

GOLDEN LAMP

OF COLORADO



EPSILON SIGMA ALPHA

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2023 - 2024 Colorado State Council Officers

President
Karen Addison

President Elect
Susan Bloss

Vice President
Lori Anderson-Havelick

Corresponding Secretary
Jenniffer Carlson-Mazza

Recording Secretary
Leslie Stevens

Treasurer
Bonnie Gillmore

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

Hello!

It's been an interesting winter weather-wise. One day we are in sleeveless shirts, the next day, we have sub-zero temperatures. I know that my sisters up north and on the west slope are probably experiencing more snow days than we are here. But the weather has been mostly mild so far and I am enjoying it!

My chapter, Zeta Nu, are currently planning our first fundraiser for the year. We have scheduled a fun night at Brush Crazy in April with the proceeds going to the Autism Association of Denver. We always have a good turnout for this event.

We are gearing up for the Spring Board in Grand Junction for March 15 and 16! Our Friday night entertainment is based in the 1920's, so you are encouraged to dress accordingly. Susan Winton and Alpha Phi have secured a great room rate of \$89 per night at the Grand Vista Hotel. Call now to reserve your room under Epsilon Sigma Alpha.

If you are concerned about the Spring snow, the AmTrak runs daily, so some of us are taking the train. There is a free shuttle from the station to the hotel.

Mary Humphrey has been instrumental heading the By-Law Committee as we reevaluate the Standing Rules and By-laws. Our proposals will be presented at the Spring Board meeting. Thanks to all involved for taking the time to work on this.

We are very excited that both Colorado Springs chapters, Zeta Tau and Zeta Nu, have united to host the Colorado State Convention in May, here in Colorado Springs. Mark your calendars for May 17, 18 and 19! Dig out your favorite Island Getaway attire! Plan an extra day to check out all the sights! This town has grown a lot in the past few years. Garden of the Gods is a must see!

I'm looking forward to seeing everyone at Spring Board!

Karen Addison
2023-2024 Colorado State President

**GOLDEN LAMP
EDITOR**

Hello ESA Member's

Thank you to everyone who sends in articles. I want to remind ALL chapters; any chapter can send in an article to let us all know how they are doing and what their chapters are doing! We would love to hear from you!!!

I have not been able to submit an entry form for IC for our Newsletter. The form on the website is from last year. I have reached out to IC's News bulletin Editor a few times with no response back, I have also reached out to headquarters, they told me they would look into it, but I haven't heard anything back from them either. Hopefully I hear something soon. If anyone knows if there is anyone else I can contact, please let me know.

Please reach out to me at any time with any questions or comments about the Golden Lamp.

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

Please send all articles to: 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 15th of the on www.esacolorado.org

Love in ESA

Jenniffer Carlson-Mazza

2023-2024 Golden Lamp Editor

PARLIAMENTARIAN

Bylaw Committee

The proposed *revised* Bylaws have been posted to our website (thanks Candie). Please discuss at your chapter meetings. The Bylaw Committee tried to revise the Bylaws to make them more concise and user friendly, keeping our focus on “what is best for Colorado State Council (CSC).”

Here’s a summary of the proposed changes to the Elected and Appointed offices:

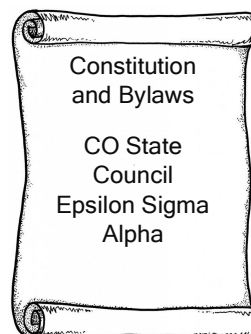
- Rename Senior Past President to Past President. Their duties are to serve as Awards Chairman and promote bids for State Convention.
- Eliminate Vice President. Their membership duties were moved to President-Elect and promote convention bids to Past President.
- Eliminate Jr Past President. The Treasurer would collect for Disaster Fund.
- Eliminate Corresponding Secretary. The Recording Secretary will handle the correspondence. An appointed office, Communication Coordinator, was created to assist the President in preparing the Yearbook and promoting the use of social media.
- Add appointed position, Communication Coordinator. Duties would include those of Corresponding Secretary with more of an emphasis on modern communication, including Facebook, or any other appropriate social media.
- Tasks that were in the Bylaws will be included in the officer’s guidelines if they aren’t already.

During the process, the Executive Board members not serving on the Bylaw Committee were asked to provide their input, which was incorporated into the proposed *revised* Bylaws.

Because the proposed changes to the bylaws are extensive, the proposed bylaws are a “revision” which when approved will replace the existing bylaws. There are a few changes that also affect the Standing Rules. Both documents have been posted on our CSC website and will be voted on at State Convention.

Thank you, Karen Addison, Susan Bloss, Lori Anderson-Havelick, and Bonnie Gillmore for your time and commitment to this project

Mary Humphrey
2023-2024 Parliamentarian



EDUCATIONAL

Happy February fellow ESA members! I know that not every chapter participates in the Educational Program. But I just wanted to remind everyone that your chapter educational notebooks should be completed soon and sent to me for review and judging. If your chapter is participating and looking for an educational award, please send your book to me at this address:

Eric Havelick
135 Melody Ln,
Montrose, CO 81403

I am looking forward to seeing the books and finding out what your chapter has been doing for this year's educational program.

Eric J. Havelick
303.550.6851

ESA FOR ST. JUDE

*Hello again ESA Colorado Friends –
lots happening regarding St. Jude in 2024.*

ESA HQ had our February St. Jude Coordinator's ZOOM meeting February 1st, 2024. Deena shared happenings in St. Jude that I am passing along as well to share with you all and please also share information with your Chapters.

THE POWER OF CONNECTION

March 28, 2024

Virtual event: 4:30 PM PT / 5:30 PM MT / 6:30 PM CT / 7:30 PM ET (9:30 AM Friday QLD/AU)

Virtual members only - Registration Opens Soon

The Power of Connection event on March 28th: ESA is holding a national collection drive for St. Jude. We are asking members to participate with their chapters or individually from now until March 28th to gather items like crafts, toys, books, and personal care items. Then on March 28th, we will all come together virtually to see what we have collected, hear from a special guest at ALSAC, and learn firsthand just how these items can positively impact patients and families at St. Jude. More information on how to get started and how to register to attend can be found at epsilonsigmaalpha.org/Events.

Registration for the 2024 IC Challenge is open, and the form and more information are available on our website at epsilonsigmaalpha.org/ICChallenge.

ST JUDE WALK/RUN

SEPTEMBER 23, 2024 (dates may vary based on location)

In person & Online Event - public event - Registration Opens in April

St. Jude Walk/Run is a nationwide 5K hybrid event, taking place in person and virtually.

MEMPHIS MARATHON

December 1, 2024: In-Person & Online Event - open to public – Registration not yet open

St. Jude Memphis Marathon Weekend is a fundraising event for St. Jude with a marathon, half marathon, 10K and 5K

REMINDERS from Deena:

-St. Jude donations and Completed Event forms. All donations for St. Jude need to be sent to the headquarters office accompanied with a donation form for your chapters to receive credit. Anything that goes directly to St. Jude MAY get captured on the end of year St. Jude overlay report but will only be credited to the state and will not show up under the chapter on the State Coordinator report. You can contact Deena at HQ for further explanation (ESA HQ main phone number: (970) 223-2824) and for St Jude forms: epsilonsigmaalpha.org/StJudeForms.

Online Completed event forms should be used for all ALSAC/St. Jude events or money that was sent directly to St. Jude. For any cash events, print the PDF version of the Completed Event form and send to HQ with your checks.

ESA HQ new address is: ESA HQ Attention ESA for St. Jude, 2580 E Harmony Rd, Suites 301-311, Fort Collins, CO 80528. Questions, ESA HQ main phone number: (970) 223-2824.

-The Power of Us campaign ends May 31st, so please continue to remind your chapters to submit their St. Jude events at epsilonsigmaalpha.org/PowerOfUs

ONLINE OPPORTUNITIES:

ALSAC/St. Jude Volunteer Webinar upcoming events - To get on their email list, please check out VOE@alsac.stjude.org to sign up.

Each webinar in 2024 will feature a theme inspired by ALSAC's original volunteer: Danny Thomas: -February 28, 2024, 6pm MST with registration through February 26, 2024, to join. Theme will be: GRIT: During our winter webinar, our team will focus on training and mission moments tied to the theme of grit and perseverance. This webinar is a great opportunity for any volunteer looking to explore growth opportunities or for volunteers who are also actively fundraising on behalf of St. Jude.

-April – Theme will be: INSPIRATION: Wednesday, April 24th - You are our inspiration and with National Volunteer taking place in April, we hope you'll join us for this celebratory virtual event with some very special guests, inspirational topics, and training!

-August – Theme will be: AWARENESS: Wednesday, August 28th.

-November – Theme will be: GRATITUDE: Wednesday, November 20th.

ESA for St Jude drawing at CSC Spring Boards:

A quick head's up, I will miss CSC Spring Boards due to thankfully celebrating my mom's 80th Birthday in-person in Northern Minnesota that week/weekend. The ESA for St. Jude drawing is a 6-piece AMERICAN TOURISTER Luggage set (picture below) and the pink tickets will be available to purchase (tickets are \$1 each or 6 tickets for \$5) at our 2024 CSC Convention for the actual drawing as well. We already have a generous \$85 towards our \$200 goal from tickets sold at Fall Boards. Since I'll be missing Spring Boards, you're also welcome to send me a check – tickets are \$1 each or 6 tickets for \$5, and I will mail your ticket(s) or wait to give them to you at our 2024 CSC Convention.

LASTLY, I did hand out printed copies of our CSC St. Jude form at Fall Boards, that can also be found on esacolordo.org. To email your Chapter's CSC St. Jude form to me: smilesatyou@gmail.com or to mail your Chapter's CSC St. Jude form to me: *Susie Morris, 16815 Howlett Pl, Mead, CO 80542*. Deadline is April 1, 2024. Thank you everyone.

I will miss you all at Spring Boards – looks to be so fun as well,
LOVE in ESA,
Susie Morris
ESA for St. Jude - CSC St. Jude Coordinator (2023-2024)
Pi Sigma #5621 – Johnstown, CO



ST. JUDE DREAM HOME

St Jude Dream Home Colorado Springs

The 2024 Colorado Springs Dream Home Campaign is on its way to another exciting year of supporting St Jude Children's Research Hospital.

The house is in a new location this year - Meridian Ranch - Peyton area. It's one of our largest homes yet!!

- 5 bedrooms
- 4 bathrooms
- over 4,000 sf
- valued at an estimated \$800,000

We will be selling 12,000 tickets!

The prizes are set for our lucky winners, and tickets go on sale April 17th.

The Grand Opening is scheduled for June 1st, and we will have Open Houses on the weekends from June 1st - June 23rd. The Giveaway drawing is set for June 26th

Something else new we are looking forward to is an updated EDC format. Colorado Springs is one of the first campaigns to use the new 'Raffle App'. We appreciate our ladies here for giving input to improve the old system.

The customers will not see a change when they reserve a ticket, but our internal program should be a nice improvement.

Spread the word to your friends!!

<http://www.dreamhome.org> Colorado Springs

**ALPHA OMICRON
SALIDA, CO**

Happy Valentine's Day!!

Our chapter will celebrate Valentines Day next Wednesday at our social with a few games of White Elephant Bingo!

We have gotten together a few times for craft days, which are so fun. Some crafts, food, and conversation. It's a great way to spend a Sunday.

Adi has decided she wants to raise money again for St. Jude for her 7th birthday. So, we will be gearing up for more cookie stands and bake sales. We even have a meeting with a bank to talk to them about setting up in their lobby one day during the summer. I love listening to all her ideas on how she can raise money.

Looking forward to Springboard!!!

Love in ESA

Jenniffer Carlson-Mazza

Chapter President

Alpha Omicron #770

Salida, CO

**BETA ZETA
CANON CITY, CO**

Hi everybody and Happy Valentine's Day! Beta Zeta is planning our Valentine's Brunch at Vickie's house. She and Mike are always great hosts with hearts, flowers, and all kinds of fun décor. Looks like Cupid went to Hobby Lobby in that house!

We always have great food with our gals bringing their A-GAME to the table. Specialties include homemade sausage, cinnamon rolls, potato dishes of every description, yummy fruit, and Vickie's famous green chili egg casserole. In addition, mimosas, juice, and your choice of coffee and tea keep us happy and hydrated.

Nancy T. is already thinking of the Soup, Salad, Shopping Auction in October and has been busy these dreary days making these cute "heart-shaped" potholders! Just in time for the holiday!



GAMMA CHI LOVELAND, CO

We survived the holiday season and the cold weather in late December and early January. Loveland is in the peak of Valentine's Day activities.

The middle of December we handed out 150 Christmas stockings at the weekly Veteran's Breakfast at Golden Corral. Later in the month Moofie Miller won the Amaryllis contest with her plant blooming first. Mine finally bloomed around January 9th. Oh, well maybe next year.

We have slowed down a little with activities but are still volunteering at the Food Bank and Community Kitchen. Kerry Date's President's Philanthropic project is the Matthew's House. As a social in January, we visited their location in Fort Collins, which is both their offices and a place for students to attend their after-school program. They offer snacks, games, counselors, help with homework and in the basement crafts and instruments to practice with or learn to play. Afterward we went to lunch at the Penrose Restaurant in Old Town Ft. Collins.

The latter part of February we will be having our movie night as our social. Our next big fundraiser will be our annual Bunco Party on March 2nd. The cost is \$15 for lunch and playing Bunco. It will be held at a new location, High Country Beverage. The proceeds will go to Matthew's House. We hope to see you there.



Happy Valentine's Day from Sweetheart City and looking forward to seeing many of you at Spring Board. Pam and your Gamma Chi sisters

**PI SIGMA
JOHNSTOWN, CO**

Happy Valentine's Day Colorado ESA Sisters!

Pi Sigma has been hard at work getting our new chapter up and running. Wow, the paperwork it takes to get a new bank account started was incredible. We have had a lot of fun getting organized and staying in touch with in person, Zoom and email meetings. We wanted to let everyone know that we are ready to host our very 1st fundraiser. We would love to have you join us for our "Springtime Butterfly Brunch" on Saturday April 27th 2024. I have included the official invite in this issue of the Golden Lamp.

Can wait to see you all in Grand Junction for the Spring board meeting!

Patty Ehrlick

Pi Sigma

Johnstown

You are invited to our
Springtime Butterfly Branch

Benefitting: St. Jude Children's Research Hospital
and other local charities along with Pi Sigma

Hosted by

Pi Sigma Chapter of Epsilon Sigma Alpha International

10am – 1pm, Saturday, April 27, 2024
(Doors will open at 9:30)

Address: High Country Beverage, 4200 Ronald Reagan Blvd,
Johnstown, CO 80534

**Due to limited seating, please reserve your ticket(s) by
contacting: Patty Ehrlick (970) 673-2175
Payments can be made by Check or Zelle**
(Please let us know of any Dietary restrictions / Food Allergies)

Tickets are \$30 per person and non-refundable

There will be Door Prizes & Drawing Baskets

Sponsored in part by:
High Country Beverage, Johnstown CO
Windsor State Bank, Windsor CO

**SPRING
BOARD**

There is good news for those of you coming to Springboard! The hotel has reduced its room rate under the ESA room block from \$89 to \$69. This includes free parking, so if that helps you with your budget, that is great!!! If you are booking on another platform and don't need parking, that is fine too.

Please send your registration to me as soon as you can! The deadline is Feb 29th.

We look forward to seeing you!!!

Susan Winton
Alpha Phi
353 Co Rd 23, Ridgway, CO 81432
505-670-4371



2024 ESA SPRING BOARD

MARCH 15-16

GRAND VISTA HOTEL
2790 CROSSROADS BLVD
GRAND JUNCTION
(970) 241-8411

SPECIAL ROOM RATES \$89 PER NIGHT (PLUS TAX) + FREE PARKING

CALL TO RESERVE UNDER EPSILON SIGMA ALPHA

Amtrak FROM DENVER 8:05 AM – 3:57 FREE SHUTTLE TO HOTEL

Please inform the Hotel upon registration if you will need transportation from the train station.

Purchase (optional) breakfast coupons at the front desk when you check in (\$14)

Dinner on Friday night – please arrive by 6pm

Meeting time on Saturday: begins at 9am and ends around 4pm

Optional lunch for male attendees. They may attend lunch at the Goat and Clover Tavern for social time.

Dinner Saturday TBD

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



2024 ESA SPRING BOARD **MARCH 15-16**

GRAND VISTA HOTEL
2790 CROSSROADS BLVD
GRAND JUNCTION
(970) 241-8411

SPECIAL ROOM RATES \$89 PER NIGHT (PLUS TAX) + FREE PARKING
CALL TO RESERVE UNDER EPSILON SIGMA ALPHA

AMTRAK FROM DENVER 8:05 AM - 3:57 FREE SHUTTLE TO HOTEL

FRIDAY NIGHT DINNER AND LUNCH ON SATURDAY INCLUDED IN REGISTRATION

Registration Form \$65 No refunds after Feb 29

Name _____

Chapter Name/Number _____

Email _____ Phone _____

Special Dietary Needs _____

Please check:

State Officer _____ Lamplighter _____ First Time _____ MAL _____

Male attendee: _____ Wants to attend Lunch at Goat and Clover

Make Checks payable to Alpha Phi

Send to: Susan Winton
353 County Road 23
Ridgway, CO 81432

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

STATE CONVENTION

78TH Colorado State Convention



'AN ISLAND GETAWAY'

May 17, 18, 19, 2024

Hosted by ZETA TAU and ZETA NU

CO Chairs: Kevin Richards & Emily Woods

THE ACADEMY HOTEL COLORADO SPRINGS
8110 NORTH ACADEMY BLVD
COLORADO SPRINGS, CO. 80920
719-598-5770

Room Rate \$101 - \$111 per night plus tax until April 17, 2024 (Block under Epsilon Sigma Alpha State Convention)

*REGISTRATION: \$165 until May 1st then \$175 after May 1st
Saturday Night Banquet and Dinner \$50*

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 checks payable to: ZETA TAU 2064

Send Registration form and check to:

Margaret Ames
1115 Knollwood Circle
Monument, CO 80132

Any questions please contact either Kevin Richards (719-237-0355) or Emily Woods (719-271-2245)

**COLORADO
LAMPLIGHTERS**

Hello Colorado Sisters

Wanted to let you all know that the Lamplighter's will be hosting Rocky Mountain Regional Round-up this year and we would love to see all of you there. Registration form is attached.

At Spring board the Lamplighters will be meeting in Grand Junction at the Grand Vista Hotel at 4:00 or as soon as the members riding the train arrive. I will be on the train also, it will be so fun.

Can't wait to see you all in Grand Junction! Travel safe!

Patty Ehrlick
Lamplighter President

**2024 Rocky Mountain Regional Roundup
August 9-11, 2024
Highlands Presbyterian Church Camp
Allen's Park, Colorado**

The Colorado Lamplighters invite you to attend Rocky Mountain Regional Roundup, being held at the Highlands Presbyterian Church Camp just outside of Allen's Park, Colorado, and 16 miles from Estes Park, nestled in the beautiful Rocky Mountains.

We will have 3 cabins with bunk beds; there are enough that we should only have to use the lower bunks. In addition, there are a handful of full beds. The two cabins are bunkhouse style with beds on 2 sides and bathrooms and showers in the middle along with a common area. The other cabin has a kitchen, living room and several bedrooms. This is where we will do all the cooking and have our meetings and meals.

Linen bundles will be provided and include: blanket, pillow, pillowcase, flat and fitted sheet, towel, hand towel, wash cloth.

Please bring your own toiletries.

There is WI-FI at the main lodge, but it is some distance from the cabins and is available if needed. This is a church camp; they do not allow any alcohol on the property. Smoking/Vaping is not allowed in any of the buildings but can be enjoyed at a respectful distance from the cabins.

There are 2 RV Spaces, and they have Electric, but no water or Septic hook-ups, not far from the cabins. Please let us know right away if you would like to reserve one of these spaces.

Hope to see you in Colorful Colorado!

REGISTRATION FORM

Registration Deadline: July 14, 2024

Registration: \$120.00 per person Late Registration \$130.00
Includes 5 meals, 2 nights lodging and snacks

Make your checks payable to: Colorado Lamplighters

Mail Registration to:

Mary Humphrey
56295 E. 28th Court
Strasburg, CO 80136

For additional information please contact:

Patty Ehrlick
970-673-2175
ehrick824@msn.com

Mary Humphrey
303-981-1315
marykh@tds.net

Name: _____ State: _____

Address: _____

Email: _____ Cell Phone: _____

Special Dietary Needs: _____

Are you able/willing to sleep on a top bunk if needed? _____ Yes _____ No

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.

APRIL THEME: Animal (the picture must have some type of animal in it)

MAY THEME: Water (the picture must have some type of water in it)

If you would like to submit a photo. Please either email me the photo to 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 **APRIL 10th**.

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!!!!!!!!!!!!!!!



CONGRATULATIONS TO.....

FEBRUARY WINNER THEME: HEARTS



Picture taken by:
Pam McGee
Gamma Chi
Loveland, CO

**FINAL
THOUGHTS**

“All you need is love, but a little chocolate now and then doesn’t hurt.”



“Happy Valentine’s Day! Thank you for being such an amazing friend.”



“For each petal on the shamrock, brings a wish your way. Good health, good luck, and happiness for today and every day.”



Friendship