



MINNESOTA ESSAY

VOLUME 56 • ISSUE 6 • FEBRUARY 2009

March membership meeting important

Betty Robinson
PRESIDENT

Happy February! The year is winding down, and the State Convention plans are being formulated and worked on. It will be a fun time in Bloomington the first weekend in May as we go on a jungle safari.

Gamma Omega is busily working on finalizing the plans. A guest speaker has been lined up all ready thanks to our state Education chair, Nicki Weller. Nicki has done a great job this year keeping us informed and working to bring us great speakers. We had Ken Speake of Kare 11 fame at the Leadership Membership meeting in January thanks to Julene Donnay and Nicki. I so very much enjoyed meeting him and listening to his talk as well as watching some of his best story-telling videos he made while working for the television station.

A big “Thank You” goes out to Shirley Laue for pulling the Leadership weekend together for us all. I really appreciate all the hard work she did to make it special.

The nominating committee is hard at work putting together a slate of officers for the election during the state convention this year. Now's the time to let Diane and crew know if there is an office you are interested in running for. I have asked that the campaign skits be performed at the March 21st membership meeting this year, to allow for a relaxing and fun Friday night mixer at the state convention. So get those thinking caps on!!!

The March membership meeting is an important one for us. We will all learn who is running for an office this year and what

philanthropic projects we will be voting on at our state convention.

Dennis Marler has been busy working on putting together the schedule of presentations for us. So please make sure a chapter representative is at this meeting, so you all have a say in what philanthropic project and officer candidate to vote for.

The official ballot of the 2009-2010 International Council Elected Officers has been finalized. The following candidates will be presented on the ballot at the IC Convention this July. Please discuss this information with your chapters and let the Minnesota delegation know how you would like for them to vote.

That's it for now, so until next time, “Spread your Wings, and Dare to Soar for ESA”.

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Office	Name	Chapter	State
First Vice President/ President Elect	Dora Dill	Gamma Delta #2302	Nebraska
Second Vice President	Glenn Gay Rose Pasillas	Kappa Sigma #4940 Sigma Iota #3908	Arkansas Texas
Recording Secretary	Vickie Farris Holli Neigel	Alpha Delta #4755 Zeta Phi #5422	Idaho Washington
Corresponding Secretary	Maria Bingheim	Epsilon Zeta #2668	Illinois
Treasurer	Judi Grefer	Beta Psi #4150	Ohio
Parliamentarian	Vicky Jones Jean Joyce	Alpha Delta #1138 Beta Kappa #3940	Kentucky Missouri
Workshop Coordinator	Laura Gnewuch Susan Winters	Omega Sigma #5226 Beta Epsilon #3355	Kentucky Kansas

First Vice President → Diane Vanusek

IC Leadership in Denver was a great time. For our newer members, each year IC holds a three day leadership training program for incoming State Presidents as well as anyone else who wants to attend.

A number of state Second Vice-Presidents attended as well as most of the IC elected and appointed officers. IC provides materials, ideas, methods, procedures, etc to help an incoming state president plan the upcoming year. IC, MARC and your fellow state presidents are at your side as they want you

to succeed as much as you do. I came away with the goal of improving communications within our state via various media methods so all will be adequately informed. Communications do need to include electronic media in order to get the younger people involved, but must also retain the “old ways” so the rest of the people can stay involved.

The Leadership attendees worked while laughing and playing. The program was carried out with a great deal of infectious humor. It is important to relate to our

current membership and prospective membership, ESA can be fun while we accomplish a great deal no matter which way get or disseminate information.

The nominating committee is working very hard on filling the coming year slate of candidates for the elected board. At this time, we are in need of nominations for Second Vice-President. Please think hard about running for this important office. Nominations are also open for recording secretary, corresponding secretary or treasurer. Please let

your wishes be known to anyone on the committee.

If you are interested in serving on the appointed board, call anyone on the nominating committee, myself, Kate Sala, Kathy Rice, Sharon Desarmeaux, and Kathie Wasson. The appointed board is listed in the bylaws with related descriptions of the office.

Second Vice President → Terri Olson

Energizing ESA; what is that? Well, folks, a few of us have been meeting over the past few months and have been brainstorming over the theme of Energizing ESA for the next decade.

We’ve talked about ideas for the future, things we want to change, and how and what we can do to energize our beloved organization. We got so excited and creative and it’s all written down and in a book for all to see. And the most exciting part is that the book is ever-evolving – we’re far from done.

In fact, that’s the best part – it should NEVER really be done. I’ll keep adding to the book as we progress along the way. I was going to send the book to everyone via email and snail mail (for those who don’t have email), but then I got to thinking about whether you all wanted this book in your email. The book is currently 38 pages long (about 3Mb for those of you who are concerned about your email intake). So, I would like you tell me if you DO NOT want me to send it to you. That way, I’ll only send it out to those who want it.

And, by the way, we’re

going to meet again to brainstorm some more which will add to the book. We’re going to meet on Tuesday, February 24 at the Ridgedale Library at 6:00pm. Bring a bag meal if you’d like or if you don’t have time to stop and pick up a meal, but want to come, let me know. I’ll pick one up for you on my way. Also, would you please RSVP to me by Thursday, February 19th to let me know if you’re coming to the meeting so I can make sure you get the current Energizing ESA book before you come.

One more thing, it’s not too

early to be thinking about whether or not you’ll be receiving any First Pearl or Pallas Athene awards or years of service; Convention is coming and we want to be prepared. Let me know by April 1st if you are eligible for any award; I can’t wait to hear from you.

You can reach me by phone at work (763-420-0657) or cell (612-578-5003) or send me an email at work to terri.olson@verification-sinc.com or at home to tolson@pro-ns.net.

Look forward to seeing you on the February 24,
Terri

ESA Foundation → Karla Kay Nicklaus

“Serving the World Community...Because We Care”

A big thank you to all who have sent in your renewal dues. If you haven't paid please send your dues in by March 1st, for a vote at the International Convention. Also, there is time to join the Foundation - \$25.00. Life membership -

\$500 (This can be paid in two installments.) Please call me for forms. It would be “awesome” to have all members renew your membership plus have all the Chapters as members of the Foundation.

It is an exciting and busy time as scholarship applications are being reviewed and sent on for judging. A special thanks to Linda Schultz who is again helping with this project. As the scholarship

applications are reviewed our future is in great hands – outstanding leaders who have goals that they want to accomplish to help people in all walks of life.

Chaplain → Shirley Laue

Cards have been sent to the following since Nov:

- Kate Sala, Alpha Lambda, knee replacement
 - Nick Reamer, Jill Reamer-Delta Pi, surgery for cancer and now taking chemo and radiation treatments
 - Detta Foley, Beta Sigma, son Patrick passed away
 - Mae McKeever, Delta Omicron, hurt shoulder and pneumonia
 - Barb Winczewski, Delta Pi, Nerve Block and nerve Ablation in back and hip and became grandmother to Olivia Carolyn Winczewski
 - Linda Olson, Alpha Zeta, husband passed away
 - Kim Letendre-Olson, Alpha Zeta, father in-law passed away
 - Donna Holmes, Delta Pi, hospitalized for flu and cold symptoms
 - Coleen Riley, Alpha Chi, knee replacement surgery
 - Donna Wakefield, Alpha Chi, fractured Humerus bone
 - Debbie Coolman, Sigma Kappa, surgery for breast cancer
 - Mary Parr, Alpha Lambda, cast on foot
- Please keep all these members in your thoughts and prayers.

People are often unreasonable, can be illogical, and even sometimes self-centered;

Forgive them anyway.

If you are kind, people may accuse you of being selfish, with ulterior motives;

Be kind anyway.

If you are successful, you will win some false friends and some true enemies;

Succeed anyway.

If you are honest and up-front, people may cheat you;

Be honest and Up-front anyway.

What you spend years building, someone could destroy overnight;

Build anyway.

If you find serenity and happiness, they may be jealous;

Be happy anyway.

The good you do today, people will often forget tomorrow;

Do good anyway.

Give the world the best you have and it may never be enough;

Give the world the best you have anyway.

I love a challenge in life. I want to wear out, not rust out.

--AUTHOR UNKNOWN

Alzheimer's Association → Sharon Desarmeaux

Just some notes of interest:

The 2008 Memory Walks raised more than \$790,000. Twelve walks were held to raise both awareness of Alzheimer's and related diseases and funds for dementia programs and services benefiting those in Minnesota and North Dakota. More than 6,000 people walked.

A Meeting of the Minds Dementia Conference 2009 will be held on March 28th at the RiverCentre in St Paul. If you are

interested please call the Alzheimer's Association at 952-830-0512 or go to their website at www.alz.org

Remembering Our Stars Gala will be held on April 25th at the Marriott City Center in St Paul. If you are interested please call the Alzheimer's Association at 952-830-0512 or go to their website at www.alz.org. This is a fun event to volunteer at.

Philanthropic → Dennis Marler

Each year, at our March membership meeting, charitable organizations have the opportunity to speak to ESA, to tell us about their organizations, their needs, and how ESA can help. Later, at our state convention, we will vote to determine how many groups ESA will support as state philanthropic projects next year, followed by a second vote to select the organizations.

If you know an organization you'd like our membership to consider as a state philanthropic project, please send me the group's contact information. I'll contact that person to make arrangements for a presentation at our March mem-

bership meeting. So far, I've heard from two groups: The Alzheimer's Association and the Jeremiah Program.

Chapter Philanthropic Chairs, it's time again to complete your Chapter Annual Philanthropic Report for the period April 1, 2008 - March 31, 2009. If you need additional copies of the report, it can be found on the ESA International website, www.esaintl.com, or if you prefer, I can send you a copy.

Please return your completed Chapter Annual Philanthropic Report to me by April 10, 2009.

Hats for Hope → Mary Tolle

The charities where we distributed the mittens, scarves, hats and afghans were all very grateful. We heard from several of them that their budgets had been cut and there was just no funds to purchase these items. Gamma Zeta filled 20 bags with personal care items for St. Ann's Shelter, which included socks, shampoo, lip balm, etc. There was a lot of excitement when the bags arrived as several residents had no socks, were sharing shampoo, and needed lip balm products. Again, no funds to purchase these items! The following items are currently needed by the shelters:

- Diapers, SZ 4-5-6 Plus pull-ups
- New undies for children & adults
- New socks for children & adults
- Robes & PJ's all sizes
- Fleece Blankets

Thanks for all your donations. Everything is needed and much appreciated.

Educational → Nicki weller

Have you been thinking about your homework? Yep, we received some educational homework at the January Leadership Weekend. As a reminder for attendees and for upcoming attendees at the March State Membership Meeting and the State Convention in May, we are working on a few educational “assignments.” But first, I want to give you some information about the Educational books, binders, projects...that your chapter is working on submitting for judging this year. My wise mentors tell me that I should have you hand in those projects by April 15th. I will make some announcements about such details at the March meeting as well as send an email out to the membership about when and how to get your project to me for consideration by the judges. I'm so excited to see your work - hearing about it has been energizing and downright fun!

Now, on to the homework. Your first assignment is an activity called, “Take a Walk on the Wild Side.” One of our chapters is doing this as their educational program this year, so we will support them and also consider some “walks” we may want to take in our own lives. I have included an attachment of the rules for creating your “Wild Side” list. Just write it on any old piece of paper and bring it with you to the meeting or to convention - I will have some fancy paper on which you can write your list - it will not be made public, but we will have a safe place to store your list when you have completed it. Remember our time capsules? They will be the safe storage place! If you have not yet finished your time capsule, I'm bringing the mess along with me again - twice!

The other piece of homework we have is to write a “humorous anecdote.” One of our state chapters has made this into their educational study this year. I found a few for you and left them at the tables at Grand Rios. If someone did not get a copy of something and needs one, let me

know. I'm going to include one sent to me by June Schleiss. It's extra appropriate for this time of year and oh, so true. Also, the directions on how to write a humorous anecdote on your own have been included. I shared one about my grandfather at the meeting that is definitely a family favorite and gets more than a chuckle every time, but mostly, it is an extremely fond memory of someone special in my life. I can't wait to hear some of our stories and publish them in a little book (for our viewing pleasure only). (I will also collect them at the meeting or the convention.) We did not have homework on the following projects, but I thought some of you who were not able to attend in January may be interested in our activities. We had a fun time hula-hooping while studying The History of Games - no one pulled a muscle - and we were put to the test with a word search on Minnesota Born Companies. At the next meeting, we will be writing a letter to our younger self (private - stored in the time capsule), taking a quiz on The History of Alcoholic Beverages, and completing a crossword puzzle about some Museums in Minnesota...and we are STILL not done learning from each other for the year! I'll share more about the educationals the rest of our chapters are working on at the meeting which we can expect to experience at convention. I hope to see you at the March Membership Meeting with your homework in hand and a smile on your face ready for more!

All but the shouting is over for acquiring our speaker at convention this year! I'm so excited to report that we have secured a speaker and his areas of expertise are motivation and humor - two things of which most of us can never have enough. Roger Revak is award-winning and very much honored to be asked to speak to our group. He humbly claims “not [to be] an expert or a hero...just a regular guy who lives a normal life...because of heroes: people who serve people.” Sound familiar?

Tilly's *serious side*

Whatever happened to former ESA members - was it due to burnout-lack of interest-being criticized-miscommunication-did members offer assistance in a situation? Did kindness go out the window? Did rudeness enter in?

Life is short. We have a good organization and we want it to grow. Let's keep everyone interested and be supportive to all. We should all watch our manners. If there is a disagreement, get it settled with the person involved, with love-not hate-not rudeness. Compromise

is a good thing. It is better for good health.

Don't let passé disappointment eat at you because if you don't forgive and forget, bitterness eats away and you become a very unhappy and unhealthy person and not pleasant to be around.

Get a fresh start and let by-gones be by-gones - it's a brand new day - so enjoy it and live it to the fullest.

Corresponding Secretary → Dana L. Terry

Donna Waller of Alpha Delta now has E-mail. Her new e-mail is: DMW310@q.com

MINNESOTA ESSAY *chapter reports*

Delta Pi

Nicki Weller

Anyone up for a little comic relief? Pi girls are putting the finishing touches on our 2nd Annual Keep it Clean Comedy Luncheon coming on Saturday, April 18th, 2009 at the Blaine Fire Hall off of Ulysses between 117th Ave. and 121st Ave. on (parallel to) Highway 65 South.

This being our second year for the event, it is not nearly as stressful as planning was at this time last year - we were traveling in unknown territory and now we feel like seasoned pioneers - it helps our egos to brush them every now and then...just play along: We will have a Save the Date flyer in this ESSAy, so check that out too, and depending on the time of print, we may get our actual flyer in this issue too. Either way, we will soon add information to the state website and have flyers at the state meeting in March...so never fear; more information will be coming your way. We hope to welcome back our guests from the 1st Annual Keep it Clean Comedy Luncheon as well as attract some more folks who could not make it last year - we had lots of fun and laughs, but we did miss you too!

Our event will help to raise awareness for domestic abuse as well as monies to help out Alexandra House. We are hoping that you will be able to donate a personal hygiene item or cleaning item at the door - that will be our main focus again this year. The registration will be \$20 which will include the entertainment of

three comics - all tried and true by many groups before us - one of them even has some magic tricks for us to accompany his humor! Besides the comics, your cost will cover the baked potato bar and for dessert, a luscious cheesecake bar - remember that chocolate fountain with those gigantic strawberries last year?!

And...the PURPLE ELEPHANT SILENT AUCTION! If that wasn't the most hilarious thing I've seen in a long time! You should see some of the goodies we have collected for that. If anyone wants to donate anything to the silent auction (or you have some questions about it), give one of us a call - it's our favorite part of the story. We will be equipped to take any donations you have at the March state meeting or we are willing to pick up items too. We really hope you will consider attending this year for some power fun.

We need comedy in our lives because of some of the hard knocks we are served. Jill Reamer sent along an update on Nick Reamer, her son who has been battling cancer for a few years now.

Nick is doing amazingly well considering he has had a Double Thorencodomy in October to remove three tumors (on his lung, lymph node and under the skin of a past incision) and then the start of a new protocol out of MD Anderson from his doctor in Texas. Recently, he had another surgery (January 19th) to remove yet another tumor that

grew from the site of the removed lymph node and so they removed several lymph nodes and a large tumor. The pathology report found cancer cells in the fatty tissue of the margins around the tumor, so it was a good thing that the plan was to start radiation - which he started the week of February 3rd and he will have twenty-five total treatments (6 weeks). They are adding a couple chemo's during the first week of radiation that will make the treatments more efficient. Otherwise, he is still continuing with the other chemo's that will soon be completed (the twice-per-week sessions) and going to once a week until mid-July. The Reamers would like to thank all of you that continue to send cards to Nick. Your words of encouragement and prayers are very much appreciated.

Jill, Fran, Catherine, and Beth got together one Saturday afternoon and made chemo hats for Children's Hospital of Minneapolis. Pictures of the hats will soon be on the state website under Delta Pi's link - you must check them out! When Jill and Nick brought them to the hospital prior to his surgery, they were very much needed and appreciated! Our four gals made several hats for boys because the existing baskets were full of frilly girl hats! Jill has heard several boys are sporting around their new cool hats - no, VERY COOL hats.

Alpha Theta

Mary Jane Rosebner

Happy Valentine's month and also President's Day! My how these months go by and hoping this cold weather will take a turn for warmer and no snow soon. I'm getting sick of it and I think most people are too!

We were all shocked that the February Radiothon was cancelled as we look forward to working and enjoy meeting people each year. The Mankato Radiothon is still on and a few of the gals will work.

Today (Feb. 3) we had our meeting and our social for the month was a luncheon and Valentine's party. Each year we have had it and we make our own Valentine's. I'm telling you, Hallmark or American Greetings should hire us! Besides having a good meet-

ing, we had fun looking at our creations.

When we finished the meeting, Gloria was on her way to Sioux Falls to stay with her sister-in-law for a few days, as her brother had a meeting in Rapid City. Florine stayed home to keep things going and also feeding the cats.

Florence and her sister is planning a trip to Washington D.C. with Holiday Tours from March 27 to April 4. Just in time for "Cherry Blossom" time. Really happy for them.

Marie is still busy with Easter Star and still has time to do some sewing, making cards, and helping her family. Rose Marie is helping her mother as she is having eye problems.

How wonderful you can do it, as you'll never regret it. Marge was with us today and made the cutest Valentines. Here she was, all dress in RED and so much fun to have her with us. Sorry to tell you this, but Hazel was in the hospital at the time of writing this. Same old trouble-terrible pain in the stomach. She has just been told of her sister passing away at Waseca. The only big thing I have done is going to basketball games for my granddaughter. Some really good games, some not so good! My son, Don, is coming this weekend and I'm so anxious to see him.

Quote of the month: Patience: the ability to idle your motor when you feel like stripping your gears.

Beta Theta

Geri Johnson

Somehow, my January report was lost in cyber-space. So I will put January and February together. There is not too much to report because we do not have a meeting in January, February and March. We do keep in touch by computer and phone calls.

Beta Theta had its Christmas party at the Lake Elmo Inn on Dec. 13. Rather than exchange Secret Pal gifts, we gave gifts to Bundles of Love. We had fun shopping for the little things.

Rhonda's 2 sons were home in Hastings for the Christmas holidays. It was a wonderful treat for Rhonda and Ed. One son lives in Eagan and the other son lives in Boston. She said it was great to see them together enjoying each other. Also, you know that they have grown-up when we had to wake them up to tell them that Santa came. The Bostonian is a Webmaster for Rock Band 2. Rhonda had great fun stuffing them with

food and Dad did manly stuff with his sons. She had no news for January. Fran is doing okay. Keeping busy. News has it that her grandson Steven is getting married in May. No news for January.

Jill is doing okay too. Plugging along with winter. She was very busy with the Santa Letters and also delivering the Bundles of Love. She and Rhonda are the workers in our Chapter.

DeLores and Ray are in Alabama. They will be home at the end of March. I received an email from her and she reported that the weather was a little cooler than usual, but much warmer than Minnesota. She played golf only once so far because it seems they got rain every Wednesday, their golf day. She and the Minnesota girls went to a movie, "New in Town" that takes place in Minnesota but was filmed in Winnipeg. She sends a "hi" to

everyone. Geri and Bob keep busy. We really enjoyed the Vatican Splendors Exhibit at the MN History Center. We drove to Red Wing one day for dinner at the St. James and then to the Sheldon Theater. Our family was here for Christmas Day...my-oh-my how the grandchildren have grown and matured. We had dinner and visited with friends at the newly renovated and redecorated Forepaugh's. Food was great! I gave myself a laptop for Christmas. And I did sign up for the Radiothon, and was disappointed when it was cancelled. I have not done much for ESA for some time and I was looking forward to seeing you.

And so my sisters, 'till we meet again, Beta Theta wishes you an interesting 2009 and always remember to keep on learning!

Sigma Kappa

Sharon Desarmeaux

From Debbie:
January was quite the ride. Started off with a call from St. Jude Children's Research Hospital telling me an abnormality was found on my breast MRI when I was there undergoing a long term side effects study of childhood cancer treatments. After a round of testing I was diagnosed with breast cancer and told even though it was found early and it was small, that a lumpectomy was not an option because it would need to be followed up with radiation and I've already had the life time maximum dosage of radiation allowed. So of course after many tears and a lot of praying I came to terms with what was ahead of me. On January 28th I had a double mastectomy with reconstruction and I've since learned that I was in the first stage of breast cancer and will not need chemo...I repeat...will not need chemo!!! What an answer to prayer! I would like to thank all my sisters for praying for me, for your emails and cards full of encouragement! You are all wonderful!

From Sharon:
Larry and I recently returned from a week in Palm Springs. This was the first time I did not want to come home from a vacation. It was bright and sunny and in the 80s all week. We hope to go back in March sometime. I continue to volunteer at the Alzheimer's Association every week and twice a week at Bryn Mawr Elementary School where daughter Renee teaches.

From Karen:
Karen and Scott are attending and working at the Valentine Elvis Event. We are looking forward to a lot of fun and can hopefully out bid Mari for the diamond earrings!

Karen's brother-in-law passed away 2 weeks after his 34 birthday from pancreatic cancer a few years back. In his honor they (with the help of Dana Terry and other friends and family) have started the task of putting together a golf tournament to raise funds for donations. Hopefully we will be able to raise a lot of money as

well as having fun.

At our January overnight meeting Sigma Kappa had our Chartering Ceremony done by Jodi Lang and Kim LeTendre-Olson. Thanks to Jodi and Kim for the wonderful ceremony. We had our February chapter meeting at Debbie's. Karen brought lunch and goodies. We are very thankful that St Jude found this early and are thankful that she and Jeff are doing so well. Dana Terry was a guest at our meeting and she brought goodies also. Sharon, Debbie and Karen (and spouses) are attending and working at the upcoming Elvis event.

Sharon D, Karen Ronning & Debbie Coolman, Sigma Kappa Chapter

Alpha Lambda

Mary Parr

Alpha Lambda held its February meeting at Mary Parr's house. Kathie Wasson brought a delicious ham/potato bake as she celebrated a BIG birthday with our chapter. Congrats Kathie! It was well that our meeting was scheduled at Mary's as she is not too mobile right now. She has what is called a "Charcot" foot caused by neuropathy. The bones in the foot fracture and crumble, the foot becomes inflamed and deformed, and more serious

consequences can occur if she continues walking on the foot, thus the cast. Good news, however, the foot is healing and the cast may come off sooner than expected. It is very humbling to have to ask for rides everywhere as this is her driving foot.

Pat Schwope, Margaret Smith and Mary will be working this month on kits for Operation Iraqi Children as we did last year. The kits contain very

specific badly-needed school items. Standardizing the kits ensures that each child receives the same number of the most needed items, facilitates customs clearance, and relieves volunteers and soldiers of a time-consuming and labor intensive process of sorting all the items. We did not plan to visit any facility this month for our educational program.

Until next time.

Alpha Chi

Gloria Iverson (substitute)

Alpha Chi Chapter February meeting was held at the home of Kathleen Konrad where we enjoyed a delightful brunch.

As we continue our monthly educational theme, "People of Service", we were honored to have Sister Monica and Sister Lois, who belong to the School Sisters of Noter Dame order, talk to us about their continued service to others. The sisters have been in the order for over 50 years and are continuing to serve at Guardian Angels Church in Woodbury, Minnesota.

We were happy to welcome Barb McDonald back to our chapter after an absence of a few years. She went back to law school - passed the bar

exam - and is now a full fledged attorney. Congratulations Barb!

Medical situations to report:

- Kathy Rice took a a bad fall on the ice and has the black and blue marks to prove it. She is feeling better, but still a little stiff.
- Colleen Riley had a knee replacement recently and is recovering and working hard on her exercises.
- Donna Wakefield fractured her upper arm and is also working on arm exercises.

Nora Meyers reported her grandson, who recently was appointed a Deacon at the St. Paul Seminary, just returned from a 15 day trip to Jerusalem. She is very proud of his accom-

plishments.

Phyllis Frascone, our Philanthropic Chairperson, has done a good job finding childrens winter jackets, hats etc. at bargain prices over the past few weeks. Great Job , Phyllis!

Our President Pat Peterson reviewed the minutes of the state board meeting and discussion was held on our philanthropic endeavors and our continued work at Medtox.

The next time you see an Alpha Chi member - ask her about our new closing ritual procedure -

Take care - see you next month

Alpha Sigma

Rose Bitter

President Nancy had Hilary staying with them for a few weeks for her Park Nicollet internship, she had Christmas with all of the family....Sienna's 1st Christmas - lots of giggles/belly laughs...and a new tooth. In January, Hilary returned for another medical rotation, and Nancy's webcam broke so she's missing her grandbaby time!

Diane had Christmas at Jonathan's in Wisconsin, a beautiful drive past snow covered trees, and Grandson Donovan received a CLOCK! She's back from January's successful leadership in Colorado, where she had fun at the Wyncoop Brewery with dinner

and a night out on the town in Denver. Donovan now has his own email address...he's only 3!

Birdie has had lots of problems with her knees/doctors over the past few months. She continues to work at Medtox, spent Christmas at the Ronnings, and not much else to report. In January she reports she's still hobbling and doctoring!

Mary Ellen went on a Carnival Cruise with her sister to Canary Islands and spent Christmas with family. A bad cold finally caught up with her...to the point she missed our last meeting. Fortunate for her it wasn't our election night meeting.

Sharon was almost finished with her bible study class in January. She loves her newly remodeled kitchen facelift. Now on to other projects!

Rose nearly won the January 1st lottery...missed it by ONE NUMBER (out of six)! Now she's trying to get into shape with their new Wii Fit.

We've got some upcoming projects planned...packaging boxes for Hope for Heros, selling Linder gift cards, and we're even starting the plans for our summer charity garage sale. We don't want the dust to settle under our feet!



epsilon sigma alpha
MINNESOTA ESSAY

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Precious new babies are on the way, so let's prepare for the happy day!

Join us and celebrate!

Given For	Bundles of Love
Date	Saturday, March 7 th
Time	1:00 PM – 3:00 PM
Place	DD's Café 500 5 th Ave NW, New Brighton (35W and Cty Road E2)
Cost	\$3.00 at the door
RSVP	Julie Siekkinen, Alpha Zeta (763) 458-4895

Bundles of Love Charity is a registered 501(c)(3), all-volunteer organization that serves newborn children of families who are in need. Their mission is to provide essential bedding, clothing and care items for newborns in crisis situations while their partner agencies link families to long-term resources as needed. In addition, their scope also includes providing correctly sized clothing for premature infants as small as two pounds, and burial outfits for infants who do not survive.

Items needed most:

- Diaper wipes
- Diapers- preemie size and new born
- Baby wash
- Baby care travel packs
- Fitted crib sheets
- Sweaters (newborn size)
- Large preemie sleepers
- * Knit fabric
- * Serger thread
- * Flannel
- * Quilt batting
- * Sheet fabrics (cotton or cotton/poly)
- * Infant gowns
- * Jackets and pants (newborn size)





March Spring Fling Membership Meeting Soup & Salad Luncheon

Hosted by: Omega Chi Chapter

***What: March Membership Meeting/Candidate
Skits/Philanthropic Speakers***

When: Saturday, March 21, 2009

***Where: Bethlehem Lutheran Church, 4100 Lyndale Avenue,
Minneapolis, MN***

Cost: \$12.00

Please bring a household shower gift for Alexandra House.

*Omega Chi will be having a bake sale with a portion of the
proceeds going to Alexandra House.*

*Marketplace tables will be available - please call or email Pat
Staffanson to reserve (952-401-8633 or pstaffanson@earthlink.net)*

Please also RSVP to Pat by March 16.



Directions to church:

494 E or W to 35W north to Diamond Lake Road exit, left on Diamond Lake to Lyndale Avenue; turn right or north on Lyndale to 41st Street. Parking lot is on left just before 41st.

From north: 35W south to 35th Street, right on 35th to Lyndale (35th is one-way until Nicollet then becomes two-way). Left or south on Lyndale to 41st. Parking is just south of church on Lyndale.

MYSTERY TRIP

MARCH 28

The fun starts at 10:00am and ends at approx. 3:00pm
Cost is \$15.50. You may want to bring extra spending money.
Price covers any charges and a lovely lunch.

We will be meeting at the southeast entrance to the state fairgrounds on Snelling Avenue and Midway Parkway. When you enter the fairgrounds it changes to Dan Patch Parkway.

We will be carpooling to save on renting a bus and gas.

Hints to the mystery trip: It's about beauty ..., Taking a moment to revisit the grace and charm of a bygone era ..., Memories are made of special times like this ..., A lovely respite from our busy lives.

That's about all I can tell you. I guarantee this will make you feel like spring is just a few weeks away! There will be fabulous photo opportunities. Please note: Our guy members might not enjoy this trip as much as the ladies (sorry guys).

Reservations taken until 3/10. Contact Kathy Eastlack at 763-742-9737, 763-682-5138, or Kathy.eastlack@gmail.com



*** Save the Date ***

Delta Pi's Comedy Event has been rescheduled for
Saturday April 18, 2009

It will be held at the Blaine Fire Station

More information will be sent out soon!



Minnesota ESA State Convention
May 1-3, 2009 Sheraton Bloomington Hotel
7800 Normandale Blvd., Minneapolis, MN 55439
(952) 835-7800

Name _____

Chapter _____

Address _____

City/State/Zip _____

Phone _____

Guest Name(s) _____

Registration Deadline: Saturday, April 11, 2009

Full Registration (\$110.00 - \$25.00 state subsidy) \$85.00 \$ _____

Partial/Guest Registration

Member Registration Fee	\$15.00 \$ _____
Friday Mixer	\$26.00 \$ _____
Saturday Luncheon	\$26.00 \$ _____
Banquet	\$43.00 \$ _____

For a partial registration, please indicate the events attending – plus registration fee.

Partial Total (less \$10 state subsidy): \$ _____

Late Registration:

Late Registration – after April 9	+ \$10.00
Walk-in Registration – Cash Only	+ \$20.00

Check Total: \$ _____

Circle all that apply: State Elected Officer State Appointed Officer Foundation Chair/Committee
MARC Representative/Officer IC Officer/Committee Chapter Delegate
1st Time Convention Attendee Pledge

Make check payable to: Gamma Omega

Mail form and Check to: Dennis Maurler
9145 Kingsview Ln. N.
Maple Grove, Mn 55369

Please follow the below link to book your hotel reservations:
Room Rate: \$99 (special convention rate available only if you book before April 11, 2009)

<http://www.starwoodmeeting.com/Book/epsilon09>



Name: _____

Tell a Humorous Anecdote

Anecdotes are short stories, often about personal experiences, that are interesting or entertaining. Read the anecdote below and think about the notes in the margins. Then, write a short anecdote of your own.



Sometimes it's better not to know. Last summer, my entire family decided to meet for a vacation in the most exotic location we could afford. Spain was everyone's first choice. On the first night, we had a light supper on the patio of the villa we had rented.

My Aunt Alexandra (a woman of strong opinions and weak eyesight) was in the middle of scolding my brother for not washing his hands before coming to the table, when she broke into a smile and shrieked, "Oh, look at the baby turtles!"

We all looked down at the ground. Aunt Alexandra's baby turtles weren't turtles at all. They were the biggest, ugliest cockroaches I'd ever seen!

The first line hooks the readers. They might wonder "Not to know what?"

The first part sets up the story (people involved, setting, situation)

Do you understand the first line now? Are you curious about what happened next?

Notice the humorous description of Aunt Alexandra. Anecdotes often include relevant details about the people involved.

Walk on the Wild Side

Homework for Educationalists

(See Educational Chair's Article)

Identify and write five things you want to do before you die. Ideas you choose for the list need to adhere to these requirements:

- Be realistic
- Be experience based
- Be things that will bring personal joy or a sense of accomplishment
- Cannot be anything that involves gaining new possessions
- Cannot be wishes for someone else

Thank You to the Following Memory Walk Sponsors and In-Kind Donors



- Bruegger's Bagels
- Colleen Kruse and FM107
- Dave Ryan and KDWB
- Dunn Bros Coffee
- Epsilon Sigma Alpha, International – Minnesota State Council
- Forest Pharmaceuticals
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- LTCG
- New Horizon Academy
- Order of Red Men No. 31, Red Wing
- Sunrise Senior Living
- Sunrise Cottages of Rochester
- St. Benedict's Senior Community
- The Academy of Holy Angels Dance Team
- The Thro Company
- Westwood Terrace

This is from the Winter 2009 Minnesota-North Dakota Chapter Newsletter for the Alzheimer's Association. Please note that ESA is mentioned for our donation sponsoring the busses.