

What a wonderful world -- ESA

Diane Vanusek
PRESIDENT

What a beautiful pre-fall day this day is! There is just enough coolness in the air to preview the turning of the leaves, the start of the new school year, and the leaving of the lazy, crazy days of summer behind for the robust activity of the other seasons of the year.

It was nice to see such a good turn out at the meeting last Saturday. Thank you all for coming, to Beta Sigma for hosting and Kathy Eastlack for the educational. The food was great and I am excited to increase my herb plantings - but next year. The Hats for Hope school bags and supplies collection was amazing. Thank you.

One announcement I did not mention was a volunteer / fundraising opportunity of manning a CK Scrapbooking Convention tote and stroller check area. For more information, the email address is ckevolunteers@ckmedia.com or call Kim LeTendre-Olson.

The future of ESA depends on us and how we make ESA known from top to bottom. One way to do this is for every chapter to participate in IC President, Jamie Atchison's Hope For Heroes event, preferably during the week of November 7-14. There were flyers in the chapter files at the state meeting and there is one attached. The purpose of this activity is to honor our service

men and women and to publicize ESA. She would like to hear about all the ideas and events. If your chapter does not have the resources to do this on its own, we all are ESA and can work with our sister/brother chapters. In Jamie's words: "Participate in Hope for Heroes ESA Nationwide event Nov 7-14th ... YES, WE CAN!"

Also, the future of ESA Minnesota depends upon recruiting new members. Terri Olson is working hard on a rush breakfast to be held on September 12 and I urge you all to attend and bring a potential member or two or ... She is working on good food, a good program and good attendance. There may even be friends you haven't met yet that come.

Please remember that one way to a harmonious year in ESA is effective communication within and without our membership. Please strive to remember to use all forms of communication.

The Midwest Area Regional Council (MARC) conference will be held on October 9-11, 2009. The MARC reps distributed registration materials through the chapter files at the state meeting. Please let me know if you are going as we are requested to come up with a skit/song based on Jimmy Buffett's music. Let's get our reservations in and put those

thinking caps on to come up with a skit/song.

The next state meeting is scheduled for October 17, 2009 at the Blaine Fire Department, Blaine, Minnesota at 9AM. See the attached flyer. This meeting is very important as it is a prelude to the St. Jude's Style Show and upcoming events. Let's start a fire under our members to attend, burn a little gas to bring a sister/brother with transportation issues, bring a fired-up friend, and hopefully, warm-up to all the new members from the Rush event.

Come and see what Minnesota ESA chapters can do when they work together to put on an event like "Kickin It For Nick" on Friday, October 2. Let's help this young man as he battles for his medical problems. If you can't attend, do what you can to help publicize the event and encourage others to attend.

Remind your chapter sisters / brothers of activities listed in the ESSay or ones you know of through other forms of communication and be sure to inform the membership of what your chapter is doing using all forms of communication. If you email, then ask another to inform those that don't have email. If you only mail or telephone then ask another member to email for you.

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What a
Wonderful World
ESA

First Vice President → Terri Olson

Our first Rush Event is over now and wasn't it fun! I told you I'm a morning person and so I really appreciated the great way to start my day with an omelet built with my favorite ingredients - yum!!

I'm so glad you came to this Event and shared your ESA spirit with our guests. I'm also glad you took the opportunity to spend some time talking with our philanthropic sponsors. It's so great to find out all of the ways, service hours and dollars, that we are able to contribute to help our communities.

We also have so many ways

that we can grow our ESA organization. Members can become part of chapters made up of collegiate folks, alumni chapters, MAL chapters, and don't forget there are cost-saving opportunities if you're 65 or over. We have online chapters and workplace chapters whether there's a contact or not. Let me help you to figure out what kind of chapter you want to get started.

And, by the way, that doesn't mean you need to leave the one you already belong to, if that's the right fit for you.

Let's not rest now and take a break from rushing. We

need to keep going and growing all year long. My number one duty as described in our Standing Rules says that I will focus on membership growth and strive to increase membership by 10%.

Well, folks, in case you weren't able to attend the Fall membership meeting, that means growing by 15 members. I really can't do this alone and so I'm asking for your help. Together, let's take this rush on the road.

Do you have a community center, a church, or a library in your area where we can organize a rush event? Let's target a couple of communi-

ties and focus on getting the word out.

Contact me to let me know where we can host a rush event and we'll get started right away. You can contact me by phone or by email.

Oh, and I created a gmail email account now, too, just so I can keep track of all of my ESA mail. That gmail address is terri.mnesa@gmail.com.

Contact me by any of my contacts listed in the roster or by the gmail account and let's make this a wonderful world in ESA.

Notes

Gene and I wish to thank all those who sent cards and good wishes to us during Gene's recent illness. He was so surprised at all the mail he received. He's doing very well now and making a full recovery.

--GENE AND JOAN OLSON

I have been overwhelmed with all the messages of sympathy from my sorority sisters after the death of my son Robert. How nice to be remembered even though I

have not been active for some years. I treasure all the memories of my association with the ESA sisters. What a wonderful group of gals. Thanks so much for your thoughts and sympathy.

--JUDY ZALK

I wanted to express my deep appreciation to all of you who supported me over the last year and a half after I was diagnosed with breast cancer. Your cards, calls,

prayers and thoughts were so very kind and helpful. Any time I saw one of my ESA sisters, the first thing they would ask is "how are you doing?". It was a long, tiring ordeal, as some of you already know.

Thankfully, I am now cancer free!!

Agape'

--JUANITA GILLESPIE

Thank you to all of you for your kind thoughts and words of encouragement

after the death my brother, Jim Gillespie. He had been battling cancer off and on for about 17 years. He was a wonderful man who had a great family. He was very talented - he played the harmonica, cut a CD of his singing and just loved life. He will be sorely missed.

--JOE & JUANITA GILLESPIE

ESA Foundation → Karla Kay Nicklaus

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

Again thanks to Mary Parr for representing me at the International Convention attending meetings and credentials!!

The ESA Foundation scholarship winners profile is as follows: 152 were awarded scholarship; 108 were females, and 44 were males. The average of the applicants as 19.88 years. Our youngest winner was 16 years of age and the oldest winner was 47. Twenty-six winners were over the age of 21.

The following students received the Minnesota State Memorial Endowment:

* Steven Pavek from Hendricks, Minn. Steven is

attending North Dakota State University and majoring in biological science education. (Steven also received a scholarship for 2008-09.)

* Anthony Jaros from Waseca, Minn. Anthony will attend the University of St. Thomas to pursue a career in Law enforcement.

* Melissa Kubiak from Duluth, Minn. Melissa plans to attend the College of St. Scholastica to pursue a nursing major.

* Sara Compart from Nicollet, Minn. Sara will attend Gustavus Adolphus College to obtain a Bachelor of Science in Nursing. She would like to work in the pediatric unit.

Also, Minnesota winners of scholarships and Parr

Family Endowment...
* Erik Valdmanis from Prior Lake, Minn. received the \$1000 Outstanding State Counselor 2007-2008
Bonnie Templeton General Scholarship Honorarium. Erik is currently attending Stout University majoring in Hotel and Restaurant Management.

* Lindsey Pavek from Hendricks, Minn. received a \$7500 graduate study scholarship. Lindsey is attending Mayo School of Health Sciences to complete her doctoral degree in physical therapy.

* Allison Johnston from St. Cloud, Minn. received the Sandy Weisenberger Endowment. Allison is attending the University of Tulsa to pursue a graduate degree in Mechanical

Engineering.
* Cory O'Connor from Wadsworth, OH and Kristine Malotte from Columbia, MO each received a \$2000 scholarship from the Parr Family Memorial Endowment. Cory will attend DePaul University majoring in Business Administration. Kristine is attending the University of Missouri to pursue a Dr. of Pharmacy.

Congratulations to our winners!!

The 2010 scholarships will be available after October 1st. Encourage your family members and friends to apply for these scholarships. Thanks to all who continue to support the ESA Foundation scholarships.

State Chaplain → Sharon Desarmeaux

Be a force of goodness in this world. Be a source of light.

Let the joy you imagine flow out from you and take on a life of its own. Give love and see it grow.

Feel the dreams and values and visions that are most authentically you. Let them guide your thoughts and actions.

You are beautiful in your very own way. That special beauty is your gift to life, so give freely and enjoy each precious day.

Live true to what you know is good and what you know is right. What you gain by so doing is truly worth having.

Feel the miracle of which you are a part. And live the goodness in every moment.

-----BY RALPH MARSTON

The following members/family have needed our thoughts and prayers.

Jodi Lang, Alpha Zeta, donated kidney to friend Judy Zalk, Beta Upsilon (MAL), son died
Jean & Bill Joyce, MARC Missouri, Bill has health issues
Nick & Jill Reamer, Delta Pi, Ongoing cancer treatments for Nick

State Chaplain → Sharon Desarmeaux

August 29, 2009
Membership Meeting
Chaplain Thoughts

Old Age is a gift. I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body, the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie or two, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avante garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 3 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 60 & 70's, and if I, at the same time, wish to weep over a lost love. I will.

I will walk the beach in a swim suit that is stretched

over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day. If I feel like it.

ESA What a Wonderful World!

Easter Seals → Dennis Marler

Thank you ESA Minnesota for your decision at the 8/29 state meeting, to continue to share our MedTox monies with Easter Seals. After talking several times with Matthew Oquist, our new Goodwill-Easter Seals Minnesota contact, and then hearing him at our state meeting, it is easy to see his desire to revitalize and strengthen our ESA / Goodwill-Easter Seals partnership in Minnesota.

One of the easy things we can do is to volunteer at the Goodwill Stores. There are over 20 stores in the metro area. Volunteer registration is easy; just complete a simple 5 minute form. The required security/background check from years past is no longer needed, so we can get to work quickly. The hours are flexible and the work is varied. They even have jobs for those of us who can't stand for long periods of time.

At the national level, ESA and Easter Seals are also trying to invigorate their relationship through their new program, Camp Hope. Camp Hope will provide a week-long camping experience to children of our military. Camp Hope will offer children of various ages and abilities a place to have fun and share their experiences and fears with other kids who are coping with the stress of missing a parent. Camp Hope will provide a place where kids of service members can be kids!

So, let's do something, anything, for Easter Seals. Volunteer at a local Goodwill Store or support Camp Hope through your fundraising efforts. Our help is needed, more than ever!

State Parliamentarian → Fran Voerding

I received a letter from Vicky Jones, IC Parliamentarian. It is addressed to all State Parliamentarians. IC President, Jamie Atchison has as her challenge, a Hope for Heroes Campaign. EACH ESA CHAPTER is to hold a Hope for Heroes Event during the week of November 7-14, which includes Veterans Day. She requests that this event will benefit our troops and their families at home. I placed a copy of her letter and a flyer about this event in each chapter file at the State General Membership meeting last Saturday 8/29/09. You might call some veterans groups, VFW, American Legion, Korean or Vietnam veterans associations for ideas for your event. Some of our ESA members have family members serving in the military and they might also have ideas.

This is an important undertaking, and our IC President wants ESA members to show thanks to our brave soldiers - men and women, who fought and are still fighting to preserve our American ideals. Our service men, our veterans of other wars and their families need to know that we all live in a country that is safe because of their dedication.

I would appreciate an email from you about the ideas you have for this event.

From your 2009-10 Historian

Dana Terry

I found the following words of wisdom in several documents in the Historian files, and thought I'd share them with you. Whether you've seen this before, or you are seeing it for the first time, we can all use a reminder to take time.....

TAKE TIME

Take time to THINK

..... It is the blueprint for getting things done.

Take time to PLAY

..... It is the secret of perpetual youth.

Take time to READ

..... It is the fountain of wisdom.

Take time to PRAY

..... It is the greatest energy source on earth.

Take time to LOVE

..... It is a God given privilege.

Take time to BE FRIENDLY

..... It is the only way to have friends.

Take time to LAUGH

..... It is the music of the soul.

Take time to GIVE

..... Life is too short to be selfish.

Take time to WORK

..... It is God's recipe for success.

Take time to DO THINGS FOR OTHERS

..... It is the only way to happiness.

MINNESOTA ESSAY *chapter reports*

Alpha Lambda

Mary Parr

It is hard to believe how quickly time flies - Joseph Uzelac, age 5, will be starting all-day kindergarten at St. John the Baptist Catholic School on September 8. Joseph is the son of former Alpha Lambda member Melissa Uzelac, and the grandson of current member Pat Schwope. What a proud grandma!

Mary Parr was in Colorado during the very hot, humid week in August in the Cities. The weather was great (cool, dry and sunny). It rained the day we left for the airport to come back. Mary's family went white-water rafting, golfing, horseback riding and bike riding down from Vail Pass which is 10,000+ feet. Mary went horseback riding but her days of rafting and

bike riding are over unfortunately. She would like to participate in those activities but knows her limitations.

Kate held down the fort at her sister's house while painters and cabinet installers came and went during the week the family was in Colorado. Just a few problems that have now been rectified. The family finally has a usable sink, stove, dishwasher and microwave in the kitchen. They had been using paper products, cooking on the grill and getting water from the bathroom. Just like camping out and roughing it.

We have changed our meetings to the first Thursday of the month at 4:00 p.m. as our individual schedules are so complicated that we couldn't

seem to agree on any other time. We'll see how this goes.

Thank you all for the coupons you have thus far provided. Just to clarify, Alpha Lambda plans to claim the time and value for clipping, sorting and adding up the dollar amounts on all coupons we receive. We hope you will continue to support this AL project.

We will be busy sorting the school supplies brought to the membership meeting. If any of you would like to have a portion for your school, please contact Mary Parr at 651-436-7803 and we will try to accommodate your request.

Beta Theta

Fran Voerding

Not much news from Beta Theta Chapter.

Geri Johnson; "All is well, have not gone anywhere, just enjoying summer"

Jill Dau, " I have nothing! I lead a boring life - maybe that is a good thing! I am not even planning on going to the Fair this year. See! B-O-R-I-N-G!"

Rhonda Krehl, nothing new

this month

Delores Wiesner, No report from Delores. Maybe Delores and husband Ray are still recovering from the 60th wedding anniversary celebration given for them in August at their lake home in Wisconsin.

Fran Voerding, not much from me either. I am enjoying the cool days of summer, but the nights get pret-

ty cool so my furnace wants to start. This is not good. It's still only September. I live near the State Fairgrounds and when the Fair is going on my dog, who is afraid of thunder, lightning and other sudden noises such as the nightly fireworks given after the Grandstand performances, hides behind anything he can find to escape the noise. Poor Max, it won't last forever, just 12 days.

Gamma Zeta

Dorothy Wangen

GREETINGS from the Gamma Zeta Sisters. I almost missed the earlier dead line for the Essay.

We had our installation of officers at Mary Tolle's new place in August. Mary Tolle is President. Joan Olson did a wonderful installation.

Our first meeting for the fall months will be on Sept 8th.

Dennis & Dorothy have done some traveling - went to Washington to see our Son & family in June and then to Iowa to see both our son and daughter and grand kids. Was all great. See you

next month...Hope to have our condo sold soon.

Beta Sigma

Linda Schultz

There is a Chinese saying which is popular and quoted around the world. "A journey of a thousand miles must begin with a single step." We have all heard it many times in our lives. It is frequently linked to any commentary or presentation regarding "new beginnings," whether it is the New Year, losing weight, approaching an overwhelming project, writing a book, clearing clutter, or planning a journey.

New Beginnings is this year's theme of Beta Sigma's president, our beloved Mona Peck, What Mona has in mind for us is still to be revealed but as we wait, many opportunities for "new beginnings" will be floating through our minds, and perhaps inspire each of us to choose one area of our lives in which to make such a plan.

With every "new beginning," however, there must be an ending of some sort. In the case of Karla Nicklaus, this is a significant celebration of her many years of service to her church, and a celebration of beginning a new phase in her life.

*Twos September -
the 15th day
From the State of Iowa
came Karla Kay
To work a while at Bethany
As a first-rate Secretary
Forty two years
went flying by
Now, Karla is retiring -*

*oh my!
She worked with pastors as
they came and went
Became our Administrative
and Ministry Assistant
Involved in much ministry -
goodness knows!
BCW, Sunday School, Belles
and Beaus
Tour Guide for trips, shut-in
visits and more
Three cheers for Karla -
hear us roar!
Asking you to save the date
Come and help us celebrate
Thanks to Karla for all the
years
Filled with love, laughter -
sometimes tears
There'll be stories to tell -
memories to share
We certainly hope to see
you there!*

On behalf of the Bethany
Congregation,
You are invited to join us in
honoring:

Karla Kay Nicklaus

Sunday, September 27th,
2009

Noon - 3:00 p.m.

Bethany Lutheran Church
3901 36th Avenue South
Minneapolis, MN 55406

Lunch will be served at
12:30 p.m.

Program begins at 1:30 p.m.

RSVP by Sunday,
September 10th to Bonnie
Olson at 612-722-1809

Or by email to:
ymolson@q.com

Other things to celebrate are
the 50th wedding anniversaries!
Kay & Joe Fogarty
rented a five-bedroom lodge
in Breckenridge, Colorado

and celebrated with seventeen family members!
Bonnie & Ed Olson will remember their "new beginning" with much joy and sharing of stories with close friends and family at a reception later this month where Bonnie plans to display her wedding gown...will she wear it? Yes, there will now be a new beginning for each couple as they embark on the journey of another significant number of years, committed to each other.

What are you ending...what are you beginning...how will be your journey? How will "new beginnings" play out in Beta Sigma this year? Watch our articles to learn about us in our "new beginnings" as we watch yours!

There are many other things to discuss here but space is limited and so I will reserve these fascinating, fun, and fabulous things for another page in time.

The harvest time is upon us and another new beginning with Fall just around the corner, so be well, be happy, and be renewed and re-energized as we step into the new season...

Alpha Theta

Mary Jane Rosenberg

I think it seemed like I just got the August article done and here I am doing September's. Like I have often said, "time flies when you are having fun."

Yesterday (August 24) five of us gals came up to work at Medtox-namely Florence, Marie, Gloria, Nicole (my granddaughter) and myself. We all like the new place-was easy to find-and as always, we had fun. Thanks to all you volunteers that do it so faithfully.

Today Florence and Eunie (her sister) took off for a few days vacation in the north county. Hope they

have good weather. It's just nice to get away. Marie is leaving for a weekend of fun in the north county too with her Eastern Star gals. Sounds like fun too! Gloria and Florine went to Farmfest the whole three days. Now next week they are going to the Clay County Fair in Iowa and then on to Branson for a few days. Marge is still battling all kinds of pain but can be pleasant to be around. My life has been back to normal kind since my sister died but sure do miss her. 12 women from around L.C. and Madelia went to Cedar Rapids, IA, to help with their restoration

after the flood of 2008. What a mess they have and really no federal or state help. We worked hard and laughed much. The people are so appreciative and we received many "thank yous." Can you imagine 12 women working, riding, eating and sleeping together and never a cross word spoken? Fun was had by all-even a lot of work done.

Quote of the month: You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going.

Sigma Kappa

Karen Ronning

Debbie and Karen are excited for another new year with their ESA Sisters. It was great to see everyone at the State meeting!

Dana has a new hobby....Thrift Shopping! After a very successful shopping trip to a local thrift store with Nicki Weller (where she found a Donna Karen tote bag for only \$5.95), her new favorite pass time is hunting for great bargains. Thanks Nicki for the fun time! And, when she is not thrifting, she is drumming up fun ideas for Sigma Kappa socials & fundraisers!

Larry and Sharon spent three days in Park Rapids with friends. The guys went fishing and the girls went shopping. On Friday the whole family will leave for

the Upper Peninsula of Michigan for a week at Carl's (Deb's guy) cabin. Larry's sister and brother-in-law will be spending a few days with us up there also. On Labor Day they have invited all Sharon's cousins from that area to come for a Labor Day cook out. This cabin is right on Lake Superior with a beautiful white sandy shore. Sharon is really looking forward to this trip. She also worked at the Alzheimer's Association garage sale. It was fun working with other volunteers. The Alzheimer's Association Memory Walk is on Saturday, September 26th. If you need any information, please give Sharon a call.

Our Chapter is very busy helping with the "Kickin it with Nick" fundraiser. We

hope to see a lot of our ESA sisters there supporting the Reamer Family!!

"Kickin it with Nick"

As many of you know we are having a fundraiser for Nick Reamer, son of Jill and brother to Amanda, of Delta Pi. We will be hosting it on October 2nd.

We would appreciate any baked goods for the bake sale, food donations for the chili feed, paper goods or items for the Chinese auction.

I would be happy to pick up anything, just give me a call! Karen Ronning 952-440-7092. Any and all donations would be greatly appreciated. Be sure to check out the flyer and join us. Hope to see you there!

Alpha Chi

Donna Wakefield

Our Alpha Chi Sisters are looking forward to starting another fun-filled year. This all started with our first meeting at Kathy Rice's Party Room on Saturday, September 12th. We were very pleased to welcome Dennis and Betty Marler at our meeting. As usual, Kathy treated all of us with open arms and hugs.

We have had our regular working crew at Med Tox each week this summer and will now start the same routine for the sorority year. We always welcome other chapter members at our Wednesday morning get-

together. Please join us.

Joane Buche was absent from a few of our Med Tox sessions because of surgery on her trigger finger. Now she is undergoing therapy to get it in good working order. Keep it up, Joane. We need your willing fingers to get back in good shape!

Donna and Wally Wakefield have just returned from a trip to Oak Brook, Illinois to attend Wally's annual reunion with all of his Army buddies from the Korean War (90th Field Artillery). The group is getting smaller

each year, but their enthusiasm doesn't diminish one bit. It is always a fun time.

Next month we will catch up on the news from the rest of our members. I'm sure I have missed much of their activities over the summer, but I promise to bring you all up-to-date. Until then, Agape' from your Alpha Chi Sisters.

Alpha Sigma

Nancy Johnson

This will be short and sweet because of the Sept 1, deadline and that's tonight when Alpha Sigma met for their first meeting of the year. Nancy J. has just come back from her time share vacation and at 62 having lost 35 lb and exercising was able to again slalom ski and she is feeling great about it. She also had a good time with her Granddaughter Sienna playing the lake.

Diane V. is real excited because her nephew has written a book. It is a picture type of book on the Fire Houses

of Boston and he is sending a copy to her in the mail.

Did you all know that Jim Bitter has retired as of this last May and he thinks everyday is Saturday now. However, Rose is more busy then ever at her company, she is doing extreme hiring of temps and her head is spinning.

Sharon's Lange's brother Robert got bit by a deer tick and contracted Viral Encephalitis and is recovering from that slowly so prayers are welcome.

The newest member of our chapter Mary Ellen Seth has a lot on her plate this year with her job and being president of American Society of Women Accountants so will be taking a break from ESA duties this year but has retained her membership so we will see her sometimes this year.

And last but never least Birdie has trigger finger and is fighting it out with her doctors to get it fixed, (no wonder she has trigger finger). So that is the latest news from the illustrious Alpha Sigma girls.



epsilon sigma alpha **MINNESOTA ESSAY**

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produced by**

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KICKIN IT



With Nick

Benefit for Nicholas Reamer Friday, October 2, 2009

Brookhall at Blainebrook Entertainment Center
12000 Central Ave NE, Blaine MN 55434
Time: 4-9pm

Event Donation: Adults \$12, 3-11 pay your age, under 2 free

- Chili Feast
- Band Entertainment by *Tap City*

— ***Bring extra cash for auctions and bake sale*** —

Nick has battled cancer since he was 16 years old with a treacherous 3 year battle. These funds are to aid in his battle and help support his current medical and extra expenses.

Please check out the below link to his caringbridge site to check out his story:

<http://www.caringbridge.org/visit/nicholasreamer>

Donations can be sent directly to the Nick Reamer Cancer Fund at the Blaine Wells Fargo Bank.

Fifth Annual



Alexandra House 5K Run 2 Mile Walk

**Saturday,
October 10, 2009**

Bunker Hills Regional Park

Purpose

**Alexandra House Walk for Hope:
Steps to End Domestic Violence
Saturday, October 10, 2009**

What's your role in our community? Perhaps you're a coach, a nurse, a member of a local congregation, a parent or a neighbor. Maybe you attend one of our local schools. Whatever your role, you can have an impact on ending domestic violence. Come walk with your neighbors, friends and community members as we honor those who have lost their lives to this epidemic, express our support for survivors of domestic violence, and learn that we all have a role to play in ending domestic violence.

Kids of all ages can participate in an art activity, listen to music and join us on either the 5K run or the 2 mile walk through Bunker Hills Park.

All proceeds will benefit domestic violence shelter, intervention and prevention services at Alexandra House. Pets are welcome, but all pets must be on a leash. Please remember to clean up after your pets.

Location

Bunker Hills Regional Park

Picnic Pavilion # 3 near the Veterans Memorial

Directions to Bunker Hills

Bunker Hills Regional Park is located two miles west of Highway 65 on both Bunker Lake Boulevard (the north entrance) and Highway 242 (the south entrance). For more detailed directions, please visit the Alexandra House website at www.alexandrahouse.org.

Parking and Shuttles

Parking is available in multiple lots near Picnic Pavilion #3. Due to limited parking, Alexandra House encourages carpooling to the event. We will have shuttles available to transport participants. Please see our website for specific parking and bus information in mid September.

Registration

**Before 10/1: \$15.00
After 10/1: \$20.00
Kids 6-18: \$10.00
Kids 5 & Under: FREE**

Scholarships are available by calling 763-780-2332. Pre-registration entries need to be postmarked by October 1, 2009. Race-day registration begins at 8:00 a.m. and ends at 9:00 a.m.

Save Time – Register Online! You can register for the Walk for Hope at www.active.com

Privacy Policy

Alexandra House, Inc. does not sell/share your registration information.

Events Schedule

**Pre-Registration: 8:00-9:00 a.m.
Same Day Registration: 8:00-9:00 a.m.
Kick-Off: 9:00-9:20 a.m.
5K Run Begins: 9:30 a.m.
2M Walk Begins: 9:45 a.m.**

Course Conditions

The 5K run and 2 mile walk will be held on the trails throughout Bunker Hills Park. The course is mostly flat with some hills.

Optional Fund Raising Opportunity

If you are interested in collecting pledges for Alexandra House please indicate that on your registration form, and follow instructions given on the pledge form portion of this brochure.

**Epsilon Sigma Alpha International- Midwest Area Regional Council
Leadership and Conference.....October 9-11, 2009
Holiday Inn, Fairborn, Ohio**

Registration Form (Please Print)

Name _____

Address _____ City _____

State _____ Zip _____ Telephone _____

E-Mail _____ First Time Attendee (check) _____

Officer/Offices Held(Please check all that apply)

MARC Offices _____ State Offices/MARC Reps _____ IC Offices _____
Foundation Board _____

Leadership and Conference (Fri. Sat. & Sun,-includes registration fee)	\$118.00	\$ _____
Leadership Only (Fri speakers and Luncheon only---includes registration fee)	\$ 35.00	\$ _____
Conference Only (Fri mixer Sat. & Sun. includes registration fee)	\$ 83.00	\$ _____

	OR	Number	Amount
Partial Registration/Registration Fee		_____ @ 8.00	\$ _____
Friday Mixer		_____ @ 5.00	\$ _____
Saturday Luncheon		_____ @ 20.00	\$ _____
Saturday Evening Banquet (chicken)		_____ @ 30.00	\$ _____
Sunday Brunch		_____ @ 20.00	\$ _____
Total Enclosed			\$ _____

PLEASE NOTE: If you have special dietary needs or are requesting a vegetarian meal plan, please check this blank _____. Type meal plan needed.

Registration must be postmarked by September 10, 2009. Add \$10. to registration fee from September 11 through September 18th. Add \$20 to registration after September 18th.

Mail the registration form with the check payable to MARC Conference 2009 to...
Pat Walker
4360 Mahler Dr.
Huber Heights, Ohio 45424

For questions contact her at (937)237-7397 PATRICIA.WALKER@DCAA.MIL

Please complete reverse side before mailing your registration

We will have the Buddy System for seating at the Saturday noon luncheon. Please check Here _____ if you are interested and provide the following information.
Birthday _____ ESA Anniversary _____

We have enclosed information on activities for the different workshops on Friday for you to review
And there will be signup sheets at the registration table for you to sign up.

There is a trip planned for Saturday afternoon, to the Huffman Prairie (see flyer, it's on the web site),
also there's no charge for this trip. We do need for you indicate
Below if you will be going ----Yes _____ No _____

Thank You for registering for "The Wright Place to Be"
October 9-11, 2009
Fairborn Holiday Inn
Hostess: Ohio State Council



For Registration Chairman's Use

Received \$ _____ on _____ Check # _____

Registration # _____

PLEASE KEEP THIS SHEET FOR YOUR INFORMATION.
BRING IT WITH YOU TO "WRIGHT PLACE TO BE"

Mail the registration form with check payable to MARC Conference 2009 to
Patricia Walker
4360 Mahler Dr.

Huber Heights, Ohio 45424

For questions on registration, contact her at (937)237-7397 or PATRICIA.WALKER@DCCA.MIL

To cancel your leadership and /or Conference registration, the full amount less a \$10 processing fee will be refunded, provided the request is in writing and postmarked no later than September 18th. A \$25 fee will be assessed on any returned checks.

To ensure the ESA-MARC conference room rate of (\$92.00+tax) effective, Thursday October 8th through Sunday October 11th, reservations MUST be made by September 10, 2009 via phone call directly too the Holiday Inn Fairborn at (937-427-7800). Reservations will be held until 4:00p.m. the day of arrival unless guaranteed by a credit card.

If you need transportation from the Dayton Airport, please contact Kris Davis at (937)431-4603 at the hotel directly. She can make arrangements for you. The hotel doesn't have a shuttle, they use a cab company and the expense can be added to your bill. We are working to get a shuttle transportation of our own, information to follow on web site. You can call Carol Hazelett at (937)254-2129

Additional information: - This weekend conference is to be causal. The banquet Saturday night "ESA- Another Day in Paradise" will be fun. Dress in your best tropical attire for a special installation. (Anything from Capri's and Caribbean shirts to Mu-Mus or breezy skirts.) The music for the evening is Jimmy Buffet. So "Don't worry be happy" and come prepared to have some fun.

The entertainment for the night will be a special feature; the groups will be our MARC sisters from all the MARC states. Each state will be asked to perform a skit or a song associated with Jimmy Buffet music.

Tentative Schedule of Events

Registration Open

Thursday: 5:00pm/Friday: 7:30-9:00am & 2:00pm -7:00pm/Sunday 7:30am-9:00am

Friday	Saturday	Sunday
9:00 Leadership Begins	9:00 am First Assembly	8:30am Memorial Service
Noon- Up, Up and Away Lunch	Noon- Come Fly with Us Lunch	9:00 Brunch
1:30pm Leadership Resumes	1:30pm 2 nd Assembly	
2:45pm Airway Market Set-Up	3:00pm Airway Market Opens	
3:15pm Airway Market Opens	5:00pm Airway Market Closes	
6:15pm Airway Market Closes	6:00pm Social Time	
7:00pm Mixer	6:30pm Installation	
	7:00pm Banquet	

Driving Instructions

From I-75 north go East on I-70 to I675 south to exit 17, N. Fairfield Rd. right on N. Fairfield to Col Glenn turn left go to 1st stop light and turn left, go straight to the Holiday Inn.

From I-75 south take I675 north to exit 17, N. Fairfield Rd. turn left onto N. Fairfield Rd. go to Col Glenn Highway turn left, go to the first stop light and turn left, go straight to the Holiday Inn.

From East I 70 take I 675 south to exit 17 N. Fairfield Rd. turn right onto N. Fairfield rd. go to Col Glenn Highway and turn left, go to first stop light and turn left, go straight to the Holiday Inn.

