

The Kentucky Lamplighter

December 2022

Volume 69, Issue 2



Inside this issue:

Executive Board News	1-4
Appointed Board News	5-7
State Fundraiser Tee-Shirt Info	7
Hugs Project	8
Chapter News	8-11
Meet our New Members	11-12
Recipes	13
Tee-Shirt Form	14
Christmas DIY Ornament	15
Kappa Psi Crop Form	16

"In our togetherness as a team, castle are built"

- Irish Proverb

Kentucky State President, Diana Cohen Gives Updates



I hope everyone is doing well this Winter. I am writing this on the day of the first snowfall. My two oldest grandsons, Aiden (in Murray) and Dorian (in Louisville) got their driver's licenses. How time flies!! I got my REAL ID a few weeks ago. Remember, starting in May 2023 you need a REAL ID or passport to get on a plane.

It has been a busy past few months in ESA with Fall Board in Louisville and SERC in Orlando. I have so much to update everyone on!

Fall Board

Fall Board was a great success!! THANK YOU to my sisters in Kappa Psi for a fun gathering!! THANK YOU to everyone who attended and for the Teacup Auction donations. A **BIG THANK YOU** for the donations to The Hugs Projects of Western Kentucky. In our first workshop, we deco-

rated cards to include in the care packages that are mailed, by The Hugs Project, to military service members in unsafe areas. Alpha Epsilon's **Velva Yoe-man** delivered the Hugs Project donations.

After lunch, Dr. Delores Cummings from Casting for Recovery, spoke to us. She is a passionate speaker!! Casting for Recovery provides healing outdoor retreats for women with breast cancer, at no cost to the participants. The retreats offer opportunities for women to find inspiration, discover renewed energy for life, and experience healing connections with other women and nature. The staff for the retreat is all volunteer. Thank you to Kappa Psi's **Maria Bordador** (a Physical Therapist for the retreat) for asking Dr. Cummings to visit us. Kappa Psi presented Dr. Cummings with a donation.

In the afternoon workshop, we made clay pot gnomes. **Why gnomes?** My Chapter, Kappa Psi, made clay pot gnomes as an educational in June while I was on vacation in Las Vegas. I was SO sad to have missed this opportunity to make a gnome, and therefore.... **GNOMES AT FALL BOARD!!** They

State President, Diana Cohen (continued)

turned out so cute!! **THANK YOU, Karen Williams**, for indulging me with this workshop!!

Business at Fall Board

No contracts have been signed, but it is likely State Convention will be April 22, 2023 in Louisville. **MARK YOUR CALENDARS!!**

Typically, the IC President provides a cause she would like ESA chapters to support. The current IC President, Denise Holdaway, asks that we support ESA Headquarters. We spend so much helping others, but sometimes you need to help yourself. ESA HQ is feeling the financial pressures as membership declines. Any donation will help them maintain the staff and level of service we have all come to expect.

The maximum amount payable by the Disaster Fund has increased from \$5,000 to \$7,500.

There are proposed bylaw changes for next year. With the current qualification requirements, it is becoming increasingly difficult to find members willing to serve on the Executive Board.

SERC Convention

Seven (7) members from Ken-

tucky attended SERC Convention in Orlando, FL. It was good to gather with everyone again. The weather was beautiful...we rode a train...5 visited a museum of Tiffany glass and Velva went on the canal boat tour... spent some money shopping.

Kappa Psi's, Kelli Thornberry, was elected SERC Recording Secretary. Congratulations Kelli!!

THANK YOU, Chapters and Members, for the gift card donations for the SERC Finance Project!! Kentucky's purse was a blue Vera Bradley bag, style "Mandy", filled with **\$370** in gift cards!! In the purse auction, it generated the most money, going for **\$575**. SERC raised just over \$3,300 in the purse auction.

Kentucky received two (2) awards at SERC:

- 1st place Joyce Robyn Rushing
Award for highest percentage membership growth. **KEEP IT UP!!**
- 2nd place Barbara Riley Circle of Life Award (amount of St. Jude donations per member)

The 2023 SERC Convention will be in Savannah, Georgia Oct 27-28, 2023. The 2024 SERC Convention will be in Little Rock,

Arkansas Oct 25-27, 2024.

There was a Courtesy bid by South Carolina for SERC 2025. 2025 will be a challenging year as SERC will host the IC Convention in July 2025 and then have the usual SERC Convention in October 2025. Much work to do in 2025!!

Charlotte Carloni, ESA Executive Director spoke:

As of SERC Convention, Kentucky had 42 \$50 for 50 St. Jude donations. The SERC states total-to-date was \$44,950.

Asked for support for the Sustaining Membership Program. COVID was very hard on collegiate chapters. The funds have been used thus far for start-up of collegiate chapters and alumni meetings to get ex-collegiate members back into ESA.

ESA HQ is going green: dues can be auto-billed to a credit card on file, email reminders for dues instead of paper bills, virtual membership cards by Sept 2023.

SERC States donated \$2,155 to Easterseals and \$13,791.73 to the Disaster Fund.

State President, Diana Cohen (continued)

IC 2023 in Grapevine TX will have the Lip Sync contest that was a HUGE hit at the last IC Convention.

Denise Holdaway, IC President, also from the SERC state of Arkansas, gave a PASSIONATE speech about membership. It was quite the dressing-down. Some of her thoughts:

Membership is the #1 issue in ESA. Do you want your children and grandchildren to be able to join ESA someday? ESA has to start with the ALL the colleges including community colleges and trade schools. St. Jude and Easterseals needs

US more than we need them. Who will take over? Who will be hurt?

The SERC States St. Jude total was \$7,085,581.90.

Omission from IC Convention

In my last article I mentioned a young woman names Mariaangeles who spoke at the IC Convention but did not tell her story. She is a St. Jude patient AND an ESA member. St. Jude is the largest cause for ESA and this is her story in a nutshell. In 2000, 13-year-old Mariaangeles was diagnosed with a fungal infection and AML, a blood and bone marrow cancer, untreatable in her country of Venezuela. She was given one

week to live. In Memphis, Mariaangeles endured 5 rounds of chemotherapy in 6 months, with the miserable side effects known from that treatment. She remembers a visit from Robin Williams, who she ONLY recognized because he was in the movie "Peter Pan". 6 days before her 14th birthday, she was declared cancer-free. In 2017, Mariaangeles started working for ALSAC. This is a clinical rendition of the events, but in person, it was heart wrenching to hear her tell her story. *To Mariaangeles and her family, ESA members are friends and family.*

I look forward to seeing you in Louisville next April!!

Vice-President, Kelli Thornberry

Gears up for Spring Membership Push

Happy Holidays, I hope you all are enjoying the sunshine, the rain, the cold, and the snow. Pick one and in an hour it will happen we all know how the weather Kentucky likes to change. If you joined us in Florida for SERC you would have enjoyed the sunshine and the warmth. You also would have

seen a few Donkeys in the hotel, a Mermaid, a Giant Peach, an Old Woman in a Bathrobe n' curlers, and even Freddie Mercury!!! Needless to say, we all had fun and a lot of laughter.

Check out all the pictures in this issue of *The Kentucky Lamplighter*.



Vice-President, Kelli Thornberry Gears up for Spring Membership Push (continued)

I just want to say you don't want to miss next year's SERC Conference in Pooler which they say is Cooler. That is Savannah, Georgia.

I want to invite you all to the 2022 State Convention in Louisville. We are going to have a lot of fun. Heck grandma might show up in her curlers again.

But the best part of convention is going to be the step-by-step guide for a membership event. The **May is for Members!** We need to increase our numbers and share our great organization with everyone we know. We are going to give you a step-by-step guide to having your membership event. So, it will be easy peasy

lemon squeezy. So come on out, and just so you know there is a great shopping center right across the street and we will even have a HUGE Fireworks event.

Don't forget to order your state t-shirts. They are super cute. The deadline to order is March 1st. This state fundraiser will help our state treasury.



Treasurer, Karen Williams Gives Friendly Reminder about Chapter Dues

A good time was had by all members who attended Fall Board in Louisville. Lunch was tasty, the workshops were hands-on, and there was a phenomenal speaker from Casting for Recovery sharing their organization's mission. Thank you to Kappa Psi for hosting the meeting.

Thank you to the chapters who

donated items to the Teacup Auction at Fall Board. Along with a Split the Pot, we raised \$266.50 for the state treasury. We plan to have a silent auction at this year's convention. We ask each chapter to donate 2-3 items.

A friendly reminder to the few chapters that haven't paid dues to the state; it is time to pay chapter dues. Each chapter

pays \$25 plus \$15 per member. If your chapter has not paid, please send dues to Karen Williams 198 Benjamin Place Mt. Washington, KY 40047. Checks should be written to the Kentucky State Council. If you are unsure of your paid status, please contact me at

karencw77@yahoo.com

Chaplain, Velva Yeomans Bids Farewell to Two Members

The Kentucky State Council bids farewell to two more members.



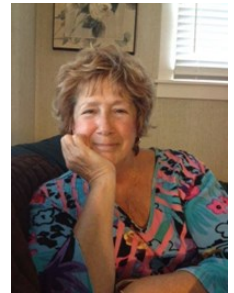
Carolyn Tarrence
(December 31, 1940– July 24, 2022)

Carolyn Tarrence was a member of Alpha Theta Chapter #662 and previously, Beta Chi Chapter.

Carolyn was a 30-year member and was a past Kentucky State Council President.

Nancy Langford
(June 7, 1944 – July 26, 2022)

Nancy Langford pledged Delta Tau Chapter #3901 on August 1, 2008. She was a fun-loving member who enjoyed all the philanthropic work ESA had to offer.



IRISH CHRISTMAS BLESSING

*God grant you lightness in your step,
A smile on every face you meet,
Loved ones gathered at your hearth,
And at your door, good friends to greet.
A holy hymn on your lips,
A window candle burning bright,
And may the good Lord bless your heart
And come to dwell there Christmas night.*



Advent season is here, and as each awaits Christmas Eve and Day, may you experience the peace and joy the season brings. My wish for you is a VERY MERRY CHRISTMAS and A HAPPY NEW YEAR.

Please resolve in 2023 to keep in touch with your Chaplain as the occasion demands that we may not break that chain of blue and gold.

Easterseals Chair Laurie Mulroony Thanks Chapters for Donations

Hello fellow ESA sisters. I would like to thank all chapters that have done fundraisers and sent donations for Easterseals.

Alpha Theta, from Bowling Green, raised \$425.00 by playing BINGO as their Fundraiser in July and Delta Tau sent a \$100.00 donation in August. Kappa Psi will be having an Easterseals fundraiser event sometime this coming Spring. If there are any other chapters that's planning a fundraiser or

sending a donation, please send me details at

ESALaurie@yahoo.com

If you have a check from a fundraiser or donation, please send it to:

Laurie Mulroony
240 Louis Lane
Mt Washington, KY, 40047

I've included a small article taken from the Easterseals of Kentucky website for more insight into what services are provided.

Please consider a donation in the future.

Easterseals of Kentucky

Easterseals of Kentucky has nine branches throughout the state. Services may include early intervention, physical and occupational therapy as well as speech and hearing therapy. Please contact your individual branch to learn more about these services. Use www.easterseals.com to locate the office nearest you by entering in your zip code

Have a wonderful Thanksgiving, a blessed Christmas Holiday and a Happy New Year!

Educational Chair Diane Smith Shares Educational Program

Kappa Psi had a Chair Yoga Educational taught by our own Philanthropic Chapter Chair, Maria Bordador in October. We learned a lot, had fun and were able to relax in the process.

I would love to share your chapter's Educationals. Please send your completed form to ddsmith98@gmail.com.

I look forward to hearing from your chapter.



ESA Foundation Counselor, Sue Williams Informs Us About Scholarships

As your Foundation Counselor a large part of my job is to make everyone aware of the Scholarships that are available to anyone. Many scholarships were not even awarded last year because no one applied for them. We need to get the word out that this money is there. The Foundation has designed a business card that you can personalize with your information and the QR Code that will take you right to ESA's Scholarship section. Please print some out and distribute to anyone who would benefit from the information. It might be a next door neighbor or the Guidance Counselors at the local high school. Let's get the word out.

President of the Past Presidents' Auxiliary Veva Yeomans Gives *Kernellettes* Information

Six past presidents were present for the Fall Board Meeting in Louisville -- great turnout and thanks, ladies! Four of these same ladies attended the SERC conference in Orlando.

Did you realize that the Kernellettes maintains a fund to assist Kentucky members with expenses associated with running for an IC office? Unless the state president appoints someone else, the Kernellettes acts as official hostesses to the IC and SERC reps attending state convention. They also pay \$50 toward installation expenses at state convention. The Auxiliary also pays for the savings bond awarded to the Outstanding Youth. And there is more -- read your bylaws and you will find out all kinds of amazing things these ladies do.

Scrapbook Chair, Karen Williams Needs Pictures & Memorabilia

I continue to need YOUR help with collecting pictures and materials from the various conventions and events you have attended. If you have taken pictures or picked up handouts, booklets, table decor during Diana's year as president and are willing to share, please email me the photo as an attachment to karencw77@yahoo.com. These pictures can include: Installation at State Convention, Fall Board, travels to SERC or IC Convention and much more. Your contributions are what makes a scrapbook.

St. Jude Chair Sandy Pritchett Celebrates the 50/50 Campaign

Hello All! Hope everyone is enjoying the beautiful Fall weather we have been having in Kentucky. The leaves were gorgeous this year!

We are nearing the end of the 50/50 campaign for St. Jude. As most of you are aware, this is the 50th anniversary of St. Jude and ESA. We are continuing our campaign for each state to make 50, \$50.00 donations to St. Jude to celebrate this special event. The fundraising started in January and will end in December. ESA na-

tional headquarters continue to track the donations. Collectively, Kentucky chapters have made 30 (\$50.00) donations for this challenge, with Delta Tau leading the way. Each chapter has done a great job collecting and donating to this cause. There is still time to get your chapter's donation in and help push us toward our goal!!! In other news, the dream homes in Bowling Green and Lexington have been completed and sold (that makes a total of three for Kentucky this year). The grand total of donations from Kentucky

to St. Jude reported at the end of October is approximately \$1.4 million. How awesome is that!!

As the weather gets colder, our thoughts turn toward Thanksgiving and Christmas. From now till the end of year, I am sure you will be very busy. I wish you a safe and happy holiday season and look forward to the excitement and challenges of a new year!!

Thank you for everything you have done or will do for St. Jude!

Kentucky State Council Tee-Shirt Fundraiser

Each year the Kentucky State Council holds either a Tea Cup Auction or Silent Auction for our fundraisers at the annual State Convention and Fall Board.

Since everyone does not attend those events, the State Executive Board decided to hold a fundraiser that everyone gets to participate in.

You have a choice of short sleeve or long sleeve Tee-shirts. Cost is \$25 for short sleeve tee, sizes XS- 2XL and \$28 for sizes 3X and 4X. Long sleeve tee cost is

\$35 for sizes XS- 3X.

Colors to choose are heather raspberry, heather column blue or heather kelly green.

The front of the shirt will have the Kentucky state outline in solid black with Epsilon Sigma Alpha printed in the middle (see picture).

The deadline to order your tee-shirt is March 1, 2023. Mail your form and money to:

Karen Williams • 198 Benjamin Place • Mt. Washington, KY 40047

Make checks payable to Kappa Psi.

There is a Tee-shirt form in this issue of *The Kentucky Lamp-lighter*.



Hugs Project of Western Kentucky, Velva Yeomans

Yearly, our state president selects a philanthropic project for emphasis during her term of office. Diana selected The Hugs Project of Western Kentucky which is headquarter in Paducah. This project was started a number of years ago by Gaynon and Donna Ferguson when their son was deployed to the Middle East. After the son had received a few packages, he asked if they would send packages to others that he noticed never received any kind of mail or packages from home. Diana had located this project on-line; was very interested and knew she could get donated items to Paducah.

When Board Meeting was over, all those items you brought to Louisville were loaded into Vicky Jones' vehicle to start their way to Paducah. Once making their way to Vicky's house, they were trans-

ferred to the trunk of my car. The trunk was stuffed. After making contact with the Fergusons, a plan was hatched to get your donations to The Hugs Project house. This house had been the home of Gaynon's father and when title was transferred, it became the place where the Ferguson's and many volunteers gathered on a set schedule to first sort, then pack, boxes for shipment. The house is a modest five-room, well-kept structure. To make everything run smoothy, the house was remodeled with a room outfitted for each step of the operation. Quite an organization has evolved and every month 80 to 100 (depending on contributions received) boxes are shipped to servicemen and servicewomen deployed overseas. Shipping costs are a major item.

When Gaynon took me to the house, he gave a thorough tour of how operations proceed. I was impressed! As donations come in, they are separated and moved to the appropriate room which makes packing the boxes easy. The staff at the local Marine office prepare and run all the mailing labels. Once everything is packed and labeled, the post office is called, and they are picked up and they are on their way. to brighten the day for the deployed military.

Fundraising is constant, along with those who regularly contribute to their financial wellbeing, two organizations which are big supports are the Bikers and the Southside Kiawna's Club.

Thanks to all of you who participated in The Hugs of Western Kentucky project.

Kentucky State Council Chapters

Share their News

Alpha Delta - Hopkinsville

Alpha Delta wants to give a BIG shout-out to Kappa Psi Chapter for hosting an incredible Fall Board. Vicky Jones attended. Chapter President Tiffany Quebe had planned to attend, but ended up sick with pneumonia. The fellowship, food, meeting, and workshops were incredible!!

On another note, Vicky Jones attended the SERC Conference

in Orlando, Florida. A fun time was had by all. We are very excited that Kentucky's own, **Kelli Thornberry, won the SERC Recording Secretary** election - way to go Kelli. The Alpha Delta members are very proud of you!!

Alpha Epsilon - Paducah

Channel 6 has announced that there will be a 2023 St. Jude Dream Home in Paducah so the chapter expects to be involved

with the open houses; however, ticket processing will be done in Louisville by Kappa Psi and Delta Tau chapters. Velva attended the SERC conference in Orlando. Velva also worked the Veteran's Day Parade and from 8:30 a.m. until after the parade, helped serve coffee and donuts to those gathered at Dolly McNutt Plaza for the opening ceremonies and starting site for the parade.

Chapter News Continued . . .

Alpha Mu—Murray

Alpha Mu is selling pecans again this year...in fact, for about 40 years. Carolyn Stubblefield and Kathie Fleming meet for lunch once a month and talk over business and share information. We are good friends and support each other in any way we can. We still enjoy calling ourselves a chapter and being a part of ESA even though we are so small. We are helping provide items for the back pack sacks that go home with children in need every weekend. We wish all our sisters a good holiday season and a very Merry Christmas.

Alpha Theta - Bowling Green

Alpha Theta is busy preparing for the holiday season.

We have already begun to collect scarves, hats and gloves for the Salvation Army. We also have the opportunity to volunteer for the Salvation Army Angel Tree in December at the local Mall.

Contacts have been made and some of our members will be involved in Wreaths Across America here in Bowling Green.

Dorothy Hunter is leading the decorating of the Alpha Theta Christmas Tree at the Eloise B. Houchens Center Trees of Christmas annual celebration.

Of course, with all of this work, there must be a social involved! Alpha Theta met at the home of Marge Green.

Marge is limited on traveling for meetings, so we had the social at her home. We all took food and

enjoyed our visit!

Our next social will be our



Christmas Dinner with good food, socializing and reminiscing with ESA memorabilia. The memorabilia was that of Peggy Thompson's given to the Chapter by her family.

Alpha Theta is beginning to look ahead to 2023 and making preparations for our annual Heart Luncheon and Fashion Show. More information to come after the holiday season.

Those of us who attended Fall Board would like to Thank everyone that made Fall Board such a fun, memorable day!

Finally, we are wishing everyone and their families a Happy Thanksgiving, Merry Christmas and best wishes for the New Year.

Beta Nu—Cadiz

In October Beta Nu hosted a golf tournament. All funds raised in the golf tournament goes to the angel tree. We are getting ready to be busy working on the Trigg County Angel Tree. We will be taking care of 291 children and special need adults.

Delta Tau - Louisville

We are happy to share that we have been very busy these last few months with our regular monthly meetings, social outings, and adding new members to our group!

State President Diana Cohen conducted a pledged ceremony on November 11th.



We were so happy to be able to help with the St. Jude Dream Home. Along with our sister chapter, we processed over two million dollars in ticket sales for the Paducah, Lexington and Louisville Dream Homes. Everything went very smoothly. After working this project a few years in the past, we knew just what to do. Diana was always there to help solve any problems or concerns. It was a big sell out and now it's over until next year. Thanks to everyone who was able to help, it was a team effort!

A big thank you to Vantara Massey (St. Jude representative) for the thank you dinner.

We have been working hard at several craft fairs during the months of October and November. We have been able to

Chapter News Continued . . .

Delta Tau continued

donate \$500 to Crossroads mission for Eastern Kentucky, \$100 to Easter Seals, \$100 to Ronald McDonald House, \$500 to Muscle Charity, and have sent a truckload of new and donated books to Letcher School Library in Eastern Kentucky. We are presently collecting health and cleaning items for SPARC Hope, an agency that helps single parents.

At our meeting in October, we made decorative pumpkins that were sold at one craft fair and will be making pine cone turkeys and angels to sell at the next two craft fairs in November. We are welcoming two new members at our November meeting and planning a Christmas luncheon for the month of December.

As always, it is a joy and a blessing to be part of ESA and to know that the service we do benefits so many others!

Gamma Tau—Henderson

Happy Fall and Thanksgiving from all your Gamma Tau cohorts!!! We are wishing all of you the very, very best in all that you do this holiday Season!!! Time is flying by and it will be 2023 before you can blink an eye. 2022 had it's ups and downs for all of us but one thing that has kept us going is our Sisters...life is so much better when we do it with those who love and care about us!!!

We are excited to report that we have three new traditional members: Janet Burke, Sandra Jo Casey and Shelah Powers. Three amazing ladies and a perfect fit for Gamma Tau!!! We also have new officers: Our Queen Bee: Laura McGrail, Vice Queen Bee: Sandy Pritchett, Treasurer: Glenda Sutton, and Secretary: Dawn Wheeler...the remainder of Gamma Tau, their worker bees!!!

Not all of us like crafts but we all do what we can. Janet is awesome with making up cards and she has been leading us in helping Audubon Kids Zone, a local group who helps the East Enders of Henderson from school age to adulthood in being responsible and active community members for Henderson County. We've made Mother's Day cards, Thank you cards, and next who knows what...probably Christmas and wherever our imagination takes us. The kids love having us there and thoroughly enjoy whatever Janet has thought up for them to do.

Sylvia and Wendy made Sandy Lee Watkins Songwriters thank you notes. They had an all call for any and all old jeans and came up with quite a unique note. Songwriters were very impressed and of course all were signed made by the Gamma Tau Chapter of Epsilon Sigma Alpha!

We sent Sunshine Baskets to those Sisters who needed a little extra TLC. We made paper cor-sages lead by Jennifer Murphy for

our Daddy Daughter Dance. Unfortunately, we had to postpone that event till a later date. But, the good news is that we are prepared for whenever that may be!!! In August Keevie Vincent celebrated her 50th Birthday with a Masquerade Ball. Amanda Rice's Daughter, Mabrey was First Runner Up in Henderson County's Distinguished Young Women's Competition...she is one extremely talented young lady!!! We had our annual Gamma Tau Garage Sale on October 1st at Sylvia's home on highway 60. All our proceeds we donated to St. Jude. We sold 4 cases of pecans...thank you so much Kathie Fleming for the hook up. We continue to collect books for AKZ and collect "G" dollars for Parkinson's. We are buying and volunteering in laying wreathes for Wreaths Across America in Henderson. We are sponsoring 4 children for our local Angel Tree. We are busy bees for sure and we love what we do!!!

Love and hugs from all of us!!! Here's to an amazing 2023 for us all!!!

Kappa Psi - Louisville

As the year is coming to a close, Kappa Psi has been and is still busy. We recently finished up

working on 2 Dream Homes, Lexington and Bowling Green. We also helped Delta Tau with

Chapter News Continued . . .

Kappa Psi continued

Louisville and they helped us. ALSAC hosted an appreciation dinner at Aspen Creek as a thank you and presented us with the large ceremonial check for over 1 million dollars that our hard work helped to process.

We are having our Fall Scrapbook Crop this weekend. We have a good following thanks to our scrapbook guru Diane. The Aloft Hotel treats us very well, so we have been returning there. We have already scheduled our spring crop in March. If you are interested in joining us just let us know. A copy of the registration

form is in this issue of *The Kentucky Lamplighter*.

We hosted and had a good time at Fall Board. We had 3 workshops. Two benefited our servicemen and one was for fun. If you weren't there, we missed you. Please come to the state fall boards and conventions. It is so nice to see old friends and to introduce our new members to everyone.

November brings us to Thanksgiving. We have a needy family that we are supplying with food along with a gift card for our local grocery store.

Christmas is just around the corner. We have a family that really needs our help. Karen loves to do the shopping and wrapping so we are happy to pass that job along to her. Some of us add to what the chapter provides. Giving a family the Christmas that they wouldn't have without us is what the season is all about.

We wish you all a very Merry Christmas and a Happy, Health New Year.

Meet Our New ESA Chapter Members

Gamma Tau Chapter

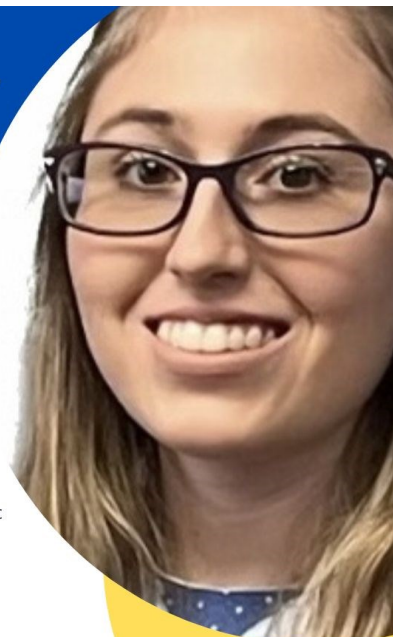


Dawn Critser

Job/Profession: Currently a student at Murray State University majoring in graphic design.

Hobbies: I like to play online role playing games, work on small crafts, or just simply spend time with my tortie cat named Lily.

What I like Most About ESA: My favorite part of ESA is its community of love, support, kindness, and fellowship



New ESA Chapter Members continued

Delta Tau Chapter



Debbie Jenkins

Job/Profession: I taught 1st and 2nd grades for 42 years and just retired in 2022.

Hobbies: I love to read, travel, and take walks while listening to my music

What I like Most About ESA: I love ESA because it shows me how a small group of women can impact the community!



Delta Tau Chapter



Susie Wilkerson

Job/Profession: I retired from Aegon as a Senior Testing Analyst in the IT Department. .

Hobbies: I enjoy sewing, reading, playing games on my iPad but mostly being involved with my church.

Why I joined ESA: I wanted to get involved in the great community service work they do, particularly with St. Jude.



Thelma Waggoner's Original Chex Mix Recipe

Growing up as a kid, it didn't seem like Christmas around my house without the aroma of Chex Mix being cooked in the oven. I can still smell the wonderful fragrances of garlic and other spices filling the kitchen as mom prepared this tasty treat.

Ingredients:

3 cups Corn Chex
3 cups Rice Chex
3 cups Wheat Chex
1 cup mixed nuts
1 cup bite-size pretzels
1 cup garlic-flavor bite-size bagel

Seasoning:

1 tablespoon Worcestershire sauce
1 ½ teaspoons seasoned salt
¾ teaspoon garlic powder
½ teaspoon onion powder



Directions:

- 1) Preheat oven to 250°
- 2) In large roasting pan, *(the one you fix the turkey in)* mix cereals, nuts, pretzels and Rye Chips – set aside.
- 3) In a small microwavable bowl, microwave butter uncovered on high about 40 seconds or until melted.
- 4) Stir in seasonings.
- 5) Pour over cereal mixture, stir until evenly coated.
- 6) Place in oven and “toast” for approximately 50 minutes, stirring every 10 minutes.
- 7) Cool on paper towels and store in airtight containers.

Carmel Apple Dump Cake by Sherry Suggs

This recipe was shared with me by a dear friend. It was a huge hit with my family. I took it to work and had to give out 5 copies of the recipe! I hope you all enjoy this recipe.

Ingredients:

2- 20 oz cans apple pie filling
2-tsp. ground cinnamon
¼ tsp. ground nutmeg
1 ½ cups caramels unwrapped and each cut in half
1 box of a dry yellow cake mix
1 cup (2 sticks butter), cut into 1/4" thick pats

Directions:

Preheat oven to 350 degrees

Grease a 13 x 9 pan

In a medium bowl mix apples, cinnamon and nutmeg
and pour into pan, smooth out

Arrange caramels over the top

Evenly sprinkle dry cake mix over caramels

Place pats of butter evenly on top

Bake at 350 degrees for 45 minutes or until light brown
and edges bubbling

Cool slightly before serving.

Kentucky State Council ESA Shirts

Short Sleeve Tee Sizes XS- 2XL \$25 and 3X and 4X \$28

Long Sleeve Tee Sizes XS- 3X \$35

Colors: Heather Raspberry, Heather Column Blue, Heather Kelly

The state logo will be in Black as seen in the example of Illinois shirts.

Deadline for shirt orders **March 1, 2023.**



Name _____

Address _____

Shirt Size _____ Shirt Color _____ Long Sleeve _____ Short Sleeve _____

Shirt Size _____ Shirt Color _____ Long Sleeve _____ Short Sleeve _____

Total _____

Make Checks Payable to **Kentucky State Council**

Mail to:

Karen Williams • 198 Benjamin Place • Mt. Washington, KY 40047

Christmas DIY

Dollar Tree Christmas Ornaments

Are you ready to trim your tree? I'm excited to share a fun and budget friendly way to add a little Charm to your tree this year with these Christmas Ornaments. So let's get started!

Supplies:

- ♦ 5×7 Canvas Panels (from Dollar Tree)
- ♦ Towering Wood Game (from Dollar Tree)
- ♦ Garland Wire Ties (from Dollar Tree)
- ♦ Floral Pick (from Dollar Tree)
- ♦ Furniture Scratch Marker or wood stain/paint
- ♦ Hot Glue Gun
- ♦ Rotary Cutter
- ♦ Vinyl Stickers (Hobby Lobby; Michael's)

-OR-

- ♦ Cricut Explore Air 2, Cricut Maker or Cricut Joy
- ♦ Vinyl

Directions:

1. Cut your canvas panel in half using the rotary cutter to make two 5x3½ panels.

2. Create frame using the wood pieces from the Towering Wood Game (need 8 pieces).
3. Glue wood pieces together using hot glue gun.
4. Stain your wood pieces using the furniture markers or wood stain.
5. Apply vinyl sticker on canvas panel. Be sure it's centered.
6. Glue frame to canvas panel.
7. Cut garland tie in half and fold to create a small wreath.
8. Glue wreath to the top of frame.
9. Cut small cluster of berries from berry pick and glue to wreath.
10. Cut a small piece of ribbon to loop on back of the frame to make a hanger.
11. Voila - cute framed ornaments.





10th Annual Scrapping For Charity Event

Hosted By KAPPA PSI Chapter of ESA

Aloft Hotel Conference Room 10700 Westport Road Louisville, Ky 40241

March 17,18,19, 2023

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone Number: _____

_____ Friday March 17th \$25 (10 AM TO Midnight)

_____ Saturday March 18th \$25 (8 AM TO Midnight)

_____ Sunday March 19th \$25 (8 AM TO 6 PM)

I would like to sit with: _____

Need access to an electrical outlet? Bring an extension cord just in case...

Make check payable to: KAPPA PSI

Mail to: Diane Smith • 8317 Daverman Dr. • Louisville, KY 40228

For any questions, email Diane Smith at ddsmith98@gmail.com

A block of rooms is being held for this event. We need to book 10 rooms to receive a discount on the crop room.

Room rates are \$109/night plus tax. Everyone is on their own for hotel room costs and on your own for food. There are many restaurant choices nearby.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211



The Kentucky Lamplighter