



Catching the Dreams of ESA

2010-2011

Epsilon Sigma Alpha
INTERNATIONAL®

The Golden Lamp of Colorado

January 2011

Officer Reports

PRESIDENT

Dear Colorado Sisters,

Tis' the season to act like a kid again and go outside and have a snowball fight, or make snow angels. Or maybe: Tis' the season to curl up in that favorite easy chair with a warm blanket and a good book. For some of us: Tis' the season to celebrate Colorado's very first St. Jude Dream Home. Last month a group of us met with ALSAC representatives for some very preliminary training. The handout received at this meeting is posted on our website. At the time of the meeting the selection of a contractor had not been finalized but in all probability the home will be located somewhere in the South Denver area. Currently it is anticipated breaking ground on the Dream Home sometime in May with completion sometime in October. Fox Channel 31 will be the news media promoting the Dream Home Campaign. Our first task was to find volunteers willing to become certified games managers.

Colorado's Bingo and Raffle license requires games managers to be certified with the State of Colorado. I am pleased to announce that Nancy Cameron will chair this committee. Also on the committee will be Gayle Davis and Vickie Martinez representing Denver Alpha Council and Kathy Garrison and Rita Martin representing Denver Epsilon Council. This is the first step but we have a lot of work ahead of us and we will need everyone's assistance to make this a successful project. We will definitely be discussing this more at Spring Board so mark your calendars for March 18-19, 2011 in Loveland. The registration form is on the website and attached.

Remember the February 15 deadline for nominations. If you are at all willing to running for a state office or would be willing to accept an appointed office, please do not wait to the last minute, contact Cathy W. now and let her know of your interest. I know she would appreciate hearing from members all over the state.

2010- 2011 Colorado State Council Officers

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Lamplighter President - Alice Robinson
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Jr. Easter Seals - Anita Miller
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Convention Co-Chair-Donna Lea VanStone
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ESA Foundation Counselor-Pam McGee
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Golden Lamp Editor - Wendy Gleason
Philanthropic-Vickie Martinez
Publicity/Outreach-Hellen Hagel
Scrapbook-Judy Barker

I was going to wait until Spring Board and announce this but I can't wait. I received word from IC President Dora Dill that Jamie Atchison will be our IC representative this year! Jamie was the IC President last year. We are very fortunate to have Jamie with us and I know you ladies will show her a very good time.

I just received word from Vicky Jones, IC Treasurer, that there are still several Colorado chapters and councils that have not paid their IC dues. If your chapter or council has not paid their dues, please consider paying them soon. Chapters/Councils that have paid their IC dues maintain voting rights for IC offices or policy changes. Per Vicky those Chapters/Councils that do not pay IC dues are not eligible to claim non-profit status.

May 2011 be a fantastic year for each and every one of you.

Bonnie Gillmore, Colorado State President

PRESIDENT ELECT

Greetings Colorado Sisters,

I hope that each of you had a most joyous holiday season and that the spirit of the season will remain with you all year long.

This is the time of year when the President Elect implores the membership to "Run for State Office". So, I will start with Boo Hoo, Boo Hoo, Boo Hoo-- my mail box is completely devoid of Nomination Forms. So, Ladies--fill out that Nomination Form and send it to Montrose. This is the time to share your unique talents and expertise with all of Colorado ESA. PLEASE let us not go the way of other service organizations--and I relate to many conversations that I have heard--"we just couldn't get anyone to run for office or fill the chairs--so we shut the doors and just quit the organization". I know that we love each other and ESA too much to see that happen, and I also know that Colorado has a wealth of talent just waiting to be shared. As I have shared in other articles, the opportunity to serve on the Colorado State Council is an incredible experience of growth, knowledge, sharing, and getting to know your Colorado sisters. It is an experience that you will never regret. If you have ever had inkling to be a State Officer and share your ideas--fill out that form and send it. Just remember that you are the future of ESA. So, Ladies--no more disappointments at the mailbox, and please don't wait until February 15th to send your Nomination Form. Until then, God Bless and take care.

Love,
Cathy Westlake, Colorado State President Elect

VICE PRESIDENT

Did you make a New Year's resolution to share the sisterhood of ESA? If not, recommend making a commitment today to share ESA with at least ONE new member or a former member so they too may "Catch the Dreams of ESA". To quote Eleanor Roosevelt, "The future belongs to those who believe in the beauty of their dreams."

With Valentine's Day fast approaching, share the ten jewels surrounding the open book on your badge. These are pearls, ever synonymous with wisdom. Each jewel has a special significance to the wearer of the pin.

- | | | |
|----------------------------------|-----------------------------|-------------------------------|
| ◆The First Pearl - Wisdom | ◆The Second Pearl - Beauty | ◆The Third Pearl - Strength |
| ◆The Fourth Pearl - Truth | ◆The Fifth Pearl - Fidelity | ◆The Sixth Pearl - Fellowship |
| ◆The Seventh Pearl - Cooperation | ◆The Eighth Pearl - Loyalty | |
| ◆The Ninth Pearl - Vision | ◆The Tenth Pearl - Service | |

Together they comprise ten attributes, which every ESA member strives to achieve in life. Let's share these attributes with those who need the opportunities offered through membership in ESA and don't know it!! Let's continue to ask people to join as we **Recruit**, **Reinstate**, **Retain** and **Recognize** members.

Make that commitment today: To pledge at least ONE new member during 2011. "One Dream One Vision for ESA brings Good Friends, Good Works, and Good Times."

2011 Calendar

Golden Lamp Articles Due:
February 1, 2011
April 1, 2011
June 1, 2011

March 18-19 - Spring Board
Loveland, Colorado

May 20- 22, 2011 - State Convention
Lakewood, Colorado

July 19-24, 2011 - International
Convention Overland Park, KS

The Membership Team is here to help in any way that we can. Contact myself, Cathy Westlake (President-Elect), or Hellen Hagel (Publicity/Outreach Chairman).

Agape` ,

Mary Humphrey, Colorado State Vice President

EASTER SEALS

Easter Seals started out with a donation over \$900.00.

I am asking for all chapters to collect for the "Mountain of Towels" for Easter Seals Camp. Thank you in advance. Please bring them to the Friday night mixer at the state convention in May.

I have Precious Moments statues if any chapter would like to take one and sell tickets; proceeds would go to Easter Seals. Please e-mail me and I will get the statue to your chapter. My e-mail address is b.preston@bresnan.net Help would be greatly appreciated.

Barbara Preston, Colorado State Sr. Easter Seals



Colorado Council News

DENVER ALPHA COUNCIL Denver, Colorado

You are invited to Denver Alpha Council's ♥ Valentine Social.

It will be held January 22, 2011, from 1 to 3 p.m. at Jefferson Avenue United Methodist Church, 44th & Kipling, Wheat Ridge.

We will be making ♥ Valentine cards for the residents at the State Veteran's Home in Aurora and the troops at Landstuhl Regional Medical Center (LRMC) in Germany. Bring your supplies. If you prefer to make cards prior, please join us and bring the cards to the social.

We will have a guest speaker who is an Army reservist that has just returned from serving two years at LRMC. The Beta Alpha chapter will provide refreshments. Please RSVP to Judith Evans 303-771-3897 or Mary Humphrey 303-622-4695.

Also, we will be collecting the following items for the Landstuhl Hospital Care Project:
♥ Phone cards (120 minute domestic only with no expiration date). Note Sam's Club sells AT&T Prepaid Phone Cards - 60 min. - 15 pk (\$31).
♥ Women's underwear (size 5 and 6 only).
♥ Women's sport bras (30-38).

Old cell phones will also be collected for "Cell Phones for Soldiers". The cell phones are sold to a company that recycles them. The money received from recycling cell phones is used to purchase calling cards for to the troops.

Also, we will be collecting Christmas card fronts with "no writing" on them for St. Jude Children's Research Hospital. We have a drop off point that will accept them through January.

Mary Humphrey



DENVER EPSILON COUNCIL
Denver, Colorado

We met December 14th at Gardens of St. Elizabeth for our Christmas Party and a short meeting. There were 30 present and one guest, Shirley Telinde. We brought hats, gloves, socks and toiletries to be donated to the Denver Rescue Mission. Cards were passed around to be signed for Dorothy Roy and Jean Kump.

Those of us that attended the ESA/St. Jude Dream House meeting gave a report on the meeting and what ESA's part will entail. After feasting on different Finger Foods and desserts, we played Left, Right and Center. Everyone brought a roll of Nickels to play with and at the end of the evening all money was donated to the Council. A good time was had by all.

Rita Martin

Colorado Chapter News

ALPHA GAMMA #174
Denver, Colorado

Our chapter met again at B.J. Marshall's Holly Creek venue, but with a twist...we had lunch in the Bistro there, which was delightful. Donna Lea VanStone gave her educational report on the dollar bill. We learned that the currency had evolved through the years with many changes and safeguards, despite the drop in value!

Jessie Summers and Betty T. reported the sale at San Marino netted a nice profit for St. Jude. They each baked up a storm and the other chapter members contributed jewelry and novelty items.

The Denver Alpha Council Christmas luncheon was a gala affair, thanks to all the committee members.

Our raffles there netted another contribution to our philanthropic fund. We are beginning to feel right at home at the Lakewood Holiday Inn.

The December meeting was held at the House of Windsor Tea Room, for which Donna Lea made arrangements. Due to a many ailing members and some traveling ones, we did not have a quorum, but we had a lively discussion and made suggestions.

Alpha Gamma's own Christmas celebration was at Fox Hollow. It was a fun get-together, with six members and seven guests present. We missed the Hommas couple, and hope Jan is quickly recovering from her surgery.

Here's to a healthier, happier New Year for our members and for all Colorado ESA sisters.

Betty T.

ALPHA OMICRON #770
Salida, Colorado

Happy New Year to all! We concluded our year with a Christmas dinner. This year we decided not to get our Secret Sisters a Christmas gift. Instead we collected money for two different families in the community. Both families were so happy to receive the financial help to get them through Christmas.

The sale of raffle tickets for our \$100 Christmas tree went better than ever! When we mentioned St. Jude Children's Hospital everyone seemed to buy a ticket (or several). Our winner of the drawing was happy too.

Our Educationals continue to be fun and informative. Our president, Norma Conroe, chose Live, Laugh, Love as her Theme and we have been giving educationals on celebrities who fit in this category. We hope this coming year will bring happiness to you all.

Anita Miller



BETA ALPHA #5416
Aurora, Colorado

Beta Alpha hosted a Christmas party for the residents of the Colorado State Veterans Nursing Home at Fitzsimons in Aurora December 18th. A dozen girls from our ELAN Dani's Girl Scout Cadets troop and their chaperones helped with the party activities, serving and visiting with the residents. Santa and Mrs. Claus made a surprise visit and passed out holiday favors and pinecones decorated like miniature Christmas trees. The residents were given a keepsake photo taken with Santa and Mrs. Claus. As the residents departed the party, they were given a blanket made by the chapter members and our ELAN. A total of 187 blankets were made for every resident. The Volunteer Coordinator distributed the blankets to those unable to attend.

Agape`,
Mary

CHI KAPPA #5129
Denver, Colorado

Our December meeting was held at President Debi Strong's. Dorothy Roy joined us by phone, as she is still recovering from back surgery. Dorothy is not recovering as fast as she had hoped. She is in the Johnson Center Rehab part of her Complex.

Betty Ziska and Rita Martin attended the ESA/St Jude's Dream house meeting at ALSAC and gave a report. This is an exciting event for the state of Colorado!

We had a tree trimming party at Phyllis Vrbas's new apartment bringing the tree and all the decorations, her place looked real festive when we finished. Then we all went to lunch at Old Chicago's.



On December 9th we had an excursion to Tactile Textile Arts Center for their open house and sale. It is a new Art Co-Op and is located in a warehouse section behind the Denver Dumb Friends. They had lots of lovely things for sale ranging from \$10.00 to \$800. But we got lots of good ideas for our own crafts. Then we went to Chilies for Dinner.

We held our Christmas party at The Old Neighborhood Restaurant, where we exchanged Christmas presents and revealed our secret sisters. Chi Kappa wishes you all a safe and Happy New Year!

Dorothy Roy

EPSILON EPSILON #1896
Denver, Colorado

November and December kept the chapter on its fast pace. We continued our quest of gathering items for Senior Support. On December 2nd we spent the evening filling the 100 bags with socks, hats, gloves, hand warmers, snacks and hygiene items. The chapter purchased apples and oranges to make them complete. New members Diane Branham and Gayle Schladale helped deliver the bags. They were glad they were able to see the results of a project.

Kristen Garrison, a Forest Service Representative, gave our November educational. She spoke on replanting after a forest fire.

I guess you could say our December educational was how to host a tea. Joan Schlafer and Kathy Garrison were the hostesses at our Christmas tea on December 11th. The tables were decorated with lighted wreaths. The teapots were a variety from silver to a rabbit. There was an assortment of scones and tea sandwiches along with clotted cream and jam. Every one got to take their teacup home, as our gift to them. Besides door prizes, there was a large assortment of items that were raffled. We also had cookies, candy, breads and even chocolate covered cherries all home made for sale. We plan to make this an annual affair, so put us on your calendar for next December.

We had our chapter Christmas party after the tea. Chairman Nancy Cameron started us out by having us take off our shoes and put on some fuzzy socks "sure felt good" we had lots of fun guessing who our secret sister was, a few got it on the first try while others had to take several turns before they figured it out.

Next on our fun list was the Denver Alpha Council Christmas party. More good food and fun!

Wishing you all a very Happy New Year!!
The Scribe

GAMMA CHI #3668 Loveland, Colorado

Gamma Chi has been working hard to take care of others during the holiday season. We hosted and donated items to the homeless at the NCC Brunch. We hosted a Christmas Dinner Party for our Silver Leaf Bingo players that included holiday stockings full of gifts. The Gamma Chi Chapter donated funds to Be A Gift Mom's Dinner on December 5 and some of our members also volunteered their time and talent to the event. Many of us donated their time to arrange flowers and dress the hall for a member's son's wedding reception. For our Chapter Christmas Celebration social, we shared a beautiful brunch and exchanged small gifts at the Swan House in Loveland.

Not one to rest on our laurels, our plans for the rest of 2011 include our Gamma Chi Annual Fundraiser "Fun Fashion Cents", hosting the Spring Board in March, and continuing to work for our community and better ourselves.

Sincerely,
Denise Young

KAPPA IOTA #5442 Golden, Colorado

Ah-h-h! Thanksgiving and Christmas were wonderful feasts. I am grateful to have been with my family and friends. Our Chaplain, Angie Zimbleman said it best when her closing thought at our last meeting was, "Thanksgiving is, after all, an action word."

On November 3rd, we filled 500 boxes for the Thanksgiving donation. It was elbow to elbow, and we all had a good time. Nancy, Sandy, Joan and Gail served the Homeless shelter meal on November 16. I'm sure the meal was very tasty and well appreciated. Joan offered to put together the Thanksgiving basket for the "St. Jude Give Thanks Walk" in Colorado Springs that was held on November 20th. It was wonderful to see so many people participating in the 5K. A special thanks to Alice Robinson who coordinated the walk. Our treat after the walk was to have lunch together at The Egg and I. We were very lucky to have nice weather on November 21st when we helped distribute the Thanksgiving boxes. We were told that JAC received approximately 2,500 requests for a Thanksgiving box this year. This is up 37% from last year. It was such a pleasure to see happy families driving away, knowing that they would be able to have a festive meal.

A special thank you goes to Pat for hosting our Christmas lunch and meeting on December 4. The DAC Christmas luncheon was held on December 11. It was wonderful to see familiar faces and to make new acquaintances. The Santa Shop was a huge success. Joanne, Nancy, Pat, and Angie Z. volunteered their time on Friday, December 17th. On Saturday, Ed Z., Angie Z., Angie B., and Sandy joined forces to finish the Santa Shop. Angie Z. brought two very welcome volunteers to help. Thanks to Travis and Kate for all of their help.

"The Angie's", Nancy and Pat teamed up to provide a meal at the homeless shelter on December 21. The shelter was full to capacity that night.

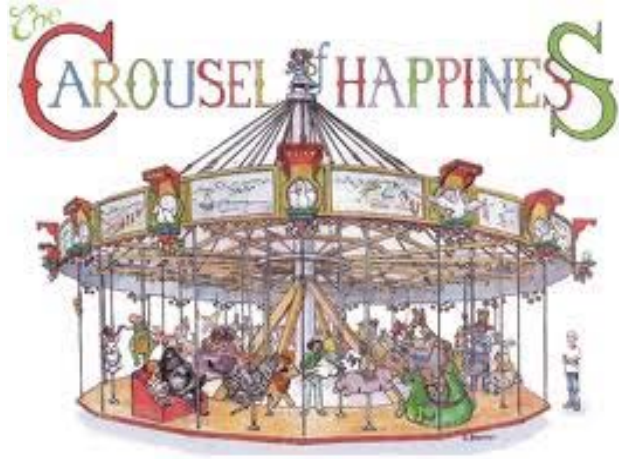
We at Kappa Iota hope you had a beautiful and memorable Christmas. We look forward to a New Year together with our Sisters.

Kappa Cat Reporter

**THETA ETA #2830
DENVER**

We have been very busy the last couple months. O'Tooles had a Christmas tree decorated with names of under privileged kiddos and 3 things they wanted for Christmas. We filled 25 gifts and added hats and gloves to each package. We also fixed a Thanksgiving basket for a family plus a stuffed animal for their little girl. We helped a family of 7 for Christmas with gift certificates for food, clothes & gifts. And fixed 50 Halloween bags and 50 Christmas bags for Jeffco Action Center. We also fix dinner once a month for Jeffco Action Homeless Shelter. And we made blankets for the Neonatal unit at Swedish Medical Center.

Our Educational took us to the Chautauqua Assembly in Boulder. This was followed by brunch in the Hotel Dining Room that was built in 1898 and is on the National Registry. On July 4th, 1898, four thousand people from Boulder came to see the opening of Chautauqua Culture and Educational Retreat. Only 3 remain west of the Mississippi. Then to bring the child out in each of us we went to Nederland to see and ride the "Carousel of Happiness". Scott Harrison; a Marine from the Vietnam War spent 22 years restoring the carousel frame and carved a complete menagerie of 38 wooden animals. They are beautiful! So take a trip to Nederland and take a ride.



We had our Christmas Party at Paula and Dick Lieberman's home. Everyone brought finger food (lots of finger food!). We found out who our Secret Sister was for the year which is always a nice surprise.

Please remember: "Attitude is a choice, made daily".

Till next time,
Pat Overall

**ZETA OMICRON #4016
Cedaredge, CO**

Just a note about our terrific Christmas Party! Again, we did the Progressive Dinner and what a great time we did have. We had cocktails and snacks at the home of Frank and Elaine Muldowney (she is our President) and they did a splendid job of decorating their home for this occasion, then we went to the home of Jim and Carol Vela for the main meal. Carol cooked the ham and the turkey and Jim did the lights and moved furniture and Carol put out her Santa Claus collection. Truly joyous! Side dishes were brought by other members. We then moved to the home of Mary and Dale Calahan for dessert and gift exchanging. Delicious! We exchanged Secret Sister gifts and the "funny gifts" for the men were hilarious. Everyone had a super terrific time and we look forward to this as a truly special affair at the holiday season. Also, Carol Vela again did her handmade wreaths made out of greens and dried flowers from her ranch. So beautiful and so fragrant they last until the middle of February. We sold these at the local grocery store and did very well. Thank you Carol, for all of your hard work.

This is all from Zeta Omicron at this time. Oh by the way--we are doing a Pledge Ceremony for FOUR PLEDGES at our January meeting!!!!

Lots of love to all
--Cathy

**Colorado State Council
Spring Board Meeting
March 18 - 19, 2011**

*First Christian Church
2000 North Lincoln Ave
Loveland, CO 80538*

**Registration ~ \$40
Registration Deadline is March 4, 2011**

<u>Friday</u>	<u>Saturday</u>
4 - 6pm Registration	7 - 9am Registration
6pm Dinner	8am Breakfast
	Noon Lunch

*~ Accommodations ~
Quality Inn
1639 E Eisenhower Blvd.
970.635.9500*

Discounted rates by mentioning Epsilon Sigma Alpha
Room Rate: \$79.95 + tax/Double Queen
Qualityinn.com

Please send registration form and check (by chapter if possible) Payable to:
Kathy Ellingson 1803 N Cameo Ave, Loveland, CO 80538

Questions: Bonnie 970.669.6717 physics@lamar.colostate.edu
Kathy 970.310.7723 kwak@aol.com

Chapter Name/Number_____

	Fri & Sat	Sat only
Member Name_____		
Member Name_____		
Member Name_____		
Member Name_____		
Member Name_____		
Member Name_____		

Guest Name_____

Guest Name_____

Total Enclosed \$_____

Please note any special dietary needs_____

DEADLINE ~~~ Friday, March 4th ~~~

NOTES FROM THE EDITOR

Please get any articles, activities, chapter photos or anything you want to share as soon as possible. Let's have a great year! ~Wendy Gleason

Deadline for Submissions	Published Dates
September 1, 2010	September 15, 2010
November 1, 2010	November 15, 2010
January 1, 2011	January 15, 2011
February 1, 2011	February 15, 2011
April 1, 2011	April 15, 2011
June 1, 2011	June 15, 2011

GOLDEN LAMP EDITOR

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