

THE GOLDEN LAMP

OF COLORADO

October / 2022
VOLUME 77 / ISSUE 2



IN THIS ISSUE

TAKE A LOOK INSIDE

Presidents Message

Jr Past President

Golden Lamp Editor

State Events

Officer Reports

Chapter Reports

Forgotten Gems

Facts Corner

Recipe Corner

Spotlight of the month

2022 - 2023 Colorado State Council Officers

President

Chloe McClantoc

President Elect

Karen Addison

Corresponding Secretary

Leslie Stevens

Recording Secretary

Susan Bloss

Treasurer

Rita Martin

Parliamentarian

Riki Johnston

October Gems



Life is 10% what happens to us, and 90% how we react to it.



The kindest thing you can do for someone else is listen without forming an opinion.



Always remember you are braver than you believe, stronger than you seem, smarter than you think, and loved more than you know.

Precious Gems



PRESIDENT'S MESSAGE

I would like to thank everyone who came to Fall Board it was a great meeting we had. The last couple months have been a whirlwind adventure. We drove to IC convention in July and a little over a week after getting back from IC we drove to Moab, Utah for Rocky Mountain Regional Roundup. We were able to see Arches National Park while we were there, it was beautiful. In your Yearbooks we have ALL the CURRENT Colorado Award Forms; please, please, please utilize these as they will help each chairperson correctly calculate totals at the end of the year. I am looking forward to seeing everyone at various events in the next couple of months.

Chloe McClantoc
2022-2023 CSC State President





JR. PAST PRESIDENT



THANK YOU THANK YOU THANK YOU THANK YOU

I wanted to thank all you for the wonderful awards the state of Colorado received at IC this summer for 2021-22. Everyone in the state should be proud of themselves.

I already mentioned our Disaster Award. Here are the others:

- Philanthropic Award - State Monies, 1st Place \$2,633,937.68
- ESA for St Jude - State Donating Most Dollars Per Member Award, 3rd Place \$6,900
- ESA for St. Jude - Largest Individual Event Award, 1st Place Denver Dream Home, \$1,379,021.
- During the Parade of State Colorado received ESA for St. Jude - \$22 Million Dollar Pinnacle Award and 2nd place for Most Dollars raised in 2021-2022, \$2,228,733.00.

Again well done. Thank you very much

Pam McGee
Junior Past President



GOLDEN LAMP EDITOR

Hello ESA Member's

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.

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

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

Please send all articles to: goldenlampnewsletter@gmail.com

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

*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

If you have not signed up to receive 2022-2023 articles, please email me with your address and I will add you to the list

Love in ESA
Jenniffer Carlson-Mazza





ST. JUDE DREAM HOME



Colorado Springs: The winner of the 9th Dream Home is from Peyton, CO; she has accepted the prize and will be moving in! Construction of the 10th home will begin this fall with tickets tentatively going on sale next May.

Denver: Wow, the Denver Campaign sold out early! Yes, all 20,000 tickets sold in 15 days! Thank you to Nancy C, Vickie, Mary H, Rita, Chloe, Shirley T, Yvonne, Joyce, Susie H, and Linda who helped in the office. It takes a village processing the tickets, ensuring all have been printed, preparing those for mailing if the customer does not have an email address, calling folks with questions or rejected credit cards, filing, and preparing the tickets for the auditor for the drawing.

Just two weekends left hosting open houses; thank you to those staffing the home, we couldn't do it without you. It's fun to hear folks discussing why they should win, or which bedroom will be theirs—only seven to select from.

The drawing is October 13 on KDVR Fox 31 and Channel 2. Furniture Row will be hosting “cash n carry” October 22, selling the furniture staged in the home.

Below are Susie and Mary at the Wall Signing and Ribbon Cutting September 16.

Denver Dream Home Co-Chairs: Mary, Nancy, and Vickie

Colorado Springs Co-Chairs: Alice and Jenny



DISASTER FUND

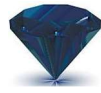
I would like to take this opportunity to first thank Vickie for the great job she did as our state Disaster Chairman last year. *Because of her hard work Colorado received 1st place for Most Monies Raised \$4,852.* I have my work cut out for me.

I raised \$91 for the three items I have for raising money for the Disaster Fund. Two necklaces and wall quilt hanging. Vickie handed me two checks for a total of \$500 and one I had from the State Convention for \$100. I was able to send LeAnn Wray our IC Disaster Chairman checks for \$691. Great start to this year. Tickets for those three items will be drawn at the State Convention in Canon City.

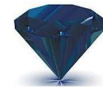
I appreciate all your support.

Pam McGee





HOPE FOR HEROS



Hope for Heroes Bunco Fundraiser Sept 9, 2022

Zeta Nu 5608 in Colorado Springs hosted a Hope for Heroes Bunco Night Fundraiser to benefit Angels of America's Fallen. We had 52 men and women in attendance. We had chance drawings for various gift baskets and local art items as well as a 50/50 drawing.

The organizations founder and CEO, Joe Lewis, gave a preliminary talk explaining how AoAF was formed. Though founded in Colorado Springs in 2012, it is now a national program that provides for the children of fallen military, police and firefighters. This program finances the child as they grow up including sport music and other arts opportunities that they would have been able to do if they hadn't lost a parent. For more information, visit aoafallen.org.





ESA FOR ST. JUDE



I want to start off with how proud I feel to be the St Jude Representative for ESA in Colorado.

I am amazed at how many activities go on from all of the Chapters.

In September there are various locations and dates for the St. Jude Walk/Run.

On December 3, 2022 there is a St. Jude Marathon / Half Marathon / 10K / 5K in Memphis, TN)

ESA / St. Jude 50 for 50 Challenge – runs until December 31, 2022.

Each month I will receive ideas from other states on various games to raise fund & etc.

This month's idea was a game from Carolyn McNamara from Missouri. It is called Heads and Tails.

There is an elimination factor to it, so that you are left with only one winner. But the eliminating happens so fast that people waiting to play the next round don't have to wait long.

What you need: A lot of people and one coin (let's use a quarter).

How to play: Everyone stand up. Tell them that they need to select heads or tails before you flip the coin each time you flip it. They indicate heads by putting both hands on their head. They indicate tails by putting both hands on their rear. Whatever the coin says, those people stay in the game and advance to the next flip. The eliminated people (their side did NOT flip) must sit down and wait for the next game. Repeat this over and over until you are left with one final winner.

Tips:

- Don't worry, this game moves fast
- Before you flip, say "ONE-TWO-THREE-Lock it in!" so that players all lock in their heads or tails at the same time.
- No switching selection after you say "lock it in!" If a player does so, they're out.
- Let the winner be the coin flipper for the game after they win.

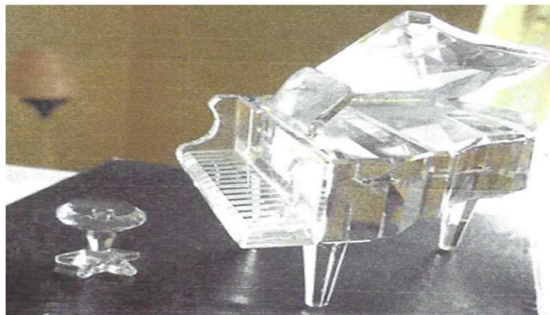
I will share more ideas with you each time that we meet.

Please Note that all cash donations from members and chapters should be sent (by the donors) directly to ESA HQ using the ESAF form. Do not hold any money.

Our Dream Homes in Colorado Springs and here in the Denver area are doing well. Keep up the great work all of you ESA workers.

Always give me a call with your questions. I do not have all the answers but I will help research the answers with you.

Shirley Conway





CORRESPONDING SECRETARY



Here are the changes for the State Yearbook, I have received:

Delta Chi #5052 - Akron

President:

Lindsey Gilbert
38689 Hwy. 34
Otis, CO 80720
H: 970-630-8511
lindseyjgilbert@gmail.com

Treasurer:

Lori Baer
703 W. 11th St.
Akron, CO 80720
H: 970-554-2569
lornajeanbaer@hotmail.com

Kappa Iota #5442 - Golden

Treasurer:

Nancy Cameron
16690 W. 11th Ave.
Golden CO 80401
H: 303-279-7365
NCNoremac@aol.com

Please also check your Yearbooks to see if you have the Colorado State Committees pages. I've had at least one book without them. Just email me and I will email that back to you.

We had a GREAT Fall Board meeting!! Congratulations to Chloe on her first official State meeting!



2021 - 2022
Woman of
the Year
was
honored at
Fall Board
due to her
absence at
Convention



President
Chloe was
presented
with year
Year's
banner.



Dinner out was "loaded" with fun! Even our waiter "John" got in the fun!

AWARDS

Hello!

I sure had fun at the fall board meeting and really enjoyed the educational!

It was so much fun catching up with everyone and getting in hugs. Heck, they even presented me with an award for “Woman of The Year”. Thank you for the honor!

God willing, I am planning on being at convention this year to present awards. So that means I need chapters to work hard and document all their efforts and turn in reports. I would like to celebrate how great we are!

Love,

Vickie Chavers-Bruso





THE WEB TEAM



Web Team

esacolorado.org

Fall Board in Lakewood was SO great. Congratulations to Chloe and her board on our first 2022-23 meeting. We loved seeing all our sisters – such beautiful gems! So many smiling faces and HUGS!

Updated ESA 2022-23 information has been harvested and uploaded to the ESA Colorado website. For those who do not receive yearbooks, visit the **Yearbook** page. Remember any section containing member addresses/phone numbers are password protected.

Be sure to check the **Calendar Page**. Current events and individual monthly calendars with links to flyers for each event – even cancellations are posted here. If you would like your meeting or event included on the calendar, please contact the Web Team.

Minutes from CSC meetings, Award Winners, Easterseals Wish List, and “*Identify Theft*” presentation are found on the **Officers/Chairmen** page.

Great pictures from Dream Homes and radiothons can be viewed on the **Projects Page** in the St. Jude section. Information on Easterseals and Hope for Heroes including pictures for Colorado activities are also featured on this page. Please share your events and pictures for this page - they are most welcome!

Can't find what you need? Visit the *Site Info Map* found on upper left menu of the home page.

Your web team is always available to gladly assist. We invite you to share your comments and suggestions.

Chapters as well as councils are taking advantage of our state **Zoom** account. It's free and offers unlimited conference time. Contact Candie for your reservation.

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



MESSAGE FROM GAMMA CHI



During August we helped at the Community Kitchen and Food Bank. We also met with Sigma Rho and held a NCC meeting at one of their members' homes. We had a nice time and planned our upcoming NCC Bunco Party.

Four members attended Chloe's Fall Board meeting and the rest of the chapter was helping at Pastels on Fifth, which is Alternative's To Violence annual fundraiser. Since Dillon, who owns Culver's in Johnstown provides a lot of support to Gammi Chi, Phyllis and Kerry went to support him and other Culver's in Denver.

With schools back in session we are busy with Vision and Hearing Testing at five different schools. It is always enjoyable to give a few hours and help the schools. Our big event for the St. Jude 50/50 celebration was to be docents for the Fort Collins Historic Home Tour. We volunteered the day at the "Shaw House", owned by Tyson and Katie Hall. It is a beautiful home filled with a variety of antiques and hundreds of books. This house has a lot of history and was moved in 1974 from College Avenue, where it was a fraternity house to its present location. Three members didn't get in the photo, but we also had two women in the photo that helped and hopefully may join.

At our September meeting Phyllis introduced our educational program for the year. Each member will be reporting on the beautifully painted hearts throughout Loveland.

November 5th we will be hosting a Mahjongg Tournament at Zion Lutheran Church in Loveland. We are hoping there are ESA members that are Mahjongg players and you'll come and join us. This fundraiser is for the Larimer County Food Bank in memory of our *sister Lee Johdnger, a 40 year member of Gamma Chi.*

Also, in November we will hold another Blood Drive.

Gamma Chi wishes all their Colorado sisters a Happy Fall Season.

Pam





MESSAGE FROM GAMMA CHI (CONT.)



ALTERNATIVES TO VIOLENCE:

Pastels on 5th

Loveland is a unique community in many respects. The beautiful setting at the eastern end of the Big Thompson Canyon is one part of that. Its artsy atmosphere with galleries, museums, sculptures, and foundries is another aspect of its unique qualities. It is also known as the sweetheart city with its emphasis on love particularly around Valentine's Day.

Loveland has several organizations that emphasize loving and caring for each other in the community. One such organization is Alternatives to Violence. As president of Gamma Chi, I selected ATV as the organization we would help during my tenure. As a child, my family was affected by domestic violence, so this organization was an obvious choice for me.

ATV provides onsite aid after an incident of domestic violence, along with assistance after sexual assault or in cases of human trafficking. They provide shelter, education, resources, safety planning, referrals to local resources, emergency shelter, 24-hour crisis intervention, and community education programs.

One of the major means of supporting these services is through an annual event known as Pastels on 5th held each year on the second Saturday in September. It takes place on 5th Street by the Loveland Museum and is a community wide event in which artists, businesses, and downtown Loveland work together, transforming downtown into a sidewalk gallery with beautiful and unique artwork. Artwork is created on the sidewalk by local and regional artists using brightly colored pastel chalk. Judges select their favorite works in the juried awards that include cash prizes for the winners. Community members get to vote for their favorite works in the People's Choice awards.

Along with art there is live music, Artist Marketplace, and a children's art area.

Alternatives to Violence does a major part of planning this event. This is also their major money-making event to help support their safe house and work. In spite of the wet, chilly weather this year, the art was fantastic, and the event brought in over \$50,000 for ATV. Loveland should be proud of its big heart and its show of support for all its residents.

Riki Johnston





MESSAGE FROM ALPHA OMICRON



Our chapter has been busy these last couple of months.

August, we held our first yard sale where everything was by donation only to St. Jude. We raised \$1,200.00. At our yard sale my daughter Adi also had a lemonade/cookie stand. She raised \$113.00 and all proceeds also went to St. Jude. With the money we made at the yard sale we will be doing the St. Jude 50/50 Challenge.

In September we signed up for the St. Jude 5K virtual walk. On September 24th 7 members of our chapter along with 3 of our kiddos participated in walking the 5K. As of today, our chapter has raised \$2,633.00 which is \$1,488.00 more than we raised last year.

I want to give a HUGE shout out to my 5-year-old daughter Adi who raised almost \$2,000.00. When I told her our chapter signed up for the 5K walk, she asked if I could teach her more about St. Jude. We sat down and watched about 3 videos when she asked me if she could help. I set our goal at \$500.00 once we reached that she asked if we could raise our goal, after that she raised it 3 more times and she is still bringing in donations. I am very proud of her!!

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





MESSAGE FROM BETA ZETA



Beta Zeta at 60!

Beta Zeta was chartered on May 9, 1962, in Cañon City with fifteen charter members.

The group has been a force during these many years, supporting many projects with our donations of time and money. So many women have formed lasting friendships, learned about our area and the world, helped countless families, children, and seniors in our community.

So, CELEBRATE! President Nancy Bosse planned a “Rock and Roll Sock Hop” on August 27. Throwback foods like “green” Jello, pigs-in-a-blanket, cheese fondue, and pineapple upside-down cake were enjoyed. Music from the 50s and 60s brought back memories of our crazy youth. Nancy also found vintage candy like Necco wafers and Tootsie Rolls.

We invited many of our former members and received messages of congratulations from several of them. Gini Springmeyer, Gerda Anderson, Mary Sandner, and Cheryl Kuiken were able to attend the gathering. Omega Chi members from Florence wore their groovy attire invoking the era of “Flower Power”. Several members brought old scrapbooks and pictures prompting amusement at how young we all were and the clothes we wore back then. A few tears were shed for our sisters who are no longer with us and the love we all shared.

The party was capped off with a group picture around Ray Dunn’s vintage Pontiac Lemans. Here’s to 60 more!





MESSAGE FROM ZETA NU



October is ESA Recruitment Month! Does your chapter have any plans to invite new prospects? There are some great ideas on the ESA website for recruitment month.

Zeta Nu recently had a fundraiser and we always have the attendees sign a registration form. We make note of anyone who seemed interested in learning more about ESA and invite them to attend our next meeting or social. Who do you know that might be ready to get involved? How about those Moms who recently saw their last son or daughter graduate from high school? Or your neighbor who retired? That lady you sometimes visit with at church? The stay-at-home Mom who needs some “me” time outside of the home. Start a conversation and explain what ESA means to you. This is a service group, a volunteer organization, but it’s so much more! It’s a social group, a support group, a lifetime friendship group!

Next month, our chapter will have a recruitment social. I like the Taco Tuesday idea! I’d love to hear what your chapter has planned!

Karen Addison
President Elect
karenadd@live.com





MESSAGE FROM KAPPA IOTA



The Kappa Iota chapter had a busy summer. While most people take vacations, go camping, fishing, etc. Eric and Lori Havelick-Anderson spent the summer going to Farmers markets in Ridgway and Montrose. The original goal was to raise \$1000 for St. Jude Children's hospital through drawings and games at the markets. Eric made plaques and lazy Susan's, with different wood burning patterns. We sold ten-dollar tickets for those pieces. I got a few requests from people to make a special piece for them. I also found an art store in Ouray that is interested in selling some of my pieces.

Lori made some wooden bookmarks and coasters that went to kids that wanted to spin the prize wheel for one dollar per spin.

We counted the money we collected between selling drawing tickets, wheel spins, and other donations. Our total came out to \$1,750.00. We wrote a check for St. Jude Children's hospital and sent it in to go toward the 50/50 donations.

It was a great summer. We are looking forward to starting our planning for next year. Maybe we can raise \$2000 next year! Good times.





FORGOTTEN GEMS OF COLORADO STATE COUNCIL

THE EVOLUTION OF THE GOLDEN LAMP

1946-1949 DENVER CITY COUNCIL NEWSPAPER WAS "THE ESA RAY"

1952-1954 COLORADO STATE COUNCIL (CSC) PUBLISHED "ECHOES OF ESA"

1961-1967 CSC PUBLISHED "ESA NEWS" EDITOR WAS BETTY TURETZKY, ALPHA GAMMA,
DENVER

1967 CSC MADE THE EDITOR A SEPARATE APPOINTMENT TO THE STATE BOARD

A CONTEST WAS HELD TO NAME THE PAPER - MARY ALICE COVELLI, BETA EPSILON, FORT
MORGAN WON WITH THE TITLE, "THE GOLDEN LAMP"





MONTHLY GEM FACTS



October

PINK TOURMALINE



Symbolizes hopeful love and passion, and as a safeguard against negativity. It is also known as the stone of humanitarians.

♦ Pink tourmaline is believed to enhance an individual's natural psychic abilities.

♦ Pink tourmaline has long been used as a communication enhancer.

APPEARANCE

Tourmaline has an immense color range, which means that many "pink tourmaline" stones have other distinct bands of color (such as green, blue, brown, and black) side by side within the stone.

HEALING AND METAPHYSICAL PROPERTIES

Pink tourmaline encourages compassion towards others, and is a popular gem for therapists and alternative healers. Some consider it an effective treatment for deeply-held emotional pain. Tourmaline is also believed to treat chronic digestive problems and panic attacks.

INTERESTING FACT

When pink tourmaline is heated up, the vibrancy of the color will become increasingly dull.

SECONDARY STONE

Opal

November CITRINE



Symbolizes personal strength, success, and abundance.

♦ The abundance of citrine means that even large stones can be used affordably in jewelry.

♦ Some report citrine to be an effective tool when conducting dream recall work.

APPEARANCE

Citrine is a pale yellow stone that often has shades of orange, red, and brown. Typically, the darker the color, the more valued a particular citrine stone will be.

HEALING AND METAPHYSICAL PROPERTIES

Some believe that citrine has the ability to bolster creativity, and that it can help improve self-control for those that have self-destructive habits or tendencies. It is also used as a treatment for heart and kidney disorders, and sometimes to promote liver and digestive tract health.

INTERESTING FACT

The yellow color of citrine, and in fact what makes it citrine at all, is derived from iron impurities in a quartz crystal.

SECONDARY STONE

Topaz

RECIPE CORNER

Pumpkin Bread

- ½ cup vegetable oil
- 2 tablespoons butter, melted
- 1 large egg
- 2 tablespoons milk
- ½ teaspoon pure vanilla extract
- 1 cup pumpkin puree
- 1 cup light brown sugar, packed
- 3 teaspoons ground cinnamon
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon nutmeg
- 1 ¼ cups all-purpose flour
- 1 ½ teaspoon baking soda
- ½ teaspoon salt

Instructions

Preheat the oven to 350°F. Prepare a loaf pan. Spray with cooking spray and line the bottom and sides with parchment paper.

Beat the wet ingredients: Combine the oil, butter, egg, milk and vanilla extract and beat together until well combined. Then add the pumpkin puree and continue mixing until well combined.

Beat in the dry ingredients: First add the brown sugar and continue beating until well combined. Then beat in the spices: cinnamon, pumpkin spice and nutmeg. Add the remaining dry ingredients: flour, baking soda and salt and beat just until the flour is incorporated. Use a spatula to mix the batter, ensuring all ingredients are well combined.

Bake: Pour the batter in the prepared pan. Bake at 350°F for 45-50 minutes on the middle rack of the oven or until a toothpick inserted in the center of the loaf comes out clean. Cool for at least 1 hour before slicing.

Grape Salad

- 1 cup chopped pecans
- ⅓ cup white sugar
- 1 (8 ounce) package cream cheese, softened
- 1 teaspoon vanilla extract
- 2 pounds red seedless grapes

Instructions

1. Place pecans in a skillet over medium-low heat; cook and stir until pecans are toasted and fragrant, 3 to 5 minutes. Remove from heat and pour into a heatproof bowl; stir to prevent nuts from overcooking.
2. Beat sugar, cream cheese, and vanilla extract together with an electric mixer in a bowl until smooth. Fold in pecans and grapes. Stir gently until grapes are coated.



SPOTLIGHT OF THE MONTH

St. Jude Children's Research Hospital

- St. Jude has eight affiliate clinics across the United States that can offer much of a child's care closer to their location. The physicians and staff at these sites work in collaboration with the staff of St. Jude to deliver state-of-the-art care and innovative clinical trials.
- Instead of wheelchairs, small children are put in bright red wagons where they can relax surrounded by blankets and stuffed animals, plus there's room for the mum's purse as well. Parents can leave these wagons anywhere—they don't have to return them to a specific spot, volunteers do that.
- They have special events, like prom and graduation, so that kids don't have to miss these milestones.
- The hospital has its own garden and saves money by growing as much of their own produce as possible.
- They have a school in the basement, so the kids don't get too behind on their schoolwork. And, when children return home, the staff at St Jude work with their teachers to come up with ways to teach other kids about cancer, so the former patients aren't ostracized by their peers.
- The entire hospital is decorated with bright images, the housing is gorgeous, the grounds well-manicured and peaceful.

