



*Epsilon Sigma Alpha*  
INTERNATIONAL®

# Minnesota ESsAy

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## **Terri Olson – President**

Aren't we having the most beautiful fall weather? The fall colors up here in the north country are absolutely fantastic! I'm sure my first few trips around the yard on my riding lawn mower to pick up the leaves will be super enjoyable whilst I'm still able to view the fabulous colors around me. But, you might be hearing a different story by the end of the month. My riding lawn mower picks up and mulches the leaves, which requires a lot of emptying the baskets – think exercise, Ter!

October is Recruitment month, so do you have some plans to help grow our Minnesota membership? If you haven't made your plans yet, be sure to contact Stephanie, Kathy, or me because we'd love to help you in your endeavors. I'd love to come and help present Minnesota ESA's story at your Rush event; this is a great PowerPoint presentation from Headquarters. I used it at last year's Rush Breakfast and just put the Minnesota-spin on it. You can get lots of ideas and tips from Headquarters and also order recruitment supplies, too. Don't forget that during the month of October any ESA chapter can sponsor as many new members as they wish for the package price of \$300. So, let's get movin'!

Reflecting on September, I hope you were able to try some new things for ESA that you might not have done before, such as: eating at Fuddruckers for Alzheimer's, working at MedTox, helping

support the Great Urban Race for St. Jude, working at the Fall Festival of Hope for St. Jude, participating in the Walk for Hope: Steps to End Domestic and Sexual Violence, helping out at the Alzheimer's Memory Walk, or attending MN ESA's Leadership Retreat. This year's Leadership Retreat offered something for everyone and a great opportunity to get to know each other better. Kathy Eastlack led this effort; I'm still trying to figure out how she managed to get so much in and yet not make any of us in attendance feel like we had to rush to the next session. We've had so many positive comments about this new Retreat-type structure that we hope to make this an annual event. October opportunities available are: scholarship applications are available from Karla Kay, the MARC Conference is being held in Indianapolis, Tiger Sushi Soiree (where's Chris Scotch?) [contact Karen], a Graveyard Tour (date TBD – watch for an email blast), Bundles of Love fundraising event (contact Bundles of Love), and our State Rush Event (contact Stephanie).

Since we won't be having a meeting in October, I just want to remind you of some November opportunities, too. We'll have the Circle of Life Style Show at Greenhaven, the State Historian educational, swing dancing at Wabasha Caves, the Kantorei Choir Concert, and the St. Jude Give Thanks Walk at MOA. How proud we are of Bonnie

Wakefield's daughter, Donna, and her being honored by the City of St. Paul. It was wonderful being able to see the video and know that good works are recognized. Yahoo! I received information from Jean Joyce regarding sponsoring an Outstanding Youth. I know we haven't done that in Minnesota for quite some time, but maybe it's time to start thinking about that again. Do you know someone that we should honor? Let me know if you're interested in participating in this opportunity and we'll make this a very special recognition. I also received Nomination Forms from Rose Pasillas. She says her goal is to ensure that anyone who wants to participate will get the opportunity. So, if you have a desire to participate either on the Elected or Appointed Board, let me know so we can get a form sent in. Be sure to regularly check out our website ([www.mnesa.com](http://www.mnesa.com)) as Belinda makes changes on a regular basis. Please send your chapter information to Belinda if you want it posted. If you don't want that information posted, let Belinda know that, too, so she can take your chapter name off from the contact page. Don't forget that we have a members-only page where you can find our forms and other additional information that we may not want to share with the world. I look forward to seeing you at one of our upcoming events in October. Don't forget the mantra: "Come when you can, have fun when you come, and bring a friend to join in the fun!" Let's Energize!

## ***Kathy Eastlack – First Vice President***

The past two weeks I have received many positive messages and cards about the fun people had at the Leadership Seminar. Everyone agreed that Camp Courage is a great place to have an overnight. We enjoyed our bartender Julene's new drinks and appetizers, canoe and kayaking lessons with Armella, a pontoon ride, bonfire, star gazing with Mr. D. Saturday started with breakfast in the cabin, then on to a wonderful leadership program presented by Colleen Bown, from Lake George, MN. We learned about leadership styles, finding our specific style, guessing our neighbor's styles, communication styles, and then some teamwork building. There were professional chefs, Michelle and Bob, who gave us instruction on cooking our own lunch like a professional, cooking with wine, and other professional cooking tips. Betty R and Galen read "Who moved My Cheese" book to us during lunch. After lunch, the rest of the day was divided up so you could choose which classes you wanted to attend, which included making a PowerPoint presentation with Terri, Excel spreadsheets and refining our web surfing skills with Belinda, card making with Karen, and a Bundles of Love project with Deb Persing. We had other things lined up but just ran out of time. Camp Courage does rent their cabins out to private parties, so if you have a family reunion, large family, or just want to get away for the weekend in the woods, give them a call at 320-963-3121, and talk to Heidi or Armella, or check out their web site at [www.couragecamps.org](http://www.couragecamps.org).

There is a project that a friend and I have begun, and would like to tell you about. We are making pillow cases for two different groups. One is to make a pillow case for each camper that goes to Camp Courage. The other is to make nice pillow cases that will be donated to people who are undergoing cancer

treatments in the hospitals. There is a website you can watch to see how they are made.

<http://www.youtube.com/watch?v=MrYWCma9wgM> This is a very easy and slick way to make the pillow cases. I like to get about 10 pinned together and then sew them at one time. If you are not a sewer, perhaps you would like to donate some fabric. Each pillow case uses 1 yard of fabric. I would be happy to visit your chapter meeting and show you how they are made. If your group are not sewers, maybe you would like to cut the fabric and get it pinned together to sew. Give me a call at 763-742-9737, or e-mail me at [kathy.eastlack@gmail.com](mailto:kathy.eastlack@gmail.com), if interested.

The weather for October is supposed to be beautiful. I hope you will all be able to join us at Aamodt's Apple Orchard in Stillwater on October 17th at 2pm. Make it a day and enjoy all that Stillwater has to offer!

## ***Diane Vanusek – Past President-MNLove/ Disaster Chair***

From all accounts those of us who missed the September leadership are the poorer for not being there, but sometimes it is unavoidable. Nephews get married on their time schedule.

I found some new cards for the meeting card game poking around a gift shop on the North Shore. (Hint to a certain someone: they ARE unusual) The one deck works like a regular deck as we tried them out.

If you or your chapter have organized a special event for the benefit of these funds let me know what you did and how it turned out. I would like to publicize what is being done. At MARC next week, I will keep my ears open for new ideas and share what I learn.

Just a plug for the upcoming Rush Event. Bringing new members will

only help our organization with new friends, new ideas, and new opportunities.

Off to MARC with Birdie and Sharon D.

## ***Sharon Desarmeaux – Chaplain***

The way we treat people is probably the most important thing we will ever do and how we will be remembered. There are Five Lessons about the Way We Treat People.

### First Important Lesson - Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one: "What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50's, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade. Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. I also learned her name was Dorothy.

### Second Important Lesson - Pickup in the Rain

One night, at 11:30 pm, an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car.

A young white man stopped to help her, generally, unheard of in those conflict-filled 1960's. The man took

her to safety, helped her get assistance, and then put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached.

It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's bedside just before he passed away. God bless you for helping me and unselfishly serving others." Sincerely, Mrs. Nat King Cole.

#### Third Important Lesson - Always Remember Those Who Serve

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked. "Fifty cents," replied the waitress. The little boy pulled his hand out of his pocket and studied the coins in it. "Well, how much is a plain dish of ice cream?" he inquired. By now more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier, and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies. You see, he couldn't have the sundae because he had to have enough left to leave her a tip.

#### Fourth Important Lesson - The Obstacle in Our Path

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the King's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

*(continued on page 3)*

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand! Every obstacle presents an opportunity to improve our condition.

#### Fifth Important Lesson - Giving When it Counts

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare & serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away."

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister ALL of his blood in order to save her.

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The following members/families have needed our thoughts and prayers:

Joe Gillespie, Juanita's husband, Omega Chi, in hospital with pneumonia.

#### ***ESA FOUNDATION - Karla Kay Nicklaus***

##### ***"Serving the World***

##### ***Community....Because We Care"***

2010 was a fantastic scholarship year—8589 applications were received—a record number. 7543 applications were judged and 135 winners will receive a total of \$139,750.

Scholarship applications for the 2011-2012 year are available on ESAF website:

[www.esaintl.com/esaf](http://www.esaintl.com/esaf) or give me a call and I will mail the scholarship application. This year the Minnesota State Memorial Endowment will be awarding three \$1500 scholarships, plus there are another 23 endowments and general scholarships that Minnesota residents may apply for. Each student may apply for three scholarships. ESA Foundation International will be awarding two \$7500 graduate studies scholarships and a Maxine Wirth Graduate Study Endowment at \$3000. Deadline for scholarship applications is February 1, 2011. Thanks for your continued support of the scholarship program.

## ***Julene Donnay Lives UnitedHealth Group's Mission***



### **Julene Donnay, Project Management lead, UnitedHealth Group**

When asked several years ago to organize employees in Ovations Finance department, Julene Donnay's answer was, "Sure. That's easy." It's easy because she has always been active in her community in a variety of ways. "It's how I was raised," she explains. "Service is an element I've dedicated a portion of my life to." And she's quick to point out the benefits to her company on two levels.

First, helping employees organize different volunteer events is great for the employees themselves, she says, because it gives them outlets they may not have been aware of. It builds morale and a sense of belonging to a team. Julene believes the enthusiasm and large participation is due to the variety of events and the support and personal involvement of senior leadership. Secondly—and certainly as important—are the external facing benefits. "We are a positive image for our company," she says. "I think these volunteer activities do wonders for the public's understanding and support of our company."

Julene says she loves what she does in Enterprise Sourcing because she is able to impact change for the business and for our customers—and she loves change. She is working on a procurement reconstruction project and describes it as creating the future state of the organization "using not just my background in procurement but leveraging the backgrounds of others."

## ***Circle of Life – Karen Ronning***

### **Facts about Childhood Cancer**

- Cancer is still the leading cause of death from disease among U.S. children over one year of age.
- In the United States, among children, from birth to age 19, more than 18,000 cases of cancer are diagnosed each year.
- While progress against childhood cancer has been made, cure rates for some pediatric cancers remain below 50 percent.
- The causes of childhood cancers are largely unknown.
- Childhood cancer is not one disease entity, but rather is a spectrum of different malignancies. Cancers found in children are biologically different from those seen in adults.
- The 10 most common types of childhood cancer are as follows
  - Leukemia (acute lymphoblastic leukemia and acute myeloid leukemia)
  - CNS, brain, and spinal cord tumors
  - Lymphomas, (including Hodgkin and non-Hodgkin lymphoma)
  - Skin cancer and melanomas
  - Soft tissue tumors (including rhabdomyosarcoma)
  - Germ cell tumors
  - Neuroblastoma
  - Bone cancers (including osteosarcoma and Ewing sarcoma)
  - Renal cancer (including Wilms tumor)
  - Retinoblastoma
- Among the major types of childhood cancers, leukemias and cancers of the brain and central nervous system account for more than half of new cases.

So PLEASE help us to help all those children and families facing the diagnosis of Cancer.

Join us -

- October 20<sup>th</sup> at the Tiger Sushi Soiree with Chris Scotch.

- November 6<sup>th</sup> at our 27<sup>th</sup> Annual Style show and Auction
- November 20<sup>th</sup> join Team ESA at the Give Thanks Walk at Southdale Center

**WE NEED YOU!!**

### ***St. Jude Auction – Birdie Elkofska***

Reminder: There is a WONDERFUL AUCTION with our St. Jude Style Show on November 6 at Greenhaven Golf Club in Anoka.

If you or your chapter still would like to donate to the St. Jude Auction, just call me and I will be able to pick up your items. I can be reached at 952-938-3020 or [birdieelkofska@comcast.net](mailto:birdieelkofska@comcast.net).

And THANK YOU all for always supporting this venture. It is a great success because of all of you. Come/see what we have this year.

Are you a Disney Collector??? We have one donation that is from the Disney Collection and it is Minnie and Mickey and a Christmas Tree and is called "Hooray for the Holidays". Its value is over \$400.00. Come bid on this wonderful collection.

A reminder .... BRING YOUR ADDRESS LABELS to put on the tickets. It makes the process go much faster.

THANKS !

Birdie and the Alpha Sigma Chapter

*"Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile."*

*~Sir Wilfred Grenfell, missionary*

# Chapter News!!

## **Alpha Chi – Joane Buche**

Our first meeting of the year was held Saturday, September 11 at Joane's home. Sue conducted the installation ceremony of new officers. Kathy Konrad, our new president, presided with 12 members present.

**Dee Debel** – Still summer news. Quick trip to Colorado in May for granddaughter's graduation from college. Entertained two nieces and one husband from California for a week in July. Had my bathroom gutted and remodeled with a walk-in tub from last week of July to the end of August. Am enjoying the relaxing jets.

**Kathy Rice** – On Wednesday, September 29, Stan and Kathy took a Community Ed tour of three stadiums; TCF Stadium, Target Field & Xcel Energy Center. They were warned there would be a lot of walking and found out that was true. Kathy hopes to have lost a few pounds. On September 28, Kathy attended the Senior Advisory Council of St. Paul Community Education Senior Program.

**Fern Ellison** – Had a wonderful visit with son Ted's family in Cedar Rapids, Iowa. All activities are starting up again and it is good to see everyone. Great to go to the apple orchard and oh, they are so delicious.

**Pat Peterson** – Hi Everyone – Did you hear about the young boy traveling alone on the airplane in a window seat? Along came a huge man in the next seat who zonked out in a deep sleep. The little guy felt airsick and couldn't find a "barf bag" in his area and had no alternative but to "throw up" on the man next to him. Later in the flight, the Big Guy woke up and stared at his clothing in horror. The little guy

looked at him and said, "Do you feel better now?" So long and God Bless!

**Sue Todd** – Finally closed on our house, so instead of packing, I'm now unpacking. I'm never moving again. We did finally get half of the garage open so we can get the car in. Yeah! I'm sure the rest will come around. Maybe next month I'll have something better to talk about.

**New Address: Sue Todd  
10386 Eagle Pointe Trail,  
Woodbury, MN 55129**

**Shirley Hane** – The Harding Class of 1951 is planning a 60<sup>th</sup> Reunion for 2011. I'm on the committee looking for the lost classmates. Our ice cream social at church was very successful. It's a favorite with the seniors.

**Donna Wakefield** – Donna & Wally proudly announce that daughter, Bonnie, a Telecommunicator at the St. Paul Police Department, is the City Employee chosen for the prestigious Karl Neid Community Involvement Award. This annually recognizes a "City Employee" who has exemplified a record of outstanding police service and makes significant contributions to improve the quality of life in the city. Among Bonnie's volunteer work has been going to Medtox with ESA on her days off work. Congrats Bon! Alpha Chi is proud of you! Donna is also back on Chemo but confident it will work this time. It was great to see all at our first fall meeting.

**Joane Buche** – No pain with this birth – just great joy. Olivia Therese was born May 19 making Ralph & Joane great-grandparents for the first time. Another highlight was spending 10 days in California with our son & his family. The high school graduation of our grandson was the focal point. Wednesday morning brings a car of sisters to

Medtox. Phyllis again busy filling bags that Colleen has sewn.

Everything from toothpaste to note books fills the bags to be donated around the area.

## **Alpha Sigma – Sharon Lange**

Can you believe summer is over and the trees are turning colors? As always, everyone is busy. And this past month has been no exception.

We had our first meeting at Chapter President Diane Vanusek's home. Her theme this year is "ESA in Bloom". And we've planned another busy (and fun) year ahead.

The ESA Leadership Retreat held at Courage Camp in Maple Lake was fantastic. Nancy Johnson and Birdie Elkofski were there for the Friday night activities: boat rides, canoe trips, star gazing, cocktails, and campfires, soup and Cuban supper. Sharon Lange joined in on Saturday: guest speaker Colleen Brown on Leadership, followed by cooking lesson (Chicken Saltimbocca), sewing with Bundles of Love, and even a technology seminar. Thank you to Kathy Eastlack and her committee for arranging, shopping, cooking, and everything else. We all had a wonderful time.

**Birdie and Diane Vanusek** are going to be at MARC Conference Oct. 8, 9 and 10 in Indianapolis. Diane is driving and Birdie is navigating. One wonders if they will actually get there. This time of the year the tree colors are often beautiful and the weatherman says it should be rain free. But we all know that guy has been wrong once or twice.

**Rose Bitter** recently spent the weekend with her grandkids while their parents were in London. She successfully got Josie to 6 volleyball

games, Henry to one hockey practice and one soccer practice, and Matt to one hockey practice. "Whew--I forget about all the running with kids!" Rose's husband Jim and friends were fishing that weekend and Jim caught a 14-lb, 42" Northern! Best catch in his life ("unless you count me!")

**Nancy Johnson** found some grade school friends on Face Book and they got to talking and searching for more. Low and behold they've scrounged up about twenty people for a party scheduled for Oct 2nd. These people all went to Hopkins schools and about half of them went to Harley Hopkins Grade school which was torn down in the 90s. Nancy went to Harley and graduated from 6th grade in 1958. She attended Hopkins South Junior High for one year and then the family moved to Edina.

**Diane Vanusek** enjoyed her nephew's wedding with all eight brothers and sisters. Then watched the local stock car races in Ashland, WI as her son drove the car he built. He did well but a little scary for Mom and Dad, especially when we knew he had to wear a "fire suit".

That's it for now. Alpha Sigma is busy working on the auction and we sure hope you plan to attend. Bring all your friends and have a great time while helping the children of St. Jude Hospital. (Bring your address labels for the raffle tickets.)

### **Alpha Theta – Mary Jane Rosenberg**

Here we are in October and fall is a certain term to be used. In southern Minnesota, it has been more like spring with the rain—road closures and even schools that have been closed. We sure have had some funny weather this year—haven't we??!

Our group is meeting on next Tuesday for early breakfast. The older we get the more stuff that

keeps our life busy. Sorry we didn't make it to Medtox, but as of now we will be there on Monday, October 4. Of course, if the roads are passable. **Gloria and Florian** did get to Branson again—also the Clay County Fair in Spencer, Iowa. Now they are busy with fall harvest.

**Florence** has had company from Ohio and also busy with her volunteer work.

**Rose Marie** is still busy with sorting, packing, and moving.

**Marge** fell and broke some ribs, but is healing slowly.

**Marie** is busy with her home and with Eastern Star.

**Myself**, I'm just keeping up with everyday stuff. Not much going on in our chapter these days.

Thought of the month: "Life is like a bath—a wrong turn can leave you in hot water!"

### **Beta Sigma – Linda Schultz**

**"THE INK ON THE PAGE ONLY TELLS PART OF THE STORY"**  
*lorna landvick*

~

**"The Ink Not On The Page Tells The Rest"**

**Submitted by Linda Schultz  
Beta Sigma, ESSAy Reporter**

**I invite your comment and inquiry!**  
[betasigma@gmail.com](mailto:betasigma@gmail.com)

### **Editor's Note:**

Just a reminder that ESSAy articles are due the **1<sup>st</sup> of each month** except for December when we don't publish the ESSAy. I really would appreciate articles arriving on time – that way I can get the news to all of you in a timely manner!! We all have busy lives and so do I!!

**Please also note** on the Youth Award Flyers included later in this issue, **only the first information page** has been included, not all four pages.

### **Alpha Lambda – Kathie Wasson**

Alpha Lambda held its October meeting at Margaret Smith's church, Hamline Methodist, in the lovely library room. We will be working on our various projects next month (coupon cutting, Iraqi Children school supplies project, etc.). Margaret served a lovely lite lunch for our members as we planned our calendar of meetings and events for the end of 2010 and into 2011.

Two of our members will be attending the MARC conference at the end of this week, Mary Parr and Kate Sala. They will be taking our angel pins to the conference with them for sale. Anyone interested in purchasing an angel pin can contact Mary Parr.

Some tidbits of news about our members:

Kathie Wasson spent a nostalgic weekend in St. Louis, Mo with her two cousins mid-September -- they grew up in St. Louis.

Mary Parr's breast biopsy was negative so two of us celebrated at Blue Fin Bay with another friend. Mary and Kathie Wasson spent Sept 27, 28, 29, 30 at Blue Fin Bay with their Red Hat friend, Lynne, visiting the local artist studios and touring the Fall colors drives; also spotted a couple of moose along the way and eagles.

It is school, school and more school for Kate Sala. She is currently driving with a foot boot, a sprained right foot which happened the first day of school.

*"I don't have to be perfect. All I have to do is show up and enjoy the messy, imperfect, and beautiful journey of my life. It's a trip more wonderful than I could have imagined."*

*~ Kerry Washington, actress*

## ***Beta Theta – DeLores Wiesner***

Our August meeting was held at Keys Restaurant in Woodbury with all four of our members attending.

**Geri Johnson** has decided to become an inactive member. She will continue to pay the State Dues and attend chapter social events, but will not be attending meetings. Geri is a Life Active Member of ESA, so will always be a member of ESA.

**Fran Voerding** is very lonesome since her big dog, Max, went to dog heaven. She had him for 11 years and hopes to get another one soon. Her granddaughter is getting married October 2<sup>nd</sup> with the reception at the History Center.

**Rhonda Krehl** will be attending the MARC Conference this month.

**Jill Dau** entered a quilted wall hanging in the Dakota County Fair and she placed 4<sup>th</sup>. She also entered it in the Minnesota State Fair, but did not place.

I'm looking forward to the Fashion Show next month. Looks like I'll have four generations again.

## ***Delta Omicron – Shirley Norton***

With sadness, we note the death of long-time member MaryAnn Franssen late this summer. She had a remarkable record of being involved with many different philanthropic organizations. St. Jude Children's Research Hospital was one of her favorites. She particularly enjoyed being a clown known as Grannie Hug-a-Bug. Her enthusiasm has been missed.

Many of our Delta Omicron members "fastened their seatbelts and put their seats in an upright position" and flew off to eastern or western United States.

In July, Edith flew to Nashville, TN and visited with her youngest sister, Carol. Then they drove to DeKalb, IL, for their annual family

reunion which has been held the last Saturday in July since 1967. Their mother died in 1966 and so the annual reunion is held on the Saturday closest to her birthday, August 4. Edith is one of nine daughters and two sons raised on a farm near DeKalb and there are only six girls still living. It was also a special reunion celebration as one of Edith's nieces is in the Army Reserves and is leaving for duty in Afghanistan shortly. Therefore, many cousins came to wish her well and so there were about 100 relatives and families in attendance.

In early September, our president, Jo, flew to Washington state to meet two new great-grandchildren. They were born three months apart and Jo brought back pictures to share with us at our September Delta Omicron meeting.

In August, Shirley flew to San Diego with a dozen family and friends to attend the Navy military ceremony of transferring the command of our country's aircraft carrier, USS Ronald Reagan, from son, Capt. Kenny Norton, to Capt. Thom Burke. The ceremony was held August 12 outside on the deck of the carrier with all the Navy personnel in their "dress whites," band playing, flags flying, color guard presenting the US flag. There were speeches complementing the ship's crew for their very successful two tours to the Gulf of Oman providing support for the coalition's ground forces. The Ronald Reagan was awarded the Navy's Battle Efficiency Award "E" (for excellence) for 2008-2009. Capt. Norton was also given an award from his crew. Smiles all around. (Mom's prayers for a successful, safe tour of duty were answered!)

In September, Pat Kittleson's sister was delightfully surprised by a celebration organized by her children for her 80<sup>th</sup> birthday. Her out-of-town children came to Saint Paul for it and when Pat's niece, Kathy, returned to Alexandria, VA,

Pat accompanied her for a visit and to see our Nation's Capital. They chose to see Washington, D.C. at night when all the monuments are lit up. Pat reported, "It was awesome. But, oh, the crazy traffic. I'm glad to be back home where you can get to Target without taking your life in your hands."

Home here in Minnesota, Orlean's family had a cousin's reunion the first weekend in August. It was held at her daughter, Maureen and son-in-law, Rick's lovely, roomy five acres in Afton, MN. Cousins started arriving midweek before the weekend and three tents were pitched to accommodate everyone. There were 30 people representing four generations and on Sunday, August 1, they boarded the Paddlewheeler, Andiamo, at Stillwater and they enjoyed a two-hour brunch cruise on the beautiful St. Croix River. Their next reunion will again be the first weekend in August 2011 at a resort in Anaconda, MT, where Orlean's parents lived.

Stephanie reported that after being out of work for so many months, she is really enjoying being steadily employed by the bank again. Being 1<sup>st</sup> Vice President of our Minnesota ESA, she has been busy this summer with preparing for her new ESA responsibilities. She is also an auntie again to an adorable niece which makes four daughters and one son for her brother and sister-in-law.

Mae McKeever has been receiving therapy as she recovers from a small stroke she had. She lives at 225 Frank Street, #348, St. Paul, MN 55106. I'm sure she would enjoy a note from longtime acquaintances in ESA.

Hope to see you at October's Rush Event Saturday, the 23<sup>rd</sup>, at St. Mark's Carolyn Hall in St. Paul.

## ***Gamma Omega – Arlene Besemann***

Everyone is so busy with their volunteer work, jobs, making crafts and getting in a bit of recreation that there's no time to communicate about specifics, so Gamma Omega greets all of you and gives this message: "You give but little when you give of your possessions. It is when you give of yourself that you truly give." I did manage to find out that Sandy Dolence has had a minor stroke. Luckily, she's coming along well and has apparently been left with no severe after effects. Take good care of yourself, Sandy! She's one of our many talented crafters busily working on things for our sale.

## ***Omega Chi – Pat Staffanson***

**Jennifer** – I live on a pretty big hill; thank God no water in my basement and the dirt road is still intact! I did get 7 inches of rain in one day! And a portion of Hwy. 20 is closed in town due to the Cannon River flooding over its banks and threatening the bridge. No hassles for me getting to work.

My parents have been coming down to visit me these past few weekends; enjoying the pretty woods and helping take down dead trees. Chris has signed up for another year at Fort McCoy Wisconsin. He comes home on average about two days a week. He was home this past Thursday and Friday working hard at insulating the ceiling of his two-car garage shop. He has hopes to finish his project truck – a '79 Ford that has been in pieces for the past 10 years!

I've picked the last of the squash from the garden and will be bringing in the geraniums for the winter and maybe some of the coleus since it will probably freeze tonight. Where did the summer go?

**Juanita** – Joe has been having a tough time this past month. After getting released from the hospital in late August, he was doing quite well. However, he came down with a cold last week and got pretty sick. He ended up back in the hospital on Monday (Sept. 27) with pneumonia. They started him on antibiotics along with his other medications. Then, his heart started fluctuating a lot, so they moved him to another floor where they could monitor him closer. Now, possibly due to the heart medications, his kidneys are not functioning very well. With the medical issues, we have not been able to do much, so other than working, there is not much more news from my end. A HUGE thanks for all of the cards and well wishes from our ESA sisters and brothers. Please keep those prayers and good thoughts coming. Agape'

**Pat** – What a wonderful Leadership Event in September! We had such a **great** time, learned a lot and really got to know each other better. I had so much fun canoeing on Friday night!! Thank you, Kathy, for a fantastic experience! Thank you also to all your helpers! I certainly hope we can do this again!!

On Saturday, we were able to experience so many different things –cooking with professional chefs and getting to eat the yummy things we cooked! Plus getting to taste the wine we cooked with! Later, we traced, cut, and sewed articles for Bundles of Love. I have to admit, I got hooked and have been sewing baby items ever since.

We also learned a lot about Camp Courage and all the wonderful things accomplished there.

Gary is doing much better since his back surgery and has been able to resume some of his outdoor activities, so he is much happier! Thank you all again for the cards, prayers and good wishes!!

## ***Sigma Kappa – Casey Ronning***

**Casey** – This past month, I got used to being at school and away from the family. I am having a good time and enjoying my classes. This next month is going to be interesting – there will be even more tests and quizzes – it will be interesting.

**Karen** – We spent September getting used to Casey being gone at school. It sure is different! I am really looking forward to Family Day at school. It will be a lot of fun hanging out with Casey and checking out her new surroundings I went to the Leadership weekend and had a FABULOUS time. I really enjoyed learning how to cook that delicious lunch. I have already made the chicken for Scott – YUM! I can't wait to go again next year.

**Sharon** – I worked and had FUN at the Alzheimer's Memory Walk on Saturday. Even though it was raining lightly, a lot of walkers still showed up. I have been at Alzheimer's several times this week helping with the counting of the money from the many memory walks throughout Minnesota and North Dakota.

I thoroughly enjoyed the Leadership Overnight at Camp Courage. What a great time with lots of FUN!!

I will be going to MARC next week. I am looking forward to seeing all of our MARC Sisters.

## ***A Tip from Tilly***

If you can't get a ring off your finger using soap, Vaseline or oil, and your finger is swollen, just stop by your local fire station and have it removed. They have all kinds of tools and gadgets to free people. I should know because it happened to me. There's no charge, but the firemen support MS and you can leave a donation.

# *Epsilon Sigma Alpha* INTERNATIONAL®

## *27th Annual Style Show, Luncheon & Auction*



St. Jude Children's  
Research Hospital

*Join Us*

*Saturday, November 6, 2010*

*10:00am - 2:00pm*

*Greenhaven Golf Course &  
Banquet Center*

*2800 Greenhaven Road, Anoka*



*Finding cures. Saving children.*

**\*\*Fashions Provided by Dress Barn, Coon Rapids, MN\*\***

**\* Italian Hero Lunch Served at 12:00 Noon\***

Roasted Turkey Breast, Honey Cured Ham and Genoa Salami with Provolone Cheese, Vine-Ripened Tomatoes,  
Shredded Lettuce, Herb Vinaigrette on Focaccia Bread

Accompanied by Pasta Salad, Cookie, Colombian coffee, decaffeinated coffee, tea

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**Tickets - \$25 Each or \$200 for a Table of 8**

Name \_\_\_\_\_ Guests \_\_\_\_\_

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***Reserve your tickets by October 22, 2010 – Make checks payable to MN ESA***

Karen Ronning

14949 Overlook Drive, Savage, MN 55378

Call Karen with questions at 952.440.7092



**Wed. Oct 20th  
6 pm to 8:30 pm  
Tiger Sushi 2**

2841 Lyndale Ave. S, Mpls MN 55408  
(612) 874-1800  
[www.tigersushiusa.com](http://www.tigersushiusa.com)

**Tiger Sushi Soiree is a cocktail-party fundraiser event featuring 4 special "Stations" for you to enjoy.**

**Station 1:** Complimentary Glass of Wine

**Station 2:** Sake 101: Learn about different styles of sake while you taste from 5 different Sakes with our resident Sake expert.

**Station 3:** The best sushi you've ever had: Taste a five-piece selection from five of Tiger Sushi's most exceptional sushi rolls – the ones on the deluxe page, that you can't get anywhere but Tiger Sushi.

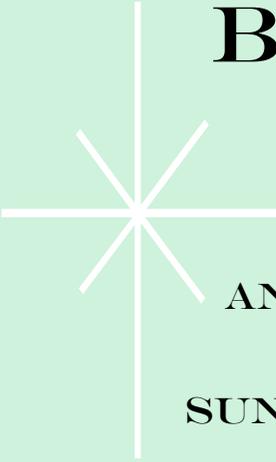
**Station 4:** Sushi 101: Take a 10 minute "mini" sushi lesson from Tiger Sushi's head chef. Learn to roll your own and you'll get to eat and share what you make!

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**Tickets \$30**

**proceeds to benefit Katelyn Atwell's brave goal  
and "Where's Chris Scotch"**

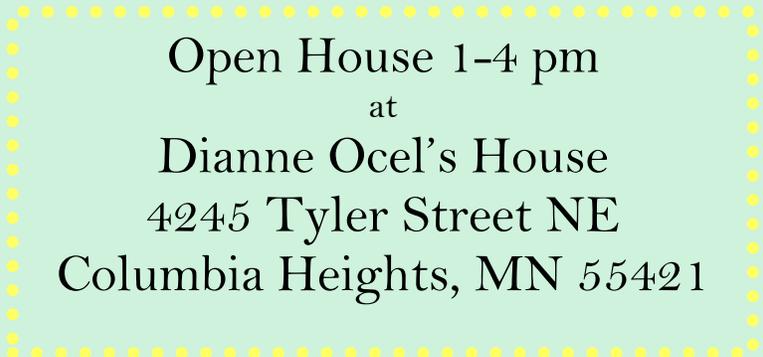
<http://whereschrisscotch.wordpress.com>



# **BLAST FROM THE PAST**

**AN “ESA HISTORIC” EVENT**

**SUNDAY NOVEMBER 14TH**



Open House 1-4 pm  
at  
Dianne Ocel’s House  
4245 Tyler Street NE  
Columbia Heights, MN 55421

**ALL MEMBERS, FRIENDS &  
FAMILY WELCOME!**

**TREATS & DRINKS?**

**IT’S ESA - THERE’LL BE SOME!**



Let us know if you can make it!

E-mail: [dlt1023@comcast.net](mailto:dlt1023@comcast.net) or

call Dana Terry @ 612-619-0810



## CALL FOR NOMINATIONS

### 2011 - 2012 INTERNATIONAL COUNCIL OFFICERS

Nominations are now in order for the offices of First Vice President, Second Vice President, Recording Secretary, Treasurer, Parliamentarian, and Workshop Coordinator for the International Council of Epsilon Sigma Alpha International.

#### STATE PRESIDENTS

Through your newsletters and state publications please encourage your qualified members to accept the challenge of an International Council Office. Dedicated members are vitally needed to share their time and talents to assist in the growth of ESA, to help plan the future of the organization, and to help achieve the goals and ideals of ESA. If additional forms are needed in your state, contact:

**Rose Pasillas, IC Nominating Chair**

1001 Driftwood Drive  
Euless, TX 76040

H-817-268-1706 \* W-214-954-1900 (ext 125) \* F-214-954-1274

[rose\\_pasillas@hotmail.com](mailto:rose_pasillas@hotmail.com)

#### QUALIFICATIONS

Nominees must be in good standing with ESA Headquarters and may be sponsored by any chapter, state, multi-state or district/zone in good standing with International Council (IC). Chapter and district/zone dues are \$35.00. State and multi-state council dues are \$40.00. Checks should be made payable to the International Council and mailed directly to the IC Treasurer.

Refer to the IC Bylaws: Article V – Qualifications of Elected Officers; Article VIII – Duties of Elected Officers; and Standing Rule 10 & 11 – number of candidates for each office and the responsibilities of the Nominating Committee.

Serving on the Nominating Committee are: Chair: Rose Pasillas – Texas, Jan Adair – Missouri, Judy Huntley – Illinois – Kendra Sabol- Arizona and Betty Sanders - Florida.

#### Notice to Nominees

A weighted point system is used to qualify nominees for IC offices. No points will be given unless directions are followed; therefore, it is important that you *carefully read and follow* instructions for completion of the nomination form. All the information requested must be given. All eligibility requirements must be fulfilled and all attachments must be included with the official nomination form. No changes will be accepted after the nomination form has been mailed to the committee members. If necessary, candidates will be asked to move to another position on the ballot based on the results of the weighted point system.

### *Instructions for Completion of the Nomination Form*

1. List the year(s) served as president and each elected and appointed office. *Example:* President 2000-2001; First Vice President 1999-2001; Second Vice President 1998-1999; Recording Secretary 1998-1997; etc. Offices must either be elected or appointed and may not be listed twice.
2. If an office has several responsibilities list only the elected office. *Example:* If the Vice President, by virtue of the elected office, is also the Membership Chair, only the elected office may be given – the chairmanship should not be listed. This may also apply for Junior Past President and Disaster Fund Chair.
3. If you were appointed to complete an office for an unexpired term you may list this office if the term of office is for three (3) months or more.
4. Committee appointments should be for the required term of office of three months or more. Do not list special appointments for special events. Appointments must be made by the President of the referenced council.
5. Do not include any recognition, such as, Outstanding Woman/Pledge, Guardian, Founder, etc.
6. Do not include qualifications on a separate sheet of paper. All qualifications must be included on the nomination form.
7. The nomination form must be postmarked no later than November 15, 2010. Mail the form with all attachments (sponsoring letter, letter of nominee's acceptance, and photos- (1) 5x7 & (1) wallet size) to Rose Pasillas, IC Nominations Chair, 1001 Driftwood Drive, Euless, TX 76040.
8. The signature of either your chapter or state president is required; however, the contact information is needed for both.
9. Questions concerning the listing of qualifications or other matters regarding nominations may be addressed to Rose Pasillas, IC Nominations Chair, 1001 Driftwood Drive, Euless, TX 76040; 817/319-4680 (cell); [rose\\_pasillas@hotmail.com](mailto:rose_pasillas@hotmail.com).

(Revised 08/2010)



## **Outstanding Senior High Youth Award**

**Please find enclosed four (4) pages of information and forms regarding the Outstanding Senior High Youth Award. This award is presented to the student who is chosen by a panel of judges. The award is intended to honor and recognize an outstanding Senior High Student who is judged on Scholastic Ability, Character, Leadership and Skills, in general a well-rounded student.**

**All Senior High School students are eligible to apply. Those students who live in a state that does not have an ESA Youth Award Chairman may participate. Those states having a Chairman must have their State winner selected by March 1<sup>st</sup> and the forms forwarded to the IC Chair. It is hoped that all ESA members will recognize an outstanding student and encourage their participation in this award.**

**The winner on the International level will receive \$1,000.00, which may be applied toward tuition, registration, fees, books, supplies and equipment, or any other college fees or academic expenses. A Plaque is also presented.**

**The forms and information must be postmarked no later than March 1<sup>st</sup> and submitted to the IC Youth Award Chair. The winner of the award will be notified by May 15<sup>th</sup>. Applications improperly completed, incomplete or not on the current form, and postmarked later than March 1<sup>st</sup> will be disqualified.**

**Mail directly to:                    (or for questions)**

**Jean Joyce  
International Council Youth Award Chair  
770 Lamplight Lane  
Hazelwood, MO 63042  
H-314-895-3004 C-314-602-4930  
Jeanjoycej2@yahoo.com**



## **Outstanding Junior High Youth Award**

**Please find enclosed three (3) pages of information and forms regarding the Outstanding Junior High Youth Award. This award is presented to the student who is chosen by a panel of judges. The award is intended to honor and recognize an outstanding Junior High Student who is judged on Leadership qualities, Community involvement, Service and accomplishments that make the student an Outstanding Youth.**

**All Junior or Middle High School students, grades 7<sup>th</sup> to 9<sup>th</sup> are eligible to apply. Those students who live in a state that does not have an ESA Youth Award Chairman may participate. Those states having a Chairman must have their State winner selected by March 1<sup>st</sup> and the forms forwarded to the IC Chair. It is hoped that all ESA members will recognize an outstanding student and encourage their participation in this award.**

**The winner on the International level will receive a \$500.00 savings bond and a Plaque.**

**The forms and information must be postmarked no later than March 1<sup>st</sup> and submitted to the IC Youth Award Chair. The winner of the award will be notified by May 15<sup>th</sup>. Applications improperly completed, incomplete or not on the current form, and postmarked later than March 1<sup>st</sup> will be disqualified.**

**Mail directly to: (or for questions)**

**Jean Joyce  
International Council Youth Award Chair  
770 Lamplight Lane  
Hazelwood, MO 63042  
H-314-895-3004 C-314-602-4930  
Jeanjoycej2@yahoo.com**



## **Energize ESA Rush Luncheon**

**When:** Saturday, October 23, 2010  
11:30 am - 3:00 pm

**Where:** St. Mark's Catholic School, Carolyn Hall  
1983 Dayton Ave, St Paul, MN 55104-5801  
(Dayton Ave & Moore St)

**Cost:** \$13 for members, no charge for guests

Includes lunch and lots of fun. We'll start with a bit of social time; lunch will be at noon, with fun and games following.

### **"October is Recruitment Month!**

IC President Dora Dill has declared October as Recruitment Month...

**The plan is to make October 2010 the single largest recruitment month in terms of new members that ESA has ever known!**

New members insure our amazing ESA family tree is alive and well, now and into the future... for us, for the kids at St. Jude, for military heroes, and for everyone we help. Will YOU commit to welcoming a new member in October and securing ESA's future?"

Invite a friend, acquaintance, or family member to experience ESA and take advantage of the October New Member Special.

RSVP to Edith Nowicki by calling 651.646.3158 or emailing [edenow1955@q.com](mailto:edenow1955@q.com) by Wednesday, October 20, 2010. Please let her know your name, chapter and the name of your guests.

Tables are available for chapter fundraisers. If you'd like a table, be sure to mention that in your RSVP.