

The Kentucky Lamplighter

March 2022

Volume 69, Issue 3



Inside this issue:

| | |
|-------------------------------|-----|
| Executive Board News | 1-4 |
| Appointed Board News | 4-6 |
| Chapter News | 7-9 |
| Recipes | 9 |
| DIY & Hacks | 10 |
| Leadership | 11 |
| Bylaw Changes | 12 |
| State Convention Registration | 13 |

TEAMWORK

Coming together is the
beginning
Keeping together is
progress
Working together is
success

Kentucky State President, Diana Cohen Gives Updates



Greetings from LaGrange, KY! I hope everyone had a good holiday. My sons and their families gathered at my house between Christmas and New Year's. With family both here in Louisville and down in Murray, it always warms my heart when we can get all together in one place. My oldest grandson, Dorian, turned 18 this month and is off to college in the Fall. Makes me feel so old....

It's been an exciting first year as State President. I cherish the old friends and new friends I have met through ESA. Just a few years ago, I only knew Kentucky ESA members, but now I have ESA friends from all over the US. I am thankful you have given me this wonderful opportunity.

I will be attending ESA Leadership in Colorado later this month. Last year I made it out on the very last Southwest flight before they closed everything for 2 days for bad weather. Hopefully

there will be none of that issue this year. I will share what I have learned from Leadership at State Convention and in the next Lamplighter.

"Kentucky State Council of Epsilon Sigma Alpha" Facebook Page

This Facebook page belongs to ALL the ESA members in Kentucky. Please join the Group if you have not done so already. ANY of you can post to the Page. Chapters PLEASE post pictures. TAG the people in the pictures. Maybe a friend or a friend of a friend will see your picture and ask you for more information.

Consider creating a Chapter publicist position with the responsibility for posting to Facebook and Instagram.

Many of the followers for the Page are out-of-state ESA members. Let's show them what ESA means to us in Kentucky!

BJ Clark's Presentation at IC 2022

For those of you who don't know, BJ Clark was the Executive Director of ESA prior to our current ED Charlotte Carloni. BJ is a VERY direct person. She does not mince words. She spoke

State President, Diana Cohen (continued)

about membership and recruitment. These are two of the most important words in ESA right now. She had the following slide about recruitment:

DO NOT REPEAT WHAT DOES NOT WORK!

No big rules, expectations, or traditions that are outdated

No conversations regarding what we don't do...or what we've done before

No negative feedback from the past or negative comments about fellow members, either when you are together or driving home. Forbid the use of the word "right". Right ways get in the way of Other ways, which after all these years might be a better option.

If you're all too tired, enlist some other generational individuals to form a new chapter.

State Convention

Kappa Psi is proud to host the **71st** Kentucky ESA State Convention! It will be held in

Shepherdsville, KY April 21-22 at the Paroquet Springs Conference Center.

It's Thunder Over Louisville weekend, so the theme is **"Get Your Sparkle On!!"**. Wear something with **GLITZ** - clothes, jewelry, shoes, whatever makes your personality **SHINE!**

The registration is the same as last year. If necessary, you can pay your registration with Venmo. Instructions are on the registration form. The registration deadline is April 14th. **HOTEL RESERVATIONS MUST BE MADE BY APRIL 1st.**

Since there is no installation, Convention will be Friday and Saturday. Just like last year, there is a Partial Registration that includes lunch Saturday and a Full registration that includes lunch and dinner Saturday. Also, just like last year, for those arriving Friday, we will go to a local restaurant for dinner. This is a **GREAT** socializing opportunity!!

I have not fully worked out the agenda, but expect Saturday to begin around 8:30 am EST. With no installation or Sunday meet-

ing, there will not be "dead time" in the afternoon. There is business to cover and **FUN TO HAVE** so we will continue straight through the afternoon.

Closing

I ran a membership report from 2/1/22 - 1/31/23. Overall State Chapter membership is down by two members. **We must grow to survive.**

I hope I have communicated sufficiently to keep your Chapter updated. I very much appreciate the responses when I ask for information. **PLEASE** continue to let me know what's going on in your Chapter so I can help spread the good word! If there are suggestions on how to better meet your needs, feel free to contact me.

I look forward with optimism into my second year as President.

See you at State Convention!

**ESA IS Good Friends,
Good Works,
and Good Times**

*better
together*

Vice-President Kelly Thornberry

So are you excited for SPRING CONVENTION!!!! Well if you're not, you should be, we have fun things planned. We have FIREWORKS!!!! Yes Real FIREWORKS! And if you behave we will let you watch them in all the fun and fabulousness (is that even a word) that is **THUNDER, THUNDER, THUNDER, OVER LOUISVILLE!** If you don't care about that then you can have a drink or play a game or eat some food or visit

with some old friends or make a new friend and you can always just go to your room and sleep.

Speaking of new friends, why don't you bring a member that has never been to convention before and show them what Kentucky and ESA are really all about. When I came to my first state convention that's when it all clicked for me, "This is what we do and why we do it" "Oh there are other people out there in the

state that are doing this with me". I met so many new people that I fell in love within our State.

I have some great ideas for getting us started on finding new members. May is for Membership!

Kentucky we are on our way back up with Members. If not for us, for the next generation!

Corresponding Secretary Sue Williams

As Diana's Corresponding secretary I am there to help her in any way that I can. Diana is very self-sufficient but at least she knows I am there to assist her whenever she needs me.

I would like to encourage everyone to come to our annual State Convention. We are planning a day filled with information, fun and best of all a chance to spend some time together.

Parliamentarian Theresa Anderson

Happy Winspring of Ky!! I hope everyone has been able to get a breath of fresh air, as it comes and goes. Spring will soon be in the air bringing earthly changes.

Also on the topic of changes, we have some new bylaws that will

need to be discussed during our April gathering. Please take time to review these so we can proceed in a timely manner during the voting process. The proposed bylaws can be found in this issue of *The Kentucky Lamplighter*.

Hope to see everyone there!!
Read Read Read!



Treasurer Karen Williams

Reminder: Kentucky ESA shirts are due to me by March 1, 2023. Short sleeve shirts are \$25 and long sleeve shirts are \$35. there are 3 colors. The plan is to have the ordered shirts available for pickup at State Convention.

State Convention will be hosted by Kappa Psi in Shepherdsville on Saturday, April 22, 2023. All registrations should be sent to me

no later than April 14th. A copy of the registration form is in this issue of *The Kentucky Lamplighter*. Please mail registration forms and payment to:

Karen Williams
198 Benjamin Place
Mt. Washington, KY 40047

Be sure to choose your lunch & dinner options.

We will have a silent auction at this year's convention. **We ask each chapter to donate 2-3 items.**

A friendly reminder to the chapters that haven't paid dues to the state; chapter dues are now **PAST DUE**. Each chapter pays \$25 plus \$15 per member. If you are unsure of your paid status, please contact me at karencw77@yahoo.com

Chaplain Velva Yeomans

Life brings tears, smiles, and memories. The tears dry, the smiles fade, but the memories live forever. Kentucky ESA has said goodbye to another member.

Elaine Hamilton, Delta Tau, Louisville, died on February 1, and her funeral was held at Schopperhort, Underwood and Brooks Funeral Home, in Shepherdsville, on February 4. Elaine was married to John Hamilton in 1964. John preceded her in death. They were parents to Michelle (David) and son Hugo. Other survivors: 4 grandchildren, 1 great-grandchild, 2 sisters and 1 brother, and many nieces and nephews. Elaine became a member of Delta Tau on 9/1/2008, and very quickly became one of their truly active members. St. Jude was her favorite charity of the many Delta Tau projects. For about the past two years, all chapter meetings were held in her home. Other members took turns providing a dessert, but Elaine was the gracious hostess. May our beloved sister rest in peace.



Easterseals Chair Laurie Mulroony

Hello ESA sisters! I don't know about you guys, but I am so over and done with winter and anticipating **SPRING!!** Bring it ON!

Since the last **LAMPLIGHTER** publication, we have received one **EASTER-SEALS** donation. Thank you Nancy Moore, from Beta Nu!! A \$25 check was sent

in January. It all adds up. Kappa Psi is planning an **EAST-ER-SEALS** fundraiser soon and will fill you in later. Please give consideration to donate. All donations can be sent to me :
Laurie Mulroony
240 Louis Lane Mt Washington,
Ky 40047

Or Venmo @Laurie-Mulroony

I am hoping to see all of you at our **STATE CONVENTION** in April!! We will have **LOTS of FUN!!**

All the Best



Educational Chair Diane Smith

Alpha Theta has been busy so far this year. The chapter has made their 2022-2023 theme *"ESA-Caring for Others Through Fellowship & Service"*.

A big thank you to our sisters in Alpha Theta for sharing what you have been doing.

Educational #1 Kentucky State Convention "Reflection and Celebration"

This was a valuable experience for the chapter to understand the goals of the New State President and to hear from representatives of IC and SERC. This aided in members not able to go to feel connected.

Educational #2 "COVID Update"

This was a great opportunity for others to share their experiences with family and the community. Information presented helped everyone understand where Bowling Green stands in the number of covid patients and in the state. Facts were presented about the various side effects,

temporary and permanent, being seen post COVID.

Educational #3 A Look at IC-2022

This Educational presented the activities held at IC. It included programs and guest speakers, new board members, St. Jude totals and Kentucky totals, awards and recognition, 2023 IC dates and location information. It was very informative to all members.

Educational #4 Role of Social Services

We learned of the various areas where social workers are utilized and the role in care of foster children. Currently there are 9400 foster children in Kentucky. Other things that were covered were community services that assist in the care of foster children. Every county in Kentucky deals with foster children and has various services that assist in their care. Many members shared what their churches did to assist.

Educational #5 It's Fall Y'All-Let's Get Together

This Educational covered what is going on in the state. There was a card making workshop to sign and send to the military. The guest Speaker was Dr. Deloris Cummings from Casting for Recovery.

Kappa Psi in January had a card making educational taught by our friend Maryann Hayslip from Stampin Up. It was great fun learning how to make a birthday card. In February, our guest speaker was Nancy Brooks, the Executive Director of Nami Louisville. NAMI stands for National Alliance on Mental Illness. We learned about the different programs, classes and support groups, suicide prevention resources and fundraisers such as Step Forward Walk.

We would love to hear what your chapter has done, or will do, as an Educational in 2023. Please email to me anything you wish to share at ddsmith98@gmail.com



ESA Foundation Counselor Sue Williams

The ESA Foundation is what makes our organization a “not for profit”. I would like to encourage each of you to use the turn-around fund when making donations. I have included the information on how it works.

Turn Around Fund

Benefits and highlights include:

- Rather than sending individual checks to one or more 501c3 charities, the individual sends

one check to the Foundation indicating which charity is to receive what amount. The Foundation turns around this request and sends individual checks back to the person using the turn-around funds. Then the person sends the checks to the individual charities.

- Benefit: Easier to document donations on your taxes (donations to one charity instead of multiples)
- Item to remember: Checks are returned to the individual,

not the charity, so the individual needs to send them on to the charity.

The closing date for scholarships was February 1st. Hopefully every scholarship will be awarded this year. Last year there were some that no one applied for. We have a year to try to improve the way we make the public aware of us and what we have to offer.

Scrapbook Chair Karen Williams

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.

President of Kentucky PPA (Kernelletes) Velva Yeomans

Our State President, Diana, has invited the Past Presidents' Auxiliary, to hold their breakfast meeting in her suite. **Past Presidents, would you please let me know if you will be attending convention and attending our annual meeting.** Will you be staying at the hotel? Detailed information will be sent to you prior to convention. Diane and Kelli will be checking out just what we can expect.

Kentucky State Council Chapter News

Alpha Epsilon—Paducah

Many of you likely wondered exactly what is going on with this chapter. There came a time when members were so involved with dependent family members that it was not possible for them to continue their membership, so they voted to take a leave of absence from chapter meetings for one year. I was not present when that vote took place and was crushed that my much-loved Alpha Epsilon was not going to be meeting. I resolved to keep the chapter open, and once the year's leave of absence was up, contacted them but they did not elect to return to the fold. In the years since, I have paid the dues, and sent money for other contributions, especially St. Jude's. Through the years other members have joined but did not continue. We were up to four when COVID hit -- and there went the chapter once more.

I have kept in touch with all of them. It is down to the point where only four of the original chapter members are still alive. I am the only one still active. Since June 3, three of the original members have passed. All three were longtime, involved members and some will remember them as they attended state convention. Marie Cobb ,91, died 6/3/22. She was the Radiothon chair for St. Jude for the four events held in Paducah. Inez Stiner, 92, died December 20, looked on Alpha Epsilon as her family. Imagine being left in this world without not

so much as a living first cousin. I was her power of attorney for medical decisions. Hilda Swisher, 94, died on 1/19/23. Hilda was retired as Director of Christian Education at First Presbyterian Church and organized the first Leadership Seminar for the Kentucky State Council and it was held there at the church with Paducah's first lady mayor, Dolly McNutt, serving as keynote speaker.

Alpha Theta - Bowling Green

Alpha Theta has enjoyed a busy winter. The trees of Christmas at the Houchen's Center were a success with donations of mittens, gloves, hats and scarves to the Salvation Army.



**Dorothy Hunter's decorated tree
for the Houchen's Center**

We enjoyed the fellowship of each other at our Christmas social and then Game Day in January.



**Alpha Theta members enjoying
Game Day!**

We are currently busy preparing for our annual Heart Luncheon and Fashion Show. All proceeds benefit the American Heart Association. The luncheon is scheduled for March 16th, 2023.

So, has everyone ordered their Kentucky ESA t-shirts? I personally like the raspberry color and have my order form ready for the mail.

Alpha Theta members are looking forward to seeing everyone at State Convention. Until then, everyone stay safe and healthy.

Delta Tau - Louisville

Happy New Year and many blessings to all in the coming year! The months of November, December and January have been busy for our chapter. During November we made pine cone turkeys and explosion boxes and in December we made

Chapter News Continued . . .

Delta Tau - (continued)

coffee filter angels. We took these to the craft fairs and simply asked for donations for St. Jude to receive one of these items. People were very generous and we did well with this idea. We also welcomed a new member to our chapter, Sharon Drury. We are pleased to have her join us in our activities in the new year!

We were able to help a needy family during the Christmas season with the purchase of games, toys, food, and other items. Our chapter also brought in items such as cleaning supplies and personal care items during the months of November and December to donate to Sparc Hope. This is an organization that helps single parents who are working and going to school take some stressors off so they can focus on their education and their children. In January, a speaker from Sparc Hope came to talk to us about their organization and was presented with the basket of items as well as a monetary donation

In December, we gathered as a group, had lunch together and exchanged gifts with one another at the Bell House Restaurant in Shelbyville, Ky. This home was built in 1902 for a local doctor

and his family. It was later converted into an office building and then into a restaurant. The "bell" in the front yard was originally the city fire bell! Everyone enjoyed the delicious food, laughter, and company.

At our January meeting we discussed the upcoming year and the many exciting projects coming up. We worked together to plan our budget and make decisions about

our monetary donations to various organizations. We are so excited to put these new plans into action! We also want to express our condolences to the family of Elain Hamilton who passed away in January. Our thoughts and prayers are with her family.

Delta Tau wishes everyone a wonderful year in 2023!

Gamma Tau—Henderson

Gamma Tau has been regrouping/revising our budget and fundraising plan and identifying new service projects to start.

We are working on a Daddy-Daughter Dance with the local Children's Advocacy Center. Hopefully it will all come together.

Gamma Tau member Shelah Powers is still recovering from a major accident, so please keep

her in your prayers.

Kappa Psi - Louisville

I hope you all had a wonderful holiday. We are all so busy before and after. We had a Christmas Party and adopted a needy family. I think most of us would say that it is more fun to give than to receive.

In January we had several guests at our meeting. Tiffany Quebe is a member of Alpha Delta but has recently moved to Louisville. She will remain a member of Alpha Delta but will join us at meetings and other events whenever she wishes to. We love having her. Kim brought a friend named Kat Beall to the meeting. It looks like we are getting another new member. For our educational we had a Stampin Up Representative, Mary Ann Hayslip, that came and showed us how to make cards. We had a lot of fun and did a good job on them.

This month we had an educational about the organization NAMI. A representative from their organization joined us for dinner and gave us a very informative presentation about mental health and everything that they offer to help those in need. We also

Chapter News Continued . . .

Kappa Psi - continued

collected blankets for the homeless.

We are getting ready for our Spring Crop. It will be at The Embassy Suites on Hurstbourne Lane in Louisville from March 17th - 19th. It has free breakfast and evening cocktails. If you are interested please contact one of us. We would love to have you join us.

The Dream Homes are just around the corner. It is a lot of hard work but we all do our part. We will handle Lexington and Bowling Green this year and help Delta Tau if they need us. They help us when they have the time. We work so well together.

Next month our chapter has a week reserved at a condo at Mountain Loft in Gatlinburg. It is open to any of us that wish to

go. I think there will be 6 or 7 of us. It is nice to just relax, do whatever you want, eat out and best of all not be in a hurry. Hopefully the weather will be okay.

We are looking forward to seeing you all at our State Convention. Please come. It should be a lot of fun.

HUGS.

Walking Taco Bake by Sherry Suggs

Ingredients:

1 lb. ground turkey or beef
1 pkg original taco seasoning
2/3 cup water
Chili cheese Fritos
½ can cheddar cheese soup
¼ cup milk
1 cup shredded mozzarella or cheddar cheese

Directions:

Brown meat over medium high until no longer pink. Drain fat and add in taco seasoning and water. Simmer on low for 5 minutes or until liquid is absorbed and meat thoroughly coated with seasoning. Layer chili cheese Fritos on the bottom of an 8x8 baking dish. Place meat on top of Fritos. In a sauce pan, heat cheddar cheese soup and milk over low heat. Once warm, pour cheese over meat. Sprinkle either the mozzarella or cheddar evenly over cheese sauce and place pan in pre-heated oven, at 350 for 12-15 minutes. Remove from oven and serve.

Cinnamon Cake by Sue Williams

Grease and flour a 9" square pan or spray with Bakers Joy.

Mix thoroughly:

½ cup soft shortening
2/3 cup sugar
2 eggs

Mix together in another bowl:

1-1/2 cups flour
2 Tbsp. cinnamon
1 tsp baking powder
1 tsp baking soda
½ tsp salt

1 cup sour milk (to sour milk place 1 Tbsp. vinegar in a measuring cup and add milk to the 1 cup mark. Let stand for a few minutes.)

Mix and stir flour mixture in with egg mixture, alternating with the sour milk.

Pour into prepared pan.

Topping

Rub together ½ cup sugar, 1 Tbsp. butter and 1 Tbsp. cinnamon.
Sprinkle over batter.
Bake at 325 degrees for 40 - 45 min.

DIY Weed Killer

With spring right around the corner, those pesky weeds will be growing in the cracks of your driveway & sidewalk. Instead of reaching for the Round-Up, which is neither biodegradable nor environmentally friendly, reach for the vinegar. That's right, plain ole, cheap white vinegar.

All you need is a pump sprayer and white vinegar. I've found that vinegar works best if sprayed on warm, sunny days. Be sure to always rinse the sprayer after use, to keep metal parts from corroding.

Note: Vinegar is not selective; it can potentially harm plants you wish to keep, should you accidentally spray them. As I said earlier, use vinegar only on walkways & driveways, where grass and ornamental plants are not an issue.



Pool Noodle Hacks

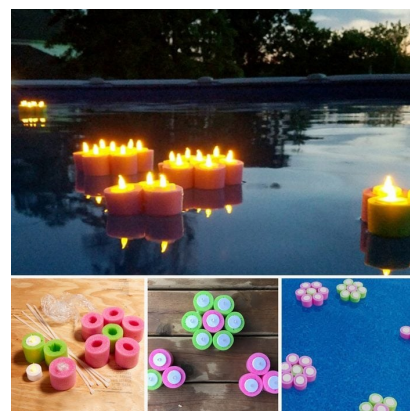
Pool Noodle Water Hose

If you need to fill up a bucket that won't fit under the faucet in your sink, bust out a pool noodle. Set the bucket on the floor, slip the noodle over the faucet and run it down to the bucket.



Floating Flower Pool Lights

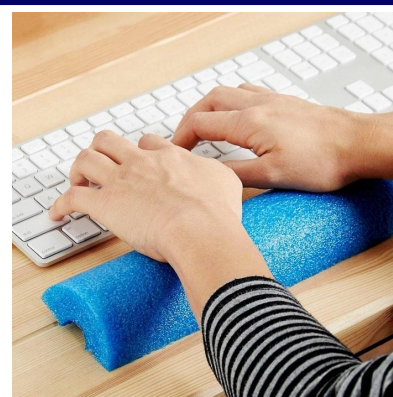
Use a zip-tie to fasten pieces of pool noodle together and stick candles in the holes to make a floating pool lanterns. Plastic food wrap keeps the batteries from getting wet. You're set for dreamy backyard pool time!



Pool Noodle Wrist Rest

Prevent wrist fatigue during a long day in the home office by making this pool noodle wrist rest.

First, mark where you want to cut the noodle. For the wrist rest shown, we made the height slightly less than half the full noodle diameter. You could cut the noodle exactly in half and make two equally-sized wrist rests.



2023 IC Leadership by State President Diana Cohen

Leadership 2023 was exhilarating! My head is spinning with so much information. The Sessions this year were outstanding and thought-provoking. It is an awesome experience to spend 3 days with all the other State Presidents, IC Board Members, and the ESA HQ Staff. So many new friends and so much to absorb with ideas from other ESA states. My roommate is a new President, Connie Russell from Oregon. Their State Membership is over double that of Kentucky, but spread out over a much larger geographic area.

Since I am writing this article the day after returning, I don't have from HQ the copies of the presentations to provide everything I want to say. However, I am providing some general information from my notes for today. I will send out more detail as the months progress.

Incoming IC President Brenda Meyers' theme is "Connect Through ESA". She chose this theme from her own experience. She was attending a Retirement Party and ran into someone she was friends with 20 years ago. She told her about ESA and her friend joined.

The Best of Intentions

The first session was about setting Intentions (as opposed to setting goals). Example Goals: See the sunrise, run a marathon, visit Italy. Sample intentions: To be happy, be healthy, be at peace. In the exercise we chose intention words for different aspects of our lives: Self-Care/Health, Personal Growth, Family/Friends, and Professional/ESA. Then chose one word of the year. **My word is BRAVE.** I chose this word because I am shy and introverted. It's hard to talk to people I don't know. It's hard to express an opinion/thought off the cuff. I am a facts and data person. Feelings are hard to express. **I surround myself with people who are (thankfully) not like me.** Being the State President is a challenge. I work at it all the time.

Membership Workshop

TOO MUCH information for this article. You will hear more about this later

Lifelong Learning

The IC Board took turns giving a "lesson" - some silly, some useful. The funniest was LeAnn Wray, IC Past President on *How NOT to Bake Potatoes*. For a family party, she put her unwrapped baked potatoes in the oven without poking holes in them. They exploded all over her oven. She had the picture to prove it. (Her husband normally does the cooking).

ESA Foundation

Scholarships have a opening and closing deadline. Grants can be applied for at any time.

Grants can be used for certifications for your job.

College students can apply for a grant anytime for books and school supplies.

When filling out the application it filters for those scholarships the person is eligible to apply for.

There is a \$5 application fee per scholarship. The Foundation is reviewing this policy.

ESA Membership Corporation

Their mission is make sure ESA continues to exist. It's an 11-member Board that includes ESA members, ESA HQ Executive Director Charlotte, and a Board Director. Faced with increasing costs and declining membership, they have made the difficult decision to raise IC fees/dues. Dues were last increased in 2011. **Effective**

2023 IC Leadership (continued)

June 2023, fees will raise by \$10:

| | | | |
|-------------|------|--------------------|------|
| Annual Dues | \$59 | Seniors Dues (55+) | \$55 |
| Join Fee | \$79 | Legacy/ELAN Join | \$59 |

Everyone will receive an official communication in the coming months....

Hope for Heroes

Some of projects ESA Chapters across the US are involved in.

Honorflight.org

Transports veterans to our nation's memorials. Locations in most of the US.

Louisville <https://www.honorflightbluegrass.org/>

Lexington <https://honorflightky.org/>

Wreathsaacrossamerica.org

This is a well-known organization in Kentucky. Alpha Theta Bowling Green lays wreathes. Other chapters donate funds. In California, to honor Veteran graves without wreathes, they collect/get donations of pennies throughout the year and lay a penny on each Veteran's headstone. It's a traditional way to let the family know that someone stopped to pay respects.

Operationpaperback.org

Collect and send gently used books to American troops overseas, as well as veterans and military families here at home.

Donate funds

\$5 will ship one medium-sized box of books to any overseas military location. \$20 will help pay for the purchase and shipment of a box of high-demand genre books

Also Receive hundreds of requests a year for specific titles or 'high-demand genres' that must be shipped by staff members. In addition, there is a steady stream of special projects.

Special projects include: books from the military Professional Reading Lists to support service-member professional development goals, books for chaplains to counsel troops before returning home, or books to assist veterans as they heal mentally and physically.

St. Jude Update

Beth Perkins, St Jude, congratulated ESA on the 50 for \$50 Challenge results. It was more than anyone anticipated! Abbott Labs and Chili's have donated the funds to create the **Family Common Area**. A place for families to hang out, rest, relax, and connect on their long days at St. Jude. Previously it was an area for patient rooms (rooms moved into new buildings).

The pictures of areas already completed are beautiful as are the drawings for the still unfinished areas. It will contain a seating area, art room, indoor and outdoor play room, 10,000 sq foot school - preschool through high school with a STEM focus, science lab, 24 hour café, short term babysitting, art gallery lounge, non-clinical patient services, family event space, free hair salon, creative hand-on space, outdoor play space, genius bar, music room, and resting nooks (a space with a door for the family to relax privately).

Beth asked ESA members to PLEASE register at volunteer.stjude.org. Be sure to pick ESA as your organization from the drop-down.

2023 IC Leadership (continued)

THIS WAS JUST DAY 1.

DAY 2 WAS MARKETING AND COMMUNICATION PLANS, BETTER ENGAGEMENT THROUGH STORYTELLING, HELPING OTHERS SHARE THE MESSAGE, HOW TO CREATE DIGITAL BUSINESS CARDS, HOW TO CREATE GRAPHIC DESIGNS FOR EVENTS FOR SOCIAL MEDIA, AND MORE!!!

WATCH YOUR EMAIL AND THE NEXT LAMPLIGHTER FOR DAY 2!!



2023-2024 State Presidents with incoming IC President Brenda Meyers



Kentucky State President Diana Cohen with her roommate at Leadership, Connie Russell from Oregon

KENTUCKY STATE BYLAW CHANGES

ARTICLE V QUALIFICATIONS OF ELECTED OFFICERS (*refers to Pres, VP, RS, T, Par*)

As Is

Section 1: A candidate must be in good standing with ESA Headquarters and have held the office of Chapter and/or city council President. She/he must have been an active member of ESA for at least two (2) years immediately preceding her nomination and must have attended at least two (2) previous Kentucky State Council conventions; must indicate in writing her/his willingness to accept the office if elected; must be a member of a chapter in good standing with the International Council and the Kentucky State Council and have the sponsorship of her/his own chapter and/or city council.

Proposed

Section 1: **A candidate for President or Vice-President** must be in good standing with ESA Headquarters and have held the office of Chapter and/or city council President. She/he must have been an active member of ESA for at least two (2) years immediately preceding her nomination and must have attended at least two (2) previous Kentucky State Council conventions; must indicate in writing her/his willingness to accept the office if elected; must be a member of a chapter in good standing with the International Council and the Kentucky State Council and have the sponsorship of her/his own chapter and/or city council.

Section 2: **A candidate for Recording Secretary, Treasurer, or Parliamentarian** must be in good standing with ESA Headquarters ~~and have held the office of Chapter and/or city council President.~~ She/he must have been an active member of ESA for at least **one (1) year** immediately preceding her nomination ~~and must have attended at least two (2) previous Kentucky State Council conventions;~~ must indicate in writing her/his willingness to accept the office if elected; must be a member of a chapter in good standing with the International Council and the Kentucky State Council and have the sponsorship of her/his own chapter and/or city council.

Re-number existing Sections 2 – 7 as 3 – 8.



ESA Member

Name: _____ Chapter Name _____

Address: _____ City: _____ Zip: _____

Email: _____ Phone: _____

Guest (Non-ESA Member)

Name: _____

Please check:

_____ Full Convention Registration (registration, meeting & all catered meals) \$ 95.00

_____ Partial Registration (includes registration, meeting & Saturday lunch only) \$ 65.00

_____ Late fee – postmarked after April 7, 2023 \$ 15.00

NO REGISTRATIONS ACCEPTED AFTER APRIL 14

TOTAL Enclosed \$ _____

Please check all that apply

_____ KY Executive Board _____ Chapter President 2022-23 _____ Ky PPA
_____ KY Appointed Board _____ Chapter President 2023-24 _____ Pledge
_____ Chapter Voting Delegate _____ First Time Attendee _____ IC/SERC Officer (Specify)
_____ Food allergies: _____

All registrations: Lunch: (choose one) Ham _____ Turkey _____

Full Registrations Only: Dinner (choose one) Chicken _____ Pork _____

Make checks payable to **Kappa Psi Chapter, ESA** and mail to:

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

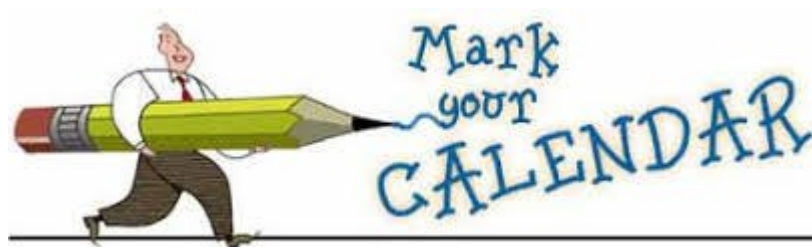
To pay with Venmo, **FIRST** contact Karen by email at karencw77@yahoo.com or message to 502-553-6976

Hotel Reservations: Country Inn and Suites, 400 Paraquet Springs Dr, Shepherdsville, Ky 40165 (Adjoins Conference Center) Book online at [Epsilon Alpha Sigma April 2023](https://www.countryinn.com) or call 502-685-5472. Ask for the Epsilon Sigma Alpha rate. **HOTEL RESERVATIONS MUST BE MADE BY APRIL 1st.**

Room Rate: 2 queen bed \$99 plus taxes, 2 queen bed suite \$115 plus taxes. Rate good Friday 4/21 and Saturday night 4/22. **Hot Breakfast included**



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211



Kentucky State Council Fall Board

Hosted by Gamma Tau, Henderson, KY

Saturday, October 21, 2023

The Kentucky Lamplighter