



*Epsilon Sigma Alpha*  
INTERNATIONAL®

# *Minnesota ESsAy*

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## ***Terri Olson – President***

Happy New Year to all! It's amazing to me how fast the time goes when you feel like you don't have very much time to accomplish all of the things that you want to do. I need to make another list! I hope you all had a blessed Christmas, Hanukah, or whatever you might celebrate. I hope, too, that you're ready for a fun-filled 2011.

Diane, as International Convention Treasurer, has completed the financial recordkeeping and has informed the International Convention Planning Committee and the Minnesota State Elected Board that Minnesota has earned a profit of \$3,000. You all worked so hard to put on a wonderful International Convention and now we must as a state determine what we would like to do with these additional funds. So, talk within your chapters about what you might like to do with the money, share your ideas with me or someone in your chapter who will be at the January 15<sup>th</sup> Membership meeting since we will be discussing and voting on what the membership would like to do with the additional revenue.

Kathy and Fran are recuperating nicely from their respective surgeries and I'm sure will have some additional fun events planned that they will be sharing with us at the Membership meeting as well. Perhaps we'll

learn whether or not there's a Casino Trip planned for January 17<sup>th</sup>. We'll also have a special treat at the January 15<sup>th</sup> Membership meeting as well, since Jackie has arranged a presentation for a potential new philanthropic project, either as a chapter or a state project. This is an exciting opportunity if you're an animal lover or if you want to learn more about how we can help our veterans. You've got to be at the meeting so you can SEE what this project is all about. The presentation is scheduled for 11:00AM, so I hope you'll be there. I'm still checking to see if we'll be having a Bundles of Love philanthropic project activity to work on at the meeting, so once I know for sure, I'll send out an email blast so that you're prepared and you can bring along some friends to join in the fun. Don't forget that Dennis has scheduled a Parliamentarian meeting for Saturday, January 22<sup>nd</sup> at his home and he's hoping for participation from each chapter to talk about any potential changes. Remember, changes to Standing Rules can be made at any time. I'm sure Karla Kay is busy getting ready for the ESA Foundation Scholarships since the applications need to be turned in by February 1<sup>st</sup>. Be sure to let her know if you're able to provide any help to her for this project.

As I look at my calendar, it appears that Gamma Omega is having a Cheers for the Troops fundraiser on Saturday, February 19<sup>th</sup> and Sigma Kappa is planning a Scrapbooking for St. Jude fundraiser on Saturday, February 26<sup>th</sup>. We'll be looking for more information and updates on these fun events that you might want to bring a guest to enjoy!

I would like to challenge you to bring a guest to one of these events in January or February – and then invite the guest to come again in March, April, or May. If we focus harder on having fun with a group of friends instead of thinking that "I don't have any friends I could possibly invite to join ESA", I know we can grow ESA. I bet that you have plenty of friends who might like to have some fun! Who do you know that wants to have fun?

I heard of another nifty new idea for a fundraiser. What do you think about having a purse party where you bring all of your old purses that you don't use or want to keep. To raise money, you might try to charge everyone a certain amount of money to enter the party and then the purse they "purchase" is either a nominal amount or is free. What do you think? Headquarters has more information on this idea. Looking forward to seeing you at one of our upcoming events. Happy New Year!

***Diane Vanusek – Past President-MN Love /Disaster Chair***

Just a reminder there will be playing cards for sale for the Minnesota Love Fund/IC Disaster Fund at the January meeting. I have lots of cards and can sell more than one deck.

Looking forward to the State Convention (already!); there will be a silent auction for the MN Love Fund as always. If you or anyone you know has an item they cannot use and are willing to donate, I will accept early donations.

***Kathy Eastlack – Second Vice President***

Is Spring here yet?? After today with the nice rain and 40 degree temp all day, I'm going to pretend that it's close. I hope you all had a blessed Christmas and New Year.

Since we had to cancel the Christmas Party, we would like to reschedule it for January 15th, after the meeting. We will gather at Bryant Lake Bowling Alley, 810 West Lake Street, Minneapolis. Games are \$4.50, shoes \$1.50. They are collecting food for the food shelf, which earns you a free game of bowling. There will be special bowling rules, so this will not be your typical bowling! We will probably have 4-6 people on each lane. We would like to know how many people will be attending. Please either e-mail me at [kathy.eastlack@gmail.com](mailto:kathy.eastlack@gmail.com) or call me at 763-682-5138 by 1/10. If you are unable to attend the State Board Meeting, we hope you will be able to join us at Bryant Lake Bowling Alley around 2pm. If this just is not working for anyone, would February be a better time? Let me know your thoughts please.

In February, I am very excited to be attending the ESA Leadership

Seminar in Colorado. They always have the latest and greatest information. Perhaps at the March meeting there will be some time for me to share some of my new found knowledge.

Between now and the last board meeting in April, I'd like you all to start thinking and discussing what organizations you would like to see make a presentation to ESA for our fund raising efforts for next year, I can't believe how fast this past year has went and we're already thinking about next year. I have found one group already, and they are very excited to be meeting us in April to tell us about their philanthropic and fundraising needs. Have any chapters paired up with other organizations to do a project? Lend a helping hand on an established project. Since the wind is blowing at 40 mph, and I'm hunkered down in my nice warm house, I've had some time to ponder some fundraising ideas. I know all towns have their own summer celebrations and are always looking for groups to work on a portion of the celebrations. How about breakfast with the Easter Bunny? Applebee's does a lot of fundraising, maybe your local Applebee's would be interested in that. You could charge to have pictures taken with the Bunny, Applebee's makes the food and serves it. Rent the bunny costume and get a volunteer to wear it. The local newspapers like printing stuff like this, and look at all the free advertising for ESA. Start by calling the store manager. For anything to happen you have to take that first step.

A couple of weeks ago, I sent out an e-mail about a person in need that I know. As of 12/31 she has lost her insurance. She is hoping that on 1/3 her husband's insurance will pick her up. I brought out a Christmas basket and some money and gift cards

people had given me for her, and she said they had been getting shut off notices and not sure how they were going to pay rent, but with the gifts people have been sending her, she will be able to pay rent this month. She is trying to get disability with Social Security but that will take some time, if she can get it. She will have a scan done in six weeks, and a new game plan will be formed at that time, depending on the results. You can follow her at [www.caringbridge.com](http://www.caringbridge.com), enter lisapoirier. She is so appreciative of all everyone has done for her. Please continue keep her in your prayers.

See you at the board meeting on the 15th!

***ESA FOUNDATION - Karla Kay Nicklaus "Serving the World Community...Because We Care"***

Two very important deadlines in the New Year:

- 1) Deadline for scholarship application is February 1, 2011. To date I have received ten scholarships and looking forward to many more.
- 2) Deadline for becoming a member of the Foundation or renewing your dues is March 1, 2011. Thanks to many of you for renewing your membership. To become a member of the Foundation the cost for the first year is \$25 and after the first year, renewal is \$15. Think about becoming a member of the Foundation. Remember you don't have to be a member of the Foundation to join.

I have application forms for becoming a member or renewing your Foundation dues, and college application - so just give me a call and will mail the forms immediately.

## **Sharon Desarmeaux - Chaplain**

When our car gets stuck in the mud or snow, we immediately try to get out. Sometimes we have to spin our wheels to get a rocking motion going. Sometimes we have to try harder, then try again before we can get out. Sometimes, spinning our wheels digs us in more deeply. Then in frustration, we let go, relax. Soon we find ourselves doing what we need to get unstuck. We ask for help or figure out another approach.

That's how it is on our journey. We may find ourselves in a situation we don't know how to handle. So we start spinning our wheels in order to get to the next place, the place where we slow down and figure out what to do next. Sometimes our frustration helps general energy to get momentum going in the general direction of solving the problem. Putting forth that energy gets steam built up, tells us and the universe we're ready to free ourselves.

If you find yourself spinning your wheels, be gentle with yourself. Slow down, get a nice rocking motion going, one that's rhythmic yet powerful enough to free you, then put the car in gear, step on the gas and gently drive out of the muck.

*Sometimes we need to spin our wheels. It helps us get unstuck.*  
-----from the book *Journey to the Heart* by Melody Beattie

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The following members have needed our thoughts and prayers since our last ESsAy.  
Jerry Andersen Beta Sigma, Brother, Everett, passed away. The family of Marge Sauerbrey, Beta Theta, as Marge passed away. Jeanette Hansen, Beta Theta, broken wrist & hip.

Lorraine & Lloyd Ford, Beta Theta, Lloyd had heart surgery.  
Pat Kittleson, Delta Omicron, growth removed from throat, will be having radiation.  
Kathy Eastlack, Delta Mu, had knee surgery.  
Fran Fredrickson, Delta Pi, had cataract surgery.  
Jo Hanson, Beta Sigma, had cataract surgery.  
Lori Winczewski, Sigma Kappa, had surgery.  
Melissa Uzelac, Pat Swope's daughter, Alpha Lambda, baby boy

## **MARC Reps Birdie Elkofska Sharon Desarmeaux**

**It is not " too late " to make  
an important, never regret  
New Year's Resolution....  
here it is:**

**I will NOT miss the next  
MARC conference  
in Bloomington, Illinois  
the first weekend  
in October !!!!!**

That will change your life as you have a lot of fun learning and enriching your life.

## **Hats for Hope - Galen Eastlack**

For the January meeting we will be collecting a large list of supplies: Sleeping bags, tents, plastic tarps, coats, hats, gloves, scarves, shoes, boots, clothing, socks, towels, washcloths, calling cards, and toiletries (soap, shampoo/cream rinse, tooth brushes, tooth paste, lotion, and cologne samples). This includes children's clothing. At any given time there are 3-5,000 children homeless in Minnesota. They will also accept gift cards to grocery stores and drug stores. There are probably some Christmas gifts you received that you won't be needing. All of these things will

be going to the "Benefit for the Christian Warrior Sleeping Bags Project" which will be taking place on January 22nd, from 1-5pm at the Word of Life Church at University and Egret Blvd. in Coon Rapids. There will be a silent auction, food and performance by Cody James. We have already collected 4 garbage bags full of scarves that were knitted and crocheted by students at Normandale College. (Kathy has reassured me that I do not have to learn how to knit or crochet, just collect the donations.) We also have a large bag of toiletries for them. All articles do not have to be new, just gently used. I personally know three of the people working on this project, and they have spend many, many hours out in the streets distributing donations to the homeless.

There were 3 other garbage bags full of hats, scarves and mittens collected at our last Spring meeting that were donated to the Wright County Human Services and Public Health Nursing Department. These were distributed early enough to be included in Christmas baskets.

Please bring these articles to the January 15th Board Meeting. I will be attending the fundraiser on the 22nd. I hope you will be able to join me there too!

P.S. Every time you stay at a hotel, bring home those samples that are left in your room, don't throw your used clothing/sleeping bags/towels in the dumpster. These DO make a difference in someone's life!

*"No person was ever honored for what he received. Honor has been the reward for what he gave."*

*~ Calvin Coolidge*

# **Chapter News!!**

## **Alpha Chi – Joane Buche**

Alpha Chi's November meeting was almost held at Fern Ellison's home. We plan our meetings for Saturday mornings to make it easier for traveling. That day produced an ice/snow storm so we cancelled.

We arranged for our Christmas party in October which was a good thing. We celebrated by having lunch at Axel's in Woodbury and exchanged gifts. All 14 members were able to attend and we had fun and even had a quick meeting as the restaurant was very quiet.

Kathleen Konrad, our president, announced that she was awaiting the birth of two baby boy (identical twins) grandsons. What a gift that is!!

Sue and Ken took a bus trip to Branson and had a great time. They were very tired from selling their home and moving so it was good to get away and relax.

Shirley Hane is also moving to be nearer her son and family. She had her name on a waiting list for some time. Then her lease was up at her present place and it sounds like it will work out good for her.

Donna and Wally Wakefield will host their son and family from Atlanta over the holidays. Sure hope their active grandchildren don't topple over their 14' Christmas tree.

Gloria Iverson just celebrated her birthday by going out to lunch every day for a week. On that Sunday, she topped off the party time when her son took her to T.I. (Anyone know where that is?)

Pat Peterson, Bev Landers, Phyllis Frascone, Gloria Iverson, Sue Todd, Joane Buche (Donna

Wakefield is now on the disabled list) spend Wednesday mornings at Medtox. Under Rhonda Krehl's leadership, we get a lot of work done. When you see any of these gals, ask them how many layers of clothing they are wearing to keep warm in that warehouse.

Update on the twin boys born December 17, 2010: Samuel, 6 lbs, 10 oz. and Steven 6 lbs. 2 oz. Great grandmother, Colleen Riley, is doing fine.

Update: I just heard Nora Meyers and her husband just celebrated their 65<sup>th</sup> anniversary. Congratulations!!

Happy New Year to all our sisters. Stay warm, safe & healthy.

## **Alpha Lambda – Kathie Wasson**

Happy New Year to all from Alpha Lambda.

Our chapter meetings start again on Sunday, January 9 when we will be working on our coupons project and filling a few boxes for the soldiers in Afghanistan and most important of all, enjoying some time together at Mary Parr's house.

We have a new grandchild in our chapter. Pat and Gene Schwope are the proud grandparents. Daughter Melissa and son-in-law Mike Uzelac blessed them with a new grandson, Benjamin Michael Morris Uzelac, who joined the family on Wednesday, December 15. Baby Benjamin, big brother Joseph, mom and dad are doing well. Benjamin's baptism is scheduled for New Year's Day. What a wonderful blessed way to start the New Year.

January 4 Mary Parr will begin chemotherapy sessions which will consist of one treatment each week for four weeks. This certainly takes care of January. However, the treatments will NOT interfere with going to Medtox since they are scheduled for Tuesdays. It has been four years since treatment was necessary which is not bad. The cancer is not curable but is treatable.

Mary and Kate Sala traveled with family to Madison, WI for their second Christmas with Mary's sister and family. Kate has been enjoying some well deserved time off from homework and traveling to class after work.

Kathie celebrated the holidays with family on January 1, having a very good time with grandchildren.

Our chapter Christmas social was cancelled due to the blizzard on December 11. Everyone has been so busy we haven't rescheduled yet but still plan to have a festive get-together soon.

## **Alpha Sigma – Sharon Lange**

Minnesota is a Winter Wonderland! If only there wasn't so much snow, if only we didn't have to dig our way out, if only it wasn't so cold, if only...

Birdie Elkofska got out of the cold for six days – she went to South Carolina. "They all thought I was nuts coming down there in their off season because the highs were 50 to 60 and the lows 20 to 30. Well, that was wonderful for me. The flowers were still out because it just does not stay cold for any length of time. So I enjoyed it. The trip through the Atlanta airport was another story. Had to change

planes. Our Minneapolis / St. Paul airport has about 10 gates (A - J). Atlanta has many, many more and the gates are much longer. My incoming flight came in on Gate "B" and I had 40 minutes to get to Gate "T". Since I have a bad knee, I had requested a cart, but ended up getting a wheel chair. My new flight was delayed and I still hardly made the connection. The nice young man pushing the wheel chair was sprinting right along. In the future, I'll try to avoid Atlanta and transfer flights in another city."

While Birdie was in South Carolina, she visited with a lot of ESA sisters and went to many plantations plus toured Charleston for a day. Needless to say, "I ate some really great food and never got sick of seafood".

Alpha Sigma held our Christmas Party at Claddagh Irish Pub in Maple Grove. Good friends. Good food. Good fun. It's always fun when the guys join us. We did our gift exchange a little different this year-- each person had to buy gifts starting with the letter "A" as in Alpha Sigma. It was sure interesting to see the variety of things people found. Was fun !!

Birdie Elkofska and Sharon Lange went to hear the Kantorei Choir. It was marvelous. Thanks to Kathy Eastlack for bringing them to our attention. This could become an annual tradition.

For Rose Bitter, the holidays were terrific with family and friends. Thanksgiving was with relatives in Iowa and Christmas was in Minnesota with the kids. "I think the highlight was our Christmas scavenger hunt for the grandkids. They're old enough to really participate. So after 15 minutes of utter chaos, we have some very memorable moments!" Part of her family was not able to be with them this year, but through the magic of Skype, they were able to

spend some time "in person," and even did a little Christmas caroling together! Looking forward to whatever 2011 brings!

Diane Vanusek and her daughter attended the woman's portion of a Somali wedding for their friend, Filsan's. Even though they did not understand the language, the music, dancing, and traditions were quite interesting. Different cultures CAN appreciate each other.

Diane and Don spent Christmas in Wisconsin with their children. The drive up mid-Wisconsin was beautiful with snow laden pine trees on both sides of the road. Nature paints the best pictures. And while they were there, Diane loaded the car with lots of stuff from her son for our Alpha Sigma garage sale. She's getting a jump start on next summer's sale.

Alpha Sigma wishes everyone good health and good wealth in 2011. Happy New Year! We hope that ESA in Minnesota will grow and be ignited with new energy and ideas. We're looking forward to seeing everyone at the January 15<sup>th</sup> State Meeting.

### ***Alpha Theta - Mary Jane Rosenberg***

Happy New Year and let us hope it will be a very good one!!

It just seems like it has been ages since I sat down to write an article for the Essay, but this morning I thought I'd better get my act together and get this done.

We met on November 2<sup>nd</sup> at the Best Webster's for lunch with all members present except Marge. Not much business was on the agenda, but letters of thanks were read from all that we contributed to, telling about how very much they appreciated the financial help. We went on to discuss our Christmas lunch in December.

Being outspoken, I told them it was to be held at Pappa George's at 11:30 am on December 7. There were no objections, so at that point, I was thankful.

Our Christmas lunch was held at Pappa George's and it was very good—everybody was very satisfied. Seems like everyone brought favors, so chocolate was the main thing. What made us feel so good was that Marge was able to come and we enjoyed her so much and she in turn enjoyed it, too. Her daughter had been with her for a couple of weeks, but had to leave that morning for home.

All of us were busy over Christmas with our families and trying to do volunteer stuff on the side. As of yesterday, I am a cat sitter for my sister-in-law. She left yesterday for Arizona. I did this last year, too, and it wasn't too bad.

I am sure that we won't be able to come and work at Medtox because of the snow and the weather conditions. By the way, I am tired of snow and I am sure all of you are, too.

Thought for the month:  
"Thankfulness depends on what is in your heart, not what is in your hand."

### ***Omega Chi - Pat Staffanson***

No news from my chapter sisters this month.

In spite of the December 11 blizzard, Gary and I managed to get to our church to help package over 350,000 meals for Kids Against Hunger which will be sent to Haiti. It was a great feeling to be a part of that effort.

Omega Chi chapter helped support Second Harvest/Feeding America over the Christmas holiday.

The Staffanson household had a wonderful Christmas and New Year's holiday. We celebrated Christmas Eve at our house with our kids, grandkids, nieces and other family. It was great! Way too much good food!! Lots of time with the grandkids over the winter break, so life was good!

Now we are looking forward to our annual trip to Mazatlan to get away from the snow, snow and more snow!! Happy New Year!! Hope to see you all at the January membership meeting.

### ***Sigma Chi – Shirley Laue***

I hope all of you had a wonderful and Blessed Holiday. I did, especially with family.

The fall of 2010 was a busy one for me. I had cataract surgery in both eyes. Regretfully, I will still have to wear glasses. Also, I will have more surgery on both eyes in January.

In Nov. I organized an event on Veteran's Day. The Fire department parked their truck and hung a flag by Highway 55. Many people stopped for free coffee and cookies, (furnished by local businesses), and many honked and waved as they drove by on their way to work. It was a success and hopefully the event will happen again in 2011. The weather was good that day, but as we all know it changed drastically a day later.

By the time you read this I will have become a great-grandmother, and of course Herman will be the great-grandfather. We are looking forward to going to Florida in February to meet little Daniel. More on that later.

Happy New Year and hope to see you soon.

### ***Sigma Kappa – Casey Ronning***

**Lori** - I'm still working hard. Can't seem to get rid of strep. **Got engaged over Christmas.** That is all :)

**Sharon** - The whole Desarmeaux family traveled to Michigan for Thanksgiving. It is always great spending time with family and friends. Christmas was spent at our house with the family and friends over for dinner. I am back volunteering at daughter Renee's school. I am working with the 1<sup>st</sup> graders with their reading. I really enjoy doing this. I have helped out in Renee's art classroom also. I am still volunteering at the Alzheimer's Association and enjoyed their holiday party. On a chapter level as Parliamentarian, I have gone through the Chapter By-Laws/Standing Rules and we will go over them at our January meeting and make necessary changes, etc. Hope everyone had a wonderful holiday season and Happy New Year to all!

**Karen** - The plan was for Casey, my niece Meghan and I to fly to Memphis for the marathon benefitting St. Jude. The trip didn't turn out quite the way we planned. I got sick and had to fly down a day late. Casey got sick once she got there and was sick the whole time we were there. It was a good time, but we will have to go again when we can all enjoy it!

**Casey** - I am back home for a while for winter break, enjoying the home cooked food and comfortable bed! I got a job last month at Dick's Sporting Goods and have been busy working there. Happy New Year!

### ***Alexandra House – Pat Staffanson***

Did you know that Alexandra House offers a number of community-based support groups? These groups seek to provide a safe space for victims and survivors of domestic and sexual violence to heal through conversation, education, and peer support. Upon escaping an abusive relationship or following a sexual assault, many survivors find even the most supportive of family and friends may not always "get it", leaving survivors to frequently feel alone in their struggle to heal emotionally. Our support groups become a refuge in which survivors may speak freely about their personal experiences and can give and receive feedback and strength from fellow survivors.

If you or someone you know might benefit from our support groups, check our [website](#) or call our hotline at 763-780-2330 for more information or to register for a group. All groups are free and confidential and childcare is available. Alexandra House currently offers the following support groups:

**Domestic Abuse Crisis Group** - for women who are currently in an abusive relationship or have recently escaped the relationship

**Domestic Abuse Recovery Group** - for women past the immediate crisis of escaping abuse and are looking forward towards long-term healing and recovery

**Sexual Violence Survivors Group for Adults**

**Sexual Violence Survivors Group for Teens**



## Come and warm yourself in the golden glow of ESA on a rather coolish January day

You said what? Minnesota State Membership Meeting - Hosted by Alpha Sigma

Where did you say? Faith Lilac Way Church, 5530 42<sup>nd</sup> Ave N, Robbinsdale, MN  
(42<sup>nd</sup> & Welcome Avenue)

Did I Hear When? Saturday, January 15, 2011, 8:30 AM coffee, 9:00 AM meeting

Did someone ask? The cost is \$12.00 per person

Who do you call (to rsvp)? Birdie Elkofska @ 952-938-3020 or email to  
[BirdieElkofska@comcast.net](mailto:BirdieElkofska@comcast.net) by January 10, 2011

Bundles of Love – one of the State Philanthropic Projects – will present an activity under the direction of Sandy Dolence – the state chair for this project. Please bring a baby item suitable for newborns, if you can. Examples are: diapers, onesies, booties, kimonos, baby powder, baby oil, pacifiers, bottles, or anything else you think might be appropriate for a newborn layette. Premie items are welcome too.

Keep in mind the usual collection for toiletries or other items for Hats for Hope, Hope for Heroes and computer ink cartridges for Easter Seals/Goodwill

