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What a
Wonderful World
ESA

What a wonderful world -- ESA

Diane Vanusek
PRESIDENT

Happy Belated Valentine's Day to all you sweet ESA ladies and gentlemen. February is moving along quite swiftly and Minnesota ESA has much to do before the end of the year. Our IC President, Jamie Atchison has encouraged us all Believe we can accomplish all we want as we speed down the lane to May and beyond. This year our sorority year will be extended somewhat (or geared up early?) as we go Playin' in the Land of Lakes in July.

Those members who braved the elements to attend our state leadership meeting last week were treated to the magic of the two Jeannes. Thank you, Kathy Eastlack, for helping put together a great leadership program, to Gamma Zeta for hosting the meeting and the great food, and all of you who made very good turn out despite the very icy roads. A number of ladies passing by the meeting, including the manager of the facility, remarked about how much fun we seemed to be having.

With in the coming month or so, Terri Olson, Betty Robinson and other members of the nominating committee will be very active. This is a difficult task which can

be made much easier by members volunteering to be a candidate for an elected office or for a position on the appointed board. If you are at all interested, let this committee clearly know what you would like to do. Please be willing to say yes if you are asked. The March meeting will include the campaign skits as I know the State convention is jam packed.

Philanthropic projects for next year, to be voted on at the State convention, will be presented at the March meeting. If any member has an organization to be considered, please contact Juanita Gillespie so she can arrange for a presentation. Keep in mind organizations that can use our service time as well as our dollars.

At the January meeting and in the ESsAy, the registration form for "The Great Minnesota Get Together" was distributed. Dana Terry and I met with Shirley Laue about the convention. What a great one she has set up! Shirley would not reveal all of her ideas, but the ones she talked about are enough to register early for. There will be new things on a stick as well the old familiar things just like every

other State fair. Rose Pasillas, IC Second Vice President, and Glenna Segall, MARC Webmaster will be joining us. Come one, come all and bring a friend.

Also, the IC Convention, July 12-17, registration form was distributed at the January meeting. We have the opportunity to let the Minnesota North Star shine brightly while our ESA sisters and brothers from across the county are "Playin' in the Land of Lakes". If you did not get a registration form, they are available on the ESA IC Council Web site or just call me or Dennis Marler and we will see you get one. Remember as the IC convention gets closer volunteer slots will open up. Please be willing to help out for a function or two.

To end my ramblings for this month, our next state meeting is Mar. 27, 2010, hosted by Omega Chi at Bethlehem Lutheran Church @ 4100 Lyndale Ave S, Minneapolis MN. This will be a busy, exciting meeting and all members are encouraged to attend. You are all important in the life of the Minnesota State Council of ESA we would love to see your shining face.

State Chaplain → Sharon Desarmeaux

I have been cleaning out some boxes and found what I call a “treasure trove” of quotes, sayings, articles, cartoons, etc. The following I had taped to my wall at work and it helped to read it once in awhile. It is written by Charles Swindoll.

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way.

We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in change of our attitudes.

Please remember the following in your thoughts and prayers. Since the January Essay the following individuals and families need our thoughts and prayers.

- o The Reamer Family, especially Nick, Delta Pi. Nick is back in Houston.
- o Edee Erickson, Omega Chi, became a new Grandma.
- o Casey Ronning, Epsilon Mu, daughter of Karen Ronning, Sigma Kappa, had gall bladder surgery.

ESA Foundation → Karla Kay Nicklaus

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

It is an exciting time for the Foundation Director this time of year to receive lots of mail. It is another year of reading and processing the scholarships with the help of Linda Schultz. Thanks Linda! Again, the youth applying are outstanding and the future is in great hands with these young people.

The ESA Foundation is a 501(c) 3 public foundation established in 1970 and recognized by the Internal Revenue Service

as an organization exclusively for charitable and educational purposes. It is a non-profit and tax-exempt organization pledged to the development of philanthropic activities of volunteers, providing assistance to established programs that serve human needs. The ESA Foundation envisions a future world community working together to assist those in need, educating those who seek to learn, and assisting those who strive to

improve the quality of their lives or the lives of others.

This is the reason to join the ESA Foundation. Members, husbands, significant others and friends can join the Foundation for \$25. A reminder that dues are due by March 1st, to vote at the International Convention. Thanks to all who have renewed their membership.

Thanks to Jo Hanson, Beta Sigma, for donating \$1000 to the ESA

Foundation. Jo was recognized by Cargill for her volunteer hours and selected the Foundation as the recipient. Cargill recognizes 100 people a year based on what they do, volunteer hours and an interview. Jo received a plaque signed by the CEO of Cargill and \$1000. You are very deserving of this award Jo and proud of you what you do for others!!

Thank You

Thank you to everyone for all the wonderful cards and gifts after my surgery. I appreciated all the thoughts and well wishes. I am feeling a lot better each day!
Casey Ronning

Easter Seals - Dennis Marler

ESA and Easter Seals are emphasizing 100% chapter participation this year. Please consider a donation to Easter Seals nationally, or to Goodwill Easter Seals Minnesota as your chapter divvies up your hard earned charitable monies.

Camp Hope will provide a week-long camping experience to children of our military, at a cost of \$600 per child. Camp Hope will offer military 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 can be kids!

At our local Minnesota level we can volunteer at the Goodwill Stores. There are over 20 stores in the metro area. Volunteer registration is easy, the hours are flexible and the work is varied. The stores even have jobs for those of us who can't stand for long periods of time.

Please, 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 Convention - Shirley Laue

Time is flying by. Don't forget to get your room reservation by April 9, 2010. If you need more help or have questions, please call me at 763-477-5974.

Here is a mini schedule:

Friday evening-

4:00 P.M. Registration and Association of the Arts check in.

7:00 P.M. Mixer begins

7:30 P.M. Dinner is served

8:00-10:00 The fun goes for two hours. Don't forget those aprons!

10:00 Coffee Party

Saturday morning:

7:00 A.M. Milk Run- not actually running- form a team and come for 15 min. of fun and laughter!

8:30 A.M. Flag ceremony and first general assembly

12:00 noon- Round em up Lunch

2:00 P.M. Second general assembly

6:00 P.M. Cocktails, Jewell Pinning, Installation Ceremony

7:00 P.M. Banquet

8:30 P.M. Grand Stand Proformance

Sunday Morning:

8:30 A.M. Memorial Service

9:00 A.M. Breakfast

9:30 A.M. Third General Assembly

Don't forget the apron contest, also bring baked goods, canned goods, etc., all to be judged. Many prizes are available.

Get those reservations in and the room reserved. It will be a fun packed weekend. I am looking forward to April 30, May 1-2, 2010.

Association of the Arts -- Nancy Johnson

Here is the entry form for the Association of the Arts. I mentioned at the last meeting that I hope you are considering entering into a category this year. I have added a category XI of Baked goods to go along with Shirley's theme. There will be a State Fair like judging so we thought we could add the baked goods. This isn't an IC category however. Don't forget those items that you have made in the past that are around the

house, you may have made them and not thought of entering them. Now is your chance to show them off. My address is on this form so send them to me by April 1st so that I can get ready. See you at convention with all your amazing entries. By the way, I also added scrapbooking to the Crafts, mixed media division as that is very popular and I know there are lots of you scrappers out there.

MINNESOTA ESSAY *chapter reports*

Beta Theta

Fran Voerding

Is everyone enjoying Winter? I am tired of it but it is only February 2nd and we still have a few more months of it. Oh well, each new day is a gift and we should treasure it, even though it isn't always what we want.

From Jill Dau,
"I have nothing cause my life is boring!!!!!!"

From Geri Johnson,
"January.....burr cold..... I like the snow, but the ice is scary. All is well here at the Johnson household.....just doing the everyday things...groceries, drugstore, hair stuff. We did have a very interesting and fun day in downtown St. Paul. We attended a 10 AM St. Paul Chamber Orchestra concert at the Ordway and then walked around Rice Park and

Landmark Center and on to Macy's River Room for a very nice and good lunch and then a walk around the store. I have not done that in a long time.....it was a fun day. I shed a few tears when the Vikings lost...life goes on....maybe next year? So, 'till we meet again....a Happy Ground Dog Day and a very Happy Valentines Day."

From DeLores Wiesner
"We are spending our first winter in Minnesota in 24 years. Yuck!!!! I forgot how cold it can get. My husband will have surgery later this month for a tumor in his pelvic area. Hopefully they can do it laparoscopically. Recuperation is so much quicker. The cold weather is a small price to pay to having ones family & friends around when things are not going so

well."

From Rhonda Krehl,
Haven't heard from her. She must be busy shoveling snow, clearing the icxy driveway and looking through garden books planning for spring.

From Fran
Since the weather is so intolerable to go out much, I am busy cleaning closets to send stuff to the Good Will and the "Got Junk" people, and trying to get my children to take their "stuff" they left when they moved out so many years ago. So far it isn't working. Also my dog Max is having a lot of trouble dealing with his aging joints, I have to help him in and out of the house, give him his pain pills and dreading the day when he lets me know it's time for him to go to doggie land.

Alpha Sigma

Nancy Johnson

Rose and Jim took a trip to Alabama to visit their son Andy and his girlfriend Annie. Trip was fun except for the weather. While Minnesota was having the cold snap, so was the south. But we all survived the 26 degree weather.

Meanwhile, Birdie is getting to the "sir crazy" point in winter. (Aren't we all)! So time to do something different. She took a tour of Winter Carnival things (ice and snow carvings) and toured a chocolate factory and had lunch at the La Cordon Bleu Cooking School. Got her out of the

house and with new people to chat with. Birdie thinks the leadership meeting was great with a great facility and lunch and she totally enjoyed the speakers also.

Nancy enjoyed it also and was real excited to sell all the coco mixes for ways and mean and seeing all her ESA sister out on a great January Saturday. Nothing much going on in her life right now but jealous of all the people going down to sunny climates right now.

A new business opportunity presented itself for when

Diane retires. My son called and told me to get ready for five days work on training my grandson to use the facilities. This became running a "Potty Camp" for one three year old. This was my "dry run" to see how it went, complete with stars on the calendar and M & M's. Success all around, but I am not sure how to market it.

Sharon says that not much is happening, most excitement was going to the Comedy Club at the MOA and getting her H1M1 shot. So that is all there is from the Alpha Sigma gals.

Alpha Lambda

Mary Parr

Alpha Lambda didn't have much going on as a chapter over the holidays. We were all too busy with family stuff.

Our January meeting was cancelled due to inclement weather and rescheduled for the following week.

Our meetings this year are very informal. We

assembled school supply kits for Iraqi children and had enough for 14 kits to send off. This has become an annual project for our chapter. The rest of meeting was spent clipping coupons while we discussed what is going on with the International Convention.

During the month of January, monochrome

prints by Gene Schwope and contemporary color prints by Pat Schwope were on exhibit at the Woodbury City Hall. The same prints will be on exhibit during the month of February at The Egg And I restaurant on University Avenue in St. Paul. Those Schwopes know how to take pictures!

Gamma Zeta

Dorothy Wangen

Our thanks to all that attended the membership meeting, sorry about the weather.

Our chapter is so busy traveling that we needed to change the date of our meeting. Dianne and Jerry were busy cruising on the Jewel of the Seas. Had lots of good food and at least had sun and warm weather.

June, Ron, Judy and Jim went to Laughlin for a few days.

Mary Tolle and Norv left for Arizona on the 26th. I'm sure it will be warmer.

June and Ron are taking some time to travel to Texas to visit their son and wife.

I want to thank everyone for the cards and prayers for our daughter Kim and her husband Bill. The transplant went very very good. The Doctor said that was one large healthy kidney that she got from her husband. Thanks for thinking of us. Dorothy and Dennis Wangen

Alpha Chi

Donna Wakefield

Alpha Chi's first meeting of 2010 was held at Shirley Hane's beautiful party room at her condo. It was very well attended but we did miss Fern Ellison and Bev Landers both of whom were a little "under-the-weather". We hope to see both of them next month.

Our president, Kathy Rice, called on each member to give their individual report and I was able to get a few tidbits of news along the way. Colleen Riley and Phyllis and Jim Frascione were busy during the holidays making gifts for "Baby's First Christmas". These items were all delivered to the Pro-Life facility.

Kathy and Stan Rice took a day trip to Austin, Minnesota and toured the Hormel Center, Museum and Mansions. They reported that it was an excellent trip. Joane Buche, Gloria Iverson and I took a bus tour to see "The Church Basement Ladies" at the Plymouth Playhouse. We had an excellent lunch and met several friends that we had not seen for many years! Pat and Warren Peterson are leaving on January 31st on a bus tour to Florida. They will be staying in Panama City for one month and plan to return to Minnesota when all of our snow has disappeared. Good luck on that

plan, Pat! We hope she's got the timing right too. Dee Debel was pleasantly surprised when Channel 5 called her and said she should watch the evening news to see her granddaughter, Staff Sgt. Taylor Debel, send a greeting from Iraq. What a great Christmas present for you Dee! Nora Meyers grandson who will be ordained into the priesthood this spring is spending one month studying in Rome. What a great opportunity.

Until next month when we are all bringing towels for the homeless shelter to our meeting, please stay well and warm!

Alpha Theta

Mary Jane Rosenberg

Boy! What a January! The cold weather, the snow, the ice and to top it all off, the snowstorms we had to put up with. At times on Monday, January 25, I could hardly see across the street. Those snowbirds weren't so crazy to get down south!

We had our January meeting at Best Webster's on January 5 with Rose Marie, Florence, Marie,

Gloria and your's truly here. There was very little business, so our meeting was very short. Marie did announce that we have given \$7,995 to the Hospice at our local hospital. For being such a small chapter, I think that's really great-- besides we have contributed to other charities.

All of us had a nice holiday season even if the weather didn't cooperate

with our plans. I'm sure all of our hearts are sad about the earthquake in Haiti. Deaths, injuries, destruction of property must be beyond belief. Prayers, help, money are needed.

Thought of the month: Any fool can criticize, condemn, and complain, but it takes character and self-control to be understanding and forgiving.

Sigma Kappa

Karen Ronning

Sharon - Larry and I are leaving soon for a week in Palm Springs. We are looking forward to some warm weather. I am still volunteering at the Alzheimer's Association every week. I also am volunteering at Renee's school. She has me helping her with her Kindergarten classes and the 1st graders when they are painting or making "Pop Art" Pizzas. It has been fun and messy. We did go to Michigan over

Thanksgiving and had a great time with family and friends.

Debbie -Now that Christmas is over and the New Year is here I'm glad to be back in the swing of everyday life. I always enjoy evaluating and reflecting back on a year. 2009 was certainly a year of challenge for me and my family as it was for many. I can say that as glad as I am that the year is over and I know I cer-

tainly grew closer to the Lord and for that I am grateful.

I look to 2010 with much excitement as it is a new year and a new decade. What will it bring? Only the good Lord knows and I will take it one day at a time and be thankful for each day...no matter what it brings. Happy New Year!

Beta Sigma

Jo Hanson

Beta Sigma shared a snowy January day at the home of Bonnie Olson for our January 2nd meeting. Although it was cold outside, the sun was shining and we enjoyed brunch and socializing over coffee. We were happy to have Audrey Irons back with us for the holidays, although she definitely thought temperatures in Arizona were more enjoyable than our frigid weather has been.

Bonnie Olson reported that she had really enjoyed having her daughter, Lynne, and granddaughters, Sarah and Emily, home for Thanksgiving. They drove from Hillsdale, Michigan giving the family's newest driver, Sarah, who recently got her permit, a chance to practice her driving skills. Bonnie was heard to remark, "How can she be that old already?"

Betty and Fred Kickertz are planning a trip to South Africa, returning to East Africa along the way. Fred and Betty lived in East Africa during the 60's, and are anxious to go back to visit friends and places they haven't seen for a while. Betty also talked about going on to Egypt as a further adventure. We're sure Betty will have stories and

experiences to share when she returns!

Josie Ferguson Holman was feeling much better after her hernia surgery. We all thought she looked great. She adopted a dog in July, an 8 year old, Tibetan Terrier that had come from a puppy mill farm. She says it has been an interesting and learning time for both of them! Her new friend is a very sweet and docile companion.

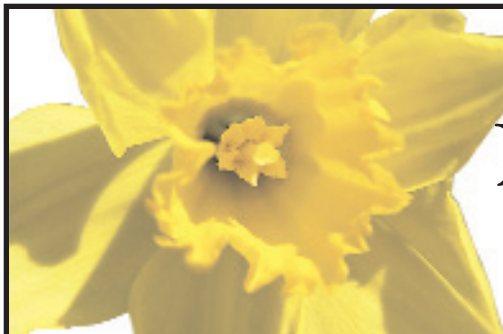
Leann's newest grandbaby, "Olivia Grace", is due to arrive on April 1st, 2010. The last sonogram showed her picker her nose! She's weighing in at 2 pounds 2 ounces at her 25th week. We all think it's kind of cool that we know her name, and she hasn't even joined our ESA family quite yet!

Jo Hanson was nominated by one of her co-workers for the Cargill Cares Volunteer Award. She is thrilled that she won the award and received it at her department staff meeting on January 14th. The best part of the whole award is the \$1,000 check Cargill will write to ESA Foundation on her behalf. Jo plans to surprise her ESA sisters at the January 23rd State Meeting when she presents

the check. Jo got a beautiful wood plaque signed by the CEO, Greg Page, of Cargill and a small gift from the company, but the greatest gift was being able to make the \$1,000 donation to the Foundation.

We hope all of you are staying safe and warm. It's been a lot slippery out there. We'd like to leave you with this thought:

Happiness consists of a solid faith, good health, and a bad memory. --Clare Boothe Luce
I am in charge of my attitude today. Happiness is a choice I can make regardless of what the people around me are doing.



epsilon sigma alpha **MINNESOTA ESSAY**

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**Easter Seals
and
Epsilon Sigma Alpha International**

**Making a Difference in the Lives
of Military Families**

A BRAND NEW FUNDRAISING CAMPAIGN – CAMP HOPE

CAMP HOPE is a new fundraising campaign to provide camping opportunities for children of military families. Over the last five years, 1.6 million military service members have been deployed to Iraq and Afghanistan. Today, thousands of injured military service members are returning to America with hopes of transitioning into civilian life, and many communities are not equipped to respond appropriately to their unique needs.

As the largest provider of disability-related services to individuals with disabilities and their families, Easter Seals is positioned to offer military and veterans systems of care with viable options to support and augment current reintegration efforts including job training and employment, medical rehabilitation, adult day services, **camping and recreation** and child care.

CAMP HOPE will provide a week-long camping experience to allow kids of service members to be kids – and share their experience with other service members’ children. It also will provide services to support families learning to live with a service member facing newly acquired disabilities.

Epsilon Sigma Alpha International can make a positive difference by providing funding to support camping experiences for children of deployed military service members through **CAMP HOPE**. The cost per camper for a week-long program is \$600

Here are two specific ways that you can help:
Each One, Reach One Campaign for CAMP HOPE – Each Epsilon Sigma Alpha International chapter commits to sponsor at least one camper. This would require that the members of each chapter would collectively contribute or raise \$600 to provide a week at camp for a deserving camper.

Individual support – Epsilon Sigma Alpha International members commit to sponsor a camper by contributing \$50, \$100 or more.

Individuals making gifts of \$50 will receive an Easter Seals **CAMP HOPE** flag pin. Gifts of \$100 or more will be recognized at an exclusive Epsilon Sigma Alpha members’ **CAMP HOPE** Reception at Epsilon Sigma Alpha’s 2010 International Convention.



CAMP HOPE SUPPORT FORM

I definitely want to support **CAMP HOPE**. Enclosed is my gift of \$ _____

Name _____ ESA Chapter _____

Address _____

City/State/Zip _____

Telephone Number _____ Email Address _____

Payment: Check or Money Order (payable to Easter Seals)
 Master Card Visa American Express Discover
 Card # _____ Expiration Date (Month and Year) _____

Please Select One: Each One, Reach One Campaign Individual Support ESCode: 130-4415-08

[Mail completed form to Easter Seals • 233 So. Wacker Drive, Suite 2400 • Chicago, IL 60606 • Attention: Janet D. Jamieson

Come Play With Us!!

March Membership Meeting Soup & Salad Luncheon

Hosted by: *Omega Chi Chapter*

What: *March Membership Meeting/Candidate Skits/Philanthropic Speakers*

When: *Saturday, March 27, 2010 — 9:00AM – Coffee, tea. etc.*

Where: *Bethlehem Lutheran Church, 4100 Lyndale Avenue, Minneapolis, MN*

Cost: *\$12.00*



Remember Hats for Hope is collecting summer program items for children: books, games, toys, clothing, etc.

Omega Chi will be having a bake sale with proceeds going to Alexandra House and Bundles of Love.

Marketplace tables will be available – please call or email Pat Staffanson to reserve (gpstaffanson@q.com or 952-401-8633. Please also RSVP to Pat by March 22 if you plan to attend.



Directions:

From the North:

35W south to 35/36th Street Exit right to Lyndale Avenue South, left on Lyndale to 41st Street, church is on the right – corner of Lyndale and 41st Street.

From the South:

35W north to Diamond Lake Road, left on Diamond Lake to Lyndale, right on Lyndale to 41st Street, church is on the left.

2009-2010 IC ASSOCIATION OF THE ARTS ENTRY FORM

***“Playin’ in the Land Of Lakes” – July 12-17, 2010
Sheraton Bloomington Hotel, South Minneapolis, MN***

Division I-Visual Arts

- Oil Painting or Acrylics
- Drawings, Pastel or Charcoal
- Watercolors
- Sculpture
- Pottery (hand formed or wheel thrown)

of entries in category

Division II – Literature

- Poetry
- Short Story or Essay (500 words or less)

of entries in category

Division III – Photography

- Black & White or Color Photo
- Graphic Design
- Computer Assisted Design

of entries in category

Division IV – Crafts (Painted Art)

- Tole Painting
- Painted Pottery
- China Painting
- Porcelain
- Calligraphy (matted for display)
- Fabric Painting

of entries in category

Division V – Crafts (Wearable Art)

- Sewing
- Smocking

of entries in category

Division VI – Crafts (Mixed Media)

- Basket Weaving
- Jewelry
- Rubber Stamping
- Decoupage
- Glass
- Wood

of entries in category

Check schedule for check-in time and pick up

Artist’s Name: _____

Address: _____

Chapter Name/No: _____

State Council: _____

Phone#: _____

E-mail: _____

Division VII-Needlework (Fibers)

- Crewel
- Embroidery
- Counted Cross Stitch
- Needlepoint
- Quilting
- Knitting
- Crocheting
- Hardanger Embroidery
- Silk Ribbon Embroidery
- Cloth Weaving
- Latch Hooking
- Stuffed Animals

of entries in category

Division VIII – Holiday (Ornaments & Decorations)

Please Describe _____

of entries in category

Division IX-Music

- Original Words to established tune
- Original Words to Original tune

of entries in category

***Music entry must be mailed with form by
June 1, submitting both in sheet music and on
Tape**

Division X-Presidential Division

Any art form which represents the world, or

President Diane’s theme: “What a Wonderful World - ESA

Presidential Division

of entries in category

Division XI

Baked Goods (not a IC category) “for our State Fair Theme “

Please send completed form by April 1, 2010 to:

April 1, 2010 to:

Nancy Johnson

MN Association of the Arts Chairperson

7002 Autumn Terrace

Eden Prairie, MN 55346

E-mail: nj55346@msn.com

* You are responsible for bringing and picking up your items