



## IN THIS ISSUE

Tilly  
page 3

Educationals  
page 5

chapter  
reports  
page 8



## 7 Principles of Eagles

Betty Robinson  
PRESIDENT

In keeping with my theme this year, I would like to share the following “7 Principles of Eagles” sent to me by Birdie Elkofska.

### PRINCIPLE 1

Eagles fly alone at high altitude and not with sparrows or other small birds. No other bird can go to the height of the eagle. Stay away from sparrows and ravens. Eagles fly with Eagles.

### PRINCIPLE 2

Eagles have strong vision. They have the ability to focus on something up to five kilometers away. When an eagle sites his prey, he narrows his focus on it and set out to get it. No matter the obstacles, the eagle will not move his focus from the prey until he grabs it. Have a vision and remain focused no matter what the obstacle and you will succeed.

### PRINCIPLE 3

Eagles do not eat dead things. They feed only on fresh prey. Vultures eat dead animals, but eagles will not. Be careful with what you feed your eyes and

ears with, especially in movies and on TV. Steer clear of outdated and old information... Always do your research well.

### PRINCIPLE 4

Eagles love the storm. When clouds gather, the eagles get excited. The eagle uses the storm's wind to lift itself higher. Once it finds the wind of the storm, the eagles uses the raging storm to lift him above the clouds. This gives the eagle an opportunity to glide and rest its wings. In the meantime, all the other birds hide in the leaves and branches of the trees.

We can use the storms of life to rise to greater heights.

Achievers relish challenges and use them profitably.

### PRINCIPLE 5

The Eagle tests before it trusts. When a female eagle meets a male and they want to mate, she flies down to earth with the male pursuing her and she picks a twig. She flies back into the air with the male pursuing her. Once she has reached a height high enough for her, she lets the twig fall to the ground and watches it as it

falls. The male chases after the twig. The faster it falls, the faster he chases it. He has to catch it before it falls to the ground. He then brings it back to the female eagle. The female eagle grabs the twig and flies to a higher altitude and then drops the twig for the male to chase. This goes on for hours, with the height increasing until the female eagle is assured that the male eagle has mastered the art of catching the twig which shows commitment. Then and only then, will she allow him to mate with her. Whether in private life or in business, one should test commitment of people intended for partnership.

### PRINCIPLE 6

The Eagle Prepares for Changes: When ready to lay eggs, the female and male eagle identify a place very high on a cliff where no predators can reach. The male flies to earth and picks thorns and lays them on the crevice of the cliff, then flies to earth again to collect twigs which he lays in the intended nest. He flies back to

**EAGLES continued to page 2**

## **EAGLES** *continued* *from page 1*

earth and picks thorns laying them on top of the twigs. He flies back to earth and picks soft grass to cover the thorns.

When this first layering is complete the male eagle runs back to earth and picks more thorns, lays them on the nest; runs back to get grass to put on top of the thorns, then plucks his feathers to complete the nest. The thorns on the outside of the nest protect it from possible intruders. Both male and female eagles participate in raising the eagle family. She lays the eggs and protects them; he builds the nest and hunts. During the time of training the young ones to fly, the mother eagle throws the eaglets out of the nest.

Because they are scared, they jump into the nest again.

Next, she throws them out and then takes off the soft layers of the nest, leaving the thorns bare. When the scared eaglets again jump into the nest, they are pricked by thorns. Shrieking and bleeding they jump out again this time wondering why the mother and father who love them so much are torturing them. Next, mother eagle pushes them off the cliff into the air. As they shriek in fear, father eagle flies out and catches them up on his back before they fall and brings them back to the cliff. This goes on for sometime until they start flapping their wings. They get excited at this newfound knowledge that they can fly. The preparation of the nest

teaches us to prepare for changes; the preparation for the family teaches us that active participation of both partners leads to success; the being pricked by the thorns tells us that sometimes being too comfortable where we are may result into our not experiencing life, not progressing and not learning at all. The thorns of life come to teach us that we need to grow, get out of the nest and live on. We may not know it but the seemingly comfortable and safe haven may have thorns.

The people who love us do not let us languish in sloth but push us hard to grow and prosper. Even in their seemingly bad actions they have good intentions for us.

## **PRINCIPLE 7**

The Eagle Knows when to

Retire: When an Eagle grows old, his feathers become weak and cannot take him as fast as he should. When he feels weak and about to die, he retires to a place far away in the rocks. While there, he plucks out every feather on his body until he is completely bare. He stays in this hiding place until he has grown new feathers, then he can come out.

We occasionally need to shed off old habits & items that burden us without adding to our lives.

I hope to see you all at the MN State Convention. I can't wait to see the jungle costumes!

Be sure to "Spread Your Wings and Dare to Soar for ESA!"

## **First Vice President**

How quickly time has move toward the 2009 State Convention! From what I hear it should be a convention of the first class. I hope to see you all there.

Remember to let me know who will be participating in the jewel pinning ceremony. I always like this ceremony as a formal welcome/introduction to the new members

of our organization. IC convention, "The Lone Star Extravaganza" is in San Antonio July 13-18, 2009. The early registration deadline of April 30, 2009, is fast approaching.

Registration forms can be printed off the ESA web site, International Council, 2009 convention. Even if you are not going, you can

→ **Diane Vanusek**

participate in the convention by purchasing "Show Me the Money" tickets, Mystery Night tickets or supporting state members who are participating in the IC Challenge, "The Lone Star Bash" for St. Jude's. I have the tickets and will bring them to convention. Let's have a good Minnesota showing in the Lone Star state!

I have an opening or two on the appointed board, most notable a second MARC representative. Let me know if you are interested.

# ESA Foundation → Karla Kay Nicklaus

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

The State Convention is just around the corner and think about how you are going to vote for the Minnesota State Endowment Scholarship for scholarships for the

2010-2011 year. This year we awarded four \$2500 scholarships. This is awesome for the students of Minnesota.

It was another great year

of contributions to the many scholarship funds, two new members in the Foundation, renewing your membership in the Foundation plus Chapters and individuals using the

turnaround funds. I appreciate your great support of the Foundation.

Looking forward to seeing you at the State Convention.

## Chaplain → Shirley Laue

Cards have been sent to the following since March 8, 2009:

- Audrey Irons, Beta Sigma, TIA, while still in AZ
- Mona Peck, Beta Sigma, Brother, George, passed away
- Fern Logan, Indiana, Past MARC Pres., passed away
- Mae McKeever, Delta Omicron, son, Dan, passed away

### **Your gift of faith** (Juna Collins)

I know not what today will bring;  
Perhaps some tears and sorrow  
Or maybe laughter, love and joy  
And the promise of tomorrow.

God knows our needs, if we but trust  
His will for us each day...  
Oh Lord, let me remember this  
As I kneel down and pray.

Keep all my loved ones safe from harm,  
Bless each and every one;  
I place them in Thy hands, dear God,  
And may Thy will be done.

Forgive me for those thoughtless words  
That I may sometimes speak;  
I do not want to hurt, dear Lord,  
Thy grace is what I seek.

Let me do unto others that which I know  
You would have me do.  
Let me help someone along the way  
Who is tired or worried or blue.

Let me live this day being kinder to all  
Who I sometimes forget need a lift...  
Let me be honest in all that I do,  
For all that I have is Your gift.

## Tilly's *running for a state office*

So, you are hesitant in running for a state office. Well, I've been there and done that. You can see what it did to me. Hmmm...perhaps not. Are you afraid you might be criticized? Well, perhaps. You might think that you wouldn't do a good job-however, you don't know if you don't try. Right? What's there to be afraid of? Maybe your ESA sisters and brothers? Could be. Let's get some confidence here, people. Take on the challenge.

Show us what you can do. I also have a tip for ESA sisters and brothers-- don't criticize others. Everyone has a different way of doing things. If you think you can do better, then run for an office and show us.

We should be supportive to our officers. Remember, we are not perfect-people. Let's have a good slate of officers, okay?

# Alzheimer's Association → Sharon Desarmeaux

Alzheimer's Disease: Tips for Maintaining a Normal Life  
Living with Alzheimer's disease is a challenge for anyone. It's difficult to remember things, make decisions, and find your way around the way you used to. It can be frustrating a good deal of the time, but there are good days and bad days. Here are some helpful tips and things you can do to make things easier for yourself -- to make things feel a bit more normal again.

## How Do I Cope With My Memory Problems?

To help cope with memory problems:

- Always keep a book with you to record important information, phone numbers, names, ideas you have, appointments, your address, and directions to your home.
- Place sticky notes around the house when you need to remember things.
- Label cupboards and drawers with words or pictures that describe their contents.
- Place important phone numbers in large print next to the phone.
- Ask a friend or family member to call and remind you of important things that you need to do in the day, like meal times, medication times, and appointments.
- Use a calendar to keep track of time and to remember important dates.
- Use photos of people you see often labeled with their names.
- Keep track of phone messages by using an answering machine.

## What's the Best Way to Plan the Day?

In planning your day:

- Find things to do that you enjoy and are able to do safely on your own.
- It will be easier to accomplish tasks during the times of the day when you feel best.
- Allow yourself the time to do the things you need to do, and don't feel rushed or let other people rush you.
- If something gets too difficult, take a break.
- Ask for help if you need it.

## How Do I Avoid Getting Lost?

To keep from getting lost:

- Ask someone to go with you when you go out.
- Ask for help if you need it and explain that you have a memory problem.
- Always take directions for where you're going with you.

## What Will Make Communicating Easier?

Communicating with others will be easier if you:

- Always take your time, and don't feel rushed.
- If you need to, ask the person you're speaking with to

repeat what he/she is saying or to speak slowly if you do not understand.

- Avoid distracting noises, and find a quiet place to talk.

## What About Driving?

Driving can be of particular concern for Alzheimer's patients. Here are some things to consider:

- Have someone else drive you where you need to go.
- If you tend to get lost or confused easily, consider alternative modes of transportation.
- Drive only in areas that are familiar to you.
- Contact organizations like the Alzheimer's Association to learn what local transportation services are available.
- The Department of Motor Vehicles will assess your driving skills if you're not sure whether you should drive.
- At some point, it may no longer be safe for you to drive.

## How Do I Take Care of Myself at Home?

To make sure you are well taken care of at home, put some of these measures into place early so they become routine:

- Local Alzheimer organizations or your doctor will be able to tell you how to get help with things like shopping, housekeeping, meals (including home-delivered meals), and transportation.
- Ask a neighbor you trust to keep a set of house keys.
- Ask a friend or family member to help you to organize your closets and drawers to make it easier for you to find things.
- Ask a family member to check things out around the house, such as electrical appliances, mail, and perishable food items.
- Keep a list of important and emergency numbers by the phone.
- Have family, friends, or a community service program call or visit daily to ensure that everything is all right.
- Ask someone to check your smoke alarm regularly.

## How Do I Maintain My Responsibilities?

- Arrange for direct deposit of checks, such as your retirement pension or Social Security benefits.
- Inform your bank if you have difficulty keeping track of your accounts and record keeping. They may provide special services for people who have Alzheimer's.
- It is important to realize that at some point, it will become too difficult or dangerous for you to live by yourself. But, in the earliest stages of the disease, many people do manage on their own -- with support and help from friends, family, and community programs and with simple adjustments and safety practices in place.

# Educational → Nicki Weller

The Educational Projects will be close to being wrapped up by the time this is published! Thanks to all of you who participated in the educational experiences of all of our chapters this year as well as to the individual chapters who were able to work on a special project to submit for a possible award. Someone will also have an opportunity to move forward to represent our state and show the IC how “educated” we are and how dedicated we are to learning more about our world, our members, and ourselves. We definitely have an enthusiasm for that!

Thanks to Betty Robinson and Julene Donnay in mentoring me and being so patient to answer all of my questions and confusions along the way.

I have been so blessed through this experience to learn more about ESA and about being an Educational Chairperson, but mostly I was fortunate to meet more members and share my enthusiasm for learning and for ESA. I think I could pass a quiz on names and faces now...but I have MUCH more to learn!

I hope you all have been enjoying your homework and have it ready to go for putting in a time capsule or publishing. If you need any copies, I have attached a few of the assignments or you can email or call me and I will send you (by email or regular mail) whatever you need to complete your projects.

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Also, we added a few assignments last month at the March Membership Meeting: Writing a Letter to Your Younger Self; Writing a Thank You Note to someone in your life who is a Person Serving Others; I have heard that we are going to have some incredibly fun Hospitality Rooms throughout the weekend at the State Convention, so rest assured, I will bring all my bags of goodies and you can work on them there...pre or post-libation - makes no difference to me!

I have a few other great learning experiences for us throughout the convention weekend too - still more learning to share from some of our state's chapters! Remember, for State Convention, we have a fantastic speaker who is absolutely hysterical and right on the money when it comes to talking about “living in the present” and finding happiness in your life - even when met with plenty of hardships and distractions. His name is Roger Revak and he is ecstatic about spending some time with us. You can check out his website and see some videos if you want to get to a little about his story. <http://rogerrevak.net/>

Thanks again, everyone. Have a super month and have a WILD time at the convention!

# 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

As your chapter decides which organizations it prefers to support, please remember that each and every one of them NEEDS our help. Let's give 'til it hurts, then give a little more. See you at convention.

# Moving forward while revisiting valuable history

“an essay for the readers of our ESSAY”

*submitted by Linda Schultz*

Participants of the Energizing Mn ESA project gathered for a short time this month and reaffirmed that as a sisterhood and brotherhood there are numerous things we can do individually and collectively to make the experience of ESA in Minnesota, not just ordinary but spectacular!

Although the “shared inquiry” process discussed last month will not be part of the State Convention agenda in May, we must keep it before us as we contemplate the things that we wish to identify, consider, discuss, and in some way, change. The spring-through-summer time frame is ideal for “cleaning up our act” and preparing for the new ESA year:

Consider the rules of shared inquiry again as discussed in the March article...Can we, will we, contribute to positive changes in these areas?

- criticism
- dissension
- gossiping and backbiting
- undermining others
- interrupting inappropriately
- talking while another is speaking
- disrespect for others opinions
- murmurings during presentations
- ignoring protocol
- disorganization
- sloppiness
- unpreparedness
- unprofessionalism

I love ESA and all that for which it stands. The history is magnificent and compelling! Yes, I am “new” to ESA compared to the majority of you....only five years as an active member though pledged longer ago.....struggling with many challenges in my life, as each of you is also doing, leaving a minimal amount of time for things outside daily life. But, where I invest that time and energy which is available, it is important that it bring positive dividends.

Once again, if we return to the beginnings of ESA, we will find innumerable positive footings in our foundation! Let's fill in the cracks we have created and/or allowed to develop. We don't have to start over. We only have to come together, valuing the history and making choices to reaffirm our original purposes and goals. Let's be intentional. Let's create a mutually beneficial relationship with our sisterhood and brotherhood as we make ESA a dynamic force!

Don't take offense at any of the proposed ideas for shared inquiry discussion; instead, just consider them and add your own to the list, or eliminate those you wish.

History brought us to today....tomorrow is in our hands and hearts. How will we proceed in the present moment?

# Notes

I have two thank yous to share with all my ESA sisters. First, I need to thank everyone for all the cards that you sent to me when I had my knee replacement surgery in February. Secondly, thank you to all my sisters that sent me sympathy cards when my husband passed away on March 8th. Your thoughts and prayers are helping me through this difficult time. Many thanks!

Colleen Riley, Alpha Chi

## To ALL ESA MEMBERS:

We are happy to inform you the deadline to sign up for the State Convention has been extended to Friday, April 24. It's going to be a fun

weekend, don't miss the excitement!

Your Host, Gamma Omega

## Bundles of Love- Baby Shower

Alpha Zeta is please to announce that the second annual Baby Shower for Bundles of Love held on March 7th at DD's Café in New Brighton was a great success. We raised \$365 that will be matched by the North Ramsey Thrivent chapter. The following items were donated: 26 Baby Wipes, 5 bibs, 14 burp cloths, 292 diapers, 3 fabric hats, 54 knitted hats, 6 jacket/pant sets, 2 mittens, 8 pacifiers, 30 receiving blankets, 7 sheets, 10 sleepers, 103 Soap/Shampoo,

28 pair of socks, 1 sweater, 12 toys, 3 long-sleeve T-Shirts, 53 short sleeve T-Shirts, 15 warm blankets, 18 wash cloths, 4 bottles, 20 books, 20 swaddlers, 1preemie bib, 7 preemie sleepers, 30 preemie diapers, 1 roll of elastic, 10 yards of flannel, 5 yards of diaper bag fabric and 5 spools of serger thread. Thanks to everyone who donated items and made this a great success!

## Dear MN members

As you all may know, Alpha Sigma has gift certificates available for Linder's Greenhouse. They are good at all Linder's locations, including the mini-marts. They are \$10, you get \$10

worth of merchandise and they don't expire. The certificates will be available for the asking at the State Convention or you can call me 763-755-1608, email me at dvanusek@comcast.net or contact any of the AS ladies. Don't forget, if you shop at Linder's on May 15,16,17 or 18th and give them the coupon that was passed out at the State meeting, Alpha Sigma gets a rebate. Don't have a coupon, I will mail you one. We really appreciate your support.

Diane Vanusek  
With Rose, Birdie,  
Sharon, Mary Ellen, and  
Nancy

## Corresponding Secretary → Dana L. Terry

Jo Hanson (Beta Sigma) new address is:  
4505 Nathan Lane N. #106  
Plymouth, MN 55442

Mary Tolle (Gamma Zeta) new e-mail is:  
marnet9@live.com

Mae McKeever (Delta Omicron)  
225 Frank Street, #348  
St. Paul, MN 55106  
651-495-1996 (H)  
E-mail: keevmom@gmail.com

We have also been fortunate enough for Janelle Kirkeide to have some great connections as she was able to donate quite a few awesome items for the Love Fund Auction for State Convention. We are all looking very forward to the convention this year and some of us are even earning our first and second jewels. Barb and Lori Ann Winczewski are still hanging in there with the recovery of "Mom" / "Grandma." She is now home (in Hutchinson) from the rehabilitation center with Hospice, so things are very fragile right now. Lori Ann was actually just cleared from her injury to go back to work, so she is very happy about that (she has been going a little stir-crazy.)

Catherine Hendrickson has been spending quite a bit of time with her two teenagers. Both of them have been participating (and excelling) in Special Olympics Basketball and they have had a few tournaments already! Also, her son has joined Boy Scouts. They are busy and happy with all the activity...and tired sometimes.

Beth (Fredrickson) DeBilzan has hosted a few meetings at her house and

we are all so excited for her. She just got some new furniture to go with the new paint and it never gets old for us to see what a happy newlywed she is.

Nick Reamer's most recent surgery went well and they were able to remove the lesion they had gone after...and found another one that it seems must have been almost destroyed from the radiation - so those countless procedures and chemo he is going through seem to be working on some level. He is still on a few chemos and one of them is at least once per week. Bless his tired heart and Jill's too.

Nicki Weller is very proud to announce that she has caved in to her family and friends and has registered on Facebook...and she reports that she has many friends coming out of the woodwork each day (don't tell anyone but I think she is fighting the Facebook Addiction right now - shhhh!)

Lynn Baxton is still busy with her grandchildren - not sure how she keeps up with them. She is always so positive too - she needs to box that up and sell it!

Amanda (Reamer)

Fredrickson was just home a few weeks ago (with Dan), and she left about a hundred of her new business cards all over Beth's house - Beth finds them in very strange places quite frequently. Don't worry - We couldn't possibly forget you, Amanda. Dana Terry and her husband both had out-of-town business for their jobs in Indiana this week - what are the odds of that?! Or are they just meeting their and secretly cruising around on their new Harley in this beautiful sunny weather? HmMMMM.

Francine Fredrickson has been busy spearheading our chapter project that will take place in May on Mother's Day weekend, May 8th- 10th. As a fundraiser for Nick Reamer and his family, we are sponsoring a food booth during the gigantic Blaine Garage Sales in the Reamer's neighborhood (which is swarming with serious shoppers all weekend - rain or shine)! Their neighborhood is north of Hwy 242 and west of Hwy 65...and her address is listed in the ESA Roster. We are planning some great food - you MUST come and try it out, go shopping, and support one of our own ESA families - Get your Walking Tacos! Popcorn! Soda! Water! Tootsie Pops Here!



# Alpha Theta

*Mary Jane Rosenberg*

Is it supposed to be spring?? I'm writing this on Sunday morning, looking out the window and seeing the sun shining and at the same time seeing it snowing and blowing! I think either God forgot it's spring or else he's punishing us for something.

Sorry we didn't make it up to Medtox in March, but we were really busy, maybe we can this month. We were up to the meeting in March and enjoyed it very much - besides the food was good and the bake sale went over big. It was the first meeting I had been to in a long time and I enjoyed seeing all my sisters and friends.

I'm sorry to report that one of our members, Hazel DeMars, has dropped her membership. She has been a member for some time and will be greatly missed. She was so good at crafts and when she was able always willing to work at whatever. Her health has not been the best recently and the sad part is they can never pinpoint the problem. Hazel, our sorority wishes you the best, and I'm sure all your sisters in the State do too.

This next week our group will be working on the map books for BENCO.

Tomorrow we will start and

hopefully we will finish this week.

Florence and sister Eunice arrived home from an excellent vacation to Washington, D.C. She said the cherry blossoms were out. The tour guides and driver were excellent. The rest of us stayed around here and did see the sun once in awhile. Our town is seeing the snowbirds coming home to rest for a few months.

Quote of the month: "Service is the rent that we pay for our room on earth."

"Hope everyone has a wonderful, Blessed Easter."

# Sigma Kappa

*Sharon Desarmeaux, Karen Ronning, Debbie Coolman*

From Debbie:  
I did a radio spot for St. Jude RadioThon Duluth and Mankato. I attended the Bundles of Love Baby Shower. I attended my first state membership meeting. I spoke at a St. Jude Fundraiser in Cannon Falls and my ESA Sisters Sharon & Karen and their husbands joined us. We started the night with some fierce competitive bidding on silent auction items and ended the night at Treasure Island. At Treasure Island we had a blast playing the slot machines, dancing and laughing until 1:30 am. It was a late night for us all!! I started a new job at the Star Tribune as an Advertising Account Executive.

From Sharon:  
The Mystery Tour that Kathy Eastlack set up was a lot of fun. I was able to meet up with them after attending part of the Alzheimer's Association/Mayo Clinic Dementia Conference. Larry and I attended the St Jude event in Cannon Falls where Debbie Coolman spoke. It was a great event.

From Karen:  
Casey and Karen went on the Mystery Tour. It was a lot of fun. Casey got some beautiful pictures at the conservatory. Thanks to Kathy for setting it up! Karen and Scott went to a St Jude Fundraiser to support the cause and to support Debbie speaking at

the event. Afterward we went to Treasure Island Casino. I didn't know what great dancers we have in Jeff & Debbie and Sharon & Larry!

As a chapter we have new officers-Karen will be President, Dana will be VP, Debbie will continue as Treasurer and Sharon will be Secretary. We, including Casey, attended the Bundles of Love Baby Shower. A gal Sharon used to work with is on their board and they have reconnected.

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 membership 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:

- o 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;
  - o "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;
- o 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*

Our May meeting was a beautiful day which was made even more beautiful by the attendance of our State President, Betty Robinson. We were at Pat Peterson's home and enjoyed a wonderful brunch before our meeting. All of our members were in attendance. Thanks for coming, Betty. You are always welcome to come again!

Most of our members have finished their traveling for the winter, but Kathy Rice and her husband will be going back to Branson on May 13th and staying until May 20th. They have decided to take a plane this time because the airlines are now flying directly into Branson. That should be a great

experience.

Sue and Ken Todd will be leaving for a two week bus tour to Georgia and South Carolina. They will be visiting many points of interest along the way so it should be very enjoyable.

Bev Landers reported that her eleven-year-old granddaughter took 3rd place in a recent figure skating competition in Farmington, Minnesota. Bev is very proud of her.

Nora Meyers and her husband will be attending the wedding of her granddaughter in Milaca on April 18th. Nora also has a grandson who will be ordained a Deacon in the Catholic Church on May 2nd at the Basilica of

St. Mary in Minneapolis. What a busy family!

All of our Med Tox workers, on the Wednesday crew, want to send their love and grateful thanks to Jim Frascone (Phyllis' husband) for the wonderful pizzells (sp?) Italian cookies that he sent as our treat. He and Phyllis reported that they made 350 of these for their family and friends. We are so glad to be called "Their Friends".  
**THANK YOU SO MUCH!**

We are looking forward to the State Convention and hope to see many of our Sisters there. Until next time, Agape' from your Alpha Chi Sisters.

# Alpha Zeta

*Kim LeTendre-Olson*

I was going to start this article with a cute little quote about spring but after this past weekend (April 3-5), I have to wonder if spring will ever come. I'm worried the Easter Bunny will have to hide his eggs in the snow. Yikes- hope we find them all. Finding an egg outside weeks after Easter is not a pleasant experience.

Alpha Zeta is starting to wind down a little bit. Our next chapter meeting will be held at Mancini's in St. Paul on the 17th. We felt that we deserved a nice dinner out

on the town after working so hard on the St. Jude/Elvis tribute and Bundles of Love shower these past few months. We'll get together, relax, unwind and dole out money to the charities our chapter supports. Most of us will be attending state convention in May. We have three members- Mark, Kerri and Liz- who will be receiving their jewel pins and Kim will be receiving her 15-year service award. : We're looking forward to a great time at convention.

June brings the annual

ComBatting Homelessness softball tournament benefiting Dakota Woodlands on the 27th. Our chapter runs the concession stand. We feature hot dogs, cheddar wurst (yum), snacks, candy and beverages. We may need some additional volunteers from other chapters so please contact Kim LeTendre Olson (kim\_letendreolson@yahoo.com or 952-873-5539) if you can help out that day. We always have a good time and have made this an annual event for our chapter.



*epsilon sigma alpha*  
**MINNESOTA ESSAY**

**edited and produced by**

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# Omega Chi

Pat Staffanson

Thank you to all who attended the March Spring Fling Soup and Salad Luncheon and membership meeting on March 21 and for supporting our bake sale! It was great to see all of you. Thank you also for all the wonderful gifts for Alexandra House! They are very much appreciated.

Many of you asked for the soup and salad recipes, so here they are:

## Minestrone with Italian Sausage

1 pound bulk Italian sausage  
1 large onion, chopped  
2 large carrots, chopped  
2 celery ribs, chopped  
1 medium leek (white portion only), chopped  
3 garlic cloves, minced  
1 medium zucchini, cut into 1/2-inch pieces  
1/4 pound fresh green beans, trimmed and cut into 1/2-inch pieces  
6 cups beef broth  
2 cans (14-1/2 ounces each) diced tomatoes with basil, oregano and garlic  
3 cups shredded cabbage  
1 teaspoon dried basil  
1 teaspoon dried oregano  
1 teaspoon salt  
1/4 teaspoon pepper  
1 can (15 ounces) garbanzo beans or chickpeas, rinsed and drained  
1/2 cup uncooked small pasta shells  
3 tablespoons minced fresh parsley  
1/3 cup grated Parmesan cheese

In a soup kettle, cook sausage and onion over medium heat until meat is no longer pink; drain. Stir in the carrots, celery, leek and garlic; cook for 3 minutes. Add zucchini and green beans; cook 2 minutes longer. Stir in broth, tomatoes, cabbage, basil, oregano, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 45 minutes. Return to a boil. Stir in the garbanzo beans, pasta and parsley. Cook for 6-9 minutes or until pasta is tender. Serve with Parmesan cheese. Yield: 11 servings (about 3 quarts).

## Wild Rice Soup

Edee said Kowalski's Market has what she served, and it is in a package called Shore Lunch Wild Rice Soup. Mix with 3 cups water and one cup chicken broth.

## Broccoli Salad

1 large head of broccoli, chopped  
1 C. chopped celery  
1 C. raisins  
1 C. red seedless grapes, cut in half  
6 TBSP sliced green onions  
1 LB of bacon, cooked and crumbled  
1/2 C. sliced almonds

Mix all together and add Marzetti's Coleslaw dressing.

## Chicken Salad

5 cups cut-up cooked chicken  
2 tablespoons vegetable oil  
2 tablespoons orange juice

2 tablespoons vinegar  
1/2 teaspoon salt  
1 1/2 cups mayonnaise  
3 cups cooked macaroni shells  
1 1/2 cups seedless green grapes  
1 1/2 cups thinly sliced celery  
1 cup pineapple tidbits, drained  
1 cup walnuts or cashews  
1 cup mandarin orange segments, drained

In large bowl, combine chicken with oil, orange juice, vinegar and salt. Cover; refrigerate overnight. Just before serving, add remaining ingredients; toss gently. Yield: 12 servings

## Oriental Cole Slaw

Ingredients:  
1 pkg. cole slaw mix  
1 pkg. Ramen noodles (beef flavor), crumbled  
1 cup sunflower seeds  
1 cup almond slivers  
1 bunch green onions  
Dressing:  
1/2 cup sugar  
1/2 cup oil  
1/3 cup red wine or cider vinegar  
Beef flavor packet  
Directions:  
Mix slaw, noodles, sunflower seeds and almonds. Mix sugar, oil and vinegar; pour over slaw mixture.

# Gamma

# Zeta

Dorothy

Wangen

Gamma Zeta's news reporter is back after two months of no report. We took some time to have a wonderful cruise and then spent some time in Florida and then to come back to

cold Minnesota. That was not nice. Looking forward to spring, just like every one else. Jim Cummins had a nice surprise birthday party, it was his 70th. So Jim and Judy

took in the Twins Opener to celebrate some more. June and Ron spent some time in Texas with their son, Ben and wife. Hope to see every one at Convention.



and Alpha Sigma

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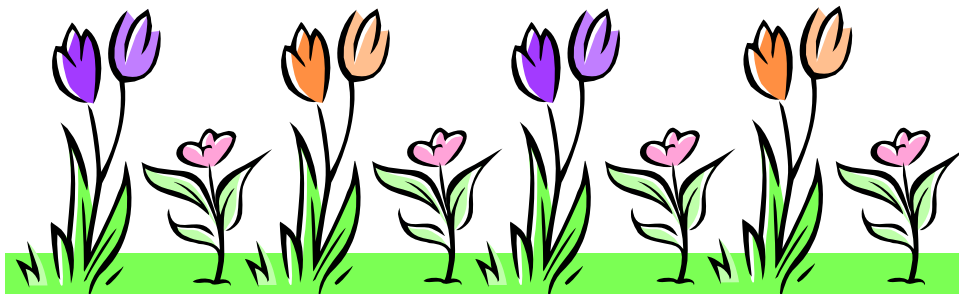
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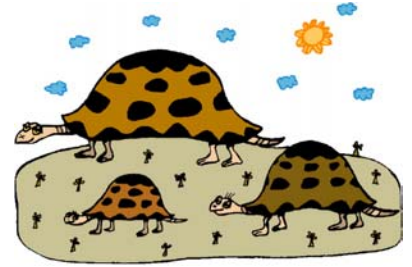




Name: \_\_\_\_\_

## Tell a Humorous Anecdote

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



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

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

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

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

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

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

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

# Walk on the Wild Side

## \*Homework\* for Educationalists

(See Educational Chair's Article)

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

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



# COMBATting Homelessness

7th Annual  
Coed Slow-pitch  
Softball Tournament

FUNDRAISING EVENT FOR DAKOTA WOODLANDS

June 27 • Northview Fields • Eagan

Join us for the 7th Annual ComBATting Homelessness  
Co-rec softball tournament

To benefit **Dakota Woodlands**,  
The only facility for homeless women & children in Dakota County.  
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**June 27, 2009**  
Northview Fields in Eagan

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All levels of competition welcome (A-D)  
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**Contact: Jennifer Maleitzke**  
651.270.0239 or [groebnjl@yahoo.com](mailto:groebnjl@yahoo.com)

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