

ESSAY— MARCH



President—Jackie Swanson

Even though March signals the approach of spring (I think we are ready for it), but I know there is much of winter left. March is a month of considerable frustration - it is so near spring and yet across a great deal of the country the weather is still so violent and changeable that outdoor activity is kept at bay. Not so in ESA. We have much left to celebrate and do.



What a great day we had at Waterford Manor for our 3rd

State Membership meeting hosted by Alpha Sigma! It felt like such a long time since we saw each other that we felt the need to spend a few minutes getting reacquainted. People were asked to: Give a compliment to the person sitting to their LEFT; stand up and give a HUG to the person on their RIGHT; and share one FUN thing they had done in ESA since we all saw each other at Leadership. Then we did

some simple and easy physical exercises which somehow *ended up...in a round of applause...* because everyone deserves recognition simply for being who they are and for all of the wonderful work they do within ESA.

1st Vice President, Kate Sala, and 2nd Vice President, Dana Terry **attended IC Leadership** in Denver, Colorado, and had much to share at our February membership meeting! They came back brimming with ideas, some of which they shared, and other things they might be keeping under wraps until the time in the coming ESA year when they will WOW us all with what they've learned.

We came out to volunteer at the **National Kidney Foundation in February!** Thank you to Jodi Lang for arranging this time in support of our state project. We made fleece blankets to keep kidney patients warm and cozy. I think we all need a warm and cozy break from the frigid Minnesota temperatures! It is always a pleasure to volunteer at NKF.

Marcie Haigh, **Minnesota Literacy Council Chair**, told us about the volumes of books in its warehouse that are in need

of stickering, counting, sorting and boxing up for distribution. She has slated Wednesday, March 11th for another work night at MN Literacy. Make this your night to help get books out to the thousands of people in need of reading material to enrich their lives and grow their minds. Watch for a future communiqué from Marcie about volunteering for this worthy cause.

THINGS OF NOTE:

It was nice to meet Alpha Sigma's new member, Shirley McGowan, at our February meeting. She brings new light and energy to our organization. It is good to see new faces in ESA! **Remember to invite new people into your ESA world. We need to grow and flourish - and that is the best way to make it happen!**

ESA will have a **new website** debuting in Spring of 2015 so we can all look forward to its unveiling. Per Kate Sala and Dana Terry who have the inside scoop from attending IC Leadership, it's going to be fantastic! I for one, can't wait to see what it will look like and how it navigates.

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Special points of interest:

- Be sure to attend the work night at MN Literacy on March 11
- Be sure to pay your Foundation dues
- Be sure to fill out your Philanthropic report
- Make reservations for the 3/21 Membership Meeting
- Be sure to make Convention room reservations by 4/10
- Send your articles for the next issue of the ESSAy by March 25th



President—Jackie (continued)

ESA is so close to reaching a lifetime total of \$200 million for St. Jude - will you help reach this milestone? IC is challenging chapters all across the country to participate in the "Push to \$200 Million" campaign this spring. The campaign suggests holding one additional St. Jude event that raises \$250 or more! They would like us to submit our project(s) to ESA Headquarters and it will be entered in a drawing to win a prize. One project will be selected as the "Grand prize winner" by ESA Headquarters and your IC ESA for St. Jude coordinators. The grand prize winner will be announced at IC Convention this summer.

The events you submit for the Push to \$200 Million campaign must be cash events. Your event can be anything, but we're asked to try to create something new. ALSAC events will not count (Radiothons, Dream Homes, etc). All chapters who submit an event will get a special "shout out" in the monthly ESA News, and events will be written up and put on the ESA website for other chapters to try! If you have Questions, contact Charlotte Carloni.

Team MN ESA took 2nd Place as the Top Corporate Team at the 2014 Twin Cities Kidney Walk. Jodi Lang, NKF Chair, presented a beautiful plaque from NKF in honor of the placing to your MN ESA State President, which I will bring to convention to share with all of you and put on display. Congratulations to Jodi and her team - you *done* us proud!

Our last MN ESA State Membership meeting for 2015 will be Saturday, March 21st, hosted by Delta Rho, again at Waterford Manor, 6288 Louisiana Court North in Brooklyn Park. This meeting will feature our candidates for State Philanthropic Project(s) and promises to be very interesting, enlightening, and informing. You will want to attend and hear the information first-hand to

guide you in your decision-making. Take back the information to your chapters to discuss for which charity you will cast your vote at State Convention. You will also want to discuss and decide how many philanthropic projects you feel MN ESA should support in the coming year.

It's getting closer to MN State Convention - May 1-3, 2015! Be sure to get your registration in if you have not already done so, and while you're at it, make your room reservation by calling [952-854-1000](tel:952-854-1000) or 1-800-Embassy. Let them know you need to make a reservation in the room block for Epsilon Sigma Alpha, Group Code: ESA. After all "**We just wanna have fun!**"

Association of the Arts. "ESA - Each One Unique." Call for entries. While we did not have a chair for the AOA position this year, I would miss not having an exhibit of some kind at convention. I am asking those of you who participated in the Art and Elixir **Pink Hydrangeas Fundraiser** back in July and produced a painting to please bring it to State Convention for creation of an "ESA - Each One Unique" exhibit. Although we each followed the same instructions for painting the same image, each turned out differently --- and each one was beautiful and totally UNIQUE just like you! **There will be no judging - it is only for FUN and to create a nice visual.** Please let me know if you can help to make this happen and we can make arrangements to transport it to convention. If it does not leave a bare spot on your wall, you could bring it to me at the March 21st meeting. **Thank you!**

2015 ESA International Convention. "Southern Breeze and Melodies" July 12 -19, 2015 at Doubletree by Hilton at the Entrance to Universal Orlando, Florida. The convention registration form can be found on the IC website.

Dwell in possibility. Opportunities

abound in ESA. All things are possible and you are the one - ESA is calling on you to serve. It's that time of year when our First Vice President/President Elect is recruiting for Elected and Appointed Board positions. You will want to let Kate Sala or the Nominating Committee know as soon as possible which office you would like to expand within and reach your full potential. (You won't want to miss the window of opportunity for the office of your choice.) Make no mistake, you will work hard, but you will also have FUN while thriving, evolving, and developing within your role. You will not regret for one moment stepping forward to be a part of this something called ESA and the amazing way it will make you feel. Simply stated...*ESA transforms lives!*

Remember that you are ESA and without you, ESA could not exist.

Here are some thoughts to ponder from "*Head to Heart - Mindfulness Moments for Every Day.*"

IMAGINE that you know exactly how you want to be of best service in the world,

That you see everything you need to see,

That you have everything you need;

That you are exactly who you need to be to fulfill your mission.

All that's left is cultivating the willingness to step up to that vision.

Think about why you want to be of maximum service, why it's a "must" for you to live from a deep sense of purpose. Let your "why" be your guiding force...

--- the how, when, where, and with whom will reveal itself in time.

President—Jackie (continued)



"Life does not have to be perfect to be wonderful."

Be everything you can be. Take the leap. Spread your wings and RE-IMAGINE ESA to the MAX!

2nd Vice President—Dana Terry

I want to thank the MN ESA membership for allowing me to go to the IC Leadership in Colorado. I met so many wonderful people and got very fired up to be a leader in ESA.

I came back with MANY ideas that I will be sure to share with you all. One of the ideas that I came back with was shared at the February state membership meeting. That is the idea of doing a community service project having to do with emergency preparedness.

Information was put into each of the chapter files which included fliers that can be customized for your event. All of the information is also available on the ESA Int'l website. The idea is to do something that doesn't require a whole lot of work up front, but includes hand-outs with information about ESA.

We need to get our name (and smiling faces) out into the public eye, and doing this type of service is a simple way to do just that. At the February meeting, I passed around a small "post up" card where people can fill in emergency con-

tact info and put it up on their refrigerator or on a wall. You can customize and order these cards from the website: 4imprint.com. That is where headquarters ordered them from.

****Reminder:** Please remember to let me know if you will be bringing your chapter educational to convention. I need to know how many there will be so I can determine if we will need a judge. **

What you think, you become. What you feel, you attract. What you imagine, you create. - Buddha

IC Awards Chair—Sandy Alexander

**International Council Youth Award
DEADLINE EXTENTION**

APRIL 1, 2015

**Please Consider Nominating
Outstanding Youth In Your Area**



One Junior High student (grades 7-9) and one Senior High student is recognized each year with the International Council Youth Award. The Junior High

Award winner receives a \$500 cash award and the Senior High Award winner receives a \$1,000 grant toward the college tuition, fees or academic expenses.

The winner could be from your community or state. However, you must let that outstanding student in your community know of the award and application form. Plus, an ESA member and/or chapter must sponsor the student's application.

Contact your State Youth Award Chairman or Awards Chairman for information on any state competition. Your chairman has the application forms and guidelines. They are also available on the ESA website; Member Center,

Chapter/Council Mgt., International Council Forms. The application must be postmarked by **April 1, 2015** and sent to:

Sandy Alexander, IC Awards Chairman
6697 S. Reed Way Unit A
Littleton, CO 80123.

Thank you for considering a candidate for this International Council Youth Award.

Sandy Alexander
International Council Awards Chairman
Sandy.Alexander6697@gmail.com

Chaplain—Pat Staffanson

The New Commandments - From "Bloom Where Your Are Planted- Daily Adventures in Self-Inspiration" by Jacques Weisel

If you stop and think about it, the 10 Commandments are pretty negative. Their message is valid but it is always in the *not* mode. To counteract this way of thinking, I have come up with a new set of six positive commandments that should bring out the best in us.

Commandment One: You will love yourself unconditionally—even if you have fat thighs, a triple chin, pimples and warts. You will accept the fact that you are made in God's image and God does not make mistakes.

Commandment Two: You will respect all living things beginning with you. This will include family, friends, peers, co-workers and strangers. You will respect animals, flowers, plants and insects, knowing they are part of the ecological scheme of things.

Commandment Three: You will praise,

appreciate and recognize others whenever possible. Our deepest hunger is to feel important. This is a very effective, cost-free method of motivating people you come into contact with. You will find them ready to reciprocate and you'll get much more accomplished than you ever believed possible.

Commandment Four: You will give your time and money to those less fortunate than you. It's a sure-fire stress reliever when you shift your concern away from your own problems to those of others.

Commandment Five: You will live in the now—the present. It is the only time frame you have any control over. The past is over, the future has not yet come. The present is your "present" from God. Use it wisely, do not squander it, enjoy every moment, work honestly to make it better.

Commandment Six: You shall pay careful heed to the foregoing commandments for they can guarantee you peace of mind and spirit and make this a posi-

tive instead of a negative world in which to live and raise your children.



Please keep the following ESA sisters and brothers in your thoughts and prayers:

- ◇ Shirley Laue - Alpha Sigma - foot surgery
- ◇ Arlys Hanson - Gamma Omega - New marriage
- ◇ Gary Staffanson - Delta Rho - further amputation surgery scheduled for March 2

PS: Thank you all for the card received today with all the wonderfully encouraging messages! You are all the best ESA sisters and brothers!!!

Hugs!

Gary & Pat

Convention—Julene Donnay



Please get your registrations in for State Convention 2015! We are so looking forward to just HAVIN' SOME FUN and it won't happen without all of you in attendance. The Friday Night

Mixer party does include FOOD, COSTUMES, GAMES and a wonderful Philanthropic project for ESA. So, here's the scoop:

- ◇ Pick your favorite game piece - like queen of hearts, Professor Plum, a giant dice, Col. Mustard, The Hat, The Racecar, etc. That is your costume for the evening. We'll have some great prizes for the winners. We will be playing some of your favorite OLD games, a great chance to hang out and have fun.
- ◇ At the Mixer Party we'll be doing a project making Santa HUGS; a material list etc. will be sent out ahead of time.



The best part of going to Convention is spending time with our members, celebrating our successes throughout the year, and getting to know some new friends. We'll make sure all of

that happens, will you?

ESA Foundation—Karla Kay Nicklaus



FOUNDATION
EPSILON SIGMA ALPHA

A reminder that the Foundation Due are due **March 1, 2015**.

The ESA Foundation Board of Directors are inviting us to "Where in the World" Fantasy Vacation. It is a Fund Raiser for the Foundation. Your donation to this wonderful "anywhere" in the world vaca-

tion is tax deductible. How much better is that than spending it on tanning lotion and aloe for your sunburn? On **March 1, 2015**, fix yourself a tropical beverage, put up your feet and dream about your favorite vacation and where in the world you would like to be as you travel with the ESA Foundation Fantasy. "Welcome

Aboard" and "Thank You" for traveling with us. Make your tax-deductible donation to the ESA Foundation's "Where in the World" Fantasy Event and send it to the ESA Foundation, 363 West Drake Road, Fort Collins, CO 80526.

Thanks for your support of paying dues and contributing to the Fantasy Vacation.

Karla Kay Nicklaus

Historian—Dana Terry

I need more photos for Jackie's digital scrapbook! If you have any pictures of your chapter, events, socials, educationals, etc. from this year, please share with me!

You can e-mail them to me, text them to me, or give me good old-fashioned printed photos (just let me know if you'd like them back or not).

I would like to have pictures by April 17th so I have time to put together the video....and hopefully show it off at convention!

St. Jude—Julene Donnay

I'm getting very excited to be making the trek to St. Jude Children's Hospital in March. I won't be at the next membership meeting because that's when I'll be in Memphis, getting lots of great new ideas, and getting connections to bring back to Minnesota. Gamma Omega is hosting their Kelly's event again this year, for those that may have missed the last one- this is a winner!! Please put it on your calendars for April 26th. It's a fun day, lots of great food, and fun games.

We are working on another event and will attempt to get it posted in May as a new spring event for ESA; can't tell you many details as they are still being worked out. I can tell you, it will be big,

it will be awesome, and it will be something you won't want to miss.

I have only had one question about the Style Show for 2015, but no volunteers yet to host or chair the event. I'd be happy to discuss it with anyone that would like to keep this going, it's just not something that the St. Jude Coordinator should be responsible for because our state profits on this event have continued to go down every year to where we earned less than \$500 this year. So Sandy H. and I have been discussing some new options that would be more appropriate for a State-sponsored



St. Jude event in the future and we hope to have these ready to present at Convention.

Looking forward to sharing all kinds of great things in May.



Special thanks to my ESA Sisters for all the cards and good wishes to Tim. He is now in rehab at the VA Hospital following AAA surgery Jan 14th, to rehab for 21 days, home for two days, back to the VA Emergency room with pneumonia and MRSA. He is feeling better and trying to get stronger.

Thanks again, Leann Monahan, Beta Sigma

30 Seconds of Wisdom

**I do not fix problems.
I fix my thinking.
Then problems fix themselves.**

by Jacque of Hearts
AKA MN ESA State President

Make New Friends

Need to know how to make new friends?

Having trouble making new friends?

Well these little bits of advice I got off a friendship card will certainly give you a few tips on making new friends. Keep these in mind as you go out and soon you will have lots of new TRUE friends. Good Luck!

1. Don't worry about knowing people, just make yourself worth knowing.
2. Be friendly with the folks you know. If it weren't for them you would be a total stranger.
3. Friends are those who speak to you after others don't.
4. The reason a dog has so many friends is that he wags his tail and not his tongue.
5. The way to have friends is to be willing to lose some arguments.
6. Deal with other's faults as gently as if they were your own.
7. A friend is a person who can step on your toes without messing your shine.
8. You will never have a friend if you must have one without faults.
9. You can make more friends by being interested in them than trying to have them be interested in you.
10. A real friend is a person who, when you've made a fool of yourself, lets you forget it.
11. A friend is a person who listens attentively while you say nothing.
12. A friend is someone who thinks you're a good egg even though you're slightly cracked.

... and most important... A FRIEND IS A TREASURE!





Minnesota State Council
Annual Philanthropic Report

2014-2015 Mileage Rate = \$0.565/mile

Deadline: Must be postmarked by April 15, 2015

Send to MN Philanthropic Chair:

Reporting Period: April 1, 2014 - March 31, 2015

Betty Robinson
6400 Sycamore Ln N Apt 118
Maple Grove, MN 55369

Chapter #/Name: _____

bettyrobinson@comcast.net

Projects	Hours	Cash Monies	Donated Goods	Miles	Total Donated Miles
Chapter Projects (I only need the totals for the year. If you want to itemize, please include in separate page)					
State Projects:					
MN Literacy Council					
Nat'l Kidney Foundation					
MN Love Fund					
International Projects:					
St. Jude					
Easter Seals					
Foundation					
Hats for Hope					
Disaster Fund					
Hope for Heroes					
Totals:					

"We just wanna have fun!"



2015 MN ESA State Convention
 May 1-3, 2015
 Embassy Suites – Mpls. Airport
 7901 – 34th Avenue South
 Bloomington, MN 55425
 1-952-854-1000
www.embassymplairport.com

REGISTRATION DEADLINE: FRIDAY, APRIL 22, 2015

Late Registration: after April 22 - \$20.00 / Walk-in Registration - Cash Only +\$25.00

NAME:	CHAPTER:	DELEGATE:	NO	YES
ADDRESS:	PLEDGE:	1 ST TIME ATTENDEE:		
CTY/ST/ZIP	PHONE:			
GUEST NAME:				

Guests are invited to attend all functions/activities/meetings at Convention!



REGISTRATION		MEMBER	GUEST
FULL REGISTRATION (Includes: registration fee, Friday Mixer, Saturday lunch and banquet)		\$121.00	
BANQUET: (select one)			
<input type="checkbox"/>	NEW YORK STRIP LOIN		
<input type="checkbox"/>	GRILLED ATLANTIC SALMON		
<input type="checkbox"/>	CRANBERRY APPLE PORK MEDALLIONS		
PARTIAL REGISTRATION (check all that apply)		COST	MEMBER GUEST
REGISTRATION FEE (REQUIRED FOR ALL EXCEPT "BANQUET ONLY" GUESTS):		\$15.00	
<input type="checkbox"/>	FRIDAY MIXER (INCLUDES MEAL):	\$26.00	
<input type="checkbox"/>	SATURDAY LUNCHEON:	\$32.00	
BANQUET: (select one)			
<input type="checkbox"/>	NEW YORK STRIP LOIN	\$48.00	
<input type="checkbox"/>	GRILLED ATLANTIC SALMON		
<input type="checkbox"/>	CRANBERRY APPLE PORK MEDALLIONS		
PARTIAL REGISTRATION TOTAL:		\$	
ATTENDING MEETINGS ONLY (NO MEALS) –ROOM COST		\$15.00	

Medical/Dietary Needs: _____

ROOM RESERVATIONS: Contact the Embassy Suites-Airport directly to make hotel room reservations. The room block group rate will be held until **April 19, 2015** and is listed under the name of **ESA State Convention 2015**. All rates **INCLUDE** made-to-order breakfast and complimentary Evening Reception. All rooms are Two-Room Suites. Rates are: \$119 for double, \$109 for king plus tax.

MAKE CHECK PAYABLE TO: Delta Mu **QUESTIONS:** Terri Olson 612-578-5003 or terri.mnesa@gmail.com
MAIL FORM AND CHECK TO: Terri Olson, 2627 Colorado Rd, Grand Rapids, MN 55744-8664

CHAPTER NEWS



Beta Sigma—Betty Kickertz

Greetings to all you lovely E.S.A-ers:

We, in Beta Sigma are sorry to report that Linda Schultz has once again, regrettably been (we hope it will be the last time) sidelined by yet, another ongoing hip problem. We wish her a speedy recovery but will miss her very creative update for this month but will look forward to her "getting back on track" hopefully by next month.

February found the majority of us in Beta Sigma going out to volunteer at Feed My Starving Children but not before we, ourselves, were well forfeited to 'meet the challenge'. We, first of all, met at a scrumptious Panera Bread location in Eagan where we thoroughly enjoyed their very diversified selection of tempting 'goodies' and then headed off to FMSC. What a wonderful feeling of accomplishment and it was so much fun as well. It was so rewarding to see, not only the large number of people and different organizations that volunteer out there but the enthusiasm that they 'bring to the job' and the two hour window of time that you are assigned to volunteer for just - 'flies by'. It is an organization that truly appreciates those people who are willing to give of their time and I'm sure our chapter will build it into an ongoing volunteering effort.

There are a lot of wonderful cities in

our great country to visit but did you know the following statistics about the fair city of Savannah, Georgia? Unbeknownst to a lot of the 'Irish' kin - Savannah hosts the l-o-n-g-e-s-t St. Patrick's Day Parade in the United States - it runs for 3 hours. It is also the 3rd largest port in the United States for incoming container ships and no wonder John F Kennedy, Jr. chose Cumberland Island (off the coast of Georgia) to get married - the Kennedy family OWNS the island.

Well since there are probably AT LEAST a handful of Norwegians that belong to our great organization, here is a very familiar line of Norwegian humor:

A road crew supervisor in Minnesota hired Ole to paint the yellow line down the middle of Route 32 heading up towards Bemidji. The supervisor was skeptical about hiring him since Ole didn't have any painting background, but he appeared enthusiastic and he told the supervisor that he really needed the job. At least his wife Lena told him so.

He explained to Ole that his work for the day would be to complete 2 miles of centerline on the road. He was set up with brushes and paint and his boss got him started.

After the first day, the supervisor was pleased to find that he'd painted 4 miles of road in his 8 hour shift, instead of

the two expected of him. He told Ole that he did an excellent job and said how pleased he was with his progress.

On the second day, Ole completed painting just the 2 miles of road that was asked of him. His supervisor was surprised, because on the first day he had completed twice as much work, but he didn't say anything since 2 miles of road was the amount that the job required anyway. He decided to just accept it and to look forward to the next day when he was sure that Ole would pick up the pace again.

On Day 3, the supervisor was disappointed to learn that in his 8 hour shift, Ole completed painting only 1 mile of road. Ole was called to the supervisor's office and asked what the problem was.

"On your first day, you completed 4 miles of road, on your second day, 2 miles of road and now on Day 3, you were only able to complete 1 mile of road. What's the problem, Ole?"

'Vell, Ole replied, 'I'll tell you vut is da problem, but I tought a smart feller like you vould figger it out fer yourself. Every day I get farder and farder away from da paint can'.



**Minnesota ESA State Membership Meeting
Featuring Philanthropic Presentations
March 21, 2015 8:30 am**

**Waterford Manor
6288 Louisiana Court N
Brooklyn Park 55428**

8:30 Fruit, caramel rolls, beverages
9:00 Membership meeting
noon Soup, sandwich, dessert, beverages

Cost \$15

**RSVP Betty Marler by March 14
dmarler@comcast.net
763 494 8452**

Spring is when you feel like whistling even with a shoe full of slush. - Doug Larson

Epsilon Sigma Alpha

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Ft. Collins, CO 80526

Phone: (970) 223-2824
E-mail:
esainfo@epsilonsigmaalpha.org

▶ "Where the spirit of sharing
and caring lives in every
member."

We're on the web!
epsilonsigmaalpha.com

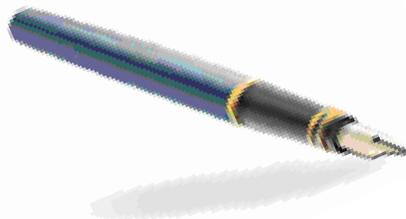


EPSILON SIGMA ALPHA

ESSAY—

All issues of the ESSAY are published here:

<http://www.mnesa.com/>



Epsilon Sigma Alpha (ESA) International is a special organization – an organization that is truly defined by the hearts of its members.

An international leadership and service organization, ESA is a place where members develop meaningful friendships, find their passion for community service, and continue on the path of lifelong learning.



"Remember "Believe in Yourself, be "Unique".
—Vickie Farris, International Council President
2014-2015

The ESSAY is published on a monthly basis (August—May) at the beginning of each month. The deadline for submission of articles is the 25th of each month.

Chapter Presidents, please share the newsletter with members in your chapter who may not have email.

If you would like to be included on the email list, please let me know.

Terri Olson
ESSAY Editor
terri.mnesa@gmail.com