric J. Havelick  
303.550.6851

Alpha Phi is having an amazing October so far!

Hosting A Pampered Chef Party was so much fun!  
We had fun sharing ESA with our friends and the Pampered Chef Consultant!!

Here is Eric Havelick auctioning off meals that were made at the party. We raised funds for St Jude Children's Hospital and enjoyed some yummy food!

Alpha Phi has been busy this month with Recruiting month! We have had challenges from Headquarters, and we are looking forward to completing them! The Olive and Vinegar Party coming up on the 19th is going to be a big night for us!

Look for pictures in the next newsletter from our Oil and Vinegar Party! With over 20 friends expected we hope to have a grand time!!

Future plans:  
November Poker Social  
December Tea and Cookie Social

Best wishes for a Wonderful Holiday Season!  
Susan Winton



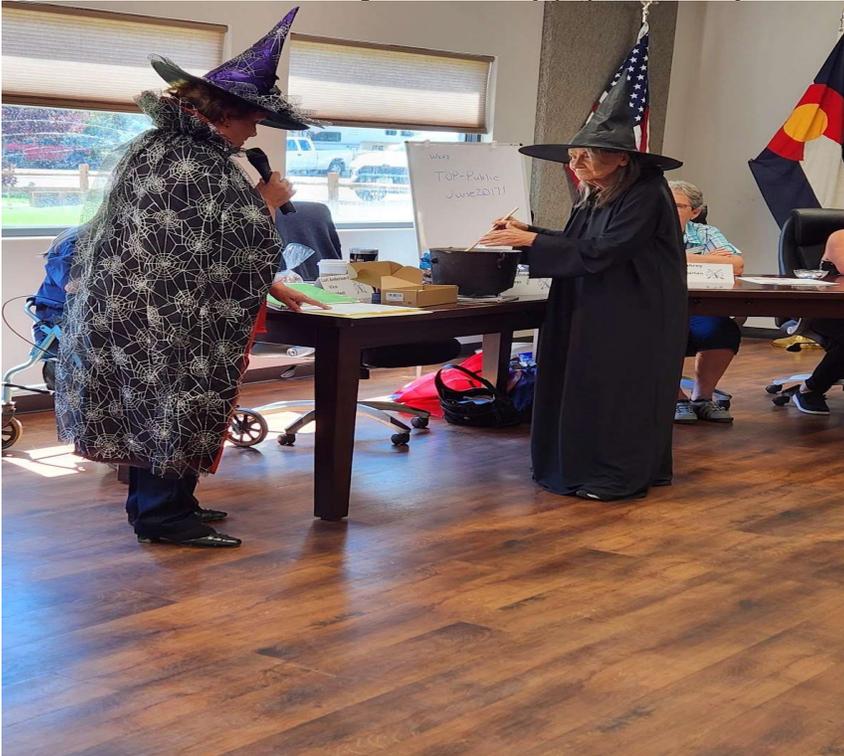
## GAMMA CHI LOVELAND, CO

### Gamma Chi News

Our chapter has been busy the last two months. We never seem to sit still for very long.

We started August with the Wild West Relay. Deena, Ruth, Mary, Moofie, and I greeted runners at Exchange 3 near Wellington. This is a relay race that goes from Fort Collins to Steamboat Springs. We have been doing this for many years and enjoy visiting with the runners. Some we see every year.

During Fall Board we were entertained by Candie Patino and our own Bonnie Gillmore with information about the web. It was a fun presentation. That same weekend Gamma Chi helped serve lunch at the Alternatives to Violence Pastels on the 5th. This is also an annual event to raise money for this organization by decorating the sidewalks with chalk drawings. It is a very popular activity in Loveland.



Late September and October we start helping with Vision and Hearing screenings. Members continue to provide services to the Food Bank and Community Kitchen. Phyllis always helps with the Veterans weekly breakfasts, and we have many other projects in the works.

The first weekend in October we will be hosting a Mahjongg Tournament for St. Jude Children's Hospital.

Happy Halloween!  
Pam McGee

## PI SIGMA JOHNSTOWN, CO

### Epsilon Sigma Alpha Chapter Pi Sigma #5621 – Johnstown, CO Established April 17, 2023 & Chartered August 27, 2023

August 27, 2023, Chapter Pi Sigma was extra blessed to have ESA family/friends: Joyce Fuller who conducted our Chartering Ceremony/Officer Installation and Vickie Chavers-Bruso who also snapped pictures.

😊 Thank you again, Joyce and Vickie. 😊



(Left photo – signed Chartering Ceremony) Mark & Patty Ehrlick, Camron Monroe, Mariah Morris, Susie & Tom Morris. (Right photo - Officer Installation) Mariah Morris (VP), Patty Ehrlick (Treasurer), Mark Ehrlick (Educational Director), Joyce Fuller (Presenter), Camron Monroe (Parliamentarian), Tom Morris (Recording Secretary) & Susie Morris (President)

My ESA “say YES” journey: Having been an active member of PEO Chapter FG Johnstown, CO for 5 years, my friend Ruth since 1999, encouraged me to try something new to me – ESA. My understanding back then was that I’d need to give up my PEO membership in order to join another sorority (oops). Long story short, it was one of the best decisions of saying YES and joining Ruth’s ESA Chapter in May of 2013. Of course, her being Chapter President that year, I said YES again when she asked me to be Chapter Chaplain (2013), then YES to Chapter VP (2014) and onto Chapter President (2015). In 2015 Ruth’s health deteriorated and she passed away on May 28, 2016. Via Ruth’s inspiration, I continued to say YES to CSC appointed and elected offices, elected rotation as NCC President and even two years as a committee member at IC level while going thru a second rotation as Chapter President and bonus decided to be a Lifetime member of ESA Foundations as well. From 2013-2023 – my first ten years in ESA - so many amazing memories, friendships and experiences have happened via ESA. I started praying more while thinking more of, “Why not start a new local ESA Chapter?”. Along with my ESA like-minded friend Patty, we decided since ESA membership continued to decline and more Colorado Chapters were dissolving, it was the right time to start a new Chapter and ask family members to be members. They too said YES.

Having shared the summary paragraph above, this all brings me back to our Chapter Chartering ceremony almost two months ago. I remember while listening to Joyce Fuller’s personal and precious words as she conducted our Chartering ceremony, of how thankful I was of having been in ESA for ten years. All the blessings and the lessons. That it was all finally coming to fruition as the last signature was signed on our Pi Sigma Chartering certificate. We said YES!!!

LOVE in ESA, ESA is Family,  
Susie Morris, Pi Sigma 5621 President

## ADI'S PAGE

### WELL, SHE DID IT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Adi has raised over **\$10,000.00** in one year for St. Jude Children's Research Hospital.

This last fundraiser she did was the 5K walk/run on September 23<sup>rd</sup> in Denver. To help her raise money. We made homemade mini bread and sold them. Along with friends and family who donated. Adi also had a couple bake sales. Her dad and I are so proud of her. She set her goal at \$10,000.00 and she worked to get there. When I asked her how she feels about raising that much money, she said I feel good I get to help the kids and I can't wait to raise more!

She is also busy being a first grader. She is in Ballet, Jiu-Jitsu, piano, rock climbing, and cheer camp. She keeps us busy, and she loves every minute of it. Also, if you have received the Journey. Charlotte did a great article in there about Adi!!!



**SPRING  
BOARD**



**|SAVE THE DATE!**

**2024 SPRING BOARD**

IN GRAND JUNCTION, CO

**March 15-16**

Join us for a fun weekend in beautiful Grand Junction.

Registration will be open soon.

Cost is \$60 for the weekend of events.

**GRAND VISTA HOTEL**

2790 CROSSROADS BLVD

GRAND JUNCTION CO

970.241.8411

SPECIAL ROOM RATES RESERVED FOR ESA AT \$102 PER NIGHT.

HOSTED BY ALPHA PHI

---

FOR MORE INFORMATION CONTACT: SUSAN WINTON @ 505.670.4371 WINTONCOLORADO@GMAIL.COM

RECIPES

FROM

FALL

BOARD

### RUBY RED BEET AND APPLE SALAD

- 2 ½ Lbs. fresh beets (about 8 medium)
  - 2 medium apples (peeled and chopped)
  - 1 cup fresh kale (chopped)
  - 1 cup red cabbage (chopped)
  - 1 cup carrots (shredded)
  - ½ cup onions (chopped)
  - ½ cup cider vinegar
  - ½ cup olive oil
  - 2 tbsp honey
  - 1 tsp salt
  - ¼ tsp curry powder
  - 1/8 tsp ground ginger, garlic powder, and pepper
1. Scrub beets and trim tops to 1 inch. Place in a dutch oven; add water to cover. Bring to a boil. Reduce heat; simmer covered 30-60 minutes or until tender
  2. Peel beets and cut into 1/2" cubes. In a large bowl; combine apples, kale, cabbage, carrots, onion, and beets.
  3. In a small bowl, whisk the remaining ingredients. Pour over salad; toss to coat. Refrigerate, covered for at least 4 hours or until chilled. Stirring occasionally

### HOT CHICKEN SALAD

- 4 cups cold cooked chicken chunks (I use a roasted chicken)
  - 2 tbsp lemon juice
  - 2 cups diced celery
  - ¾ cups mayonnaise
  - ¾ cups cream of chicken soup
  - 4 hard cooked eggs
  - 1 tsp salt
  - 1 tsp finely minced onion
  - ½ small jar pimentos
1. Combine all ingredients and put in a large rectangular baking dish
  2. Top with 1 cup grated cheese, 1 ½ cup crushed potato chips, and 2/3 cup finely chopped toasted almonds
  3. Refrigerate overnight
  4. Bake at 400 degrees for 20-25 minutes
  5. Serve hot

**PHOTO  
CONTEST**

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

**DECEMBER THEME: CHRISTMAS**

**JANUARY THEME: WINTER**

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 **December 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!!!!!!!!!!!!!!!**



We only had two picture submission for this photo contest

**CONGRATULATIONS TO.....**

# OCTOBER WINNER

## THEME: FALL COLORS

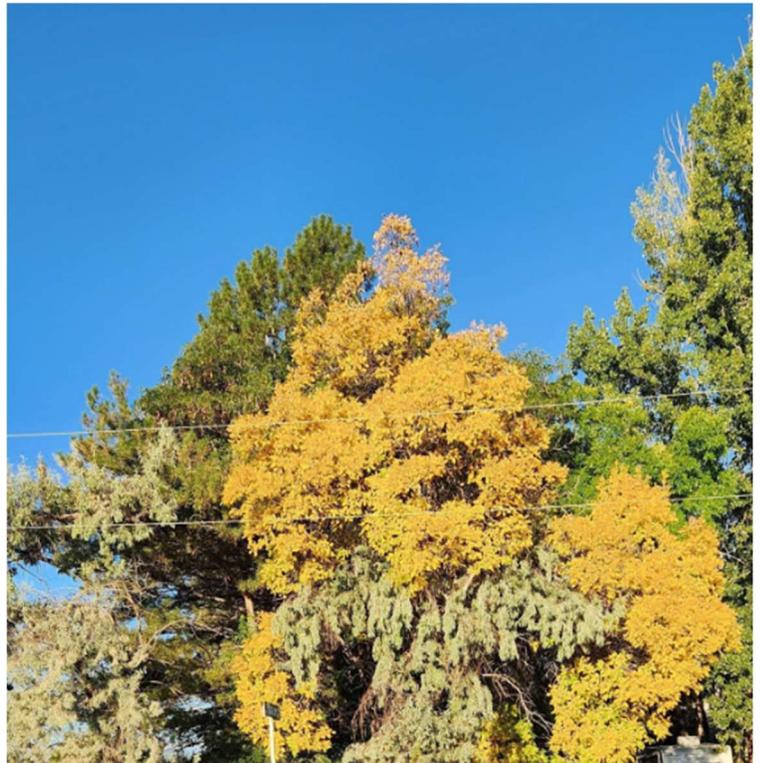


Picture taken by:  
Susie Hitchcock  
Beta Alpha #5416  
Aurora, CO

“Estes Park in  
September”

Picture taken by:  
Pam McGee  
Gamma Chi #3668  
Loveland, CO

“I thought it was  
unique with two  
different kinds of  
leaves”



**FINAL  
THOUGHTS**

“The task ahead of you is never greater than the strength within you.”



“Enjoy the little things in life because one day you’ll look back and realize they were the big things”



“Always be happy, always wear a smile. Not because life is full of reasons to smile, but because your smile itself is a reason for many others to smile”



*Friendship*

## THE MAZZA'S ANNUAL CHRISTMAS PARTY OPEN HOUSE



**December 16, 2023  
Saturday ~ 2:00 PM**

**PONCHA SPRINGS  
TOWN HALL**  
330 Burnett Ave,  
Poncha Springs, CO 81242

You and your family are invited  
to our Christmas party.  
Come by anytime to enjoy  
conversation, food, and drinks.

**My favorite part of having this  
party is bringing all our friends  
and family together under one  
roof for one day.**

### HOT CHOCOLATE BAR

- homemade hot chocolate
- homemade marshmallows
- peppermint
- andes mints
- caramel drizzle
- whipped cream
- liquor

❖ **Appetizers**

❖ **Homemade candy**

❖ **Lunch**

❖ **Q.T. Cakes**

(cake made by Quincey Trout)

**SANTA will be there  
at 4:30 pm**



Santa will also be doing  
individual & family pictures

### ➤ CHRISTMAS DRAWINGS

1 Ticket - \$1.00

6 Tickets - \$5.00

Arm's length of tickets for \$20.00

There will be different items to win!  
Santa will draw for the winners at  
5:00 P.M. Must be present to win

**ALL PROCEEDS** will go to St. Jude  
Children's Research Hospital

### ➤ KIDS CRAFT CORNER

❖ **Painting**

❖ **Coloring**

❖ **Bracelet Making**

❖ **Ornament Making**

**COLORING CONTEST**

Winner will get a gift card  
or cash

### ➤ CHRISTMAS SHOPPING

Last minute Christmas  
shopping! These ladies will  
have tables set up  
showcasing their products.

❖ **Amber with Zya Clothing**

❖ **Robyn with Scentsy**

**CASH, CHECKS or VENMO FOR BOTH**