



MINNESOTA ESSAY

VOLUME 56 • ISSUE 5 • JANUARY 2009

Get your calendar out for 2009 planning!

Betty Robinson
PRESIDENT

IN THIS ISSUE

First Vice
President
page 3

Circle of
Life
page 4

chapter
reports
page 5



I hope you all had a very wonderful holiday season, and that 2009 brings health, happiness and prosperity for all.

The Leadership meeting planned for this month will be a fun one. We will witness the Sigma Kappa chapter chartering ceremony, continue with the spotlight on our other MN state council chapters and receive an update regarding the changes in store for the Medtox project. We will begin on Friday evening with dinner at the hotel restaurant, and then gather poolside for games, hot tub, swimming (don't forget to pack you swim suit) and fellowship. Saturday will be a full day of business meeting and leadership. Nikki Weller is working on getting a fantastic speaker. I look forward to seeing you there.

Congratulations to Team ESA at the Memphis marathon this past December. Team ESA placed

sixth of overall team contributions with 74 members raising more than \$33,000! Way to go team!!! Mark your calendars now for the next marathon scheduled for December 5, 2009.

Are you thinking about going to the next IC Convention in July? The 62nd Annual International Council Convention will be held July 11-19, 2009 at the Crowne Plaza Hotel Riverwalk in San Antonio, TX. Reserve your room by calling 1-888-233-9527 (9 a.m. to 8 p.m. EST) and using the group code YY9. Room rates are \$139 and are good for 3 days before or after the convention. IC Convention registration forms are available at www.esaintl.com > Intl Council > 2009 Convention. A form will also be included with this issue of the Essay along with the Lone Star Bash IC Challenge information and registration form. The Alamo is one of Texas' most important historical

landmarks and the state's most popular tourist attractions with over 2.5 million visitors annually. San Antonio is the most popular city for Texas visitors. There are many fun things to see. If you have never been to San Antonio, now is the time.

There will be cruises and tours available for the beautiful San Antonio River Walk (which is right outside the hotel). Rio San Antonio offers 40-minute narrated tours, dinner cruises, group cruises, and river taxi service. You can also walk along the River Walk and see all the lovely historic buildings.

Have a great month, remember to Spread your Wings and Dare to Soar for ESA.

In closing, I will leave you with this quote from John Quincy Adams: *"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."*

First Vice President → Diane Vanusek

Happy New Year 2009. Don and I spent Christmas in northern Wisconsin. We were treated to the wonder of nature as we drove along. The pine trees were heavy with snow on both sides of the road and the pure white snow was up to the edge of the pavement. Don even stopped in the road to take a picture on his cell phone. We are becoming so modern.

Time is racing by and soon it will be time for Leadership in Denver. I am looking forward to the trip. Last year was a great experience and this year should be just as invigorating. I hope to be able to glean ideas from talking with the other attendees.

Another membership idea for this month. How would one of our members/chapters like to take on the challenge of form-

ing/reviving a collegiate chapter? A well-organized committed collegiate chapter would help generate firmly committed ESA members upon graduation. The chapter who wants to take on this challenge should realize this probably more than a one year commitment and be willing to work with the students for quite some time. Colleges are often requiring students to take volunteer/commu-

nity opportunities so it may be easier than it appears..

It is time to work on preparing a slate of nominations for next year's officers. The nominating committee will be meeting within the next month to work on this. As the chair of this committee I, for one, would be absolutely delighted to have volunteers for the positions.

This article, First Vice President, Diane Vanusek, was incidentally omitted in the November issue.

It is snowing as I write this! Thankfully, it should all melt as the day goes on.

First of all for old business, I would like to thank all you who made the Rush Luncheon a success. Especially the ones whom I put on the spot by calling on them at the last minute, you are such good sports.

For those of you who were not at the State meeting, we have five new members since June first, Marcie Haigh and Diane Rowe, Beta Sigma, Mary Ellen Seth, Alpha Sigma, Betty Markland, Delta Omicron and Sam Gaffney-Mack,

Zeta Alpha. We sure would like to meet all of you. Members, since friendliness is one of our stocks in trade, please seek out these new members whenever possible and welcome them to the sorority.

Since I missed the last newsletter, I remembered the deadline as I was getting ready to leave for MARC, here are two ideas for membership.

A workplace chapter (even if it is volunteer work) may work with your workplace friends. These friends see each other on a regular basis, can have meetings/activities without additional driving, can organize activities using other workers, (a silent auction in the cafeteria with

proceeds going to United Way or a basketball tournament between departments) and can promote camaraderie among fellow employees. Of course to proceed, one must get the approval of the employer/volunteer organization.

Often it is said we see our relatives only at weddings and funerals. What about a family chapter? Maybe look to our sisters, brothers, cousins, daughters, or sons, (in-laws too!). Are they interested, but really don't want to be a part of Mom's chapter or live in a different city, like St. Cloud, Hibbing or Thief River Falls? Let's show them the benefits of belonging to our sorority and be willing to mentor them into forming and sus-

taining a chapter in their area. You could keep up with extended family on a regular basis rather than only snippets at the latest wedding or funeral.

A new chapter or member may not happen right away, but seeds planted last year for Kate's flowers may bloom next year and Betty's Eagle eggs laid in the nest this year can be soaring Eaglets in 2010.

Next month, another idea.

Can you believe it is almost time to start thinking beyond this year, at least for me? Just to lay a germ for next year, please give some thought to volunteering for the elected and/or appointed board.

ESA Foundation → Karla Kay Nicklaus

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

Two very important deadlines!:

1) February 2 – deadline for scholarship applications

2) March 1 – deadline for paying your ESA

Foundation dues - \$15 for renewal and \$25 for

the first year. Also, to become a life-time member of the Foundation - \$500.00 (this can be paid in two installments).

It has been exciting to receive scholarship

applications before the deadline. Again this year students can apply for three different scholarships plus the ESA Foundation is awarding graduate studies scholarship and Maxine Wirth graduate

studies scholarship for the 2009-2010 school year in any field. Please call me if you need scholarship applications or have any questions.

State Treasurer → Mary Parr

How about getting your chapter's designated charity donation request in early this new year. Remember, you only have \$100 to spend this year instead of the \$200 budgeted last year. Please indicate no more than two (2) recipients as I submit one check to the ESA Foundation's turn-around fund for all the chapters' designated charities and the Foundation, in turn, sends

me individual checks to forward to the charities. I send these checks to the charities along with a letter from the state commending them for their good works. Using the turn-around fund helps the Foundation keep its tax-exempt charitable status. You will find the form you need to fill out and send to me elsewhere in this issue of the newsletter.

Notes

THANK YOU THANK YOU THANK YOU

Jodi Lang and Mari Scotch would like to thank everyone for their continued support over the past 1-2 years. It has been a period of changes and transitions; from Jodi's job loss and dream job find, to our sister-in-law's transplants, to our other sister-in-law's sudden death, to Mari's knee infection and continued battle with antibiotic side effects. Our ESA family was with us through it all. The cards and calls were uplifting and very much appreciated. The love and support were constant and we can't thank you enough for helping us through.

Save the date!

Precious new babies are on the way, so let's prepare for the happy day! Join us and celebrate!

Given For *Bundles Of Love*

Date: Saturday, March 7

Time: 1:00 PM – 3:00 PM

Place: DD's Café

500 5th Ave NW, New Brighton

(35W and Cty Road E2)

Cost: \$3.00 at the door

RSVP: Julie Siekkinen, Alpha Zeta
(763) 458-4895



Alzheimer's Association → Sharon Desarmeaux

Here's the poem called "Someday" from Anne Simpson's book "Growing Down: Poems for an Alzheimer's Patient".

*Someday -
Maybe someday soon -
I shall wake up with hope,
ready to get up and move on.*

*But not today.
So don't tell me that
the sun is warm,
the breeze scented with lilac.
Don't recount my blessings
or remind me to be thankful.*

*Someday -
maybe someday soon -
I will share your laughter,
tell stories and remember my beloved
as he was.*

*But today
I'll sit with him and hold his hand,
listen to the shallow, ragged breathing,
watch for life to flicker in sightless eyes,
and wait for a flare of recognition.*

A reflection of this poem given by an education outreach coordinator is that she took from it a message about what caregivers might need from us, their family, friends, and support networks. Contrary to what we often think and do, caregivers may not always need our words of encouragement, praise, pep talks, or best attempts to brighten their day; it is not our job to talk them out of their feelings. Instead, caregivers may need our support, maybe even permission, to simply feel what they feel; which can one day be deep pain or loneliness and the next day hope and gratitude. When we accept and validate caregivers in this way, we can be part of their healing.

Circle of Life → Dianne Ocel

A blessed and joyous New Year to you all. Even during the wonders of the holiday season the wheels of fund raising for the Kids at St Jude goes on. As Mari Scotch decided to move forward with her plans for an evening with Elvis, even after her health problems in November and December, I accepted her invitation to join the Quilt of Dreams with her plans.

The Valentines day dinner and show, "Elvis sings for the Kids of St Jude" should bring in a lot of public, due to billboards and radio spots obtained by Mari. This along with our Barb's efforts with newspapers will make it a wonderful event. By combining the Quilt of Dreams auction we hope to reach a lot more public dollars and save booking another event during this busy year. Thanks to all of you who have donated baskets or items for the auction. Your generosity is greatly appreciated.

This event is coming right on the heels of the Mall of America Radiothon on Feb 18 thru the 20. Thanks to all

who have already volunteered. This event bring us a large return of fund raising credit for our time spent. If you would like to work, and have not received a letter and form from ALSAC or you chapter president, please contact me at 763-788-5837 or jerryocel@aol.com.

I would like to introduce a new ALSAC rep for our area, Danielle Kinzer who is taking Jessica Thrasher's place in the local office. It was great working with Jessica and we look forward to the same relationship with Danielle.

I wish you could all hear Debbie Coolman's story of her return to St Jude for follow-up. It is touching and inspiring. We need to keep those kids foremost in our minds and work hard for their healing and the wisdom of medical personal to help fight for their lives. Let's keep that HOPE alive!!!!

MINNESOTA ESSAY *chapter reports*

Alpha Chi

Donna Wakefield

We started out the new year with a wonderful meeting at Gloria Iverson's home. The day was a little precarious because it was suppose to start snowing so we ate our delicious brunch quickly and got right down to the business at hand.

We first thanked Fern Ellison for hosting our wonderful Christmas Luncheon. Fern offered to put on our lunch and we all paid for it and donated the money for local charities. She certainly proved herself to be a super cook and great hostess. A Big Thanks From All Of Your Sisters, Fern!!!

Dee Debel's Christmas Day was made very special with the arrival of her second Great Granddaughter. She is very appropriately named "Celeste

Joy", and she really is that all right.

Kathy Rice reported that she and her husband went on a trip to Branson, Missouri and who do you suppose they ran into? Of all people, non other than Diane Ocel! ESA sisters show up all over the place.

Kathy also reported that she has correspondence from one of the soldiers that she sent a card to in Iraq. Her name if Karianne Uecker from the Minnesota Guard Unit. She was so happy to get a letter from her and sent her another card right away.

Several members have attended the Vatican Splendors Exhibit at the Minnesota History Center. Pat and Pete Peterson, Kathy

and Stan Rice, Gloria Iverson, Joane Buche and I all thoroughly enjoyed it and would have highly recommended that all attend, but you're too late. It has left already!

Kathy Konrad and her husband are going to go on a winter road trip to Nebraska, Wyoming, skiing in Denver, and Phoenix. They will be gone for two weeks barring no big snow storms. If they get stuck - oh well. They'll just enjoy!

Colleen Riley will be having knee replacement on January 13th. We all send her our best wishes for a speedy recovery. Remember Colleen - exercise, exercise, exercise!

We'll be back next month with more news from Alpha.

Sigma Kappa

Sharon Desarmeaux

From Debbie:
In November I walked in the Give Thanks Walk for St. Jude at MOA. I started a new group coaching session at Wooddale Church for the Job Transition Support Group. In December I completed my certification to become a Christian Life Coach. We travelled to St. Jude Children's Research Hospital to be part of a long-term survivor study program and under went a week of testing so that they can better understand the long term side effects of Chemo and radiation. We travelled to Ohio and Michigan for Christmas to visit my Family and Jeff's family.

From Sharon:
Larry and I had a wonderful time on our Western

Mediterranean Cruise and touring different cities in Spain, Malta, Italy and France. At Thanksgiving we drove to Michigan to spend time with family. I continue to volunteer at the Alzheimer's Association weekly and working with the GEMS group twice a week at daughter Renee's school. I am one of the 2008-2009 Scholarship Coordinators for the ESA Foundation again this year. I will receive approximately 442 scholarships from states other than Minnesota that will be judged. You can not be an ESA member or a member of the Foundation to judge scholarships.

From Karen & Casey:
Casey and I volunteered at kids n kinship the Saturday before

Christmas. We helped hand out the Christmas gifts to the families. It just happened to be during that Saturday snowstorm. I thought I was doing fine driving until I realized I wasn't even on the shoulder of the road!

As a chapter we had the Manhattan Purse Party in December. We had our chapter Christmas Party at Jake's in Eden Prairie. We are also working on the St Jude/Elvis event to be held on February 14th.

Happy New Year to all of you!!
Sharon D, Karen Ronning & Debbie Coolman, Sigma Kappa Chapter

Alpha Theta

Mary Jane Rosebner

Here we are in another year and wondering what happened to 2008. These years are going too fast for me - how about you!!!!? I hope all of you have a great 2009 - and also that you had a great holiday season.

Our group met for our Christmas lunch and meeting on Tuesday, December 2nd at "The Neighbors". We had 2 guests with us, Pricilla, Rose Marie's Mom, and Marge's daughter, Wendy. She was here from Colorado. What a nice fun-loving person and how we all enjoyed having the two guests with us. We do not exchange gifts anymore, but always exchange Christmas cards. We did have the nicest young man as our waiter and of course we all

enjoyed him so much.

Our group rang the bell for the Salvation Army again this year at the HyVee on November 20th. We have done this for many years and always find time and energy to do it. Another thing our group does is get 3 names from the Sharing Tree, 1 from Mankato, 1 from New Ulm and 1 from Lake Crystal. Hope they all enjoyed their gifts.

Florence has become a great aunt again. A baby girl was born November 27th to her niece Ellen, and husband Vince in Rochester, where they live. The baby was about a month early, so was transferred to St. Mary's for

special care. She got home on December 30th and seems to be doing well.

Gloria and Florian went to her brother's at Sioux Falls and had good traveling and a good time. My son and family came after Christmas because Brenda (being a nurse) had to work on Christmas and on Friday. The rest of our group were with their families.

We had our January meeting at the Best Webster's in North Mankato on the 6th. Enjoyed having Marie's sister with us. We are all ready for spring - too much snow and too cold.

Thought of the month: The difficulties in life are intended to make us better, not bitter.

Beta Sigma

Linda Schultz

Holiday preparations, celebrations, and festivities have passed and already we are looking to the next calendar event, Valentine's Day.

In the meantime, the whole world breathlessly awaits, with a very broad range of emotions, expectations, and mindsets, the inauguration of our country's new leader. Regardless of one's political persuasion, we all would probably agree that this is an electric moment in the history of America.

As we wait for this inau-

guration and ponder the coming months and years, we must all have reflected some on our own personal paths for the coming year. When I asked one of our members what resolutions she might have made, she responded that she didn't make resolutions....everyone makes them and few keep them. As we discussed this further, we did seem to come to an agreement that we should plan for our futures with purpose and "intention."

Beta Sigma faces the remainder of our "sorority year" with definite pur-

pose and intention. Each member of our chapter would answer the question for herself differently, but as a chapter, we are, by virtue of being joined together in membership, united and of one mind. Many projects and activities are on the horizon and we look forward to the journey with excitement, commitment, and determination.

We each, and collectively, wish each of you a New Year filled with blessings immeasurable and successes beyond your greatest imagination.

Pi Girls had some very busy holidays!

Nick Reamer (Jill's son and Amanda's brother) is doing great considering all the chemo he is going through weekly. He has about three or four weeks left of receiving chemo twice per week, and then the treatments decrease to once per week for 24 weeks. The total will be nine months of chemotherapy. Every other week he receives two treatments during that week, which gives him flu-like symptoms - not fun - otherwise, he has only one chemo during the other week with minimal symptoms. Then, when he receives the once-a-month chemo, it knocks him down for a few days as it makes every bone in his body hurt. On Friday, January 16th, since chemo is very hard on the heart, he will be doing an electro-cardiogram of his heart. He will also be having another CT scan of his chest. Nick and his family and friends are praying they see NO cancer there at all. Along with the trials and tribulations of cancer, the Reamers find themselves struggling to pay bills like the rest of the world, as the only income they have coming in at this time is Tim's disability/social security check. Someone once asked Jill, "What has been the biggest change in your family since Tim was hit by a car and Nick's cancer developed? Her answer was, "We went from a family that was a six-figure income down to

qualifying for the food shelf, but what we have found is that we still have each other and that's all that counts."

Donna Holmes has vowed to never attend another of her granddaughter's weddings because both Earl and she have been sick with colds since the wedding - December 6th! Donna spent a few days in the hospital, but she is doing fine now. She is contemplating going somewhere warmer for the rest of the winter.

Francine Fredrickson also survived her daughter's wedding and the two of them are actually still talking to each other. It was a beautiful and wonderful "adventure" but she's glad she only has to do it once. Fran is very busy "leading" her fellow teachers in their curriculum change in reading and planning the budgets for next school year. Her hubby and she are beginning to plan a three week road trip to the west coast for June.

Elizabeth DeBilzan (Fredrickson) reports that the first month of marriage has been wonderful! She said they have been slowly but surely turning their new house into a home, and learning all about those little quirks each of them have! Beth stated that they completed their first house update together as they built a new custom walk-in closet that is every girl's dream!! Jordan and Beth went on their hon-

eymoon for the week following their wedding (early December). The couple enjoyed a relaxing time in Keystone, Colorado! They went on a moonlit sleigh ride dinner, snowshoeing, snowmobiling through the mountains and to a fondue restaurant at the top of a mountain among many other things. The newlyweds said that it was great to get away after all the wedding stress and just do nothing for a while!

Barb Winczewski updated us with some good and joyous news. She said that her Christmas miracle was to have the nerves ablated in her back! She reports that her pain is minimal and her mobility has improved 98%. It is AWE-SOME! She also picked up TJ (her son) from Iraq on January 7th! He is home on military leave through January 23rd. He looks great and is sooooo thankful for all the cards, letters, goodies, and things that have been sent from the ESA members. He teared up when he was talking about how much it has meant to have the GPS units and all the news and love from "home." Barb has also become a grandma again - twice! Not only did her son John marry Becky, so then she and Mark acquired 5 year old Jackson as another grandchild, but they also blessed them with Olivia Caroline born on January 6th. John and Becky are now home from Maine with the little darlings and will stay through January 18th. Barb absolutely loves having all of her kids at home!

Gamma Omega

Dennis Marler

Wow - we've finally "come down" from the high we experienced at our most successful TCF Craft Sale EVER! A big thank you to each of you who stopped by TCF to help make this event so fun and rewarding.

Our focus is now shifting to the upcoming state convention. Julene Donnay, Cathy Campbell and Kathy Eastlack have finished their initial planning. Now it's time for the rest of us to get busy working on the little things that will make this a fun and productive convention. See you there.

And just so you know: Carol Crepeau celebrated Christmas three times - once with her family, once with Gene's family and once with her "kids" next door. On

New Year's Eve, Carol babysat for the furry children (2 dogs and a cat) next door. Gene set his alarm for midnight and called to wish her a very sleepy Happy New Year.

Betty and Dennis Marler couldn't match Carol's Christmas marathon, but they did spend time with their children in Elk River and with Betty's family in South Dakota. On New Year's Eve, they partied with Carol Ping, until 12:05. "Apples to Apples" was the hit game of the night.

Betty Robinson spent Christmas week in Kansas City with her two sons, her brother and her parents. On Friday the 26th, the temperature was over 70. The next day a cold front and straight

line winds dropped the temps into the teens, destroyed several trees and cut off power for a day and a half. Betty is still looking for permanent, full-time work, but in the mean time she has found her dream job - 8 hours a week at the Elk's Lodge.

Terri Olson has been diagnosed with shingles on the top of her head and left side of her face. She was able to get on medicine right away so the outbreak was minimal, but the pain lingers and is not pleasant at all. The doctor says Terri needs to figure out how to control the stress in her life, so Bob and she are going to Florida for a week of warmth and relaxation.

Alpha Lambda

Mary Parr

Alpha Lambda held its Christmas celebration breakfast/lunch at Schroeders Bar & Grill in St. Paul on Saturday, December 12. We coordinated our meal with a trip to the Minnesota History Center to view the Vatican Splendors.

President Kate presented us with a special holiday card designed by Robert Sabuda. Mr. Sabuda is a master designer of pop-up books. If you have never seen his work, visit Barnes

& Noble or Borders and look for their children's pop-up section. You will be impressed with his intricate, clever, and imaginative designs.

The Vatican Splendors were indeed splendid! We were able to view more 200 extraordinary works of art and historical objects from the Vatican and Vatican Museums. Many objects dated back to the third century and had not been displayed to the public before. There

was an audio tour available that we did not take. However, most of us spent approximately two hours going through the exhibit at our own pace. Even if you weren't Catholic, the exhibit was very interesting just from an historical aspect.

Alpha Lambda is not meeting in January due to weather and vacation trips by some of our members. Until next time.

Gamma Zeta

Dorothy Wangen

Happy New Year to All from the Gamma Zeta Sisters. Here we are January 2009 and it is still cold, should I say very cold.

That is the reason Mary Tolle thanks every one for filing 20 bags of hats, socks, shampoo and lip baum that was taken to St. Anns for the Hats for Hope. Thank You All.

The traveling foursome are on their way to Laughlin for a few days. Hope they have some warm weather and good luck.

Joan Olson's sister in law passed away just before Christmas, so Christmas was pretty somber for them. We hope the New Year will be good for everyone.

Dianne and Judy are working on the Quilt of Dreams for Feb 14th at the Northland Inn.

See you all at the State Overnight on Jan 23-24th and Quilt of Dreams, Elvis Sings for the Kids of St. Jude on Feb 14.

Thanks to all and have a good January.

Alpha Zeta

Kim LeTendre-Olson

Alpha Zeta celebrated Christmas by having a potluck at Mari and Jodi's home in December. We feasted on ham and all the fixings. We watched Mari and Jodi demonstrate some of their best moves with Wii Sports/Fit. A fun time was had by all. Now that the holidays are past it's time to focus and get back to work. We wrapped up our annual Butter Braid fundraising event and made a nice little profit in November. Funds will be distributed to the various

charities our chapter supports.

Mari has us working with her on the Valentine Dinner and Elvis Tribute to benefit St. Jude's that will be at the Northland Inn on February 14th. We're excited for this event and expect to have a great turn out and lots of fun. We'll soon change gears after that and finalize the "Baby Shower" plans for Bundles of Love. Some of us will be attending the state meeting and leadership at

Grand Rios later this month. Who can resist an indoor water park in January? Just hope we don't get any middle-of-the-night fire alarms this time.

We wish all of our ESA sisters and brothers a Happy New Year and look forward to seeing you at future meetings and events.

Corresponding Secretary → Dana L. Terry

Marilyn Bittner of the Zeta Alpha chapter has asked that all e-mails be sent to her at: marsbars234@gmail.com



epsilon sigma alpha
MINNESOTA ESSAY

edited and produced by

Jennifer Maleitzke
1571 Wheelock Lane #103
St. Paul, MN 55117
groebnj1@yahoo.com
651-270-0239

Valentine Dinner & Elvis Tribute

February 14, 2009
The Northland Inn
\$75 per person

benefitting



St. Jude Children's
Research Hospital

ALSAC • Danny Thomas, Founder

Finding cures. Saving children.

RSVP at **612-246-4556**
www.MinnesotaESA.com

*Quilt of Dreams Silent Auction
and Social starts at 5PM*

The Northland Inn
7025 Northland Drive
Minneapolis, MN 55428

Discount rooms available.

featuring

“THE ELVIS EXPERIENCE”

Elvis Tribute Artists
Steve and Tommy Marcio
www.AElvisExperience.com





Dear Friend of St. Jude:

It's time again for the 17th Annual K102 Country Cares for St. Jude Kids Radiothon! On February 18-20, K102 and St. Jude Children's Research Hospital will be holding this spectacular event in the Main Rotunda at the Mall of America. The Radiothon will take place Wednesday and Thursday from 5 a.m. to midnight, and on Friday from 5 a.m. to 8:00 p.m.

Last year, K102 and our volunteers helped raise over \$1.3 million dollars for the kids of St. Jude! We are inviting you to volunteer for this very special event. Volunteer opportunities include answering phones, taking pledges, and working in the mailroom. To work the phones, you must be at least 16 years old and to work in the mailroom we ask that kids who are under age 16 be accompanied by a parent.

St. Jude Children's Research Hospital is the world's premier research and treatment center for children with catastrophic diseases such as cancer, leukemia, and pediatric AIDS. Founded in 1962 by the late entertainer Danny Thomas, St. Jude has developed protocols to help raise the survival rate for acute lymphoblastic leukemia (ALL) from 4% in 1962 to over 94% today.

If you are interested in volunteering, please complete the enclosed form and return it by fax, email or mail by **Monday, February 2**. If you have any questions, please feel free to contact our office at [952-893-0442](tel:952-893-0442). Shifts will be filled on a **first-come basis**, so please reply as quickly as possible since spots fill up very quickly.

Please add the K102/St. Jude Radiothon to your calendar along with the shift you have selected. We are looking forward to another exciting year with K102 and you!

**On behalf of the children of St. Jude Children's Research Hospital,
Thank you so much for your support!**



K102 Country Cares for St. Jude Kids Radiothon Volunteer Commitment Form

€ Yes, I am interested in volunteering for the K102 Radiothon. A reminder letter or email will be sent to you (approx.) a week prior to the Radiothon.

Volunteer Information

Name(s) _____

Address _____

City _____ State _____ Zip _____

Email _____

Daytime Phone _____ Evening Phone _____

Time(s) I would like to volunteer

(shifts are filled on a first come, first serve basis)

Wed., Feb. 18th	Thurs., Feb. 19th	Fri., Feb. 20th
___ 5:00am-8:30am	___ 5:00am-8:30am	___ 5:00am-8:30am
___ 8:30am-12:00pm	___ 8:30am-12:00pm	___ 8:30am-12:00pm
___ 12:00pm-3:30pm	___ 12:00pm-3:30pm	___ 12:00pm-3:30pm
___ 3:30pm-6:30pm	___ 3:30pm-6:30pm	___ 3:30pm-7:30pm
___ 6:30pm-9:30pm	___ 6:30pm-9:30pm	
___ 9:30pm-12:00am	___ 9:30pm-12:00am	

Please return this form to:

St. Jude Children's Research Hospital

Attention: K102 Radiothon

4830 W. 77th Street, Suite 102

Edina, MN 55435

Fax: (952) 893-0497

Email: sara.weiser@stjude.org

2009 INTERNATIONAL CONVENTION JULY 13-18, 2009



LONE STAR EXTRAVAGANZA
 CROWNE PLAZA, RIVERWALK
 1111 EAST PECAN STREET, SAN ANTONIO, TX 78205



MEMBER NAME	MEMBER NUMBER
ADDRESS	CITY, STATE, ZIP
PHONE	EMAIL
CHAPTER NAME	CHAPTER #
	STATE COUNCIL

CHECK ALL THAT APPLY

<input type="checkbox"/> Voting Delegate	<input type="checkbox"/> First IC Convention	<input type="checkbox"/> Guest
<input type="checkbox"/> IC Elected/Appointed Board	<input type="checkbox"/> Past IC President (yr) _____	<input type="checkbox"/> Headquarters Staff
<input type="checkbox"/> Collegiate Member	Campus: _____	
<input type="checkbox"/> 2008-2009 State President (State)	2009-2010 State President (State)	
<input type="checkbox"/> Previous State President Year (s)	State (s)	
I will be recognized at convention for my years of ESA Service: 25 30 35 40 45 50 55 60 65		
I have special medical dietary need/food allergies. Arrangements must be made in advance with Registration Chairman.		
Please list needs/allergies: _____		Hotel may charge an additional fee.
I am physically challenged: Circle all that apply: Wheelchair Scooter, Other _____		
MEN'S REGISTRATION NAME _____		I will play golf (Circle all that apply)
I will attend the Men's No-Host Luncheon _____		Sun Mon Tues Wed Thurs Fri Sat
YOUTH REGISTRATION: Ages 7 to 19 (For youth 6 or younger contact Registration Chair for Information)		
Name: _____		Age: _____ DESA MESA ELAN
GUEST REGISTRATION: NAME: _____		GUEST OF: ALSAC /EASTER SEALS /OTHER

CHECK ALL THAT APPLY

MEMBER REGISTRATION FEE: Postmarked by April 30, 2009 includes: favor, general assemblies, workshops, leadership seminar, welcome party, recognition luncheon and banquet	\$210
MEMBER REGISTRATION FEE: Postmarked May 1, 2009 or after includes: favor, general assemblies, workshops, leadership seminar, welcome party, recognition luncheon and banquet (includes \$25.00 late fee)	\$235
FRIDAY AND SATURDAY REGISTRATION FEE includes: favor, general assemblies, recognition luncheon, banquet Postmarked May 1, 2009 or after	\$160
	\$185
WALK IN MEMBER REGISTRATION FEE includes: favor, general assemblies, workshops, leadership seminar, welcome party, recognition luncheon and banquet	\$270
NO-HOST PICPA LUNCHEON (open to all past and present state Presidents/IC Presidents). Years for seating _____	\$40
MEN'S REGISTRATION FEE includes: general assemblies, leadership seminar, welcome party, banquet Postmarked by April 30, 2009	\$160
MEN'S NO-HOST LUNCHEON	\$30
YOUTH REGISTRATION FEE includes: welcome party and banquet	\$105
GUEST REGISTRATION includes: banquet only	\$75
TOTAL AMOUNT ENCLOSED	

SPOUSES REGISTRATION MUST ACCOMPANY MEMBER'S REGISTRATION

CONVENTION HOTEL ROOM RATES - Queen double/double or King - \$139.00 plus tax
 Please make reservations directly with the Hotel at (888) 233-9527 (Group Name Epsilon Sigma Alpha).
JUNE 14 DEADLINE FOR HOTEL RESERVATIONS AT THE \$139.00 RATE.
 PLEASE LIST ESA members you will be rooming with , if possible:

MAKE CHECK PAYABLE TO: 2009 IC CONVENTION

Effective June 10, 2009 registration fee must be paid by money order, certified check or cash.
 A \$25 fee will be assessed for any returned check.

CANCELLATION: If you find it necessary to cancel this registration, the full amount less a \$15 processing fee will be refunded if your **WRITTEN** cancellation is postmarked **NO LATER THAN JUNE 15, 2009.**

After June 20, 2009, send only registration form - do not send payment. Bring copy of registration form with money order, certified check or cash.
 Mail registration form and payment to:

Sharon Campbell, Registration Chairman, 1121 Carriage Ct., Seabrook, TX 77586
 Phone: 281-474-9849 Email: sl.camp@sbcglobal.net



Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone : _____ Member #: _____
 E-mail: _____
 Chapter Name and #: _____

Option 1

I am unable to attend the IC Challenge but enclosed is my one-time donation of \$ _____. I select the following T-shirt size (check one):

S M L XL XXL XXXL

Option 2

Yes, I will raise at least \$200, but I cannot attend the IC Challenge. Enclosed is my first donation of \$ _____ and I plan to send more donations before the May 31, 2009 deadline. I select the following T-shirt size (check one):

S M L XL XXL XXXL

Option 3

Yes, I will raise at least \$200 and attend the IC Challenge. Enclosed is my first donation of \$ _____ and I plan to send more donations before the May 31, 2009 deadline. I select the following T-shirt size

(check one): S M L XL XXL XXXL

Volunteer

Many volunteers are needed to help make this event a success. Please check here if you're interested in helping, and someone will contact you. (All volunteers must be registered participants.)

Consent and release of liability:

By signing on the back, you agree, warrant, and covenant as follows:

ALL PARTICIPANTS IN THE LONE STAR BASH AND RELATED EVENTS ARE REQUIRED TO ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT.

The undersigned participant, on behalf of himself/herself and on behalf of the participant's personal representatives, assigns, heirs, executors, hereby fully and forever releases, waives, discharges, and covenants not to sue Epsilon Sigma Alpha International, Epsilon Sigma Alpha Membership Corporation, American Lebanese Syrian Associated Charities (ALSAC), St. Jude Children's Research Hospital (St. Jude), and all public or private agencies whose property and/or personnel are used and all other sponsoring or co-sponsoring companies or individuals related to the event (collectively Releasees) from all liability to the participant and his/her personal representatives, assigns, heirs, and executors, for all loss(es) or damages(s) and any and all claims or demands therefore, on account of injury to the participant or property or resulting in the death of the participant, whether caused by the active or passive negligence of all or any of the Releasees or otherwise, in connection with the participants in the event.

The participant represents and warrants that he/she is in good physical condition and is able to safely participate in the event. The participant is fully aware of the risks and hazards inherent in participating in the event and hereby elects to participate voluntarily in the event, knowing the risks associated with the event. The participant hereby assumes all risks of loss(es), damages(s), or injury(ies) that may be sustained by him/her while participating in the event.

The participant agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures, and other media without compensation.

The participant acknowledges that the entry fee is non-refundable and non-transferable.

The participant hereby grants to Epsilon Sigma Alpha International and their agents, affiliates, and designees access to all medical records (and physicians) as needed and authorize medical treatment as needed.

The participant warrants that all statements made herein are true and correct and understands that Releasees have relied on them in allowing participant to participate in the event.

IF PARTICIPANT IS UNDER AGE 18: The parent/guardian certifies that my son/daughter has my permission to participate in the event. The parent/guardian has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT and by accepting, the waiver intentionally and voluntarily agrees to its terms and conditions. The parent/guardian further certifies that my son/daughter is in good physical condition and is able to participate safely in the event. I hereby authorize medical treatment for him/her and grant access to my child's medical records as necessary.

PARTICIPANT HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY ACCEPTS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

Signature of Entrant _____ Date _____

Epsilon Sigma Alpha International reserves the right to require proof of age. Parent or Guardian must also sign below for the entrants under 18 years of age. By signing, parent agrees to the same conditions required of entrant.

Signature of Parent/Guardian _____ Date _____

The Lone Star Bash - IC Challenge

About the Event

Stand up, stand proud, and participate in the 2009 International Council Challenge. ESA's Lone Star Bash in San Antonio, TX, will be a thrill in the comfort of the Crowne Plaza Riverwalk Hotel. The southern atmosphere will be more than enough to get everyone in the mood to care for the kids of St. Jude Children's Research Hospital. You won't want to miss this event. Get ready to relax, take off your cowboy boots, and participate in a rocking good time!

Everyone Can Participate...

Enlist your family, friends, and co-workers to assist you in raising the dollars that will help qualify you for this event. In addition, monies raised for the St. Jude Memphis Marathon Weekend also qualify you for the IC Challenge!

Everyone's a star by raising \$200! You will qualify to participate in the event and will be awarded with an event T-shirt.

Join fellow superstars by raising \$500! Participate in the event, receive your event T-shirt, and take pleasure in receiving an extra prize.

Be a megastar by raising \$1000! Join in the event, enjoy your event T-shirt, as well as your extra prize, and enjoy your invitation to the reception in the IC president's suite.

You work hard all year to participate in this event and it doesn't go unnoticed. The top fundraisers and top fundraising state will be acknowledged and awarded at the event.

Whether or not you are able to attend the 2009 International Council Convention, you can still participate in the IC Challenge. Every Epsilon Sigma Alpha member can participate by raising money and receiving the fundraising prizes.

Deadline Information

The registration deadline for your donated dollars to count for the 2008-09 campaign year is May 31, 2009. Funds received after this date will go towards the 2010 campaign year.

To guarantee the T-shirt size of your choice, please send your donations before June 20, 2009. After this date, please bring your registration form and donations with you to the IC Convention. Note: only a limited selection of T-shirt sizes will be available on-site.

IC 2010 Convention

The IC 2010 Convention Committee met last month to finish up preliminary things and it is now time to really get moving and form the actual committees for the various areas of responsibility. It is only with the involvement of all of our members that Minnesota can put on a fantastic IC convention.

Please consider volunteering to help. If the number of volunteers for an area is overloaded, you may be asked to volunteer in another area. If you want more information about what is involved in an area, please contact anyone on the committee. You can volunteer in more than one area also. Sign up sheets will be at the state meeting.

Convention Chair/Co-Chairs

Program Book Contents
Program Book Advertising
Menus
Convention Packets – Assemble and Contents
Hospitality – Hospitality room, Airport Greeters, Tours

Secretary – Pat Staffanson

Convention Office and Workers
Pages

Registration – Dennis Marler

Registration office/Desk
Registration Forms
Name Badges

Treasurer – Diane Vanusek

Graphics Coordinator – Signage/Tickets/Placards/Stationery

Activities Chair – Kate Sala

Association of the Arts Set-Up
Celebration of Life Service Set-Up
Credentials
Easter Seals/Foundation/Circle of Life/Men's Activities/Youth Activities
Opening Ceremonies/Installation
Workshops

Functions Chair – your name here?

Table Decorations
Room Set Up (includes audio visual)

CHAPTER DESIGNATED STATE PHILANTHROPIC FUNDS

The Minnesota State Council budgeted philanthropic donations of \$100 per chapter to be distributed, in their name, to charitable organizations of the chapter's choice. Please complete this form and return to the State treasurer as soon as possible.

Chapter Name and Number _____

Chapter Officer _____

Officer's Telephone Number _____

1. Name of Charitable Organization _____

Amount of donation to this organization _____

Mailing Address _____

2. Name of Charitable Organization _____

Amount of donation to this organization _____

Mailing Address _____

For additional charities, provide the same information on the back of this page. Donations should be at least \$50 per organization and must total no more than \$100.

Unless these organizations are well known charities, please attach the charity's Internal Revenue Service Exemption letter. This can be obtained from the charity. The ESA Foundation Turn-around Funds will be used and this letter is required.

Chapter Officer's Signature Date



Payment Approved By _____ Date _____

Check Number _____ Check Date _____ Amount _____

Expense Charged to _____ Amount _____