

The Kentucky Lamplighter

August 2024

Volume 71, Issue 1



Kentucky State President, Kelli Thornberry



Hello, I hope you have been enjoying your summer! The Sun and the Rain is keeping us on our toes. I know many of you could not attend the State Convention in Hopkinsville and you really missed a good time. I wanted to let you know my theme is BE KIND!

We don't take enough time to be kind to ourselves or even to others. We worry about taking care of everyone and I want us as a State to get the Check ups we need. You know the ones I am talking about. The mammogram, the Pap smear, the skin check, the vision screening and yes, the colonoscopy. And for the men the dreaded Prostate exam. How can we take care of others if we don't take care of ourselves? We also need to take care of our mental health. If you need a mental health break, take it, If you need to talk to a councilor do it. Don't suffer in silence. And Think before you say it. Especially to yourself.

I also want us to think about inclusion. We need to include everyone in this great

organization that we belong to. We don't need to keep it a secret. Everyone can benefit from being apart of a group that helps others. That wants to help everyone take a step up. So, invite them again. Even if they said no before invite them again.

If they were a member in the past call them up and ask them to come to an event you are having and then invite them again.

Show them a copy of this edition of the Lamplighter. Look at all the great pictures. Let them see how much fun we have. Who wouldn't want to have fun with this crazy crew.

EVEN IF THEY HAVE SAID NO JUST INVITE THEM AGAIN!!!!!!!!!!

Now let's talk about Fall Board I can't wait to see you all there. Try to come if you haven't before, how do you know what will happen? Because someone told you it's boring. Well, that was their take, but don't you want to see for yourself? Because I don't want to take someone else's word. It is one day. Its in Bowling Green and You can meet some great people in Kentucky who enjoy ESA as much as you do. You might learn something new. You might learn that FALL BOARD is FUN! And So even though you have said no to coming before I AM ASKING YOU AGAIN! Please come to Fall Board!

So, BE KIND Kelli

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Vice President Erin Baker

Calling on all chapters . . . We need your help!!



Please consider hosting Kentucky State Convention 2025!! Conventions can provide opportunities for ESA members to share knowledge, introduce new ideas, learn new skills and build relationships; old & new.

Contact me at eebaker5@gmail.com Remember to “Be Kind”!



Treasurer Vicky Jones

It’s that time of year again, time to send in your **Chapter dues**. I have included a form for you below to mail in with your check. Just fill in the space with the number of members in your chapter, and then the total. Dues are \$25 for the chapter plus \$15 per each member in the chapter. Please make your check out to The Kentucky State Council of ESA and mail to:

Vicky Jones
664 Grigsby Lane
Cadiz, KY 42211

Fall Board will be Saturday, October 5, 2024 in Bowling Green, KY. I am asking that each chapter donate 3 items (\$10+ per) for the Silent Auction.

I can not express how important it is to our budget that each chapter par-

ticipate in this endeavor.

I am hoping to have a couple of small money-making ideas that we, as an entire state, can participate in this ESA year.

If you have any ideas, please let me know. Nothing is too small or too silly to share.

I look forward to hearing about all

Kentucky State Council Chapter Dues Form

Chapter Name _____ Chapter # _____

Chapter Treasurer _____

Address _____

Item	#	Cost Per	Total
Chapter	1	\$25	\$25
Members		\$15	
Total to be paid to Kentucky State Council of ESA			

Mail to: Vicky Jones • 664 Grigsby Lane • Cadiz, KY 42211

Past President Diana Cohen

Understanding the ESA IC Disaster Fund

Greetings to all my Kentucky sisters! Thank you for a wonderful State convention in Hopkinsville. The outpouring of love and support during my Presidency was just awesome. I had so much fun at IC Convention in Overland Park, Kansas! Seven ESA sisters added a few days of vacation and toured the area. We went to the Laura Ingalls Wilder Museum, Wizard of Oz Museum, Amelia Earhart Museum, and the Eisenhower Presidential Library. I thought the Laura Ingalls Museum would not interest me as I had never read the books or watched the TV show, but I was SO WRONG! All the Museums were educational and fun to see.

Now, I am the Past President and one of my responsibilities is to make sure everyone understands the ESA IC Disaster Fund.

1. The Disaster Fund is available to financially assist ESA members as described below
2. The Disaster Fund relies on YOUR donations to fulfill its purpose.

Submissions are COMPLETELY confidential. No notifications go to State/Chapter officers or members.

When you think of disasters, immediately TORNADOS, HOUSE FIRES, and EARTHQUAKES come to mind. The definition for the ESA IC Disaster Fund is much wider.

The purpose of the ESA International Council Disaster Fund is to assist an ESA member whose home and/or personal belongings are destroyed or damaged extensively by one of nature's causes -fire, flood, etc. Assistance may also be given when a member incurs heavy financial responsibility due to a debilitating illness or accident, which involves the member or their spouse or immediate family who resides in the home due to physical or mental impairment whom they have legal guardianship over and are legally responsible.

The need for assistance must have occurred in the current ESA year from **June 1 to May 31**. This timeline is **NOT** the same as the International Council ESA year which is August 1 to July 31. However, the ESA International Council Disaster Fund Committee works together to ensure that any claims submitted **after May 31** will be reviewed and whether approved or denied, will be listed on the following year's report.

Following receipt of an application, the International Council Disaster Fund Chair will review with the Committee, comprised of the IC Disaster Fund Chair, the IC President, and the IC First Vice President/President-Elect, and will make the final determination regarding the claim. In the event a member requests additional help after one claim has been paid, the ESA International Council Disaster Fund Committee **MUST** investigate the application thoroughly.

The Disaster Fund is not an on-going source of assistance; a second claim will not be paid for the same illness or accident. If the International Disaster Fund Committee establishes that the additional need is valid, the application must be submitted (along with the information regarding the reasons for the additional claim) to the ESA International Council Disaster Fund Chair.

WHO IS ELIGIBLE TO APPLY

1. Active Members of 90 days or more.
2. Members-at-Large who are in good standing with Headquarters.
3. Life Active Members will be determined by the IC Disaster Fund Chair in agreement with the IC President and First Vice-President/President Elect.

Understanding the ESA IC Disaster Fund (continued)

AMOUNT OF ASSISTANCE

\$8,000.00 is the maximum amount given to a member of a Disaster Fund claim. Every consideration will be taken when determining the total amount that will be paid to the claimant. The ESA International Council Disaster Fund Chair will determine the total amount to be paid based on the nature of the claim. The International Council Disaster Fund Committee will review the claim and make the final decision if there is some doubt as to the amount to be paid.

HOW TO APPLY FOR ASSISTANCE

An application **MUST** originate from the member involved, even if the member is MAL. See #3 for additional information.

All information requested on the application **MUST** be completed or the application will be returned. Dollar amounts must be given as requested on the application form. Additional pertinent information, which would help the IC Disaster Fund Chair in reaching a decision, should be included in an accompanying letter.

If assistance is needed due to a terminal illness, it is recommended that the request be made as early as possible. A claim initiated before or within 30 days following the death of a member will be paid to the surviving family providing it meets all other criteria.

ESA IC DISASTER FUND GUIDELNES

The member should send all claims **directly to ESA IC Disaster Fund Chair** for review. (To comply with HIPAA guidelines, **DO NOT** send Applications to the Chapter or State President.) All claims must be submitted on a valid form in compliance with the IC Disaster Fund Chair Guidelines.

Things that **do not qualify** for assistance under these guidelines:

- anything in the home damaged or needing repair that does not pertain to a Natural Disaster,
- broken pipes, flooding in home,
- remodeling for medical issues,
- co-payments other than medical bills,
- divorce,
- unemployment,
- furnace/air conditioning replacement,
- funeral expenses,
- housing (house payments, hotel bills) etc.

NOTE:

The ESA IC Disaster Fund Application should be completed according to the guidelines listed above. Once the Application Form is completed and has been signed by the member, the Application Form, **and any additional information** (e.g., proof of the reason for the claim) should be sent to the International Council Disaster Fund Chair (currently the IC Junior Past President).

Understanding the ESA IC Disaster Fund (continued)

The current form on the ESA National Website lists Denise Holdaway in that position. It will be updated soon with Terri Olson.

The Information above came directly from the ESA International Website Disaster Fund Application Guidelines. This information and the application can be downloaded from the ESA International Website Member Section under Chapter/Council MGT > Disaster Fund. Once the application is saved to your computer as a document, it can be filled out on your computer or you can print it and handwrite it.

If you have any questions, beginning August 1, 2024 contact Terri Olson at terri.mnesa@gmail.com. I am available if you need additional assistance such as accessing the form online or getting a printed copy. Of course, I would keep it confidential.

The ESA IC Disaster Fund is a great benefit in an ESA member's time of need. Your donations MATTER!!

St. Jude Coordinator Sandy Pritchett

I am so proud of Kentucky, y'all!!! Did you know the total raised nationally for St. Jude by ESA was \$23,158,920.00 dollars for 2023. And did you know that of all the states, Kentucky was 5th in fundraising efforts with a total of \$1,553,200.00!!

Wow - what an accomplishment!! And, with three dream homes (Lexington, Paducah, and LaGrange), planned for 2024, we might exceed that total!!

We all have something to be proud of in our efforts for St. Jude!! The

money raised from Yard Sales, IC Challenge, or just collecting dollars within your own Chapter, we are all contributing!! I am so excited to see what our totals will be at the end of this year!!

And don't forget, if your chapter would like to participate in the St. Jude Walk/Run in September, 2024 -that can be done individually or as a team. If you don't have a Walk/Run close to you, it can also be done virtually!! In 2023, ESA raised \$21,916.00 with 31 teams nationally and 144 members participating in the St. Jude Walk/Run! Currently, Kentucky does not have a national team but; if any chapter (or individual)

would like to participate, let me know and we can start the process of registering for this year's race!! And

if you don't feel ready to complete the race, there are still opportunities to volunteer at your local St. Jude Walk/Run. Unsure where the closest walk/run is to you, google St. Jude Walk/Run and you can find that information!!

September is also Pediatric Cancer Awareness month!! St. Jude is leading the way in finding ways to cure childhood cancer! St. Jude will not stop until no Child dies from Cancer!! Our fundraising efforts are making a difference in this global battle!! As always, thank you for your support!!



Chaplain Wendy Lea Casey

There once was a card I had...the sentiment said...Behind, Belated, and a little Bewildered...Kinda reminds me of my life these last few years. But I can assure you, my heart is with every one of you. Some of you, I know, have had concerns both good and bad and I want you to share them with me. You can reach me by text or email. I will include both in this article. By the time you receive your Lamplighter I hope to have all your emails added in a group so I can keep everyone updated as I hear from all of you. Lofty goals for me, but I am determined. I truly am trying to get better at answering them, so please bear with me. I was thrilled when Kelli asked me to be her Chaplain, for I know that no matter how busy we are we can give each other a very special gift...the gift of prayer...letting all know we love and care for one another. We are never alone and know that each of you are very much loved. We are all in this life ...together!!!

- ◆ Vicky Jones was attending her 50th Class Reunion, as she was cleaning up and getting ready to leave, she lost her balance, fell, and broke her kneecap. She is starting rehab and we wish her the best...she needs to slow down and take care of herself! I know she will try, but we all know Vicky, so prayers, please!!! 664 Grigsby Lane; Cadiz, KY 42211
- ◆ Laurie Mulroony was involved in a motor vehicle accident on May 31st. Someone crossed the center line which forced her to swerve and go off a two-foot drop and hit a pole. God was watching out for her as she came away with breaks in her left foot and wrist. We are thankful it wasn't worse! Good news though, she was given the okay to drive again!!! 240 Louis Lane; Mt. Washington, KY 40047
- ◆ Diane Smith had surgery on July 22nd. She is at home recovering. Take care and relax, we send our love and hopes for a speedy recovery!!! 8317 Daverman Drive; Louisville, KY 40228
- ◆ Sue Williams had hip surgery and is recovering with complications. She is making tremendous strides but needs our prayers. Take care and remember to take care of yourself!!! 381 Blackberry Circle; Mt. Washington, KY 40047
- ◆ Steve and Wendy Casey, and new pledge Jo Casey lost their Mother Elda Ree Casey on May 25th. No one is ever ready to lose our loved ones...so give a hug to your friends and family members and shower them with love.

Now for some Good News...Steve and I are expecting our third grandchild on or around November 30th. The proud parents are Adam, our youngest child, and his fiancé Clide Jennette. Adam wanted a little girl, and he is getting his wish. Her name is to be Aurora Hope Charlotte Casey. We are all thrilled!!! Please send love and prayers our way, it will be very much appreciated!!!

Also, I am very proud of Vicky Jones. IC was a very special time for her. She was honored to receive her 50 years of service. She also received 1st Place for our Lamplighter Publication! Way to go Vicky!!!!

Love to all my Sisters and Brothers in ESA...We are family, by choice!!! Take care of yourself and remember you are very much loved!!! Remember each day is a gift; how you use that gift is up to you!!!

In a **WORLD** where you can be
anything be **Kind!**

ESA Foundation Counselor Velva Yeomans

At the ESA Foundation meeting held during the 2024 IC Convention, here are some of the facts and figures you may like to know. During the Fun Fest, a fundraiser put on by the Foundation, proceeds amounted to \$17,800.

For the current fiscal year, 76 scholarships were awarded totaling \$65,500. Total scholarships awarded since 1980 is \$4,578,428.

Sue Williams had shared with Kentucky chapter last year information that each might reproduce business cards and pass these out to high

school counselors and students with directions on how to apply for the ESA Foundation Scholarships. Again, this year, I plan to share this information and challenge each chapter to see that the high schools in your area receives the information -- and uses it!! Let's see just how many scholarships can be submitted from Kentucky.

Do you remember several years back when Martha Morgan's granddaughter was awarded one of the scholarships? That was truly a highlight of the year. Do you have chil-

dren, grandchildren, or even great-grandchildren that you would like to see receive one of these scholarships? It does not have to be a graduating high school senior, students currently enrolled in college may also apply. Let's put Kentucky on the map as far as participation in the scholarship program.

We have 2 scholarships you can donate to, The Kentucky State Endowment and the Thelma Waggoner Endowment.

EasterSeals Chair Laurie Mulroony

I hope everyone is having a great SUMMER! Although it's near the end, FALL is right around the corner, and with it, many fun and exciting adventures await us!

I will be focusing on a few of the wonderful programs that our two EASTERSEALS locations in our state offer in each Lamplighter. There are so many services that each provides but just a few of each for now.

First, here are a few from the EasterSeals Bluegrass located in Lexington, Ky :

HORSABILITY

Our pediatric therapy equestrian program utilizes the natural gait and

movement of a horse to provide motor, and sensory input. Easterseals Bluegrass HorseAbility is currently partnering with Kentucky Riding for hope. We hope you will consider joining us again. If you have any questions, please contact horsability@eastersealsbg.org



Adult Day Training:

This program is focused on developing and enhancing skills needed for daily living, as well as increasing their social network.



And the EasterSeals West Kentucky located in Paducah, Ky

Easterseals West Kentucky's Child

EasterSeals Chair Laurie Mulroony (continued)

Development Center helps children of all abilities develop to their potential by encouraging growth - at each child's pace!



Employment Program for Adults:

Easterseals West Kentucky provides Supported Employment, Employment and Retention, Pre- Employment Training Services (Pre-Ets) and Community Work Transition Services.

In Supported Employment and Retention, we strive to provide individuals and employers with the best possible job placement, to meet the needs of each.

We assist with applications, resumes, interview skills, employer contacts, and on the job, job coaching as needed, and help to establish natural supports on the job and provide follow-up to individuals and employers to ensure that the employee remains productive and an asset to the employer. We assist if there are any barriers to the job.



ESA has a long history of supporting EasterSeals !

If you or your chapter could so if you have a cool fundraiser or would like to send donations please contact /notify me of the amount you

will donate or the activity or fundraiser In order to keep track of what's sent via KY ESA chapters.

And please send any pictures to be included in the next lamplighter \$&

You can mail checks to me at

240 Louis Lane

Mt Washington, Ky 40047

Be sure to include your chapter name & chapter number or send Venmo or PayPal. You could just take a photo / screen shot of that & email it to me with your chapter name & number

@EsaLaurie@yahoo.com

If you prefer to text or messenger to me, that would work too. To text- Phone # is 502-409-3922 Messenger/Facebook LaurieWhitworthMulroony

All the best to each and every one of you !

From the Health Desk

Meaningful, small changes can have a big impact on your overall health and well-being. In 2024, commit to taking small steps to change your daily routines and habits to benefit your health. Let's choose to be healthy in 2024!

- ◆ **Eat a healthy diet** - Make informed choices
- ◆ **Be active** - Every move counts
- ◆ **Avoid harmful use of alcohol** - Alcohol consumption carries risks
- ◆ **Don't use tobacco or vape** - Tobacco use & vaping is harmful
- ◆ **Connect in person to support your mental health** - Loneliness is a health risk
- ◆ **Get vaccinated** - Keep up-to-date with routine vaccinations
- ◆ **Wash your hands** - Clean hands help stop the spread of infections
- ◆ **Get regular check-ups** - Yearly check-ups are important

Special Memory by Wendy Lea Casey

If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever

- Winnie the Pooh

At Convention last year, I had the honor of performing our Flag Ceremony. I dedicated that Ceremony in Honor of a very close friend of our Family, Travis Wade Hess. Travis served in the Army as a Patriot Missile Operator. He was a biomedical engineer specializing in MRI, CT, and Ultra Sounds. I remember speaking with his Mom, DeLania, after Travis enlisted and as you might suspect she was so very proud of her son and at the same time scared. The future is so uncertain and scary, but she put her trust in him and embraced his decision to join the military.

While he was in the military, he met his soulmate Gina and they were married. They were blessed with one child, Charlie Jean "Nuggy". Travis enjoyed technology and anything that brings us closer to the future. He enjoyed hunting, fishing, and became a master grill over the years. What Travis enjoyed most was spending time with his wife and daughter, family and friends. This is what I remember most about Travis: He always had a smile on his face!!! Travis's theory was "If you could be sad or happy, choose to be happy."



Unfortunately during Travis's military career he developed angiosarcoma from his work. He was highly sensitive to the radiation he was exposed to. Ever the Travis he was, he explained his illness to his young daughter, Nuggy...he was poisoned by a lightsaber in battle while helping the jedi fight the good fight. He will be missed and very much loved by all knew him!

Recruitment Party Planner - 12 Months of Parties

Every month of the year is the perfect season for welcoming new members to ESA! Try one of these complete party planners, all created by ESA members, that make it easy to have fun, add a charitable twist to your party, and show the heart of ESA while you welcome new members. These awesome events can be found on the ESA website under the tab "Recruitment". Be sure to check out the "Calendar of Parties"!

January: "Thank Goodness They're Over"

February: Mardi Gras Party

March: "The Kid in You" Birthday Party

April: Seedling Exchange Party

May: Kentucky Derby Party

June: Hawaiian Recruitment Party

July: Dessert Sampler Party

August: Dog Days Party

September: Football Party

October: Choctober!

November: Chili Party

December: Holiday Ornament Exchange Party

High Points of Travel before (and after) IC Convention ...

The Kentucky delegation consisting of Kelli Thornberry, Sue Williams, Diana Cohen, Vicky Jones, Dee Dee Gnadinger and Velva Yeomans, along with Illinois ESA sister (and adopted Kentucky sister), Kathlene Grissom headed for the IC Convention several days early to tour. What we thought would be a roomy van, ended up being a Tahoe. Try squeezing 7 women and all the luggage into a Tahoe, but we did it and had a blast!



Our first stop (after picking up Vicky & Velva in Kuttawa), was a delicious lunch at Lambert's Restaurant, "Home of the thrown rolls"! We spent the night in Willow Springs, Mo and the next morning visited Laura Ingall Wilder Museum and homeplace. Even if you've never read the books or watched Little House on the Prairie, we all recommend it highly.

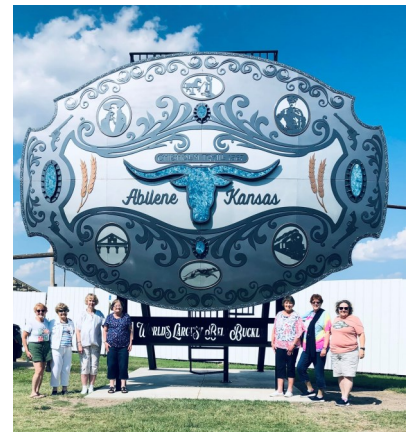


Now it's off to Topeka, Kansas, where Vicky had rented us a VRBO for 3 nights. The home was beautiful and just perfect for the 7 of us. After a good night's sleep, the crew drove to Wamego, KS to the Oz Museum, which is a tribute to all things "Wizard of Oz".



The next day we were off to Atchison, KS to tour Dwight D. Eisenhower Presidential Library & Museum, as well as President Eisen-

hower's boyhood home. We all bought souvenirs and then we wondered around to find the world's largest belt buckle, who knew!!



Since we needed to get to IC Convention on Wednesday, we decided to wait until after convention to complete our final destination, the Amelia Earhart Museum.



Needless to say, we had a fantastic time!!



High Points of IC Convention ...

As the “crew” arrived at the Convention hotel on Wednesday, several attended the Workshop where Dwight D. Eisenhower’s great grandson, Merrill, spoke to the group.

In the late afternoon everyone was welcomed to attend the IC President’s Memorial Celebration. As most know, IC President Brenda Meyers passed away on April 22, 2024.

The Welcome Party was a 1920’s theme event. Those Kansas ESA’ers know how to throw a party!



Thursday was State Presidents’ meetings, Easterseals Workshop, Membership Workshop, SERC Meeting and the IC Council Fund-raiser:

Music Bingo. The “crew” all dressed like Michael Jackson. Oh what we do for ESA!!



The fun continues with Friday Opening Ceremonies and 1st General Assembly. As always, the flag

ceremony was inspiring. Our speaker at the Epsilon Sigma Alpha International Council Annual Convention was Elizabeth McCormick, former US Black Hawk Helicopter Pilot.



Now off to the Recognition Luncheon. Vicky Jones was recognized with 50 Years of Service in ESA! Kentucky won several awards—way to go Kentucky!!



Velva, Kelli & Kathlene went to the IC Challenge St. Jude Fundraiser Event: ESA 50’s Sock Hop.

Can you believe Velva won the hula-hoop contest. As you can see from the photo, she put it around her wrist and not her waist!



What a whirlwind week, and now it’s already Saturday. The morning started with the Celebration of Life. Too many ESA members have passed this year. Lynda Edwards

and the Executive Board did a fantastic job trying to fulfill Brenda Meyer’s wishes for a successful convention.

The afternoon had a couple of very interesting Workshops:

- ◇ Crushing Connections Through Technology; Members learned about Zeffy, a zero-fee Fundraising Platform and Splitwise, which is a free tool for friends and roommates to track bills and other shared expenses, so that everyone gets paid back.
- ◇ A Cupcake Connection; Members learned how to decorate cupcakes to look like sunflowers.



All good things must come to an end. Saturday Night Installation & Banquet was great. Lynda Edwards of Alabama

was installed as our new IC President.



And look at this year’s St. Jude Totals!



We had a BLAST! Maybe you’ll come next year!!

Chapter News

Alpha Delta - Hopkinsville

Vicky Jones attended the IC Convention in Overland Park, Kansas and had a fantastic time. Even though she is getting over a broken kneecap, she was able to get around on a scooter.

Vicky was extremely honored to represent Kentucky on winning 1st Place for Newsletter.

Alpha Epsilon - Paducah

The St. Jude Children's Research Hospital fundraiser is another Dream Home being built in the Hill Creek Subdivision in Marshall County. Velva Yeomans attended the floor signing. Open houses will be conducted beginning Saturday, August 10 and will continue on Saturdays and Sundays until giveaway date of September 6.

Velva Yeomans attended the IC convention in Overland Park, Kansas. There were seven of us packed into a van like sardines in a tin. Others included our State President Kelli, Dianna, Dee Dee, Sue, Vicky and Kathleen Glisson (IL). Extra time was taken to do some touring which Vicky Jones researched and coordinated for us. "There's no Place Like Kansas" was the convention theme and the Kentucky group took this to heart and explored a good deal of the eastern part of the state. Exploring Laura Ingles Wilder's childhood home (where she wrote the "Little House on the Prairie" books and where she was still living when she died in Mansfield, MO; the Eisenhower Presidential Memorial, Abilene KS; the Oz Museum; and the

Amelia Earhart Museum, Atchison. As there is to be a complete report on the convention, it will not be included here. One thing that will be mentioned – CONGRATULATIONS TO VICKY JONES AND THE KENTUCKY LAMPLIGHTER! Her efforts last year won the first place! All of us stood and cheered as she accepted the certificate.

Alpha Theta - Bowling Green

Time is rapidly passing as we all know or is it just my age? I am fortunate to get to serve as Alpha Theta's President even though I spend the winters in Orange Beach, AL. I have a wonderful Vice President, Harriet Breece to fill in while I am gone.



Alpha Theta has been meeting each month conducting our business and having social time

This month we had a salad supper and met at my house. Ordinarily we meet at the Houchens Center for Women. We have had several good educational programs. Some members are planning to be hostesses for the St. Jude Dream Home in the month of August. Our Executive Board has met and are planning along with the other members of Alpha Theta to host the Fall Board

Meeting October 5, 2024. We look forward to seeing each of you there. A good time to catch up with members from all over Kentucky. You will find a copy of the registration form in this issue of the Lamplighter. Our theme is "Fields of Love". Please come ready for a good meeting. Until I see you in Bowling Green please "Let Your Kindness Shine", which is my theme for the year.

Delta Tau - Louisville

HOT! HOT! HOT!

That has been the temperature around the USA and at the St. Jude offices where the Delta Tau group has been processing tickets for the Dream Homes in Paducah and Louisville. We have been tearing open hundreds of envelopes, making out deposit slips for thousands of dollars, and processing tickets on the new computer program for this year. Tickets for Paducah began selling at the end of May and Louisville tickets began selling on July 11. We will be working on this until the Dream Home drawings in September.

Two new members were welcomed into Delta Tau in March. Jan Lynch and Mary Alice Zettel received a vase of beautiful jonquils, a scented candle, and a St.

Jude mug at their pledging ceremony. We look forward to adding their many talents to our group and getting to know them at our meetings and social gatherings.

April and May were busy months for us. In April we had a "HUGE"

Chapter News (continued)

yard sale at Pat Meredith's house and made \$1700 for St. Jude. There were so many items that it covered three garages and yards! We want to thank Pat and her many helpers for donating items and their time in making this a big success. In May we gathered at one member's house to make paper flowers. These were given to anyone making a donation to St. Jude at the Mt. Washington craft fair in May. We did very well on the two days of the sale and the weather was very nice!

In July we were invited to view the Dream Home in LaGrange, Ky. There were many people there who had worked on the house including builders, designers, and, of course, members of Delta Tau. It is a beautiful home and we are

Kappa Psi - Louisville

I hope you all are having a good summer. It is hard to believe that school starts in 2 weeks. I haven't even been on my vacation yet! Our chapter has been busy. We started out with Sue and Diana working at a Dream with Wings Golf Scramble to benefit the mentally disabled. We then began our work on the St. Jude Dream homes in Lexington and Bowling Green. Both homes will certainly sell out well before the cut-off date.

Since we are in Louisville you know that we celebrated Derby Day. One of our newer members, Kim Bagby, hosted a great Derby Party. We really enjoy spending time with her because she travels with her job so we don't see her very often.

In June we got together for our annual

Brunch. We all bring a dish and just relax and socialize without a meeting. It feels good to just sit around and enjoy each other's company. We often have ceremonies during this time if they are needed.



Kelli, Sue, DeeDee and Diana attended IC Convention in Kansas along with Vicky, Velva and Kathleen (from Illinois and our resident photographer). We were supposed to have a van but when Kelli went to pick it up they didn't have one. We ended up with a Tahoe. Thanks to Kelli's packing expertise we got 7 people and all their luggage in that car. Some were sitting on top of garment bags (So much for ironing) while others had items behind their legs and/or on their laps but we made it. On the way we stopped at Laura Ingalls Wilder's home, the Wizard of Oz Museum and the Dwight D. Eisenhower Presidential Library. On the way home we stopped at Amelia Earhart's Museum. We had a great time and made the best of our travel time.



Two of the awards that we received were Best Flapper. Sue Williams and Best Costume, Kathleen Hilsabeck.

The next thing coming up is Fall Board. It will be hosted by Alpha Theta. We really hope that you will make the effort to come. It is always a lot of fun and very casual. We hope to see you soon.

Gamma Tau - Henderson

Greetings from Henderson!! Gamma Tau has had a busy spring and summer!! We had a spring outing to Azalea Gardens in Hazleton, Indiana in April!! It was a gorgeous Spring day and even though we only had a small group, we enjoyed our afternoon



together!! We have also had some great speakers for our monthly meetings!! In April, we had Tracy Meece, a caseworker for the local Women's and Children's Shelter. She gave us information about the shelter and inspirational stories about successes!! Gamma Tau donated multiple items for the residents of the shelter. We also hosted Jessica Beaven, owner of a local Assisted Living and Memory Care facility for our July meeting. She discussed Dementia and Dementia Care. Research continues in the area of Dementia/Alzheimers, but there is no cure at

Chapter News (continued)

present! The presentation was very informative! Our members were also able to make bouquets from a local flower farm!! Thank you Feldman Farms for the beautiful flowers!!



Gamma Tau continues to collect G-Dollars and change at each meeting!! We were able to donate 150.00 dollars

to a local developmental Preschool for them to purchase items for the upcoming school year! Their staff was very appreciative of the donation!!

Our biggest item of news is that Gamma Tau is planning a Golf Outing at a local Golf Club on September 13th to raise money for St. Jude. Our members are providing desserts for the luncheon, with the golf outing to follow. If you would like to play, please let us know!! We would love to host your team!! We are hoping for a great turn out to raise as much money as possible for St. Jude!!

On a personal note, I would like to thank everyone for the Gamma Tau Member of the Year award!! To say that I was surprised, would be an understatement!! I am the one blessed by being involved in this organization- and so deeply thankful for each of you!!



Gamma Tau Chapter with new members!

Cranberry Blueberry Salad

At the 2024 Kentucky State Convention, Vicky & Velva served a delicious salad for Saturday's lunch. Several members asked for the recipe. It is so easy!

Ingredients

- 1 heaping cup fresh blueberries
- 1 4-5 oz bag salad greens (We used a mixture of shredded iceberg and mix greens)
- ½ English cucumber, chopped
- ½ cup mandarin orange segments (drained)
- ¼ cup sweetened dried cranberries with candied pecans salad topper
(We used Great Value from Walmart)

You can use any dressing, but Vicky's favorite is Skinny Girl Raspberry Vinaigrette



Kentucky State Council of ESA

Fall Board

Fields of Love



Eastwood Baptist Church

500 Eastwood Street, Bowling Green, Kentucky

Registration 8:30 am, Meeting begins at 9:00 am

October 5, 2024

Name _____

Chapter _____

Address _____

Phone Number _____

E-mail Address _____

Early registration is \$30 and is due by September 21, 2024. Late registration fee is \$35 after September 21, 2024.

Make checks payable to: Alpha Theta #662

Mail checks to: Erin Baker, 514 Lost Circle Apt A, Bowling Green, KY 42101



It's time to get moving!!

Chair Yoga Exercises

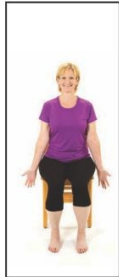
Helicopter



Half-Forward Fold



Mountain



Side Bend



Knee Hug



Cow/Cat



Hamstring Stretch



Gluteal Stretch



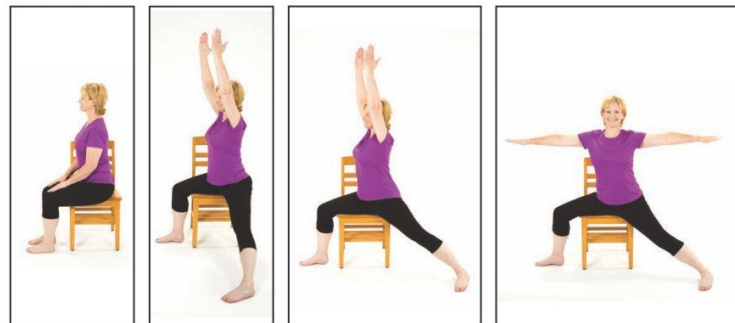
Quadriceps Stretch



Reverse Chair



Warrior Series





EPSILON SIGMA ALPHA

SERC CONFERENCE 2024
"Shine Bright Like a Diamond"
North Little Rock, AR
October 25-26, 2024

SHINE BRIGHT LIKE A DIAMOND



SERC CONFERENCE 2024
NORTH LITTLE ROCK, AR

State Council

Last Name (Please print)

First Name

Address

City

State

Zip

Telephone

Email

Mark All That Apply:

- Registration options with checkboxes and prices: Full Member Registration (through/after 10/1/24), Full Non-Member Registration (through/after 10/1/24), Full Guest Registration (through/after 10/1/24) including Fri Night Mixer and Banquet.

TOTAL ENCLOSED \$

Guest Full Name:

Medical Dietary Requirements:

Check all that apply:

- Checkboxes for board membership (SERC Elected/Appointed, IC Elected/Appointed, SERCHETTE, STATE President, ESA Foundation Board), New Member (pledge), First Time Attendee, Headquarters Staff, and Other.

Make Checks Payable to:
Arkansas State Council

Mail Registration and Check to:
Sarah Fletcher, 550 Sorrento Dr
Centerton, AR 72719
479-899-1321 fletchersm27@gmail.com

-OR-

Register and pay online at: https://forms.gle/bxratsTGF5UNSqZm8

Hotel: Wyndham Riverfront Little Rock
Room Rates: \$119 + State & Local tax/fees
2 Riverfront Place
North Little Rock, AR 72114

Hotel Reservation Deadline: 10/3/24
Phone: 501-371-9000
Group Name: Epsilon Sigma Alpha SERC 2024
Group Code:

- *A \$30 fee will be assessed for a returned check
*Cancellations must be in writing and received by 10/1/24 -
*After 10/1/24, no cancellations will be refunded, ONLY transferred
*A \$10 processing fee will be retained on all cancellations
*Payment by card, cash, or cashier's check only after 10/1/24



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211



The Kentucky Lamplighter

