

# The Golden Lamp of Colorado

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## “Embrace the Journey”

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ESA Sisters – What a wonderful and inspiring time we had at IC Convention in St. Louis. The flag ceremony with all the state flags and the flags of United States, Australia and Canada was so impressive. I was honored to be a small part of it. The week was packed with events and some of us arrived early and took in a Mystery dinner night with ESA Foundation and enjoyed tours around St. Louis. A visit to the Arch of course was on the list along with the Fox Theater and the New Cathedral and Basilica. The ESA Foundation Fund Fest Tuesday night raised the most money ever! What a fun evening watching our ESA sisters bidding against each other! Wednesday night was the welcome party and party we did. The band from Scott Air Force Base had us rockin’ until the late hours. Thursday on “State’s Night Out” we had a scrumptious meal at Lombardo’s an Italian restaurant in business since 1934. We had 28 attend including the President of Australia Marianne Steentsma and her husband and our sisters from Wyoming, what a treat. We were so happy to have Lori Anderson Havelick and her husband Eric join us as well. It has been too long since we have seen Lori. Thursday was also Trivia night and we had a crack team that consisted of Mary Humphrey, Leslie Stevens, JoAnn Singley, Shirley Telinde, Bobbi Hawkinson, Yvonne Farrell, Gertie Chapin, Rita Martin, Chloe McClantoc and myself. We didn’t win but we sure laughed a lot and had a great time. We also learned just what we need to bone up on! Friday at the Awards Luncheon I really got my exercise running back and forth across the room to accept our awards.

Colorado should be proud of all the accomplishments we achieved during Kathy Ellingson’s year. My hope is to repeat again next year in Phoenix. I want to congratulate Susie Morris for being awarded the Outstanding Easter Seals Chair. What an honor! Friday night the St. Jude Challenge was based on Super Heroes and we all received a red cape to decorate after which there were games and IC Challenge Bingo. Saturday night was so inspiring for me to see Billie Jean Farnham receive her 65 Year Service Pin. 65 years of dedication to ESA and St. Jude.

What an honor to lead the Honor Guard for the installation of our own Sandy Alexander. There were 16 of us and we were so proud of Sandy and proud of our beautiful state of Colorado. During the parade of states we all held our breath as they named the top ten states for St. Jude. Once again Colorado won first place!! Congratulations to all of you for raising \$2,105,160.00!! Without you we would not have been awarded the Top State for St. Jude. Colorado Proud!

It’s been a busy summer and I’m looking forward to Rocky Mountain Roundup in Utah visiting with our sister states. I hope your summer has been wonderful so far. I look forward to Fall Board in Montrose with much anticipation for special time spent with my sisters.

Hugs,  
Kathy Garrison  
Colorado State President 2017-2018



# OMG!!! IT WAS HOT!!

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But WOW what a Convention it was! COLORADO ROCKS!!! I won't tell everything, but COLORADO ROCKS!!! I am so proud of everything you all did this year!

We began our journey, Gertie Chapin, Nancy Cameron, Rita Martin, Chloe McClantoc and myself, Monday morning after a quick tour of Gertie's Dairy and an over night stay at her beautiful home. 2 cars, 5 people and a ton of luggage. First night out, we stayed in Lawrence, KS, but were so pooped from the heat and driving, that we just crashed! Up and at 'em early and on to St. Louis! Whoever invented air conditioning is a GOD, in my book! St. Louis started at about 95 degrees with 90% humidity and got worse with every following day! The day before we left, it was at a heat index of 110 degrees! That's 95 to 100 degrees with humidity of 100%! ARRRGH!

Luckily, there weren't many requirements outside the Hotel. The beautiful Union Station Hotel is a renovated train depot. BIG! In the bar area were really high ceilings with plaster angels over an archway. Imagine our surprise when we were treated to a laser light show with images flying across the ceiling to beautiful classical music, while we enjoyed our dinner!!!

There were several events, ESA Funfest, workshops, tours, etc.. but the BIG days were Friday and Saturday! With all of us in our Colorado scarfs, (Thank you Cathy Westlake!) and our Red, White and Blue, you all kept Kathy Garrison on her feet during the Awards Luncheon!! I'll let her tell everyone how we did, but... COLORADO ROCKS! I could not be prouder!

Saturday night, after a beautiful Installation Ceremony of our lovely Sandy Alexander and Mary Humphrey, we learned how we did on St. Jude!! I will tell you that Chloe wasn't in the #2 spot in the final tally!!! Then we packed up the cars for our two day trip home! What a Blessing it is to live in a state that really doesn't get much over 90 degrees and cools down EVERY night! Even in the Monsoon Season!

I want to remind everyone to get their registration in for Fall Board. I know Kathy has a fun presentation of all the happenings at IC. I look forward to seeing everyone there! The next fun filled trip is Rocky Mountain Regional Roundup in Utah! I do encourage anyone who hasn't been to a RMRC Roundup really consider going to one! It is.... different.

Also remember that the deadline to get your Colorado State Council Officer Nomination Form to me is February 15th. Don't put it off till the last minute and forget.

STAY COOL!!!

Love Always  
Leslie Stevens  
2017-2018 CSC President Elect



# Easter Seals

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Easter Seals was an exciting successful adventure last year while meeting Easter Seals staff in Lakewood, Loveland, their clients and volunteering with lovely ESA sisters with mailings, drawings, calendars, WINGS cards and "Tower of Towels". Thank you everyone for your generosity with monies donated, time volunteering, driving time, patience with mailings schedules at Lakewood, garage sales and so much more that you all did. Thank you so very much.

The May 2017 Convention was amazing (my best convention EVER) as one of the highlights being the "Tower of Towels" that we all donated with supplies for Easter Seals Camp and for WINGS. Our Easter Seals guest Lynn Robinson, President of Easter Seals Colorado, was so very thankful for all of our donations, time and helping transport part of the Tower of Towels. Thank you also to our Colorado Lamplighters for raising money on game night for Easter Seals and all the help bagging up the tower of towels too. Amazing love.

Now starting my second year as Easter Seals Coordinator, I'm thankful and excited to share that Colorado Easter Seals won awards at IC July 2017 with 1st for monies donated AND 1st for hours volunteered. Congratulations ladies AND thank you all again, so very much. We have Easter Seals Gala post cards mailing on August 9th at Lakewood office, will be ordering 2017-2018 calendars and will have WINGS cards to sell.

Please contact me with ideas to raise money for Easter Seals in your chapters, have time to volunteer, and/or questions, as I love to learn and work as a team. Looking forward to another successful year with you all too.

Susie Morris, ESA Easter Seals Coordinator Colorado  
Sigma Rho, #5014

smilesatyou@gmail.com  
970-217-9856

16815 Howlett Pl, Mead, CO 80542



# Hi Everyone

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I am looking forward to serving as your state Foundation Counselor. Chapter Presidents share with your chapters how important it is to be a member of Foundation. Since things have changed for state counselors from when I did it a number of years ago, I am still learning a few things. I look forward to seeing you at Fall Board and will share more information at that time. Enjoy the rest of the summer.

Pam McGee  
2017-2018 CSC Foundation Counselor



## State Book Club

While sitting in the lobby during State Convention I chatted with various sisters and got some new ideas for book titles. I have also added a few of my own. I meant to get this in the June Golden Lamp and for whatever reason I didn't send it.

- [A Woman Called Sage](#), DiAnn Mills: Story takes place in Colorado. Sage Morrow had it all: life on a beautiful Colorado ranch, a husband who adored her, and a baby on the way. Until five ruthless gunmen rode up to their ranch and changed her life forever.
- [Murder on Astor Place](#), Victoria Thompson: This is book #1 of the Gaslight Murder Mysteries.
- Any books by C. J. Box
- [The Shack](#), William Paul Young: This book has been out awhile. I thought it was very good and a lot to think about. As I reflect on it I think it would have a different meaning if you read at a different time in your life.
- [Eight Flavors: The Untold Story of the American Cuisine](#), by Sarah Lohman. This book is about the unique culinary history of America. It offers a fascinating look at our past and uses long-forgotten recipes to explain how eight flavors changed how we eat.
- [Spider Woman's Daughter](#), Ann Hillerman: Legendary tribal sleuths Leaphorn and Chee are back! The supremely talented daughter of New York Times bestselling mystery author Tony Hillerman continues the popular series with this fresh new Navajo Country mystery-her debut novel-filled with captivating lore, startling suspense, bold new characters, vivid color, and rich atmosphere.

As always, I know many of you read so please send me titles or authors I can put in the Golden Lamp. Happy Reading!

Pam

# Fall Board

## Colorado State Council Fall Board Meeting

September 22 - 23, 2017

Fall Board will be held at: Ute Indian Museum, 17253 Chipeta Road, Montrose, CO 81403

### Friday:

- 4 - 5 pm Registration
- 5 - 6 pm Executive Board Meeting
- 6 - 7 pm Dinner
- 7 - 9 pm Games

### Saturday:

- 8 - 9 am Registration
- 9 am - 12 pm General Session
- 12 pm Lunch
- 1 - 4 pm General Session
- (6:30 pm Dinner at the Stone House optional)

### Holiday Inn Express & Suites

1392 S. Townsend Avenue  
Montrose, CO 81401

Call the hotel front desk at 970-240-1800 to book your room. Ask for the CSC ESA Room Rate. \*Must be booked by 8-22-2-17.\* Room rate is \$110.00. Full breakfast provided by the hotel.

### Registration \$50 per person

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ Chapter # \_\_\_\_\_

City \_\_\_\_\_ Zipcode \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_

\_\_\_\_\_ I will be attending the Saturday night dinner

\*\*\* Deadline to register 9-1-2017 \*\*\*

Make checks payable to:  
Kathy Garrison

Mail Registration to:  
Joann Singley  
2998 E. Weaver Ave.  
Centennial CO, 80120



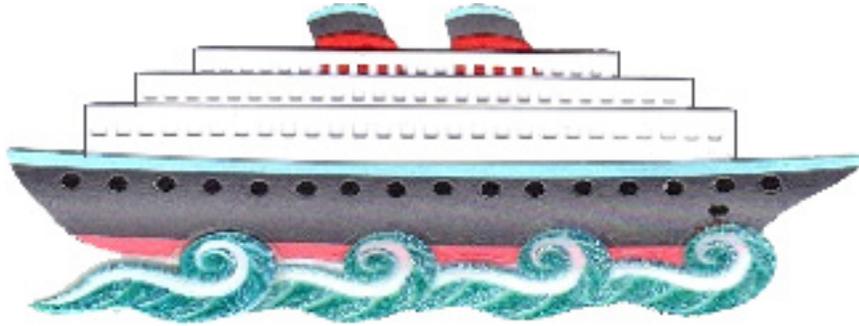
# "Cruisin with ESA"

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Kappa Iota #5442 Invites You to Come

May 18 - 20, 2018

"Cruisin with ESA"



The Lodge at Vail  
174 Gore Creek Drive  
Vail Co, 81657

Start planning your wardrobe for Cruisin' next May! Stops in Hawaii, Italy, England and a SURPRISE!

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## Receipe

### Jam Cake

3 eggs  
1 tsp. soda  
3 cups flour  
1 tsp. nutmeg  
1 c. butter  
1 tsp. cinnamon  
1 c. buttermilk  
1 tsp. ginger  
1 c. strawberry jam  
1 tsp. allspice  
1 c. chopped walnuts  
1 tsp. cloves

**Directions:** Cream sugar, eggs and butter together. Mix dry ingredients together in separate bowl. Add buttermilk and dry ingredients to creamed butter mixture; mix thoroughly. Add strawberry jam and nuts, mixing well. Put into well greased 9 x 12" pan. Bake at 350 degrees for about 1 hour. Check at 45 minutes to see if done. Can ice cake or dust with powdered sugar.

# CSC Lamplighters

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(from the May 2017 State Convention program – Gertie Chapin, author)

From 1947 through 207 there has been seventy women serving as President of the Colorado State Council. The Colorado Lamplighters, the auxiliary organization of past presidents) was organized in 1957.

*“The first state convention was held in Denver in May of 1947, from 3 p.m. on Saturday until noon on Sunday. The theme was Hawaiian with registration at \$9. The first state officers were elected and installed. Alpha Gamma chapter was in charge of the formal Saturday dance – involved securing the orchestra, making decoration and program, and securing the dates for 300 women! Invitations were sent to fraternities at DU and CU and to the Officers Club at Lowry Field. The response was adequate.”*

Agnes Clark was the first president. She had this comment after attending the IC Convention in Oklahoma City, “At the International Convention I have discovered that I have 20,000 sisters, and value them highly.”

Many of the programs and projects serving the CSC today were initiated by the past presidents: 1950- State Philanthropic; 1955 – Yearbook contest & Traveling Trophy; 1960 – Women of the Year; 1961 – Outstanding Chapter; 1963 – Circle Workshops; 1966 – Scrapbook Contest; 1978 – St. Jude as State Philanthropic Project; 1983 – Invited Lamplighters to President’s Board; 1984 – Lamplighters were assisted as advisor to State Officers; 2008 – Hope for Heroes; 2010 – ESA Dream Home for SJCRH and many other worthwhile projects.

The Lamplighters continue to serve the membership of the Colorado State Council. They are always ready to step forward to assist the membership, and continue the sisterhood of Epsilon Sigma Alpha. “We are your sisters.”



# Denver St. Jude Dream Home

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The Denver St. Jude Dream Home Giveaway campaign will kick off August 30th with a Sell-A-Thon at KDVR, Fox 31. We've just learned that the Open Houses have been pushed back due to construction delays. We will be open three weekends starting October 6th for three days each weekend ~ Fridays noon to 6 pm, Saturdays 9am to 5pm, and Sundays noon to 5 pm.

The house is located in the Reunion Subdivision in Commerce City. The address is 16270 Fairway Drive, Commerce City. Directions to the house are:

- From Pena Boulevard, take Tower Road north to 104th Avenue.
- Head west on 104th, turn right on Landmark Drive, then left on Heartland Drive.
- Turn right on Fairway Drive, where you will arrive at the Community's main gate.
- Check in with the guard on duty; then proceed to the house (left side of the street).

Key dates of the campaign are:

- August 30th: Tickets go on sale – Eligible to win “A Royal Caribbean Cruise Package”.
- September 22nd: Early Bird Prize – Eligible to win a “5-night trip for 2 to Riu Yucatan in Riviera Maya, Mexico”.
- October 13th: Bonus prize deadline – Eligible to win “2017 Lincoln MKC”.
- October 26th: Dream Home Giveaway, \$750,000 estimated value.

Nancy Cameron is soliciting volunteers. We are also looking for individuals to assist in the Dream Home Office; dates and times to be determined. We will be setting up our schedule on SignUpGenius where you can register for the dates and times you are able to volunteer. Check out SignUpGenius.com. If you cannot log in, please contact Nancy at 303-279-7365 to get registered. After you select the dates you can work, SignUpGenius will send a reminder of our work schedule.

Thanks always,  
Vickie-Chavers-Bruso & Mary Humphrey  
Denver Dream Home Co-Chairs

# Chi Kappa #5129 Happenings

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I don't know where the summer has gone!

Chloe McClantoc and myself attended State Convention in Allenspark. We had quite an adventure getting there. In the under 10 member category, Chi Kappa took 2nd place donations to the Disaster Fund, 2nd for Philanthropic Miles and 3rd place for hours. The Lamplighters did a great job. Congratulations to Kathy Garrison, Colorado's State President. Chloe and I also attended I.C. in St. Louis. We drove with Gertie, Nancy Cameron and Leslie. It was held at the new Union Station Hotel.

The hotel was beautiful but the walk to the meeting rooms in the convention part was about a block and a half. Thank goodness it was inside and air conditioned! There was a heat warning out for the time we were there. In the 100's with humidity to go along with it.

Saturday night was kicked off with Sandy's installation as I. C. President. It was beautiful. Congratulations! The awards were held after dinner and Colorado took first place for the most money raised for St. Jude's Children's Reseach Hospital. Colorado raised a whopping \$2,105,160.00. Way to go!

We are holding our chapter's planning meeting August 15th and will decide on our educationals, and make plans for our annual Chocolate Luncheon to be held on October 14th. There will be some new items this year along with the old ones. Hope you can all come!

I am planning to attend the Rocky Mountain Regional Roundup, August 11-13 at the Sunset Lodge in Fairview, Utah. It is a fun time to "let it all hang out" and hear about what the other states (Utah, Idaho, Wyoming and New Mexico) are doing. Hope you all had a good summer and are enjoying this "monsoon " season. I know my lawn does.

Rita Martin

**Editor Notes:** Deadline for the next Golden Lamp issue is October 1st. Please note the CORRECT email address: [clarencehellenh3@msn.com](mailto:clarencehellenh3@msn.com). I am sorry there is not a chaplain's corner in this issue. My email address was printed incorrectly so did not receive the chaplain's report. When I receive a report or article from someone, I will acknowledge that I received it within 1-2 days so you know I received it. If someone from your chapter is not receiving the email that the Golden Lamp is ready, let me know and will add their email address to the list. Also, a BIG thanks to my son, Derek Evans, for helping put this newsletter together. I could not have done the Golden Lamp without his help!

# Gamma Chi #3668 Happenings

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For a group of ladies that was supposed to be taking a "break" this summer, we have had a full and busy summer. Five of our green thumbed sisters started our summer with our annual planting and maintenance of the statue we have adopted in the Loveland Benson Sculpture Park.

We had a wonderful dinner at Mimi's Cafe for our annual officer installment. We were honored to have a 50 year founding member of Gamma Chi, Millie Bovee, join us for our evening out. President Phyllis Minch, Vice President Lisa Weeks, Recording Secretary Kathy Fischer, Corresponding Secretary Mary Jane Kinney, Treasurer Kathy Ellingson, Treasurer Electric Bonnie Gilmore, and Educational Director Anne Martin. Phyllis's theme for the coming year is "Proud to be an American".

Two of our members, Pat Bernhardt and Michelle Bernhardt's, grand daughter and daughter respectively, celebrated a beautiful evening wedding of McKenzie, who has been a DESA/ELAN of ESA since she was a youngster, to Travis Siemens on July 8th. Several Gamma Chi sisters helped with setting up and serving the food.

We once again volunteered at Loveland's Lake to Lake Triathlon. Six members helped out handing out lunch tickets and helping at the finish line.

We continue our support of Alternatives to Violence, The Community Kitchen, Wild West Relay, and The Edge. You will be hearing more about the Edge and the wonderful programs and housing for homeless veterans that has been chosen to be Phyllis's main philanthropic organization during her Presidency.

Hoping this finds all of our sisters healthy and happy as summer comes to a close.

Laura Williams

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*"Be the person your pet thinks you are!"*

# Zeta Chi #3868 Happenings

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In May, Zeta Chi Chapter, installed their officers for the next two years. Karolyn Kufeld was installed as president. Her theme is "Love, Peace, Loyalty". Also installed were Susan Brown, President Elect, Kay Marshall, Vice President, Marsha Newberry, secretary and Cheryl Beavers, treasurer. We got together in July at Longhorn Steakhouse, Ft. Collins, to plan our calendar year. Our first social and educational will be to visit the air traffic control center in Longmont. Afterwards we plan on lunch somewhere in Longmont.

With a heavy heart that we report we lost two of our members the past few months. Barb Follett and Helen Brautigam were longtime members of ESA and contributed so much to our chapter. Helen was honored at both the Northern Colorado Council Founder's Day and at the 2017 state convention for her 70 years of membership in ESA. She was a charter member of Zeta Chi. Three of our chapter members visited Helen in late May to present her with her 70 year pin and certificate. She was so happy and proud of her achievement. With the passing of these two great ladies, Zeta Chi, has lost so much of our history. We miss them both!

Hellen Hagel

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## Recipe

### Golden Cheerios Bars (a gluten free cookie)

4 cups Cheerios  
1 cup sugar  
1 cup salted peanuts  
½ cup corn syrup  
1 cup coconut, if desired  
1 cup cream

**Directions:** Mix cheerios, peanuts and coconut in large greased bowl. Mix sugar, corn syrup and cream in sauce pan. Cook syrup mixture over low heat, stirring occasionally, to soft ball stage (236 degrees at sea level or 226 degrees at 5,000 feet. The rule of thumb to subtract 2 degrees for every 1,000 feet of altitude. If you do not have a candy thermometer, you can drop of small amount of the syrup mixture in to cold water. If it forms a SOFT ball, this is the soft ball stage) Remove from heat. Pour syrup mixture over Cheerios mixture. Mix well. Turn out into buttered square pan, 8x8x2" or 9x9x1 ¾". With hand protected by a piece of waxed paper, pat out mixture evenly in pan. Cool. Cut into bars. Makes 32- 2 x 1" bars.



**Saturday, October 7th, 2017**

Doors Open: 10:00 am Games Begin: 10:30 am

Sponsored by the NCC (Northern Colorado Council)  
of ESA (Epsilon Sigma Alpha)

Where:

Berthoud Community Center  
248 Welch Ave., Berthoud

Fundraiser

To Benefit a Local Veteran's family and other local charities

\$10

includes: Food, Munchies, Desserts, Beverages & BUNCO  
Door Prizes Basket Drawings

Questions, please contact Hellen [clarencehellenh3@msn.com](mailto:clarencehellenh3@msn.com)  
or Chris at (970)-566-3133

Come Enjoy and then head to  
Bethoud's Annual OktoberFest  
held in Fickel Park (vendors, German food, bands, beer & wine)