

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for
non-members on page one,
indicating who has the restriction.

SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
ENTER TOTAL FROM FIRST PAGE: \$ _____
TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

**CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.**

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to: Susan Caldwell
Online Registration form can be found at www.epsilonsigmaalpha.org
ESA IC Registration Chair
13832 Krim Point Way
Midlothien, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Kathie Fleming
80 Haynes Creek Drive
Murray, KY 42071

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Harriet Breece
2961 Meadow Ridge Ct
Bowling Green, KY 42104

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mall registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Martha Morgan
1909 Harvey Ave
Bowling Green, KY 42104

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat. Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*If served with multiple IC presidents, indicate with whom you wish to sit? _____
SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Marthena Burr
2099 Neosho Prices Mill Rd
Franklin, KY 42134

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
"Sweet Virginia Breeze"
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 _____ MC Staff
- ESA Foundation Board IC Elected/Appointed Board Past IC President (year) _____
- 2025-2026 State President - State _____ 2026-2027 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

MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon, and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note on page 2)..... \$350
MEMBER FRI. & SAT. REGISTRATION FEE: Includes general assemblies, recognition Luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$275 After May 1, 2026 (see payment note on page 2)..... \$325
MEMBER SAT. ONLY REGISTRATION FEE: Includes general assembly, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$175 After May 1, 2026 (see payment note on page 2)..... \$225
MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note..... \$375
*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE) (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; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you **MUST** make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: **ES1**

or click on the link: [**Book your group rate for Epsilon Sigma Alpha 2026 International Convention**](#)

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Carol Hudson
434 Hillview Drive
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat. Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*If served with multiple IC presidents, indicate with whom you wish to sit? _____
SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Cathy Cravens
417 Apache Trail
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
"Sweet Virginia Breeze"
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 _____ MC Staff
- ESA Foundation Board IC Elected/Appointed Board Past IC President (year) _____
- 2025-2026 State President - State _____ 2026-2027 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

MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon, and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note on page 2)..... \$350
MEMBER FRI. & SAT. REGISTRATION FEE: Includes general assemblies, recognition Luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$275 After May 1, 2026 (see payment note on page 2)..... \$325
MEMBER SAT. ONLY REGISTRATION FEE: Includes general assembly, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$175 After May 1, 2026 (see payment note on page 2)..... \$225
MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note..... \$375
*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE) (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; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you **MUST** make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: **ES1**

or click on the link: [**Book your group rate for Epsilon Sigma Alpha 2026 International Convention**](#)

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mall registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Diane Stewart
1001 Rennison Rd
Gracey, Ky 42232

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for
non-members on page one,
indicating who has the restriction.

SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
ENTER TOTAL FROM FIRST PAGE: \$ _____
TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

**CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.**

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to: Susan Caldwell
Online Registration form can be found at www.epsilonsigmaalpha.org
ESA IC Registration Chair
13832 Krim Point Way
Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Holly McCormick
177 Streetland Drive
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
"Sweet Virginia Breeze"
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 _____ MC Staff
- ESA Foundation Board IC Elected/Appointed Board Past IC President (year) _____
- 2025-2026 State President - State _____ 2026-2027 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

MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon, and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note on page 2)..... \$350
MEMBER FRI. & SAT. REGISTRATION FEE: Includes general assemblies, recognition Luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$275 After May 1, 2026 (see payment note on page 2)..... \$325
MEMBER SAT. ONLY REGISTRATION FEE: Includes general assembly, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$175 After May 1, 2026 (see payment note on page 2)..... \$225
MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note..... \$375
*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE) (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; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you **MUST** make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: **ES1**

or click on the link: [**Book your group rate for Epsilon Sigma Alpha 2026 International Convention**](#)

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Inga Thomas
420 Clarksdale Dr
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

---|
|*****List dietary restrictions for**
|**non-members on page one,**
indicating who has the restriction.

SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
ENTER TOTAL FROM FIRST PAGE: \$ _____
TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mall registration form with payment to: Susan Caldwell
Online Registration form can be found at www.epsilonsigmaalpha.org
ESA IC Registration Chair
13832 Krim Point Way
Midlothien, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Kim Roeder
236 Stoney Lane
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is "*Celebrate What's Right*". As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
"Sweet Virginia Breeze"
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 _____ MC Staff
- ESA Foundation Board IC Elected/Appointed Board Past IC President (year) _____
- 2025-2026 State President - State _____ 2026-2027 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

MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon, and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note on page 2)..... \$350
MEMBER FRI. & SAT. REGISTRATION FEE: Includes general assemblies, recognition Luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026 \$275 After May 1, 2026 (see payment note on page 2)..... \$325
MEMBER SAT. ONLY REGISTRATION FEE: Includes general assembly, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$175 After May 1, 2026 (see payment note on page 2)..... \$225
MEMBER/NON-MEMBER WALK-IN REGISTRATION FEE: Includes everything in full registration	<input type="checkbox"/> See payment note..... \$375
*PICPA STATE PRESIDENT'S LUNCHEON (ADDITIONAL FEE) (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; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you **MUST** make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: **ES1**

or click on the link: [**Book your group rate for Epsilon Sigma Alpha 2026 International Convention**](#)

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Mindy Hargrove
159 Brayboy Handley Lane
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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IC Convention Registration Form	13-14
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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

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The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

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In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

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Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat. Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... \$ 90 After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

--- --
***List dietary restrictions for
non-members on page one,
indicating who has the restriction. --- --

SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
ENTER TOTAL FROM FIRST PAGE: \$ _____
TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.

NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to: Susan Caldwell
Online Registration form can be found at www.epsilonsigmaalpha.org
ESA IC Registration Chair
13832 Krim Point Way
Midlothien, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Nancy Moore
220 Daffodil Dr.
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Pam Perry
482 Rockcastle Rd
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Relissa Torian
445 S. Tanyard Road
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

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The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664

'Sweet Virginia Breeze'



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Sheena Moore
558 Caney Creek Dr
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/2 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/2 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

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Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*If served with multiple IC presidents, indicate with whom you wish to sit? _____
SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Melissa Miracle
1020 Adams Mill Rd
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

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Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat. Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*If served with multiple IC presidents, indicate with whom you wish to sit? _____
SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for
non-members on page one,
indicating who has the restriction.

SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
ENTER TOTAL FROM FIRST PAGE: \$ _____
TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY - DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.

NO REFUNDS AFTER JUNE 15 - TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to: Susan Caldwell
Online Registration form can be found at www.epsilonsigmaalpha.org
ESA IC Registration Chair
13832 Krim Point Way
Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Charity Alexander
569 Reddick Rd
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: E S 1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Molly Oliver
3154 Kings Chapel Rd
Cadiz, KY 42211

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, PICPA State President's Luncheon, and Subtotal Member Registration.

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention
If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Laura McGrail
605 N. Main
Henderson, KY 42420

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

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The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon Fee (\$45).

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY - DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 - TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

DeeDee Gnadinger
9901 Chapel Hill Drive
Louisville, KY 40229

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat. Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mall registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Diane Smith
6164 Willow Lane
Farmington, NY 14425

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon Fee (\$45).

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Kelli Thornberry
1118 East Burnett Avenue
Louisville, KY 40217

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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IC Convention Registration Form	13-14
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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

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Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
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Using the New Service Reporting System (cont.)

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Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664

'Sweet Virginia Breeze'



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat. Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment **AFTER MAY 1, 2026** must be paid by **MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.**

After **JUNE 1, 2026** - **MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT.** EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when **WRITTEN** cancellation is **postmarked NO LATER THAN JUNE 15, 2026.**
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mall registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Sue Williams
381 Blackberry Circle
Mt. Washington, KY 40047

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2023. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok T way" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee (\$300/\$350), Member Fri & Sat Registration Fee (\$275/\$325), Member Sat Only Registration Fee (\$175/\$225), Member/Non-Member Walk-in Registration Fee (\$375), and PICPA State President's Luncheon (Additional Fee) (\$45).

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

SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.

To receive the group rate, you MUST make reservations by June 23, 2026.

In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Laurie Mulroony

240 Louis Lane

Mt. Washington, KY 40047

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>

The Kentucky Lamplighter

April 2026

Volume 72, Issue 3



Kelli Thornberry - Kentucky State President

Hello and Happy Spring! I hope you are enjoying the ups and downs of this weather.

I am so excited about the upcoming convention. We have some great things happening and we have a great guest coming. Brittany Covey the IC corresponding Secretary from Missouri will be here as will Jennifer Gailey the SERC 2nd VP from Tennessee. I know we all will give them a warm welcome.

Diana will be giving us an update on the new philanthropic forms and how to fill them out. You will defiantly want to be there for this as it will make our lives much easier.

We are going to do the bring your ESA items, new or gently used and we will do a grid fundraiser This is a great way to get new items and get rid of things you can no longer wear.

In case you didn't see the pictures Erin and I went to St Charles for the presidents retreat and we had a lot of fun. We went out to diner on Friday night. Then Saturday we had getting to know you session in the morning. Then went back to our room changed into our Mrs Roper costumes and went in to old town St. Charles. We ate lunch at the Lewis and Clark Tavern. I had the best Broccoli Cheddar Soup. We did some shopping. We also raised \$200 for St. Jude. People asked us what we were doing and when we told them what are organization was they wanted pictures



and gave us money. A few in the group even took pictures with a bridal party! We went back to the hotel and had diner and played games. Overall it was a great weekend.

I can't wait to see you all in May! Who knows maybe Mrs. Roper will show up.



Inside this issue:

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Erin Baker - Vice President.

Hi ESA Members and happy spring!! I hope to see all of you at the state convention in May. Alpha theta has worked really hard to make this a fun retreat style convention. Originally it was going to be held at a lake house however we have decided to pivot.

The registration form is included in here and was also emailed out. The hotel does have a pool. Don't forget

to reserve your hotel room.

For installation on Saturday, we will be going to a local restaurant. My theme this year is *"Celebrate What's Right"*. As a result, we have decided for dinner on Saturday we will have a "nowhere to wear it party". The theme for installation is quite simple.....whatever you have in your closet that you feel comfortable in and have no where else to wear it.

The only ground rule is no pajamas. Also keep in mind pictures will be taken and posted but ridiculous and fun are allowed.

If there are any questions about anything, feel free to give me a call.

At convention I will share more about leadership this year and the first ever presidents retreat. Look forward to seeing you there. Esa love and all of mine.

Vicky Jones - Treasurer

This year at Kentucky State Convention we will **NOT** be having a Silent Auction or a Teacup Auction. So no need to bring auction items.

Instead, I am asking if you have any ESA or St. Jude swag that you no longer can wear or want, bring it to State Convention. It can be t-shirts, sweat shirts, jackets, hats, visors, cups, or etc. The more we have the better!

We are planning to have a Grid Fundraiser. There will be 100 squares for you to choose from for \$10 per square. We will draw throughout the day for winners of the swag prizes, then on Saturday evening, we will draw for a 50/50. If all 100 squares are sold, you will have a chance to win \$500!!!!



Diana Cohen - Jr. Past President & Disaster Fund Chair

If you plan to give to the IC Disaster Fund, please send your check to me **no later than April 30th.**

Mail to: Diana Cohen; 4001 Delaware Drive; Lagrange, KY 40031.

The ESA Disaster Fund exists to provide support to ESA members in times of catastrophic life events. 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, tornado, hailstorm, hurricane, 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.* \$8,000.00 is the maximum amount given to a member for a Disaster Fund claim.

Dee Dee Gnadinger - Corresponding Secretary

I hope this crazy weather passes and Spring arrives soon. It's wonderful to see the grass turning a healthy green and the trees starting to bud.

A group of Kappa Psi members and Vicky Jones made our annual pilgrimage to Gatlinburg a few weeks ago. The weather and ride through the mountains were beautiful. Vicky, our official trip planner, booked us a nice cabin.



We even had our picture taken with a bear (a stuffed one lol).

Of course we ate at our favorite restaurants. This trip, the best restaurant was a Mexican place of which I don't remember the name. LOL! One night Sue Williams made a tasty spaghetti dinner. YUM!! Afterwards, we played Dominos well into the night. We have realized we are TOO OLD to stay up way past our bedtime playing Dominos. Next year, we'll play it over a couple nights!!

It's wonderful to spend time with ESA sisters!

See you at Spring Convention!

Laurie Mulroony - EasterSeals Chair

Hope you're all doing well.

We're highlighting chapters' contributions to Easter Seals across Kentucky. Remember to share your chapter's philanthropic details, including:

- ◆ Monetary donations (chapter name, amount, date).
- ◆ Any Easter Seals fundraising events you've organized.

Beta Nu's recent donation to Western KY Easter Seals is much appreciated!

Kindly send information about Easter Seals donations or fundraisers your chapters have completed to:

EsaLaurie@Yahoo.com.

Diana Cohen will need the info to include in Chapter Awards. Her email address is:

Dianaladydibari@gmail.com

You could cc her on the email to me or just send separately.

Wishing you all a Blessed Easter season! Our upcoming Spring Conference is soon approaching & I look forward to seeing you there.



ESA Foundation

Are you or someone you know heading to college? The ESA Foundation offers a wide range of scholarship opportunities that can help turn those academic goals into reality.

While the 2026–2027 application window has now closed, it is never too early to start preparing for the next cycle. The upcoming application season for the 2027–2028 academic year will open on **September 1, 2026**, and run through **February 1, 2027**, with a firm deadline of 11:00 PM MST. Mark your calendars and visit the ESA Scholarships and Grants page (<https://epsilonalpha.org/scholarships-and-grants/>) to explore available awards and get a head start on your future.



Diana Cohen – State Philanthropic Chair

New Service Reporting System

Thank you, Chapters, for sending me the detailed Philanthropic information for the previous State year. This allowed me to learn the new system so that I can share it with you.

Every ESA member received an email from ESA about the new online Service Reporting System. **This is effective for new Kentucky Philanthropic Activity beginning March 1, 2026.** I hope every Chapter has picked a designated reporting person to complete the online system on a regular basis.

I am remaining in the position of State Philanthropic Chair for the next 2 years. If your Chapter has questions or requires **ANY** help with the reporting system, **I will help you!!** It's important that Kentucky provides complete and accurate information to ESA.

I will send regular reminders out to the Chapters. **Don't wait until the end of the year to enter information.** It's **MUCH** easier to manage the information as Projects and donations occur, especially for recording accurate hours, miles, and value of donated goods.

I created a Word document to collect information from Kappa Psi Chapter members. I am happy to share it. Send me an email or text.

Philanthropic category I was not aware of:

Special Service: Support for an ESA Member during a time of illness, disability, or personal hardship may be reported. Examples include providing transportation for medical treatments or assisting with essential needs during a period of hardship. This reflects ESA's values and recognizes the care and support members provide to one another when it truly matters.

Please read my article "**Using the New Service Reporting System**". It provides detail you will need to accurately collect and complete your Chapter service reporting.

ESA Service Reporting Guidelines

Condensed Version of document on ESA Website

Designed to help members, chapters, and groups understand what service should be reported through the ESA Service Reporting System.

ESA aligning reporting practices with widely accepted nonprofit standards.

Service should be reported for efforts completed intentionally in the name of ESA.

Volunteer Hours Served: Time ESA members spend actively working on a service project, from start to finish. Includes:

Time spent directly providing service

Time spent preparing for or wrapping up a service activity

Time spent supporting another ESA member in completing a service project, when that support is connected to the project

Does **NOT** include: Routine meetings or social activities; General planning time not tied to a specific service project; Time that would have occurred regardless of the service effort.

Dollars Donated: Monetary contributions made by an individual ESA member or ESA group to support a service project. Includes:

Direct donations to a charitable or civic organization

Proceeds from fundraising projects donated to a supported organization

NOTE: If a fundraising activity benefits more than one organization, only the portion donated to the reported organization should be included.

NOTE: If a fundraiser is advertised as benefiting a specific organization, all net proceeds must be donated in order to be reported.

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The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an interactive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to explore the scenic and historic sites of West Virginia and Virginia. Whether you are coming for the professional development, the service project,

Donated Goods/Value of Donated Goods: Items, supplies, or materials donated as part of a service project.

List the type of items donated (i.e. clothing, hygiene items, school supplies, food, medical supplies)

Provide a reasonable estimated value

Using the New Service Reporting System

Diana Cohen – State Philanthropic Chair

All entries require:

- 1) Who completed the service. Chapter Member, MAL, Chapter(s), State
 - 2) Names of individuals or groups/chapter(s) involved.
 - 3) Host: Organization Supported or ESA members.
 - 4) State (KY)
 - 5) Project/Event Name. If a monetary donation not tied to a Project/Event, put "Donation" as Name.
 - 6) Project/Event Completion Date. If Scenario #1, use Check Date.
 - 7) Organization Supported: St. Jude, Easterseals, ESA Foundation, Hope for Heroes, or Other Organization
 - 8) **If Hope for Heroes or Other Organization**, enter Name of Organization.
-

Determine your philanthropic scenario.

Scenario #1) Monetary Donation ONLY: Usually NO Project/Event, hours, miles, or donated goods. Check MUST have been written to the Organization.

A) Enter Monetary Donation Amount.

Scenario #2) NO Monetary donation: ONLY hours, miles, donated goods (i.e. Angel Tree)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) SKIP Monetary Donation.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items

Scenario #3) Project/Event with Monetary Donation to ONE organization. Check MUST have been written to the Organization. (i.e. Yard Sale for St. Jude)

- A) If applicable, enter miles. No decimals.
- B) If applicable, enter hours rounded to the nearest 1/4 hour.
- C) Enter Monetary Donation Amount.
- D) If applicable, enter description of donated items
- E) If applicable, enter reasonable value for donated items.

Scenario #4) Project/Event for MULTIPLE Organizations with Monetary Donations to same MULTIPLE organizations. Checks MUST have been written to the Organizations.

Use Scenario #3, except create **MULTIPLE** entries with the **SAME** Project/Event, but **DIFFERENT** Organizations. If there were 3 Organizations for this Project/Event, there would be 3 entries in the system.

Using the New Service Reporting System (cont.)

A) Split the total miles; hours; description of the donated items; and reasonable value for donated items perhaps based on the percentage split of the money between the Organizations.

B) Enter the monetary amount donated to each particular Organization.

Scenario #5) FUNDRAISING: Project/Event with NO defined Organization. (i.e. Summer Golf Scramble funds Winter Angel Tree and various monetary-only donations)

A) Create **ONE** entry for the Project/Event using Scenario #2. Enter "Various" as the Organization Name. Monies raised cannot be reported with Project/Event as these funds are not donated to a Supporting Organization at this time. Enter the hours, miles, and donated goods for this Project/Event.

B) As money is donated **DIRECTLY** to an Organization, create entries using Scenario #1 using the Name of the Original Project/Event.

C) When a spin-off Project/Event occurs using the previously generated funds (i.e. Angel Tree), create a **NEW** Project/Event entry using Scenario #2. **Monies spent are Value of Donated Goods, NOT a Monetary Donation.**

Additional St. Jude Monetary Donation Information

If this is a St. Jude monetary donation:

- A) If applicable, Chair Name(s)
- B) Date Check Mailed
- C) Number of Checks Mailed to ESAMC
- D) "From My Birthday to Yours" campaign?
- E) Honor or Memory of someone?
- F) If desired, Name and Address to send a card.

Finish entries, by selecting PREVIEW, take a look, and SAVE.

It will ask if you are finished or want to do another entry.

IMPORTANT: At this time, there is no method to edit or delete entries in the New Service Reporting System. If you make an error, notify Nina Hollingsworth at ESAMC.

Email: programcoordinator@epsilonsigmaalpha.org

Phone: 970-223-2824 option 2.

Join Us for the 2026 Kentucky State Convention!

Mark your calendars! The Kentucky State Council of ESA is thrilled to invite you to our upcoming State Convention on Saturday, May 2, 2026 hosted by Alpha Theta Chapter of Bowling Green, Kentucky. This year, we are gathering in the charming city of Glasgow for a day filled with fellowship, inspiration, and the shared joy of our mission.

Convention Details

- Location: Holiday Inn & Suites
- Address: 208 Wall Street, Glasgow, KY

If you would like to stay overnight, please contact the hotel directly at 270-629-2900 to secure your room.

Schedule Highlights

State President Kelli will kick things off with an Executive Board meeting on the evening of Friday, May 1st, held in her room. The main convention events will follow on Saturday. For a deeper dive into what is planned for our time together, be sure to check out Vice President Erin Baker's on page 2.

Registration

We have made attending easy! You can find a copy of the registration form included in this edition of *The Kentucky Lamplighter*.

Since this year's convention is a streamlined, one-day event, we truly hope to see a wonderful turnout. We have missed so many of you and are eager to reconnect, share some laughs, and celebrate our collective hard work.

Pack your bags and head to Glasgow—we can't wait to see you there!



International Council Convention 2026

The IC Convention of Epsilon Sigma Alpha invites you to feel the "Sweet Virginia Breeze" in Norfolk, Virginia, from July 15-19, 2026. The International Council and the Virginia delegation have curated an incredible schedule filled with energy and inspiration, with a lively Music Bingo Night. Members can dive into a diverse array of workshops designed to spark creativity and personal growth, ranging from the "What Color Are You?" personality test and self-care sessions in "Mind, Body, and Soul" to hands-on crafting with homemade lip gloss, friendship bracelets, and a deep dive into history. You can even learn the secrets of social media success in the "You Can Be a Star... TikTok Takeaway" session.

The excitement continues with the Easterseals Culinary Connections, featuring a unique smoothie bike where you can pedal your way to a refreshing drink during convention registration. This interactive experience is paired with an on-site mini-market, a bake sale, and an impressive student-led cooking demonstration. For those looking to extend the adventure, several Kentucky members are heading out early to tour the scenic and historic sites of West Virginia and Virginia.

Whether you are coming for the professional development, the service projects, or the fellowship, we hope you will join us for this fantastic time in Norfolk!

From My Birthday to Yours - St. Jude Campaign

Starting this year, ESA has officially pledged to raise \$5 million over the next four years for St. Jude Children's Research Hospital. To kick off the 2025-2026 fiscal year, ESA is launching the "From My Birthday to Yours" campaign.

Simply choose the celebration that fits your chapter best and help give the children of St. Jude the greatest gift of all: another birthday.

The Challenge - Think Local, Think Creative.: While we continue our incredible work with established ALSAC events like the Dream Home, Math-a-thon, and Radio-thons, we are challenging every chapter to launch additional local fundraisers. These grassroots events are vital for raising both funds and awareness within your specific communities.

Success Spotlight: Kappa Psi (Louisville, KY) recently led the way with their "Eggs for St. Jude" event. By taking orders for Easter eggs and delivering them throughout the Louisville area, they sold approximately 600 eggs and raised over \$400 in their very first year!



The Sky is the Limit: We encourage every chapter to find a unique way to give back. You can adapt the "delivery" model for any season or holiday:

- Flags for the Fourth or Veterans Day
- Turkeys for Thanksgiving
- Santa Visits for Christmas
- "Flocking" a neighbor's yard with pink flamingos

Whether it's a holiday tradition or a quirky community prank, your creativity can change lives. Let's make this first year of our \$5 million pledge one to remember!

Chapter News

Alpha Theta—Bowling Green

Hello Everyone

With the Spring equinox comes a time for renewal so let's let it be a time of reflection and expectation. With change of seasons comes new energy and new expectations of the coming season and time.

As we change over to new leadership, may it be a time of new beginnings building on our decades of a good foundation. My hope is that we will see a revival in our state chapters. May there be a new level of excitement and commitment to bring kindness to others as we have opportunities to impact many through our time together as members, recruiting others to join us in our endeavors through service, social and educational and philanthropic work.

Alpha Theta is excited about hosting the 2026 convention and look forward to many of you attending. It is always good to fellowship together along with conducting our business. So please try to make this a priority. You will find all the information in this Lamplighter. Alpha Theta is proud of our Erin Baker who will be serving as your next Kentucky State President. We look forward to seeing you in Glasgow, Kentucky.

Beta Nu—Cadiz

Beta Nu is gearing up for another impactful Math-A-Thon at Trigg County Primary School. Several of

our members recently visited with the students to share an introductory video and build excitement for the event. Following last year's incredible success—where we raised over \$25,000 for St. Jude Children's Research Hospital—we are optimistic and driven to reach new heights this year. We look forward to seeing the students' enthusiasm as they use their math skills to support such a vital cause.

As we celebrate these community milestones, we also hold our fellow members close in our hearts during difficult times. We send our deepest sympathy and heartfelt love to:

- ◆ Diane Smith, on the loss of her husband Michael.
- ◆ Inga Thomas, on the recent passing of her son, Wayne.

Please keep Diane, Inga, and their families in your thoughts and prayers during this time of grief.



In March, Vicky joined members of the Kappa Psi chapter for their annual "ESA Get-A-Way" in the scenic mountains of Pigeon Forge, Tennessee. As always, the trip was a wonderful whirlwind of indulgence and laughter—filled with a bit too much shopping, plenty of great food, and some very healthy competition over games of cards and dominoes. A highlight

of the stay was the official cabin mascot: a (stuffed!) bear that posed with everyone for a memorable group photo. It was the perfect weekend of fellowship and fun.

Gamma Tau—Henderson

Hello from Henderson! The spring semester started off with lots of white stuff for us, as it probably did for a lot of you. The snow caused a cancellation of our January meeting but we were up and running again by February.

Several Gamma Tau sisters attended a tour of our local library, where we hold our meetings, and reported on the library's history and hidden rooms, as well as the upcoming events and how our chapter could make use of the Maker's Space that it offers.

Gamma Tau has started planning its third annual golf scramble for St. Jude Children's Research Hospital, which will be held on May 29th. We have renamed it the Brian Pritchett St. Jude Golf Scramble in loving memory of our past President Sandy's wonderful husband, who was a huge factor in our success with the fundraiser the past two years.

In April, we will hear from our President, Pam Ballou, about her recent trip to Italy and from Glenda Sutton, our Chaplain, who visited Scotland a few months ago. T

he Gamma Tau sisters are also looking forward to learning how to play mahjong from the daughter of one of

Chapter News (continued)

our members. We wish our fellow Kentucky sisters a blessed Easter and a wonderful spring....if the weather will cooperate!

Kappa Psi—Louisville

Good day ESA members!

We made it to 2026! I hope everyone had a great and happy New Year!

We started our year off having fun.

In January, several ladies stayed the weekend at Patti's Inn in Grand Rivers and made their annual trip to eat at Patti's 1880 Settlement.

In February, our social was a trip to Glendale, KY where we met at the Whistle Stop for lunch.



The meals were delicious and filling. No room for dessert unfortunately. Next time, we should eat dessert first! Afterwards, we strolled the street looking for open shops to browse through! Just looking, was part of the fun, even if we didn't buy anything.

In March, several Kappa Psi members took their annual trip to the

Gatlinburg TN area and met up with Beta Nu member, Vicky Jones. The group stayed in a cabin at Pigeon Forge and ate at many great restaurants including the Old Mill. Did some shopping and drove thru Cades Cove. It is always a fun get-a-way.

For Easter, we had a fundraiser for St Jude this year. We elected to post a flyer on our Facebook pages selling, prefilled plastic eggs, that we fill with toys and candy. We asked for certain information such as boy, girl, allergies, and age. We had a very good first try turnout. Final count was around 600 eggs ordered.



And, we are created 30 baskets for the Homeless, filled with yummy treats, food, and products for everyday living.



Both were filled on March 28th and delivered in time Easter.

Looking ahead, Kappa Psi is already gearing up for our next big event: a community yard sale! We are currently in the early planning stages, so stay tuned for more details on dates, location. It's going to be a great opportunity to clear out some clutter while supporting our chapter's ongoing projects.

Sue Williams, Karen Williams, Kelli Thornberry, Dee Dee Gnadniger, Diana Cohen, and Kitty Bealle are officially Norfolk-bound! This enthusiastic group is counting down the days until the IC Convention in Virginia, where they look forward to a week of inspiration and fellowship. Beyond the convention events, they are already planning several sightseeing adventures to take in the local history and coastal charm of the area. It is sure to be a memorable trip for everyone involved!



Kentucky State Council
ESA State Convention

Holiday Inn Express & Suites, 208 Wall Street, Glasgow, KY 42141
May 2, 2026

Registration begins at 9am, Meeting at 9:30am-5:00pm Central time

Name _____ Chapter _____

Address _____

Phone _____ E-mail _____

Are you in a multiple-of-5 Service Years? If yes, what year? _____

Food Allergies _____

Registration fee of \$75. Lunch Saturday is included with registration. For Saturday, you will pay for your own dinner. See the Lamplighter article for attire. **Make checks payable to: Alpha Theta Chapter #662**
Rooms are \$159.99/night for king or queen. Rooms should be reserved through the hotel directly by individuals.

<https://www.ihg.com/holidayinnexpress/hotels/us/en/glasgow/glwes/hoteldetail> or call 270-629-2900

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



EPSILON SIGMA ALPHA

2026 INTERNATIONAL CONVENTION
'Sweet Virginia Breeze'
July 15 - July 19, 2026
Sheraton Norfolk Waterside Hotel
777 Waterside Dr., Norfolk, VA 23510
(757) 622-6664



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 MC Staff
ESA Foundation Board IC Elected/Appointed Board Past IC President (year)
2025-2026 State President - State 2026-2027 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

Table with 2 columns: Fee Description and Amount. Rows include Member Full Registration Fee, Member Fri & Sat Registration Fee, Member Sat Only Registration Fee, Member/Non-Member Walk-in Registration Fee, and PICPA State President's Luncheon (Additional Fee).

*If served with multiple IC presidents, indicate with whom you wish to sit? _____
SUBTOTAL MEMBER REGISTRATION: \$ _____

CONVENTION HOTEL ROOM RATES

Single/Double; Triple, Quad - \$169 plus tax, plus \$3.00/night fee.
To receive the group rate, you MUST make reservations by June 23, 2026.
In House Reservations at (757)622-6664; reference code: ES1

or click on the link: Book your group rate for Epsilon Sigma Alpha 2026 International Convention

Member Name and Number as listed on first page: _____

MEMBER MAY NOT REGISTER AS NON-MEMBER FOR ANY EVENT

NON-MEMBER NAME _____

Please indicate if special guest of the following: ALSAC EASTERSEALS INCOMING IC PRESIDENT
 OTHER (Please specify) _____

	<u>CIRCLE AMOUNT</u>
NON-MEMBER FULL REGISTRATION FEE: Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$300 After May 1, 2026 (see payment note below)..... \$350
NON-MEMBER attending WELCOME PARTY:	Postmarked by May 1, 2026..... <u>\$ 90</u> After May 1, 2026 (see payment note below)..... \$140
NON-MEMBER attending RECOGNITION LUNCHEON:	Postmarked by May 1, 2026..... \$ 75 After May 1, 2026 (see payment note below)..... \$125
NON-MEMBER attending BANQUET:	Postmarked by May 1, 2026..... \$100 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 12 & under): Includes general assemblies, workshops, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked by May 1, 2026..... \$125 After May 1, 2026 (see payment note below)..... \$150
YOUTH REGISTRATION FEE (age 13-17): Includes general assemblies, welcome party, recognition luncheon, Saturday luncheon and banquet	Postmarked May 1, 2026..... \$175 After May 1, 2026 (see payment note below)..... \$200

***List dietary restrictions for non-members on page one, indicating who has the restriction.	SUBTOTAL NON-MEMBER REGISTRATION: \$ _____
	ENTER TOTAL FROM FIRST PAGE: \$ _____
	TOTAL REGISTRATION: \$ _____

MEN'S GOLF - Indicate day(s) you would like to play golf - Wednesday Thursday Friday Saturday

SELECT ONE PAYMENT TYPE: - Check Zeffy® see next page Zelle® see next page

PAYMENT NOTE: Payment AFTER MAY 1, 2026 must be paid by MONEY ORDER, CERTIFIED CHECK, OR CREDIT CARD AND MAILED TO THE IC REGISTRATION CHAIR BEFORE JUNE 1, 2026.

After JUNE 1, 2026 - MAIL REGISTRATION FORM ONLY – DO NOT SEND PAYMENT. EMAIL the registration chair (susancaldwellva.comcast.net) indicating that the form has been mailed and bring a copy of the registration form with money order, certified check, cash or credit card to the IC Convention.

Make Check or Money Order payable to: 2026 ESA IC Convention (A \$45 fee will be assessed for any returned check.)

Zeffy® registration has been added for Credit Card Payment. It is on the ESA Website - www.epsilonsigmaalpha.org under IC Convention

If you CANNOT use Zeffy® for any reason and need to pay by credit card, use Zelle®, or call Susan Caldwell @ 804-690-6378.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$50 processing fee will be refunded when WRITTEN cancellation is postmarked NO LATER THAN JUNE 15, 2026.
NO REFUNDS AFTER JUNE 15 – TRANSFER ONLY.

TRANSFER TO ANOTHER MEMBER: One time transfer allowed, \$16 transfer fee. See separate form.

Mail registration form with payment to:	Susan Caldwell
Online Registration form can be found	ESA IC Registration Chair
at www.epsilonsigmaalpha.org	13832 Krim Point Way
	Midlothian, VA 23114

Cottage Cheese Pineapple Salad

This is my mother's, Thelma Waggoner, recipe. She always made it in the spring and summer for family get-togethers. Hope you enjoy!

INGREDIENCIE

- ◆ 1 carton of cottage cheese
- ◆ 1 ½ cups of crushed pineapple (drained, save the juice)
- ◆ 2 cups mini marshmallows
- ◆ 1 cup chopped pecans
- ◆ 1 pint cool whip

Sauce (optional)

- ◆ 2 TBS corn starch
- ◆ ¾ cups sugar
- ◆ 1 tsp salt
- ◆ 1 egg (beaten)
- ◆ 2 cups pineapple juice

DIRECTIONS

- ◆ Mix cottage cheese, pineapple, marshmallows and pecans in a large bowl
- ◆ Fold in the cool whip

Sauce

- ◆ Mix all the ingrediencies in a sauce pan over medium-low heat
- ◆ Cook until thick
- ◆ Serve on top of the salad



Dessert Pizza

I have always loved to attend Pampered Chef parties, especially when they made different recipes using their utensils. This has always been one of my favorites!



INGREDIENCIE

- ◆ 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- ◆ 1 pkg (8 oz/250 g) cream cheese, softened
- ◆ ⅓ cup sugar
- ◆ 4 cups of assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

DIRECTIONS

- ◆ Preheat your oven to 350°F. Brush the Large Round Stone or Pizza Stone with oil. For the crust, shape the cookie dough into a ball. Place the dough in the center of the stone and flatten slightly with the palm of your hand and press the dough to a 12" circle, about 1/4" thick.
- ◆ Bake the sugar cookie dough for 18-20 minutes or until it is a light golden brown. Remove the pan from the oven and let cool completely.
- ◆ For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



The Kentucky Lamplighter
664 Grigsby Lane
Cadiz, KY 42211

Kathleen Beall
10621 Hillcross Ct.
Louisville, KY 40229

The Kentucky Lamplighter

Check out the Kentucky ESA State website

<https://www.ky-esa.com/>
