

THE GOLDEN LAMP

OF COLORADO

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EPSILON SIGMA ALPHA



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2022 - 2023

Colorado State Council Officers

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Recording Secretary

Susan Bloss

Treasurer

Rita Martin

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Riki Johnston

December Gems



Butterflies don't know the color of their wings, but human eyes know how beautiful it is. Likewise, you don't know how good you are, but others can see that you are special!



Even though no one can go back and make a brand-new start. Anyone can start from now and make a brand-new ending!



Never underestimate the importance of having a person in your life who can always make you smile!

Precious Gems



Merry Christmas!



PRESIDENT'S MESSAGE

Happy Holidays everyone.

Please be mindful of what you put in the mail no matter the time of year. You should NEVER be putting cash in the mail, if you need to mail any payments send CHECKS.

Chloe McClantoc
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.

SOMETHING NEW:

******Starting with February's Newsletter. 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 send it again to make sure it comes through.

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

For February's Issue please send all info by February 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*

The Golden Lamp newsletter will be uploaded on the 15th of the on www.esacolorado.org

MERRY CHRISTMAS

Love in ESA

Jenniffer Carlson-Mazza





ESA BOOK CLUB



ESA Book Club

After the holidays, there is nothing more satisfying than sitting down with a good book. If you're looking for a very different story, try *Wish You Were Here* by Jodi Picoult. Kristen Hannah's *The Four Winds* takes us back to the Dust Bowl with all its hardships.

For non-fiction try *Maybe You Should Talk to Someone* by Lori Gottlieb. This gives a peek at what it is like when a therapist goes to a therapist.

Finally: I don't know how many C.J. Box fans are out there, but his newest book *Treasure State* continues in Montana with Cassie Dewell on the hunt for a missing client and a hidden treasure.

Happy reading everyone!

Nancy Trebella





On August 20, 2022 a Zoom training was led by Kimberly Mandrell for in-coming and continuing ESA Foundation Counselors. Important take-aways from the training include:

Voting for Foundation will be entirely electronic. This will likely be once or twice a year. To make sure you get a ballot make sure your e-mail address is up to date for individuals and for chapters.

Last year 36 scholarships were orphans and received no applications. The scholarship application window opened on 9/01/22 and closes 02/01/23. The application fee is \$5 per scholarship. Encourage students to look over the offerings and get them in on time. Work with local school guidance counselors to get the word out.

Important change to Foundation membership: The year will change from March 31 through last of February to a more traditional January 1 to December 31 year. Dues will change from \$15 per year to \$40 per year for both individuals and chapters. Life active membership remains \$500 payable at \$250 for 2 years.

Remember to use the turn-around-fund for charitable donations. This helps ESA keep their tax status.

Presently 16 Colorado Chapters are Foundation members. Numerous individuals are also members, and we hope that the dues increase will not lead to a drop in membership. Dues help fund the grant programs in the Arts, Career Enhancement and Vocational Training programs.

Nancy Trebella
Colorado Foundation Counselor





THE WEB TEAM



Colorado Web Team

www.esacolorado.org

Joyeux Noel!, Feliz Navidad!, Frohe Wiehnachten! . . . in any language, may we say "Merry Christmas" to all our Colorado sisters. We hope you have the most terrific holiday ever!

Our state website continues to thrive due to everyone who has contributed and visited the Colorado ESA website. The latest/greatest newsletters, information and forms are continually being posted to this site by contributions from our members. Without your input, our website would not be successful.

Check out our **Calendar** page for a great way to keep up on special events, due dates, conventions, and more.

Forms, forms, forms . . . we have them on their own page. Look on the upper left corner of the homepage for a direct link.

Don't forget to check the **Officers/Chairmen** page of the ESA Colorado website in the *Notices* section. Posted in this section are the CSC minutes, chapters in good standing, proposed bylaw changes, candidates for office, IC Awards and CSC Awards.

Visit the *Projects* page to view our state philanthropic projects: St. Jude Children's Research Hospital, Easterseals, and Hope for Heroes.

Reminder: The Colorado State Council has its own **zoom** account. This account is FREE and has unlimited time use as compared to the 40 minutes on the "free" Zoom accounts. To reserve a date/time contact Candie Patino.

The Colorado ESA Web Team
Bonnie, Kathy, & Candie



MESSAGE FROM GAMMA CHI



Our chapter has been very busy the past two months. This month we will be stuffing stockings for Veterans, sending them Christmas cards, and handing out the stockings at the Veterans breakfast. Gamma Chi was honored this week by receiving monies from Culver's to support the projects we are involved with. Eleven of us had lunch at Culver's and were presented with the check and cake.

November was a very busy month as we started off with a very successful MahJongg Tournament. The monies raised were for the Food Bank in memory of Lee Jordanger, our long-time sister. Then we moved on to busing tables at the Golden Corral on Veterans Day (really the following Monday night per corporate rules.) Anyway, we worked hard and met some wonderful people. We supported the annual Kayla Foundation Toys/Food Drive, by having the drop off at Phyllis's house and asking our friends to donate to this project. It was another successful drive. Before Thanksgiving we assisted this Food Bank with their annual Turkey Toss in front of our local King Soopers. It was a very cold day, but our members that helped persevered.

In November of 2020 we started our annual Amaryllis contest. To continue the tradition chapter members and friends purchased their plants and we all started them the day after Thanksgiving. Now the race is on to see who's plant blooms first. When we get together, we start comparing the progress of our plants. It does get competitive. Last year Chuck Minch won the contest.

Our sister Pat Bernhardt celebrated her 80th birthday with a fun celebration. Many ESA sisters helped her celebrate.

Gamma Chi wishes all our Colorado Sisters a Very Merry Christmas and Happy New Year.

Pam McGee and Gamma Chi





MESSAGE FROM GAMMA CHI (CONT.)



What Gamma Chi Means to Me!

My Mother used to live in a senior community in Loveland called Mirasol. It is owned by the city along with other communities including Silver Leaf. Once a year Silver Leaf residents were invited and bussed to Mirasol to play bingo. A rather large cash prize insured it was a well-attended event.

Mom is very social, loves games, and the \$\$ was another incentive, so we both played. Refreshments were served and I helped the women running clear up dishes and remnants. I spoke with one of the women who seemed to be in charge; it turned out she was Pam McGee, former ESA state president. We chatted and then I asked who she represented: who was sponsoring the game. She said it was Gamma Chi, a local sorority, and she proceeded to tell me about the organization and its basic activities. I had retired a few years earlier, fully intending to find volunteer opportunities. However, I had done nothing about that plan. Pam's explanation of Gamma Chi and their contributions to the community really struck a chord with me. I asked if I could learn more and attend a meeting with her which I did. I immediately liked the members and their plans and activities, and I eagerly joined the group.

One of my favorite things about Gamma Chi is the emphasis on learning. I have learned so much about local charities and other events and activities in the area. I became education chair and served in that position for two years and then served at the state level. We have had guest speakers representing Meals on Wheels, Community Kitchen, House of Neighborly Service, Alternatives to Violence, along with national organizations such as Run for the Wall and Honor Flight.

I also love the willingness of the members to roll up their sleeves and get to work. One of my favorite projects was making egg noodles to sell. They were so good. So many people loved them and repeatedly made requests for more. It was hard work making them, but so much fun to work for a good cause and to work with such dedicated members. Due to changes in circumstances, we no longer make them...and I miss it...AND THE NOODLES! We also hold Bunco events to earn money which again can be hard work...cooking lunch, setting up tables and chairs, cleaning up afterward. Again, what hard workers I had joined with! On Veteran's Day we help out at Golden Corral. They offer free meals to Vets, and the line for food is long and hundreds attend. We bus tables, scrape plates, and serve water. What really hard work! And yet it is done with willingness and good will. These are only a few of our money-making activities.

Gamma Chi is part of ESA and we sponsor such good causes. Easter Seals is such a great cause which has helped so many over the years, people who don't have all the breaks and advantages most of us take for granted. Hope for Heroes tries to help in small ways those who have made such sacrifices for us. St. Jude has saved so many children's lives. Their work is so noble. No one pays for services and all research is shared because their goal is to eradicate cancer not make millions.

Gamma Chi has changed my life. I have made some wonderful friends. I have found outlets for my energy and desire to help in my community. I have been introduced to a part of the community much less fortunate than I, and now have a means by which I can help. We do important work. We work hard. We care about our world and fellow humans. We want to help improve the lives of those who suffer or sacrifice. We want people to know we care and to offer them our help. What a gift I have been given!

Riki Johnston



MESSAGE FROM ALPHA OMICRON



In November and December Alpha Omicron has been busy selling tickets for our money tree. We have been able to be a part of a few craft shows in Salida, along with selling tickets at Safeway. We will raffle off the tree at our Christmas party in a couple weeks.

We have been having monthly business meetings and monthly socials. It's been nice getting back in the swing of things and being able to be back together to enjoy everyone's company.

We want to wish everyone a Merry Christmas and a Happy New year!!!

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





MESSAGE FROM KAPPA IOTA



To all our sisters and brothers in ESA, Kappa Iota chapter wishes you all a very Merry Christmas and a Happy New Year. Sit by the fire, snuggle with your loved ones and pets, have a delicious beverage, smile, and laugh.

Give smiles to everyone you see. They are free and contagious! And best of all, everybody loves to receive them.

Our chapter does not meet in December. It is our time for family and friends, and to get rested up for the coming year. We are already getting excited about 2023.

Happy days.

Eric J. Havelick





MESSAGE FROM BETA ZETA



Beta Zeta Chapter #3149 Cañon City

What a beautiful Fall in Cañon City! The leaves in our "Tree City USA" were just spectacular.

Our fall event, the Annual Soup, Salad, and Shopping Auction Luncheon fundraiser was another tremendous success, allowing us to keep supporting our many local projects, such as Meals on Wheels, the Literacy Program, and CCHS scholarships. Nancy Trebella's beautiful quilt brought \$450 for St. Jude. The event is not only a great moneymaker but a wonderful opportunity to gather with good friends.

Our chapter supports many community non-profit organizations through donations and was happy to be able to lend in-person participation during their recent fundraisers. Brews and Bikes restaurant has hosted a St. Jude event for several years. We monitor the silent auction items and this year also raised \$\$ with our gift basket. Proceeds went to the "50 for 50 for St. Jude".

Carol Dunn created a "Home Town Harvest" basket for the chapter and donated the auction item to the Orchard of Hope Angel Dinner.

A fun night was had at the Heart of Colorado CASA "Savor the Moment" evening. Our dear Mary Elin was very active with this group and Beta Zeta was honored to support the event in her honor.

Beta Zeta was honored at the annual Meals on Wheels Appreciation Luncheon for 40 years of delivering meals every Saturday in our community.

Heading into the Holiday Season and the New Year, Beta Zeta would like to wish all our ESA friends love, peace, and joy!





77th Colorado State Convention

“Precious Jewels That Glow & Shine”

May 19, 20, 21, 2023

Hosted by Colorado Lamplighters

Co-Chairs: Billie Jean Farnham & Joan Snyder

Registration: \$140 until May 1st - \$ 150 after May 1st

The Abbey Event Complex
2951 East US Highway 50

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

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

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

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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)



Forgotten Gems CSC Lamplighters

In the recent educational at the CSC Fall Board meeting, we learned that Colorado has played a very interesting part in the history of Epsilon Sigma Alpha.

One of the earliest chapters was formed in Colorado. September 13, 1929, Beta Omega, Colorado Springs, held the first installation under the ESA banner at Cliff House. 32 members were present with Adelia Prichard and Clara Leach officiating.

While the National Charter was issued February 11, 1930, from the State of Missouri, it took the ten “founders” from February 19 through June 3 to affix their signatures. They were not

gathered in one place for this, and the document had to be sent to each member in seven states. Florence Crawford from Pueblo, Colorado, signed May 16, 1930.

Stay tuned for MORE GEMS . . .



ESA NORTHERN COLORADO
COUNCIL (NCC) CHILI SUPPER

COST: \$10

THURSDAY, JANUARY 19, 2023

DOORS OPEN @ 5:30PM CHILI SERVED AT 6PM

includes chili, toppings & beverage

ALCOHOL & NON-ALCOHOL BEVERAGES
DONATED BY HIGH COUNTRY BEVERAGE



**WHERE: HIGH COUNTRY BEVERAGE
4200 RONALD REAGAN BOULEVARD
JOHNSTOWN, CO 80543**

**BONUS: Drawing tickets to purchase
FOR GIFT CARDS TO WIN**

Contact NCC President Susie Morris @ smilesatyou@gmail.com &/or 970-217-9856



MONTHLY GEM FACTS



December Birthstones

Blue Zircon • Tanzanite • Turquoise



Since the Middle Ages, **Blue Zircon** has been believed to aid in spiritual growth and to promote wisdom. Those who wear blue zircon, it is said, will find beauty and peace.



As a relatively new gemstone, **Tanzanite** does not have any mythical or mysterious powers associated with it. But what it lacks in history, it compensates with beauty in its deep blue and purple tones.



Turquoise attracts money, success and love. Its powers include protection, healing, courage, friendship, and luck. It relaxes the mind, and eases mental tension.

January Birthstone

• Garnet •



Most commonly known as red, **Garnet** comes in all colours except blue. They are known to stop hemorrhaging, cure inflammatory diseases and manage anger. Garnets symbolize fidelity, loyalty, sincerity, grace and faith.

RECIPE CORNER

Holiday Brunch Casserole

Ingredients

- 4 cups Hash Brown Potatoes (thawed)
- 1 lb Bulk Pork Sausage (cooked and drained)
- ½ lb Bacon Strips (cooked and crumbled)
- 1 Medium Green Pepper (chopped)
- 1 Green Onion (chopped)
- 2 cups Cheddar (shredded, divided)
- 4 Large Eggs
- 3 cups 2% Milk
- 1 cup Baking Mix (reduced-fat biscuit)
- ½ teaspoon Salt

Instructions

1. In a large bowl, combine the first 5 ingredients; stir in 1 cup cheese. Transfer to a greased 13x9-in. baking dish.
2. In another bowl, whisk eggs, milk, baking mix and salt until blended; pour over top. Sprinkle with remaining cheese. Refrigerate, covered, overnight.
3. Preheat oven to 375°. Remove casserole from refrigerator while oven heats. Bake, uncovered, 30-35 minutes or until a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Christmas Fudge

Ingredients

- 14 ounce can sweetened condensed milk
- 2 cups semi-sweet chocolate chips
- 1 teaspoon vanilla extract
- 2 Tablespoons Christmas sprinkles

Instructions

- Line an 8x8-inch baking pan with parchment paper and lightly spray it with non-stick cooking spray.
- Add the sweetened condensed milk and chocolate chips to a large, microwave-safe bowl. Microwave them on high for 1 minute. Stir. If the chocolate has not fully melted, microwave for an additional 30 seconds.
- Add the vanilla and stir to combine. Transfer the fudge to the parchment-lined baking sheet and spread it into an even layer out using an offset spatula.
- While the fudge is still wet, distribute the sprinkles evenly over the top.
- Place the fudge in the fridge to set for one hour.
- Once the fudge is set, slice it into squares and serve.
- Store any leftover fudge in an airtight container in the refrigerator for up to 2 days

SPOTLIGHT OF THE MONTH

HOPE FOR HEROS

- Hope for Heroes was founded by Mitch Serlin in 2010. A retired Westchester County K9 Police Officer and U.S. Army 101st Airborne Scout Sniper, Mitch struggled for many years with PTSD. Over time, he learned he was not alone. Far from it: Many of his fellow officers and friends suffered from the disorder as well or had been injured physically during their service ... and felt that their lives were cut short as a result. Mitch and those he knew who were facing PTSD and other disorders and injuries feared they'd never be able to return to doing the things they loved. Mitch formed Hope for Heroes to help change that mindset by creating experiences that are physically and emotionally possible — and therapeutic — for all Heroes.
- Hope for Heroes refers to individuals who have served in the military, as well as police officers, firefighters and EMTs as *true* Heroes. These individuals have answered the call and made the brave choice to sacrifice everything for us — our safety, our freedom, and our country.
- Founder Mitch Serlin also hosts yearly events at his personal lodge nestled comfortably on 1600 acres in Burkesville, Kentucky, which enables Heroes to enjoy extended vacations and adventure trips.
- Hope for Heroes outings are curated not only for our Heroes but also for their families, friends and caregivers who work tirelessly to care for their loved ones

