

# The Kentucky Lamplighter

March 2025

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## Kentucky State President, Kelli Thornberry



Happy Spring! I think this is my favorite of year, Everything is fresh and blooming. The clocks have turned back, and it stays light out longer. I feel rejuvenated. It feels fresh. Don't you want to see all your friends do a little spring cleaning? Ok I went over board with the cleaning.

I had a wonderful time at leadership in February. The Welcome Party was so much fun! We all dressed up in our Pirate attire.

Kelli trying to have Jacque Cantrel "walk the plank"



I did get rejuvenated in ESA as I always do. It reminds me why I joined and put the pep back in my step. I have so much to share with you all. I hope you have made plans to come to

the State convention. We are having it in Bowling Green to keep it central so maybe more people can attend. It is only one day as no one is being installed. So, we are keeping it simple. I want to help you all put some pep back in your step for ESA. Sometimes we just need to be reminded of why we joined and get the creative juices flowing again.

We have great reps coming from IC we have the incoming President Celeste Webb and from SERC we have 1<sup>st</sup> Vice President Lauren Ryan. Yes they both have been here before, I guess they enjoyed us Kentucky girls so much that they wanted to come back. So, lets show them what you can do in a day.

I have so many things to share with you all, I hope to see you soon. If you would like me to attend an event or a meeting please feel free to send me an invitation. I would love a reason for a road trip. I really do want to get to know all of our state members and the things that are important to you and your chapter and how I can represent you best as your president.

Happy Spring! Love and Kindness

## ESA IC Disaster Fund Chair, Diana Cohen Past-President

### Understanding and Supporting the ESA IC Disaster Fund

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**

Active Members of 90 days or more.

Members-at-Large who are in good standing with Headquarters.

Life Active Members will be determined by the IC Disaster Fund Chair in agreement with the IC President and First Vice-President/President Elect.

### **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 GUIDELINES

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).

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

### IMPORTANT: Disaster Fund Donations

If your Chapter has donated to the ESA Disaster Fund since June 1, 2024, please send me the check number and amount of the donation to [ladydibari@gmail.com](mailto:ladydibari@gmail.com).

If you plan to donate, please send your check, made out to **ESA DISASTER FUND** to me, by **May 31, 2025**.

Diana Cohen  
4001 Delaware Dr  
Lagrange, KY 40031

## Vice President, Erin Baker

Hey everybody. Hope all is well.

Kappa Psi is hosting state convention in Bowling Green on April 12, 2025. I hope to see you there.

We are still taking bids for fall board and state convention next year, 2026. If you or your chapter are interested in hosting let me know.

It is also time for all of you to start thinking about running for a Kentucky State Elected Office, or being on the Appointed Board.

I know there are many qualified members around the state that would do a fantastic job. For those of you who are unsure, the State has many mentors who would be happy to be an advisor

to you. So don't be surprised if you get a message from me asking you to serve.

Most of all, *Choose Kindness!*



## State Convention, Chair Dee Dee Gnadinger

Hello all! I am the Chair for the Spring Convention in Bowling Green, Saturday April 12<sup>th</sup>. We are planning a great time!

Our IC Rep is Celeste Webb, incoming IC President and our SERC Rep is Lauren Ryan, 1<sup>st</sup> Vice President. They love to come to Kentucky because they

know we are FUN!

We rarely are together as a State and would LOVE to see everyone there!

The Registration Form is in this Lamplighter. Registration is \$65 by April 4, then becomes \$70. Payment can be by check or Venmo. The final deadline is April 10<sup>th</sup>.

Chapters are asked to bring 3 items worth at least \$10 for the Silent Auction.

Many of us have accumulated ESA Shirts and other ESA "stuff" over the years. We are also asking everyone to bring those items to the Convention, and for a small donation, you can take someone else's ESA items home.

See you in Bowling Green!

## Kentucky ESA Web Master, Vicky Jones

Are you taking advantage of the Kentucky ESA Website???? Go to <https://www.ky-esa.com/>

You can find all kinds of information:

- ♦ Rosters (Chapters, State Executive & Appointed Boards, SERC Executive & Appointed Boards and IC Executive & Appointed Boards).
- ♦ Conventions, Conferences & Fall Board Information
- ♦ Newsletters, Forms & Bylaws
- ♦ Kentucky Executive & Appointed Board Guidelines
- ♦ And more . . .

To open any document that is password protected, use the passcode: Kentucky1234

## Kentucky Lamplighter Editor Vicky Jones

I have always enjoyed publishing *The Kentucky Lamplighter* after taking over for my mother Thelma Waggoner. I publish 3 issues a year, which go out in August, December & March. The newsletter is only as good as the information received. I welcome any new ideas you would like to see, just send me a text at 270-836-4804 or email me at [vickyjones325@bellsouth.net](mailto:vickyjones325@bellsouth.net)

I need to hear from each chapter to find out who wants *The Kentucky Lamplighter* mailed to them. The cost is \$7 per person. Please fill out the form below and send along with your check to:

Vicky Jones • 664 Grigsby Lane • Cadiz, KY 42211

Name	Address	City/State/Zip	Amount
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
			\$7.00
<b>Total Amount Enclosed</b>			\$

## Chapter News

### Alpha Theta - Bowling Green

Hello Everyone,

Spring is just around the corner and I hope each of you are looking forward to Spring and Summer.

Alpha Theta members have been meeting each month and have been trying to figure out a money-making project.

We have not been having the Antique Show and Sale for several years and are needing to come up with something soon.

In the meantime, we have been doing small projects such as asking each member to bring some prizes to give away at the Bingo games for the patients at Signature Health Center in Bowling Green. The patients there enjoy trying to win at this game and get excited when they receive a small token for their accomplishment.

At our April meeting we are to bring small gift items with the Easter theme to put into children's bags that are with their parent at Brass. Brass is where abused women can find a safe place for them and their children to stay. They have helped so many that find themselves in an abusive situation.

Wish for you all a blessed day!

### Beta Nu - Cadiz

Beta Nu is excited to welcome 2 new members and 1 reinstatement to the group.

Charity Alexander and Molly Oliver are our new members and Melissa Miracle has moved back to Cadiz and rejoined the club.

Beta Nu members have been busy. The Angel Tree endeavor was a huge success.

We are very excited for our children at Trigg County Elementary, grades K-5, for raising over \$25,000 for the St. Jude Math-A-Thon. Any child who raised at least \$35 will be awarded with a pizza party hosted by Beta Nu. For many of those kiddo's who signed up, but didn't raise the \$35 there has been a few donations to help them meet their \$35 goal.

Beta Nu is currently receiving applications from Trigg County High School seniors for the Beta Nu Scholarship. Anywhere from 2-4 \$500 scholarships will be awarded. Beta Nu is proud of our schools in Trigg County!!

Beta Nu also made \$500 donations to:

- ◆ Genesis Express (provides supplemental support to areas in education, culture, health, social and recreation for community members of all generations)
- ◆ The Way (Christian Youth Center for 6th-12th graders)

- ◆ Simple Blessings (their mission is to serve their neighbors in need in Trigg County while demonstrating the love of Christ and sharing the gospel. They supply hygiene products, cleaning supplies and baby care items free of charge on the 3rd Saturday each month)
- ◆ Helping Hands (Cadiz local food bank)
- ◆ Cadiz Senior Citizens.
- ◆ A \$150 donation was given to Trigg County Imagination Library.

We wish everyone a Happy Spring!

### Kappa Psi - Louisville

This email provides an update on Kappa Psi's recent activities and upcoming events for the Lamplighter

In February, we submitted our philanthropic reports to Diana for the Spring Convention awards ceremony. Significant progress has been made in planning and coordinating the Kentucky Spring Convention, scheduled for Saturday, April 12th, in Bowling Green. Kelli Thornberry, with the assistance of another chapter, successfully secured the venue. The Executive Board will hold a meeting the preceding evening,

## Chapter News (continued)

### Kappa Psi - Louisville

Friday, April 11th. Details for the lunch and other aspects of the convention, including a planned silent auction, have been finalized. We've requested that each chapter contribute three items to this auction.

Some Kappa Psi members attended the groundbreaking ceremony in early March for the new St. Jude Home being built in Louisville.

At our March chapter meeting, Sue Williams facilitated an enjoyable craft activity, painting and decorating rocks. It was very fun and challenged our creativity!



Looking ahead, Sue Williams and Diana Cohen will be volunteering at the Dreams With Wings annual golf tournament fundraiser on April 21st, supporting adults with intellectual and developmental disabilities (IDD). Additionally, Kappa Psi is organizing a yard sale, with all proceeds benefiting St. Jude Children's Research Hospital.

We eagerly anticipate seeing you at the Spring Convention in Bowling Green on April 12th.



## International Council Convention

Are you planning to attend the IC Convention in Cary, North Carolina? The states of the Southeastern Regional Council are hosting "A Southern Serenade" on July 13-20, 2025.

The Kentucky State Council will host the Awards Luncheon with the theme "Sipping Sweet Tea on the Front Porch".

If you can't come for the entire week, at least think about attending from Wednesday to Saturday night.

We ensure time for everyone. There is a registration form in this issue of *The Kentucky Lamplighter*.

Hope to see you there!



## ESA Website Ideas - ESA for Literacy



**ESA for Literacy** combines a number of different projects to help members develop hands-on programs in their communities to create enthusiasm for reading or to simply instill the love of a good book into the lives of children and adults everywhere. The ability to read is a skill that many people take for granted, but the reality is that 25,000 Americans lack even the most basic reading abilities.

Members of ESA understand the importance of the ability to read and sharing the gift of reading. There are many projects you can become involved with, whether you are working alone, with a group, or with your entire community. It does not take long to share the gift of reading, but it is a gift that will last a lifetime.

Go to <https://epsilonsigmaalpha.org/Homepage> and sign into the Member Center, and at the top toolbar click on “Service”. Check out the “Literacy Toolbox”

For those of you who love to read, but either can’t find the book at your public library or just don’t have the time to go to your library, have you heard of Kentucky Libraries Unbound? All you need is a phone or tablet and download “Overdrive”, and a Kentucky Public Library Card. Go to <https://kyunbound.overdrive.com/> Here, you can access books from public libraries all over the state of Kentucky!



## Proposed IC Bylaw Addition

### Article XIX - Dissolution

Although the period of duration of the council is perpetual, if for any reason the council is to be dissolved or otherwise terminated, no part of the property of the council or any of the proceeds shall be distributed to the benefit of any of the officers or members of the councils. Upon the dissolution of the council, all assets, including the International Council Disaster Fund, shall be distributed by the executive board to international service projects.

**Purpose:** In the event of the dissolution of the International Council of Epsilon Sigma Alpha.

Respectfully submitted,

Celeste Webb  
2024-2025 International Council 1<sup>st</sup> Vice President

## Proposed Change to IC Standing Rules #15

### Currently Reads:

15. No campaigning and/or organized meeting shall be permitted prior to the International Convention by candidates for an International Council office.

### Proposed Addition:

15. No campaigning and/or organized meeting shall be permitted prior to the International Convention by candidates for an International Council office.
  - A. Candidates will not distribute campaign materials/handouts to the membership.
  - B. Candidates are not permitted to campaign on social media.
  - C. There shall be no campaigning prior to the International Convention. Mail-out campaigning will not be permitted.
  - D. Candidates and their state delegation may wear a “state” or “campaigning” costume at any time during the convention week. Costumes and any/all attachments must be limited to members of candidates’ state delegation only.
  - E. The only posters allowed will be those prepared by the International Council First Vice President/President Elect. These posters will have the candidate’s pictures, and their respective offices. These posters will be on display during the week of convention and will be removed following the election.
  - F. Candidates are invited to participate in the Candidate’s Skit at the time designated in the convention program. If a candidate is not in attendance at the convention or does not wish to participate in the Candidates’ Skit, a written notification should be provided to the First Vice President/ President Elect.
  - G. No other campaign parties are allowed.

### Reason for the addition:

To document the complete rules of campaigning that were otherwise not included in the Standing Rules.

Respectively presented by

Brenda Fields  
2024-2025 International Council Parliamentarian

## Quick Derby Pie by Vicky Jones

With the Kentucky Derby right around the corner, here's a scrumptious dessert for you to take to your Derby Party.

### INGREDIENCE

- ◆ 2 raw pie shells
- ◆ 1 cup chocolate chips
- ◆ 1 cup chopped pecans
- ◆ 4 eggs
- ◆ 1 cup sugar
- ◆ 1 stick melted butter
- ◆ 1 tsp. vanilla
- ◆ 1/2 tsp. salt

### DIRECTIONS

- ◆ Preheat oven to 350°F
- ◆ Spread 1/2 cup of chocolate chips and 1/2 cup of nuts in bottom of each pie shell
- ◆ In a large mixing bowl beat eggs, then add other ingredients one at a time and mix well
- ◆ Pour mixture evenly in the 2 pie shells
- ◆ Bake for 45-50 minutes until pies are set and don't shake
- ◆ Serve warm with ice cream or whipped topping



## Charlotte Russe by Vicky Jones

Some of my favorite memories are with my grandmother (my mom's mom). Every time we would visit her in Jeffersonville, Indiana, she would make Charlotte Russe.

### INGREDIENCE

- ◆ 1 cup sugar
- ◆ 1 qt. heavy whipping cream
- ◆ 3 egg yolks
- ◆ 1 1/2 envelope Knox Gelatin
- ◆ 1/2 hot water
- ◆ 1 tsp. vanilla
- ◆ Lady Fingers
- ◆ Strawberries or Raspberries for garnish

### DIRECTIONS

- ◆ Mix gelatin in water until dissolved (cool)
- ◆ Whip heavy whipping cream until stiff (reserve 12 tbsp. for garnish)
- ◆ In another bowl, beat egg yolks and sugar
- ◆ Gradually add whipped cream
- ◆ Add vanilla extract
- ◆ Add gelatin mixture
- ◆ Refrigerate overnight
- ◆ Serve in 12 individual pudding cups and garnish with lady fingers, berries & whipped cream



## Creamy Cucumber Salad Recipe by Laurie Mulroony

This four-ingredient Creamy Cucumber Salad recipe, made with Greek yogurt and fresh dill, is one of my family's favorite summer side dishes.

### Equipment

- ◆ mandolin optional but quicker to slice and makes even slices

### Ingredients

- ◆ 2 medium cucumbers (peeled)
- ◆ 1/2 cup Greek yogurt
- ◆ 3/4 teaspoon kosher salt
- ◆ 1 tablespoon fresh dill



### Instructions

1. Slice the cucumbers 1/8-inch thick with a mandolin, season with salt and combine with yogurt and fresh dill in a large bowl.
2. Refrigerate until ready to eat.
3. Transfer to a serving bowl topped with more fresh dill, for garnish.

Makes 3 cups.

**Change it up!** This is a basic recipe, feel free to change it to suit your taste.

- ◆ **Cucumbers:** Regular cucumbers are used here but you can also use English cucumbers or Persian cucumbers, and bonus you don't have to peel them.
- ◆ **Cream:** Swap the yogurt for sour cream or use a combination of sour cream and mayo. You can also use reduced fat yogurt, but I personally think it's best with full fat.
- ◆ **Slicing Cucumbers:** If you don't have a mandolin, slice them as thinly as possible with a sharp knife.
- ◆ **Add** red onion.
- ◆ **Herbs:** Swap dill with parsley, tarragon, or chives for a different flavor profile.
- ◆ **Spices:** You can add garlic powder and black pepper to taste.
- ◆ **Acid:** You can add some white vinegar or fresh lemon juice, for variation.

*Bon  
Appetit!*



## Kentucky State Council of ESA Spring Convention

958 Collett Ave, Bowling Green, KY 42101

April 12, 2025

Registration 8:30 am, Meeting 9:00 am – 5:00 pm

Name \_\_\_\_\_ Chapter \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Are you in a multiple-of-5 Service Years? (5,10,15,20 etc.) If yes, what year? \_\_\_\_\_

Food Allergies \_\_\_\_\_

Circle your Lunch Sandwich:

Ham and Provolone

Turkey and Provolone

Roast Beef and Provolone

BLT

Veggie (Swiss, Provolone, and Green Peppers)

Registration fee of \$65 due by April 4, 2025. \$70 after 4/4. Final deadline 4/10.

Make checks payable to: Kappa Psi Chapter

Mail to: Karen Williams, 198 Benjamin Place, Mt. Washington, KY 40047 or Venmo

@Karen-Williams-1009 (picture is her dog Presley)



# Sprinkle Kindness



**2025 INTERNATIONAL CONVENTION**  
**A Southern Serenade**  
**July 13 – July 20, 2025**  
**Embassy Suites by Hilton Raleigh-Durham/Research Triangle**  
**201 Harrison Oaks Blvd., Cary, NC 27513**  
**Embassy Suites at: (919) 677-1840**



MEMBER NAME \_\_\_\_\_ MEMBER NUMBER/STATE \_\_\_\_\_ / \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY, STATE, ZIP \_\_\_\_\_  
 CELL # \_\_\_\_\_ EMAIL \_\_\_\_\_  
 CHAPTER NAME \_\_\_\_\_ CHAPTER # \_\_\_\_\_ STATE COUNCIL \_\_\_\_\_  
 DATE OF ARRIVAL \_\_\_\_\_ TIME OF ARRIVAL \_\_\_\_\_ FLY DRIVE USING SCOOTER Y N  
 DO YOU NEED A NAME BADGE HOLDER? Y N  
 ROOMMATE(S) \_\_\_\_\_

\*Each registered guest will receive an email confirmation after form and payment has been received\*

**CHECK ALL THAT APPLY**

- First IC Convention  Pledge  ELAN  Collegiate Member – Campus \_\_\_\_\_  HQ Staff  
 ESA Foundation Board  IC Elected/Appointed Board  Past IC President (year) \_\_\_\_\_  
 2023-2024 State President – State \_\_\_\_\_  2024-2025 State President – State \_\_\_\_\_  
 Previous State President - State(s)/Year(s) \_\_\_\_\_ Served with: \_\_\_\_\_

I will be recognized at convention for my years of ESA Service 25-80 years in 5-year increments: \_\_\_\_\_

Dietary Restrictions: The hotel will do its best to accommodate **DIETARY RESTRICTION requests only.**

Restriction or Allergy alert: \_\_\_\_\_ (Additional costs may apply)

**CIRCLE AMOUNT**

<b>MEMBER FULL REGISTRATION FEE:</b> Includes general assemblies, workshops, welcome party, recognition luncheon and banquet	Postmarked by May 1, 2025 ..... \$275 After May 1, 2025 (see payment note on page 2) ..... \$325
<b>MEMBER FRI. &amp; SAT. REGISTRATION FEE:</b> Includes general assemblies, recognition luncheon and banquet	Postmarked by May 1, 2024 ..... \$250 After May 1, 2025 (see payment note on page 2) ..... \$300
<b>MEMBER SAT. ONLY REGISTRATION FEE:</b> Includes general assembly and banquet	Postmarked by May 1, 2025 ..... \$150 After May 1, 2025 (see payment note on page 2) ..... \$200
<b>MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE:</b> Includes everything in full registration	<input type="checkbox"/> See payment note ..... \$350
<b>*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE)</b> (all past and present state presidents/IC presidents)	..... \$45

\*If served with multiple IC presidents, indicate with whom you wish to sit? \_\_\_\_\_

**SUBTOTAL MEMBER REGISTRATION: \$ \_\_\_\_\_**

**CONVENTION HOTEL ROOM RATES**

Single/Double \$175 plus tax. Triple \$185 & Quad \$195 plus tax.

To receive the group rate, you **MUST** make reservations by June 23, 2025.

In House Reservations at (919) 677-1840; reference code: ESA

or click on the link: Hotel Reservation Link: [www.hilton.com/en/attend-my-event/epsilonsigmaalphaconference/](http://www.hilton.com/en/attend-my-event/epsilonsigmaalphaconference/)



The Kentucky Lamplighter  
664 Grigsby Lane  
Cadiz, KY 42211



# *The Kentucky Lamplighter*

