



MINNESOTA ESSAY

VOLUME 56 • ISSUE 7 • MARCH 2009

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Being involved is more than just financial

Betty Robinson
PRESIDENT

Spring is just around the corner! Hooray!!! I sure am ready to see the white snow leave and the green of new growth appear. Along with the return of spring brings hope that the nation's economy and unemployment woes will have a turn for the better.

It is times like these that the good people of ESA shine bringing goodwill and help to those in need. As the times get tough, more and more people need the help of ESAers. I am proud to be a part of such a grand organization. I might not be able to contribute as much in financial aid as I did before, but I am comforted in knowing I can make a contribution of time and skills to help in other ways. Volunteering your time is just as important.

After enjoying the Bundles of Love baby shower hosted by Alpha Zeta, I was delighted to hear that I have the

ability to use my sewing machine in my own time at my own home to make much needed gowns, caps and such. Plus, I could even organize a sewing workshop on my own with other friends. Did you know that Bundles of Love will provide boxes of materials already cut out and ready to sew?? Since cutting is my least favorite thing about sewing, it sounds wonderful to me. If you would be interested in getting together for a sewing workshop, please call me. I have a great venue in the Brooklyn Park Elks Lodge for such a workshop. Thanks to Alpha Zeta for bringing us together with the Bundles of Love organization.

As our springtime begins, it is also time to reflect on what our accomplishments have been during this ESA year. Recording our volunteer hours, mileage and donations help us all to recall all the good work we

do. I hope you all will be joining us for the Minnesota state council convention the first weekend in May, when we will celebrate those accomplishments. We will have a FUNtastic time going on a jungle safari!

Our slate of officers running for election will be known by the time you receive this newsletter, so let your chapter delegates know who you would like for them to vote for come convention time. We will also be voting for our state philanthropic projects for the coming year, which is such an important item for us. We have so much to give, and so many projects that need our help. Please give this your utmost consideration.

Until next time, Spread Your Wings and Dare to Soar for ESA!

First Vice President → Diane Vanusek

Convention is coming up fast. Rhea Weaver our IC representative will be helping with the Jewel Pining ceremony. Chapter Presidents will you please email or call me with the names of members in your chapter who will be receiving

their Jewel Pin at convention. The deadline is April 15. Each chapter is responsible for obtaining the Jewel Pin for their members and getting it to me before the ceremony.

Nominations are still open

for all the State board offices for any interested member. Please call or email if you want to be on the ballot. All potential candidates are welcome. Remember the campaign rally will be held at the March meeting.

IC convention is in San Antonio July 13-18, 2009 and to get the early registration price your registration must be postmarked by April 30, 2009. I have never been to San Antonio and am really looking forward to the trip.

Second Vice President → Terri Olson

Wow!! It feels like Spring is finally on its way and if you're like me, I can't wait! I'm really tired of seeing all of this white (now, brown) stuff and oh, so tired of the cold. So, sunshine and warm weather, c'mon!!

We had an Energizing ESA session on Tuesday, February 24th and continued on with our lively discussions. We are really having some fun with these ses-

sions and getting to know each other so much better. We've met four times now and it's never the same group which makes our meetings so much fun. We're talking about so many things, trying to rejuvenate our beloved organization so I hope you can join us for the next session. We're going to meet on Tuesday, April 7th at the Ridgedale Library at 6:00pm. The Library closes

at 9:00pm so we'll be all wrapped up by then. Those of us who are coming straight from work tend to bring our own bag meals for supper and some of us get there around 5:30pm so you'll have someone to chat with while you're eating your supper if you get there early.

If you haven't received your Energizing ESA book and you would like one (so you

know what we've been talking about), let me know and I'll send one your way.

Also, if you plan on attending on the 7th of April will you please RSVP? You can reach me by phone at work or by my cell phone. You can also reach me by email at work: terri.olson@verificationsinc.com or at home at tlolson@pro-ns.net.

Senior Circle of Life → Dianne Ocel

I would like to thank all who donated and worked at the Quilt of Dreams Auction at the Elvis sings for the Kids event on February 14. The Quilt of Dreams auction was quite successful and included 15 St Jude quilts and baskets or items donated by ESA members/chapters and four Sweetheart baskets donated by the Steve Maricio Fan Club.

Our profit was \$4335.00 thanks to no overhead costs due to the Elvis event bearing cost of the facility. Many thanks to Mari Scotch and to Barb Wincewski for the publicity.

I would like to again share with you a final thought from my trip to Memphis and the hospital last April. In the years that we have worked with St. Jude the

cure rate for Leukemia has greatly improved. In the beginning the cure rate was 3% and that has grown to 90% today! I really believe that is due in part to our support and fund raising, making it possible for researchers to find the correct treatments. Our tour guide described the hospital as the BEST WORST place to be when you are sick. The philosophy there is to

gear the hospital toward Kids being Kids. What a great goal for these kids away from home and in a strange atmosphere!

I wish Judy the best as she travels to Memphis this month for her training and know she will be inspired to continue our quest for cures for these children.

ESA Foundation → Karla Kay Nicklaus

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

Thanks to all for renewing your membership before the deadline...As always looking for new members to join.

Minnesota received and forwarded 167 applications (11 were disqualified) to the regional director for review. Again the students are “awesome.” Statistics for applications:

- 40 different high schools (more applications are coming from the small high schools)
- 8 colleges

Again students could apply up to three scholarships and the break down applying:

- 53 applied for three scholarships
- 2 applied for two scholarships
- 4 applied for one scholarship

Leading the high school applications were three from Mahtomedi, Lakeville-North and Mounds View-Shoreview. The 167 applications applied for 20 scholarships, including

46 for the Minnesota Endowment/Memorial, 15 for MARC and 34 for the Sandy Weisenberger Endowment. A new scholarship was endowed from Ann & Bob Becker for students of Arkansas, Iowa, Minnesota and South Dakota (10 applied). They are attending colleges from the East Coast to the West Coast, to the North and South plus Europe.

Sixteen of the students will be attending our universities/junior/private

colleges in Minnesota. These youth will be our future doctors, nurses, teachers, professors, engineers, architects, journalists, chefs, etc....

Also, a special thanks to Linda Schultz who again helped to review the scholarships plus chapters and individuals for your continued support of the Foundation and especially the scholarship program as the need for scholarships is greater than ever...

Chaplain → Shirley Laue

Cards have been sent to the following since February:

- Christine Waemer and Kay Lewis, both from Queensland Australia. Both lost their business in the big fires in and around Maryborough, Queensland.
- Barb Winczewski, Delta Pi, mother hospitalized.
- Arlene Beseman, Gamma Omega, brother Donald passed away
- Colleen Riley, Alpha Chi, husband passed away
- Debbie Coolman, Sigma Kappa, good news, will not need Chemo after her breast cancer surgery

GOD IS WITH US

--LUCILLE WEST

*God works in strange and wondrous ways
To show us what our powers can be,
How we can conquer pain and strife,
How we can plainly see.
That He is with us day by day,
And through the darkest night,
That somewhere in the future,
We'll see the brightest light.
God is always with us
To lead us right along
That straight and narrow path,
To show us right from wrong.
If we will only heed Him,
Listen to His command,
Join hands with His armed forces
To that Glory Land.
If we give our hand to Jesus
And let Him lead us where
His blessed, holy Father
Is waiting for us there.*

Alzheimer's Association → Sharon Desarmeaux

By the Numbers - New Statistics

- Seven out of 10 people with Alzheimer's or other dementia live at home and are cared for by family members.
- \$148 billion is the direct and indirect cost of caring for individuals with Alzheimer's or dementia diseases.
- Almost 10 million Americans are caring for an individual with Alzheimer's.
- One out of three people knows someone with Alzheimer's

Dementia is a general term for loss of memory and other mental abilities severe enough to interfere with daily life. It is caused by physical changes in the brain.

Alzheimer's disease is the most common type of dementia, accounting for 60 to 80 percent of cases. Other causes of

dementia are as follows. If you are reading this online control click on the Alzheimer's Website: <http://www.alz.org/mnnd/> to learn more about these terms:

1. Mild Cognitive Impairment (MCI)
2. Vascular Dementia
3. Mixed Dementia
4. Dementia with Lewy Bodies
5. Parkinson's Disease
6. Frontotemporal Dementia
7. Creutzfeldt-Jakob Disease (CJD)
8. Normal Pressure Hydrocephalus
9. Huntington's Disease
10. Wernicke-Korsakoff Syndrome

Moving forward while revisiting valuable history

“an essay for the readers of our ESSAY”

submitted by Linda Schultz

Having participated in parts of the “Energizing MN ESA” workshops, facilitated by Terri Olson, I come to this writing both excited regarding a new, yet tried and true, approach and anchored in my belief that the experience I am about to share will interest you enough to consider it.

For a number of years, I have been privileged to work with elementary school students, ranging in age from kindergarten through fifth grade and have engaged this year with a group of sixth graders as well. On the horizon, my experience with the children brought me to a place of approval by the Great Books Foundation to facilitate an adult group here in the Twin Cities.

The process we explore and in which the children are flourishing on many levels of communication and accomplishment is called “shared inquiry.” Weekly, I am amazed to listen, guide, listen some more, guide, listen some more, and watch as very young children explore and resolve differing opinions and points of view, always seeking to validate their viewpoint by documentation, and coming to a greater appreciation of the standards while learning more about their fellow players, always being respectful, while never criticizing another individual, never speaking while someone else is speaking, never talking to anyone while someone is expressing a thought, idea, or opinion. No, you don't have to raise your hand and be granted permission to speak! : And, it works just as well; though not necessarily better, with teenagers and adults.

This method of discussion is highly successful when participants understand and voluntarily embrace the precepts. It provides a respectful yet energized method of exploring ideas, and possibilities, along with new venues and projects. It brings a group of individuals to a cohesive conclusion, confident that whatever they contributed to the process had merit. It sounds too simple, doesn't it?

“Energizing MN ESA” workshops have defined a number of priorities to explore. Soon, you will hear more detail about using this method to launch new energy into moving forward in a constructive and positive way, bringing new life into our history base and infusing it with electricity that will light up our MN ESA world! Do you want to learn more?

In future assemblies, as we recite our opening and closing rituals, consider each word carefully as it may hold a key to an exciting renewal and future journey into the past.

On behalf of the Energizing MN ESA workshop participants and all interested in growing.....

Educational → Nicki Weller

Homework? Whaddaya mean we have 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 need to remind you about your Educational books, binders, projects your chapter is working on submitting for judging this year. They are due on April 15th.

Because I know that many chapters will not be done until after their April meeting, I am not quite sure how this suddenly happens. I have not had a chance to consult my wise mentors about the specifics on this and how this is usually done. I will do so at the State Membership Meeting on March 21st. (My wise mentors do consulting for FREE!) 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. Please try to pass along any information to chapters who do not get email. What an educational year I have had and I hope you have too!

If you read last month's ESsAy, this homework part may sound familiar to you. If not, read on - your homework is due too! 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 (or even know what I'm talking about), never fear; 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. I'm going to include one sent to me by

June Schleiss. (Oops - I forgot to include June's in the last issue - sorry June!) I will bring this one to the State Meeting instead of including it in this issue. You will definitely get a giggle. 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.)

At the State 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, writing Thank You notes to a person whose life is dedicated to the service of others - whether by career or over and above their career. And many of us still need to make our time capsules in which we will store our important prophecies. And we are STILL not done learning from each other for the year! At the meeting, I will also share more about the educationals on which the rest of our chapters are working and 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!

You will be hearing more about our speaker at the State Convention in the near future. Roger Revak is going to be there with his fantastic humor and unbelievably positive self. The title of his motivational presentation is “You Must Be PRESENT to Pass Happiness 101.” You can check out his website and look at some video clips of his hysterical presentations - <http://rogerrevak.net/>. The folks who recommend him say that he has “a unique talent for telling serious stories in a funny and entertaining way.” After speaking to him about our group, he said he will try to build as much of his message for the day around us! He truly believes that he overcame tremendous hardships with support from people like us at ESA who make a big part of our life about giving to others in need. He is interested to make sure we are also giving back to ourselves. I really hope you are considering attending the State Convention this year, if for nothing else, to give back to yourself.

Philanthropic → Dennis Marler

The selection of state philanthropic projects at our May convention promises to be exciting again this year. Our members have recommended these seven wonderful organizations as candidates for our support:

| | |
|---------------------|-----------------------------|
| Alexandra House | Alzheimer's Association |
| Bundles of Love | Jeremiah Program |
| Lupus Foundation | Project for Pride in Living |
| Slow Cooker Project | |

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.

MINNESOTA ESSAY *chapter reports*

Delta Pi

Nicki Weller

Delta Pi girls are happy to greet our long lost love - Spring. He showed up about a week ago and word has it (Belinda Jensen said so), he is going to stay! We have missed him and all of us are in better moods when we "feel his love."

Our other news is mostly good too: Dan and Amanda (Reamer) Fredrickson have moved again. They are moving to Walla Walla, WA. They were in Oregon, so they are very happy to be

able to stay out west. They love it there! But their Minnesota family and friends continue to pull them home as often as they can. In fact, they are here to visit for a whole week!

Jordan and Beth (Fredrickson) DeBilzan are excited about their new furniture and the grand job of painting their house. The newlyweds are really feeling like their new house is a home!

Barb Winczewski's mom and Lori Winczewski's

grandma is out of the hospital and has moved into a nursing home in Hutchinson, so they are burning up the road between Andover and Hutch. Lori is still in physical therapy for her back problems and is eager to be done soon! She is going a little stir crazy with her limitations at work. Many of you may remember that Lori Ann is an EMT after being present for her educational presentation about bystander CPR and use of AED's.

Sigma Kappa

Sharon Desarmeaux, Karen Ronning, Debbie Coolman

From Debbie:
February was a time of rest and recovery for me. My first big outing was the Elvis Tribute on Valentine's Day and what a wonderful time I had. It was such a special treat that my ESA sister's surprised me with a special dedication from Elvis singing "Love Me Tender" on his knee. I can't believe in all the craziness of planning such a wonderful event that you would think of me; THANK YOU!

From Sharon:
I am still busy volunteering at Alzheimer's and Bryn Mawr Elementary School. The girls in Renee's GEMS group are now making CO_ cars. They first had to draw their plans on graph paper. They have specific specs they have to follow. Then

they transferred their design onto Styrofoam wedges and cut it out with hot wire. Now they have transferred their design onto wood wedges and are cutting them out. We are using jig saws, dremels, and sanders. I am learning how to use these tools right along with the girls. Larry is helping out as well as Jim, Renee's husband. What fun we are having!! These are 4th & 5th grade girls and they love every minute of this. When the CO_ cars are completed they will race them in competition with their peers at other schools. School programs are sure different than when I went to school.

From Karen:
I am looking forward to going away for 4 days and

scrapbook with my sister. It is always fun to look at old pictures and I am so far behind! The next 2 weekends after that will be busy with the state meeting and the mystery trip. See you all then.

We had our chapter meeting last night and decided how to distribute our philanthropic monies. Always a fun time doing that. We manage to have short meetings and still get a lot done while having a lot of fun. Our chapter and our spouses all attended the Elvis/St Jude Event and had a great time. Looking forward to it next year. Our chapter attended the Bundles of Love Baby Shower. We had a great time thanks to the Alpha Zeta Chapter.

Alpha Theta

Mary Jane Rosenberg

Our March meeting and luncheon was held today at Best Websters. We had a really good meeting and as always, had a lot to discuss.

Florence, Gloria and I were able to come up and work at Medtox and we definitely enjoyed it. We were up on February 16. Marie, Florence and I have been busy making the map tabs for BENCO. We will be working on putting the tables on soon. This is a big money maker for our group.

Florence, Gloria and I will be attending the membership meeting on March 21. We really are looking forward to it and seeing everyone. Rose Marie, Florence and Gloria will be working at the Mankato Radiothon in March.

Sorry to say but Hazel had to miss our meeting because of a doctor's appointment with a specialist for her stomach. She has certainly had her share of sickness. Let's hope she will get some

answers soon. Marge was with us for the lunch in her colorful outfit. So fun to have her. Her granddaughter has been accepted into three veterinarian schools, now it's deciding which one she will go to. The rest of our members are living each day, hoping warm weather will come soon as we are getting sick of the cold and snows.

Quote of the month: Today and everyday I will make time to count some of my many blessings.

Beta Theta

Geri Johnson

We have had chapter computer meetings the last couple of months and this has gone very well.

So now it is March and the Beta Theta snowbirds are starting to come back up north. DeLores will be home at the end of the month.

Rhonda and Ed just returned

from a vacation and family reunion in Florida. They had a great time. Rhonda is not too fond of boating and Ed has talked about buying a boat so he took her boating on one of the rivers in Florida to show her how much fun boating is. Is it possible they will have a boat this summer and cruise the Mississippi and the St.

Croix? Stay tuned! Fran has been staying in as much as possible-she is very tired of the ICE. Geri keeps moving along and working to complete our educational program report. So my sisters, 'till we meet again, let's try to make at least one person smile today.

Notes

A very special thanks to all who phoned, send cards or notes on the death of my brother, Dr. Donald Dummer. Every passing life leaves something beautiful behind. We are blessed by his memories which will always be with us.

Arlene M. Besemann
Gamma Omega

Life brings tears, smiles and memories: the tears dry, the smile fades, but the memories live on forever. Thank you sincerely for sharing our sorrow. Your thoughtfulness is appreciated and will always be remembered.

The family of Dennis Olson,
Linda Olson, Kim LeTendre Olson and family

Corresponding Secretary → Dana L. Terry

Pat Oman of Beta Sigma has an e-mail change. New e-mail is: gpoman@q.com

Ah, Spring! This issue of the ESsAy will find us anticipating relief from what so many consider an imprisonment with the blustery winds, cold temperatures, icy streets and walks, and the ever present white cover we call snow. Personally, I embrace the weather regardless its characteristics. It is something I cannot affect nor effect in any way whatsoever. The only thing in my control is how I respond to it, whatever it may be.

Thereby, I free myself to experience greater positive energy focusing on things in my life that I am able to affect. What are those things? Most critically, they are the things that create balance in my life...without balance in each area of our lives, we become ineffectual, not just in one area but in all to some degree. It would be like attempting to drive a car with one or more flat tires. We would just clump, clump along, never gaining speed, never traveling safely and even endangering others, and never reaching our destination, eventually coming to a standstill altogether, unable to move at all.

Spring is just around the corner...a perfect time to intentionally bring forth "new growth" and focused energy and activity, living with purpose and commitment. How do we do that? We can accomplish that by taking charge and taking responsibility for our lives, taking ownership of our health, replacing old habits with new and vibrant ones, clearing our minds and spirits of negative and energy draining thoughts, words, and behaviors, living outside and beyond the four walls that our physical beings inhabit.

What better example of this than what we see happening inside the chapters of MN ESA. This month, Beta Sigma met with less than half its member-

ship present but the enthusiasm and excitement demonstrated were engaging and contagious. We discussed projects in process, ideas for projects in the making, and events in which some members were participating.

Shared conversation about the happenings from the "Energizing ESA" workshop, attended by Mona and Linda, infused all of us with new plans and possibilities. These included ideas such as:

- The practice of "shared inquiry" as a possible format for future happenings in MN ESA, You will find a brief article about this elsewhere in this ESsAy;
- "Paying it forward baskets" as a means of reaching out to others, not only in ESA, but especially to introduce ESA to those outside our chapter circles More information will be forthcoming about this as well;
- And; others to be revealed soon.

By the way, since that workshop, Mona had a tumble on the ice and injured a few tender places, including her nose which did require stitches and resulted in broken glasses, as well as having the most exotic and unusual eye and cheek colors. A living work of art! :

We "engaged" in a wonderful presentation of her "bucket" list by Kim Larsen. I could feel myself travelling along as she talked of her future travels, and we applauded her, in spirit, because we know she will accomplish her goals. And, we felt her pride and joy, and the anguish and pain as she shared about her father's life and then his recent and very unexpected death. Kim, accept our love and all the hugs we send your way.

Then, we shared in the fun as new members, Diane and Marcie, experienced the surprise and delight of "secret sister" offerings, maybe for the

first time? It is always intriguing as we have our monthly raffle and find unexpected treasures or white elephants in the packages. Proceeds from this benefit our Ways and Means. A brand new fund raising project is under way that generated great interest and excitement...details to follow soon. Just wait until you hear about it! Our White Elephant Auction is under preparation also!

Jackie attended the Bundles of Love shower and took along our baby bottles of contributions. Having played games and eaten treats, she said it was lots of fun. The child in each of us should always find this to be true! So maybe more of us might want to go the next time!

Various sisters were gallivanting the globe again, or still, such as Bonnie who just spent several days in West Palm Beach, FL, where she walked the beach, looked for shells, relaxed in the sun, did some reading, played golf on a course along the ocean, and attended a spring training game, with her sister, Lou, in Ft Lauderdale watching the Twins beat the Orioles; and, Hazel where are you? Are you still in AZ on that first winter vacation? And, I don't recall where, but Betty and her husband took flight again.

Oh, let's remember Jo Hanson and her newest challenge! She has just moved into a new apartment and is settling in with new spaces to arrange and decorate. We are looking forward, Jo, to a get together at your new digs! :: Make sure I'm on the guest list!

Wishing you each the best of balanced health in all areas of your lives as you embrace Spring 2009 and all your "new growth."

Alpha Chi

Donna Wakefield

First I want to thank Gloria for filling in for me last month because of my broken arm. I am doing much better and able to type with TWO hands!

Our March meeting was hosted by Phyllis Frascone and held at Kathy Rice's party room. It was a beautiful day and attended by all of our members.

We enjoyed our guest speaker, Sally Framke from the St. Croix Life Care Center. She was very representative of our "People of Service" theme for our Educational Program. We were informed and shocked at the statistics of young women who come to their facility in

need of counseling in regard to pregnancy problems. It is a service that is in great need and we appreciated the work that this center is doing for these young women.

We welcomed Gloria Iverson back from a trip to Florida to visit her sister-in-law, and Pat Peterson from her cruise of the Caribbean with her husband, Pete. And now Fern Ellison reports that she and her husband will be leaving for a six day trip to Disneyland. Have a great trip Fern!

Colleen Riley and Kathy Konrad brought a smile to many faces at the Hayes

Residence when they delivered Valentine Surprises of candy and quarters (for their pop machines!). The residents look forward to their visits on the holidays. Thanks gals!

Phyllis and Jim Frascone are always welcomed with open arms when they go to God's Closet with hats, mittens, scarves and winter jackets. They are truly "Givers of Love" to many people. Thanks to both of you also.

Until next month when all of our snow will be GONE, Agape' from your Alpha Chi Sisters.

Alpha Zeta

Kim LeTendre-Olson

By the time the March issue arrives in your mail boxes, the members of Alpha Zeta will be resting and relaxing after a whirlwind of events- Valentine Dinner & Elvis Tribute and the baby shower for Bundles of Love.

Mari, Jodi, Kerri, Mark, Julie and Kim attended the fun-filled evening at the Northland Inn featuring a delicious Valentine dinner and "Elvis". Kim's husband, Scott, is sporting a new t-shirt appropriately labeled "Hunk of Burnin' Love". It's too bad they didn't have children's sizes for her son Evan (age 3).

It was a great event and KUDOS to everyone who had a hand in the planning. We all then shifted gears in preparation of the second annual baby shower for Bundles of Love at

DD's Café in New Brighton. Totals from the baby shower will be announced in the next issue.

Julie is still drumming it up with her djembe drum group. She loves the class and has pictures to share of her native djembe drum she purchased. Hmm... sounds like an educational in the works.

Kim is wrapping up her duties as Cookie Mom this year for her daughter's Brownie troop. Her husband, Scott, recently got called back to work at Best Buy Corporation in Richfield. This time it's a contract-to-hire position. Yahoo!!

Mark and Kerri recently announced they are going to make the trek to their first IC Convention this summer in San Antonio. They plan to take

the week off and do some extra sight-seeing while in TX.

Both Liz and Mari continue to work their butts off at their respective jobs. It was good to see Liz at the Elvis tribute. Jodi's new catch phrase is, "You wanna piece of me?!" Ask her what that truly means at this point in her life. She has a wonderful story to share.

Linda is taking it easy; day-by-day; and trying to get back into the swing of things after Dennis' passing. Her grandchildren continue to be the light of her life.

Jen is keeping busy with work and helping out now and then with Dakota Woodlands. Her husband, Jake, went back to school so he's been busy with that lately.



epsilon sigma alpha
MINNESOTA ESSAY

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The Delta Pi chapter of

Epsilon Sigma Alpha

INTERNATIONAL[®]

Proudly hosts



"THE KEEP IT CLEAN"

COMEDY LUNCHEON



- WHEN:** Saturday, April 18th
- WHERE:** The Blaine Fire Station Banquet Room (11920 Ulysses St, Blaine, MN)
- WHAT:**
 - 10am** - Registration and Purple Elephant Silent Auction
 - 11am** - Alexandra House presentation followed by The Comedy Show
 - Noon - 12:15** - Lunch & Silent Auction closes.
- WHY:** To benefit the work of the



Alexandra House

- COST:** \$20 per person - and a new personal hygiene or cleaning item at the door.
- R.S.V.P.:** **DUE BY April 10th.** Call to Holly Peters @ 612-839-6992 or email @ mn_esa_deltapi@yahoo.com



CALL TODAY - SPACE IS LIMITED



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>



and Alpha Sigma

want to add the beauty of flowers to your home

Gift cards are available
from any chapter member

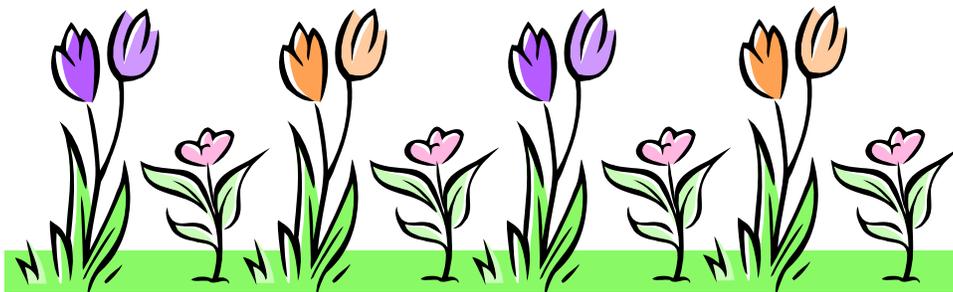
\$10.00 buys a \$10.00 gift card for \$10.00 in merchandise

Good at all 50+ locations in the metro area

Also mark May 15-18th 2009 for a trip to Linder's for any merchandise,
give the clerk the attached invitation to credit the purchase to ESA-
Alpha Sigma chapter. Good at all locations including the mini-marts.

Separate the invitations and share with friends and family.

Linder's shares their profits and it costs you nothing extra and the
flowers are great! Linder's is at www.linders.com



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



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.