

MINNESOTA ESSAY

Issue 1 of 9
August 2022

Inside this issue:

Vice President	2
Parliamentarian, Treasurer, Essay Edi-	3
Dues Forms	4-5
Tax Facts	6-7
Association of Arts	8
ESAF, MARC News	9
MARC Forms	10-17
St Jude Walk/Run	18
St Jude 50 for \$50	19
Welcome Home	19
St Jude Completed Event Form	20
Wishes & More	21
Chapter News	22-25
Membership Mtg	26
Wine Tasting	27

Don't forget to:

- RSVP for the Association of Arts Event on 8/13
- RSVP for the Membership Mtg on 8/20
- Pay State and IC Dues by 9/1
- Attend the Parliamentary Discussion on 9/12
- Get your tickets for the Wine Tasting Event on 9/17
- Sign up for the St. Jude Walk/Run on 9/24
- Save the date 11/5 for the annual MN St. Jude Event

President—Dee Rotering

Julene and I flew into Indianapolis in the early morning of July 24th, where Terri met us with her car and we headed to our hotel. There was a “Days of the Dead” Convention that was just wrapping up and members of this group were still circulating all over the hotel. Some odd and some incredibly gruesome costumes! Due to their Convention just finishing, we couldn't get into our hotel room, so it was off to explore a brewery and also get some lunch. We even found a few shops that were pretty intriguing!

We had some time on Monday and Tuesday to do some more exploring and Terri invited a couple of friends from Oregon to join us for the two days since they didn't have any transportation. The five of us had some good

times together checking out restaurants and shops on Mass Avenue.

Tuesday evening we joined Diane V, Birdie, and Leanne M. for the ESA Foundation Fund Fest. I'm pleased to tell you that the winning bid for the MN purse to benefit the Foundation was **\$550!** Wow!!!

Wednesday was the ESA Foundation Annual Meeting and later that day we all honored Robin at the IC President's Celebration. That evening was the Convention's Welcome Party.

Thursday morning we all attended the Membership Workshop which was very good! Next was the annual MARC meeting. And later we could choose from three different workshops. In the evening we Delta Mu

(plus two from Oregon) participated in the Lip-Sync contest. We practiced and practiced, and we still didn't win one of the three prizes, but we sure had a fun time!



I was honored to participate in the Opening Flag Ceremony carrying MN's flag on Friday. BJ Clark was our Keynote Speaker and reminded us to have less meetings and more fun if we are serious about recruiting new members. There were 307 people in attendance at IC Convention.

President—(continued)

The next three Conventions are as follows:

2023—Grapevine, TX
2024—Overland Park, KS
2025—North Carolina hosted by SERC

The Recognition Luncheon awarded Minnesota ESA with the following honors:

- Special Recognition for

Donations to the ESA Foundation Grant Fund

- 1st Place: State Donating the most Money to Endowments
- 1st Place: State Donating the Most Money (no turnaround Funds).

The new IC Executive Board includes:

Denise Holdaway—President
Corres Sec—Sandy Fletcher
Brenda Meyers—1st VP
Corres Sec—Judi Grefer
Lynda Edwards—2nd VP
Angie Butenschoen—Rec Sec
Treasurer—Celeste Webb
Parliamentarian—Margaret Kramer
Workshop—Patti Gale
Jr Past Pres—LeAnn Wray

Vice President—Dana Terry

Hello, all my Minnesota ESA peeps! Hope you are enjoying summer. It seems like it is flying by very fast for me. I was very happy to get to take a 10-day break from work to take a vacation to Grand Rapids, MN. We rented a cozy cabin on crystal clear Caribou Lake. We kayaked several lakes in the area, fished, swam, hiked, and unplugged from the “real world”.

Once I was back, it was full steam ahead at work. I have passed along the vast majority of my old duties to my new department assistant and am able to delve more into my new role in our company. Ask me what I do and my answer will depend on the day! While I hold a Procurement Manager title and still do some purchasing functions and analysis, much more of my time is spent on process automation and streamlining workflows within our company. (Much more of an IT role most would say...even though I don't have a background in IT.) I am loving what I am doing now. Quinn

calls me his little nerd because now I geek out on all this computer programming stuff (watching videos on YouTube, reading books and articles, and playing around with my workflows at home).

Ok enough about me.... what's the plan for our 2022-23 year in ESA? We have lots on our calendar, and I am sure more events and volunteering opportunities will be added as we go. Our calendar is a great tool for rushing. Instead of inviting a friend/family member (or anyone that could be a potential new member) to a specific event, why not show them our calendar so they can see all the things we have going on.

Example: I'm at work and I think, oh my coworker, Meagan, might enjoy the St. Jude Style Show. I think I'll ask her to attend with me. I ask and unfortunately she's busy that day and can't go. End of story. But, what if instead when I asked her, I brought along a copy of our cal-

endar of events? When she told me she couldn't go to the Style Show, I could show her the calendar and explain other events that we have coming up and see if she would be interested in attending any of those. The calendar - our forgotten rushing tool!

As Vice President, per our by-laws, I am to strive for 10% membership growth. I believe at the end of our 2021-22 year, we had around 70 members. 10% growth would be 7 new members. We pledged 2 new members at our State Convention. So, we need another 5 new members to hit 10% growth. Can we hit this goal? I know we can...but it takes a village! Each of us is capable of something that can help with membership growth. What can you do to help MN ESA thrive and grow?



Parliamentarian—Julene Donnay

It is going to be a FANTASTIC Year for Epsilon Sigma Alpha – as we all get back on track and re-introduce ourselves at in person gatherings.

At International Convention we were lucky to have BJ Clark as our keynote speaker for the first General Assembly. For our new members, she was the previous Executive Director of ESA. She served in that roll for 30+ years, so many of us knew her well. It was great to hear her messages again for Epsilon Sigma Alpha and our future ideals that we should all be considering as we go about our chapter and state membership meetings.

One thing she pointed out was the importance to minimize the focus on Bylaws, and to keep

them only as needed to manage the business. She said that the focus on 'rules' will often chase away new members, especially when they observe arguments and disagreements between members when we are really coming together for the true purpose of ESA which is Good Friends, Good Works, Good Service.

In support of this message and for the benefit of Minnesota ESA, I would like to have an open discussion on all of our By-laws and Standing Rules to do corrections and propose any changes in preparation for the 2023 MN State Convention.

The Parliamentarian meeting/discussion is open to anyone that has a desire to help with

this. So put the date of September 12th on your calendars. We will meet after the Medtox work has been completed at a nearby restaurant.

I do realize this may not work well for those working members, and apologize for that. I will collect a list of all of the discussions and suggestions for changes and put them in the October Essay. I will also have a second session if needed later this year. Thank you everyone for your interest and the suggestions that I've received so far!! AGAIN, SEPTEMBER 12th, (Monday) after the Medtox Shift is complete.

Have a beautiful rest of your summer!!



Treasurer—Dennis Marler

Chapter Treasurers, it's almost time to pay your 2022-2023 state membership and IC chapter dues. Please collect the state membership dues from your chapter members (\$20 per member) and complete the attached state member dues form.

The 2022-2023 version of the IC chapter dues form is located on the next page and the State chapter dues is on the following page (be sure to add additional members if there is not enough room on this page).

The following two pages provide

general information and the Tax Facts form that **must** be completed by all chapters to ensure our non-profit organization status. The Tax Facts form must be **received** by ESA Headquarters no later than **September 15th!**

See you on the 20th.

ESsAy Editor—Terri Olson

I am trying something new this year and that is to attempt to put any flyers pertaining to a specific officer article immediately following the article so it isn't necessary to search for the applicable information.

Please let me know if you like seeing flyers immediately following an officer article or if you prefer seeing them located after the Chapter News.

As a reminder, please send arti-

cles to me by the **25th of each month except** for November. There is not an issue for the month of December, however, articles are due by the **29th of December for the January** issue.



**International Council Dues
Chapter
State
Other Councils**

How to Remain Non-Profit?

- All entities **MUST** pay IC Council dues. Entities are: Chapters, District Councils, Regional Councils, State Councils, and any other Zone or Auxiliary.
- All entities **MUST** submit a Tax-Form (Tax Facts) to Headquarters each year by September 15th.
- All individual ESA members **MUST** pay individual member dues.

If these three (3) items are NOT completed, then the entity is NOT considered Non-Profit

What Do I Owe and Where Do I Send It?

- **Individual Member dues** are sent to ESA Headquarters. Each member will receive a bill in the mail. These are paid yearly during the month you pledged. Dues are \$49 (unless you are a senior or a Life-Active Member).
- **IC Council dues** are due at the beginning of the ESA Year (August 1st) and must be paid before May 1st to be considered in "good standing" and receive voting privileges at IC Convention. These dues are mailed to the current IC Treasurer. DO NOT SEND TO ESA HEADQUARTERS.

2021-2022 International Council Dues are Due Upon Receipt

Please check one:

- Chapters: \$40.00**
Name _____ Number _____ State Affiliation _____
- Other Councils/Districts/Zones/Auxiliary (within a state) \$40.00**
Name _____ Number _____ State Affiliation _____
- State Council/Multi-State Council \$45.00**
Name _____ Number _____

Treasurer's Name _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ Email Address _____

Send Payment to: IC Treasurer
 Celeste Webb
 1120 Richmond Avenue
 Mattoon, Illinois 61938
 lwebbfam@consolidated.net

FOR IC TREASURER'S USE ONLY	
DEPOSIT #	_____
CHECK #	_____
ACCOUNT #	_____
DATE REC'D	_____

Make Checks Payable to: *ESA International Council*
 Please include chapter name & number on check.

NOTE: Individual membership dues of \$49.00 should be sent directly to ESA Headquarters

ESA – Minnesota State Council Chapter/Member Dues Payments For 2022-2023

State dues are \$20.00 per chapter member due September 1, 2022.

Please send this form along with a list of members' names and I.D. numbers to:

Dennis Marler, State Treasurer
9145 Kingsview Lane N
Maple Grove MN 55369

Chapter IC dues of \$40.00 are due September 1, 2022. Please make out a separate check for \$40.00, payable to the ESA International Council. I will forward your Chapter IC dues to ESA Headquarters. If you send your Chapter IC dues directly to ESA Headquarters, please indicate that on this form.

Chapter Name _____ Chapter Number _____

Federal Tax ID # _____

Chapter Treasurer's Name, Address, Telephone Number: _____

Please list all dues-paying members and their Member Number.
Please provide the Member Number of any new members since last year.

Member Name	Member Number	Dues
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total From Additional Pages	_____
Total Member Dues Enclosed	_____
Chapter IC Dues (\$40.00)	_____
Total Amount Enclosed	_____



PLEASE READ THIS IMPORTANT INFORMATION!

GENERAL INFORMATION

The purpose of a federal income tax exemption is to preclude a Chapter or Council from having to pay Federal Income Tax on monies it raised for charitable purposes. For example, if a Chapter raises \$1,000 through a fundraising drive, i.e., a bake sale, style show, etc., and the expenses incurred amount to \$500, in effect the Chapter has earned a \$500 profit. The tax exemption privilege precludes the Chapter from having to pay Federal Income Tax on that "profit" when it has been designated for a charitable purpose.

Listed below are the requirements which a Chapter or Council must meet in order to qualify under the Group Exemption Status of the Epsilon Sigma Alpha International Council (ESAIC).

1. A letter of authorization must be filed with ESA Headquarters, each year, stating that the Chapter/Council is under the jurisdiction and supervision of the ESAIC and that said Chapter/Council is a paid member of the ESAIC. You meet this requirement by signing the top half of the other side of this page.
2. A financial report must be filed EACH year with ESA Headquarters covering the period August 1 through July 31. This fiscal year period is necessary for this report only and is not intended to interfere with established procedures in the Chapters and Councils. (This form must be received by Headquarters no later than September 15 of each year.)
3. There will be no cost to the Chapters or Councils for the filing of the annual tax report. (This service is provided to Chapters by the ESAIC and ESA Headquarters.)
4. An annual report will be made to the Internal Revenue Service. All reports to ESA Headquarters must be made by September 15 of each year in order to compile the information and forward to the Internal Revenue Service in a timely manner.
5. Each Chapter/Council must have an Employer Identification Number. This is a nine-digit number and is used like we use our social security number only the format is 88-8888888 and not like the SSN format 888-88-8888. It is necessary that a Chapter have this ID Number when they file their financial report each year. ESA Headquarters automatically applies for your EIN when you charter your chapter.
6. The federal designation as nonprofit does not exclude the Chapter/Council from paying State/City Sales Tax, etc. In order to be exempt from State/City Tax you would have to apply for this through your State or Local taxing Agency.
7. Financial information must be filed every year. Be sure this report covers transactions from August 1 through July 31. The report must be received at ESA Headquarters prior to September 15 each year. Send in an envelope marked "Tax Report".

The International Council has a 501(c)(4) designation which refers to Civic Leagues and Social Welfare Organizations. This is not a charitable or tax-deductible designation. ESA Chapters must report once a year to ESA Headquarters to qualify under the Council's Group Exemption.



FEDERAL TAX FACTS – YOU MUST FILE WITH ESA HEADQUARTERS EVERY YEAR!

Dear ESA Headquarters:

This is to confirm that:

Chapter Federal ID #			
Chapter/Council		Chapter #	
City	State	Zip	

is a paid member of the Epsilon Sigma Alpha International Council (ESAIC), and as such is under the jurisdiction and supervision of the ESAIC. It is the desire of the above to be included in the group exemption from the Internal Revenue Service.

Further, this Chapter/Council wishes to be included in the annual group return and will comply with Federal Regulations of the ESAIC. An annual financial statement will be submitted to ESA Headquarters each year by September 15 to be used in the filing of an annual report to the Internal Revenue Service.

The undersigned Chapter/Council hereby agrees to the above and will fulfill all requirements necessary to secure and receive benefits of this exempt status.

Signature (President or Treasurer)	Member #	Address
------------------------------------	----------	---------

This report is to be filed with:
 ESA Headquarters
 363 West Drake Road, Suite 5
 Fort Collins, CO 80526

Deadline to file: September 15, 2022
DO NOT SEND REPORT AFTER THIS DATE
 - it cannot be included in the Group Form 990.

FINANCIAL REPORT

Balance on Hand (all accounts) 1
 August 1, 2021

INCOME

Dues 2

Ways & Means 3
 Philanthropic projects

Other (Interest) 4

Subtotal of Income 5
 (Add #2, #3, & #4)

Total Income 6
 (Add #1 & #5)

DISBURSEMENTS

Operating Expenses 7

Philanthropic or 8
 Service projects

Other 9

Total Disbursements 10
 (Add #7, #8, & #9)

Balance on Hand 11
 July 31, 2022 (all accounts)
 (Subtract #10 from #6)

The method of record keeping is up to the individual Chapter or Council.

Association of Arts—Delta Rho Chapter

Epsilon Sigma Alpha Minnesota State Council

Association of the Arts

IC President's Theme Workshop/Social

Date: Saturday, August 13, 2022

Location: Eagle Lake Community Bldg

6259 Eagle Lake Dr., Maple Grove, MN

Cost: \$10.00 for workshop supplies only

-
- Please join Delta Rho and Sandy Hongerholt for a potluck lunch followed by a workshop to make gift bags and cards based on Denise Holdaway's theme: "Stepping Together in ESA"
 - The Eagle Lake Community Bldg will be open by 11:00. Please bring a dish to share for the Potluck Lunch, which will begin at 11:30. Delta Rho will provide plates, napkins, eating utensils and beverages. The workshop will begin after lunch.
 - Sandy Hongerholt will be leading the workshop in making the gift bags and cards using her special stamp and die sets: "Dressed to Impress" (see example below)
 - For those not interested in making the gift bags or cards, please feel free to join us for lunch, bring your own individual craft project, or just come to socialize. And bring a friend!

Please let us know if you will be coming to this event: email to bettyarobinson@comcast.net or call (763) 478-1502 by Monday August 8th. Please indicate whether you are bringing a dish to share for the potluck, just coming for the workshop, bringing your own craft project, and/or just coming to socialize.



ESAF—Karla Kay Nicklaus



Congratulations to the Winners of the 2022-23 Scholarships

Minnesota State Memorial Endowment

- ◆ Jecinta Niebedim – St Paul (\$2750)
- ◆ Hyeonmin Bae – Mankato (\$2750)

Parr Family Endowment

- ◆ Declan Simmons – Stillwater OK (\$1,150)

Ann & Bob Becker Endowment

- ◆ Cadence Ventress – Benton AR (\$1,450)

Minnesota Winner of the Pat Howard Memorial

- ◆ Symphonie Whitted – Minneapolis (\$650)

The Minnesota State Memorial Endowment will award two (2) scholarships in the amount of \$2750 for the 2023-24 academic year. Deadline for scholarship application – February 1, 2023. Check out the ESA Foundation website for scholarships.

THANKS....

- to Dianne Ocel, Minnesota State Council and Bob Elwell for becoming **Life Members** of the Foundation.

- to Dee Rotering for coordinating the “purse” donation for the ESA Fund Raiser at International Convention and to **ALL** who contributed gift cards/cash/ items.
- to Birdie Elkofska for sharing at the IC Convention’s ESA Foundation Annual Meeting the donations that Minnesota members made to the Grant Program.
- to the volunteers volunteering at Med/Tox during the month of August and to all who bring treats for the workers.

MARC—Diane Vanusek & Julene Donnay



Julene Donnay, Terri Olson, Leann Monahan, Diane Vanusek, Dee Rotering and Birdie Elkofska represented Minnesota at the MARC meeting held during the IC Convention in Indianapolis. Most of the discussion was about the upcoming MARC conference and introducing the candidates for next year of which there is not a full slate. If you are interested in running for an office, contact Brenda Fields @ b.fields.esa@gmail.com. Full minutes should be on the website soon.

It is time ladies and gents to get on Tulsa Time and make reservations to “Get Your Kicks on Route 66” at the **37th Annual Midwest Area Regional Council Conference**. Our members

to the south have worked hard to provide a great Friday Leadership Line-Up addressing personal safety, food Insecurity, child trafficking, and military transition to civilian life.

The Oklahoma crew promise food, fun, and frivolity in Tulsa from start to finish so come one all. See the attached forms for registration, hotel information, speaker descriptions and other activities. There is a cute T-shirt order form and a form to advertise in MARC Conference program book also attached. (P.S. If you can’t stand all the fun, there will be a by-law change too.)

Put October 7-8, 2022, dates on your calendar to savor the great

state of Oklahoma and your MARC friend and family.

A new reMARCS will be on the website soon. Visit <http://www.esamarc.org>, for a good read.

The MARC Registration Form, MARC Hotel Information, MARC Speaker Profiles, MARC T-shirts for the Conference, information from the ESA MARC Foundation Fundraiser, the MARC Ad Form, and two MARC Ways & Means Fundraisers are located within the ESSAy.





37th MIDWEST AREA REGIONAL COUNCIL CONFERENCE

TULSA, OK

OCTOBER 7-8, 2022

Hosted by ESA Oklahoma State Council

Name _____ State _____

Address _____

City, State, Zip _____

Email Address _____ Phone _____

Travel Plans: Driving: _____ Flying: Airline _____ Flight # _____ Date _____

Names of Roommates: _____

CURRENT OFFICER/ OFFICES HELD	
(Check all that apply)	
MARC Board	_____
MARCettes	_____
ESA Foundation Board	_____
State President	_____
Headquarters	_____
IC Exec. Board	_____
IC Appt. Board	_____
1 st Timer	_____
Guest	_____

REGISTRATION OPTIONS

Postmarked no later than 9/10/2022

Registration for Conference and Leadership	\$150.00	_____
Registration excluding Friday Leadership	\$125.00	_____

Postmarked after 9/10/2022

Registration for Conference and Leadership	\$175.00	_____
Registration excluding Friday Leadership	\$150.00	_____

Walk-in Registration after 10/1/2022

(cash/money order only)	\$200.00	_____
-------------------------	----------	-------

Partial Registrations

Saturday Luncheon only	\$ 50.00	_____
Saturday Banquet only	\$ 65.00	_____

Total Enclosed (Make check payable to ESA MARC 2022 Conference) \$ _____

Special Medical Dietary Needs _____

Mail Check and Form to:

Judy Cravens
 Registration Chair & Treasurer
 36322 S. 4202 Road
 Inola, OK 74036
 Phone 1.918.284.7335
 timcravens@aol.com

<p>Marriott Tulsa Southern Hills 1902 E. 71st St., Tulsa, OK 74136 1.800.228.9290 or 1.918.493.7000 http://tulsamarriott.com</p> <p><i>4% charge for credit cards</i></p> <p>Security Code _____ Exp Date _____</p>	<p>Hotel Information Group Code: ESA MARC Room Block honored until Sep. 24, 2022 Rate: \$121 per night, plus tax Complimentary self-park, Wi-Fi & free breakfast.</p> <p>Name on CC _____ Credit Card # _____</p>
--	---



37th Midwest Area Regional Council Conference

Friday, Oct. 7 & Saturday, Oct. 8, 2022

Rooms are available for Thursday, Oct. 6, 2022

Marriott Tulsa Southern Hills Tulsa, Oklahoma

The hotel is providing **free** parking, **free** Wi-Fi in sleeping rooms and public space, **free** breakfast buffet included daily for up to 4 guests in a room and **free** transportation within 5-mile radius of hotel based on availability.

Rooms will include Smart TV's, safes, coffee makers, refrigerators and multiple USB ports in all guest rooms. Room rate is \$121 + tax.

Hosted by the ESA Oklahoma State Council



Whether you come from the north or the east, we hope "The Mother Road" in Oklahoma is your next destination.

Group Link: [Book your group rate for Epsilon Sigma Alpha MARC Conference](#)

Marriott Tulsa Southern Hills (Hotel Code ESA MARC)

1902 E. 71st St., Tulsa, OK 74136

1.800.228.9290 or 1.918.493.7000 <http://tulsamarriott.com>



**37th MIDWEST AREA REGIONAL COUNCIL CONFERENCE
TULSA, OK**

**OCTOBER 7-8, 2022
Leadership Speakers Friday, Oct. 7, 2022**

LORI FULLBRIGHT, News Anchor for News on 6, KOTV, anchoring the 5, 6, and 10 p.m. news each night. She has been the station's crime reporter for 27 year. She has covered countless crime scenes and interviewed thousands of crime victims as well as hundreds of criminals and law enforcement officers.

Lori will share information about safety and how to avoid the current cons, frauds and scams to keep us safe.

EXECUTIVE CHEF JEFF MARLOW, Chief Culinary Officer, Community Food Bank of Eastern Oklahoma. The Community Food Bank of Eastern Oklahoma is a member of the Feeding America, the nation's leading domestic hunger-relief charity with a mission to feed America's hungry through a nationwide network of member food banks and to engage our country in the fight to end hunger. All of the MARC states have food banks in the Feeding America network.

Chef Jeff will share the growing significance of food insecurity, especially for children, and how it is being addressed.

MAURA GUTEN, President & CEO, Child Abuse Network (CAN). The Child Abuse Network is Tulsa's Children's Advocacy Center and serves as the coordinator with multiple agencies related to children of reported child abuse. CAN, Inc. is a charter member of the National Children's Alliance (formerly the National Network of Children's Advocacy Centers).

Maura will share information on the national CAN program as well as child trafficking in the US, unfortunately states just like MARC states.

COFFEE BUNKER, Our Veteran speaker will share the goal of transition from military to civilian life. Transition services will assist veterans to identify goals and resources and then provide sustained support throughout their journey through peer-to-peer support. Services include professional guidance for employment, starting a business, job skills training and interview and network access to employers, social activities, healthcare and VA assistance, relationships, food pantry and housing referrals. These programs are for all returning veterans.

The Coffee Bunker will be our hands-on project as we will be collecting gift cards to aid the veterans with meals, items for housing, clothing, personal hygiene items and generally anything that will aid their transition to civilian life. We suggest gift cards from Walmart, Sam's Club, Costco, Target, and generally large box stores.

OKLAHOMA STATE COUNCIL OF ESA
 HOSTING THE MARC CONFERENCE
 OCTOBER 7/8, 2022
 TULSA MARRIOTT HOTEL SOUTHERN HILLS
 1902 E. 71ST, TULSA, OK
VOLUNTEERS ARE NEEDED TO ASSIST

THEME



RED TEE SHIRTS with LOGO WILL BE HOSTESS ATTIRE

SHORT SLEEVE S-XI \$15.00 - 2x->larger \$17.00

LONG SLEEVE S-XL \$17.00 – 2X->larger \$19.00

Name: _____ Chapter _____

Address: _____

State: _____ Zip Code: _____ Phone: _____

Size: _____ Sleeve Length: Short _____ Long _____

Check# _____ Credit Card 4% upcharge will be added

CC# _____ Expiration Date _____ CVVCode _____

*Make Checks Payable to: ESA MARC 2022 Conference

Mail order form and check or CC information to: Margaret Kramer 114625 S 4172 Cir, Eufaula, OK 74432

Call, text or email if you have questions 918-617-3130 or mghnurseok@aol.com





ESA MARC Foundation Books and Beverages Fund Raiser

Support the MARC ESA Foundation Scholarships through a Books and Beverages “Cork” Pull. Bring new or softly used books (adult or children’s) or a beverage of your choice (hard or soft drink) to be sold through a “cork” pull drawing.





Advertising Order Form

2022 MARC Conference Program Book

Please use this order form to advertise in the 2022 MARC Conference Program Book. Advertisements will be accepted through September 20, 2022. Please check the SIZE of the ad you are placing.

_____ Full Page Ad	\$100.00
_____ 1/2 Page Ad	\$50.00
_____ 1/4 Page Ad	\$25.00

Advertising Placed by: _____

Contact Name: _____

Telephone: _____

Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Make check payable to **ESA MARC 2022 Conference**
 Mail check with this form and hard copy of the ad to:

Judi York
 3620 West Quantico Place
 Broken Arrow, OK 74011

Electronic copies of the ad MUST ALSO be sent to: judikay@gmail.com



MARC CONFERENCE
OCTOBER 7-8, 2022
"LIVE PURSE AUCTION"
MARRIOTT TULSA SOUTHERN HILLS, OK



EACH MARC STATE IS ASKED TO DONATE A NEW PURSE CONTAINING GIFT CARDS WITH A MINIMUM TOTAL VALUE OF \$150. THE PURSES WILL BE AUCTIONED OFF THROUGHOUT THE CONFERENCE. IF YOU NEED ADDITIONAL INFORMATION OR HAVE QUESTIONS, PLEASE CONTACT BJ VOLL, MARC WAYS & MEANS CHAIR, chaplainbj@aol.com or 812-631-8119





ESA MARC WAYS & MEANS 50/50

DRAWING WILL BE HELD OCTOBER 8, 2022

WINNERS WILL SHARE 50% OF TOTAL DONATIONS AS FOLLOWS:

1ST PRIZE	2ND PRIZE	3RD PRIZE
25%	15%	10%

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



MARC WAYS & MEANS 50/50

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



ESA MARC WAYS & MEANS 50/50

DRAWING WILL BE HELD OCTOBER 8, 2022

1ST PRIZE	2ND PRIZE	3RD PRIZE
25%	15%	10%

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



MARC WAYS & MEANS 50/50

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



ESA MARC WAYS & MEANS 50/50

DRAWING WILL BE HELD OCTOBER 8, 2022

1ST PRIZE	2ND PRIZE	3RD PRIZE
25%	15%	10%

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



MARC WAYS & MEANS 50/50

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



ESA MARC WAYS & MEANS 50/50

DRAWING WILL BE HELD OCTOBER 8, 2022

1ST PRIZE	2ND PRIZE	3RD PRIZE
25%	15%	10%

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



MARC WAYS & MEANS 50/50

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



ESA MARC WAYS & MEANS 50/50

DRAWING WILL BE HELD OCTOBER 8, 2022

1ST PRIZE	2ND PRIZE	3RD PRIZE
25%	15%	10%

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



MARC WAYS & MEANS 50/50

NAME: _____

PHONE: _____

EMAIL: _____

DO NOT HAVE TO BE PRESENT TO WIN / DONATION - \$10



Philanthropic—Birdie Elkofska

ESAers continue to serve those around us. I always remember that line we all learned when we joined this wonderful organization. **THE ONLY RIGHT WE HAVE IS THE RIGHT TO BE OF SERVICE.**

This month of August all the hard-working ESAers will be working for Medtox funds going to Wishes And More. Next month ... September it will be for

our other state project, Welcome Home Vets. If you have not been to Medtox in a while, come and join the fun. The work is so easy, we have to chat because we get so bored. And there is often some great laughter. If you have any questions about Medtox give Rhonda Krehl a call.

As we begin to fully get into our 2022-2023 ESA year be sure to

keep good track of the hours you spend doing Philanthropic work and also the miles you drive. Should you donate new or used items, well good news they can also be counted. So have a special place to track all this information and come April you will turn that information in to your chapter Philanthropic Chairman. This is one of the ways ESA can continue to keep its tax-exempt status.

St. Jude Coordinator—Alpha Sigma—Diane V.

The **St. Jude Walk/Run Twin Cities** is scheduled for September 24, 2022, to be held at Elm Creek Park in Maple Grove.

Registration is open now for In-Person Walk/Run, Virtual Walk/Run or to be a Volunteer.

Registration is on-line and it is not hard to find. If you want to register and can not figure out the on-line stuff, do not be shy and ask for help. (I did)

Go to the website www.stjude.org/walkrun then click on

[“register for Twin Cities”](#) and to register to volunteer or donate to ESA MN or another member. **BE SURE TO SIGN UP FOR THE TWIN CITIES.**

Minnesota ESA has created our own team **ESA MN**. We have eight members signed on and would like to see more. Just click on the “TEAMS” button under the “Fundraising Leaderboards” and enter ESA MN in the “Team Name” and click to join the team or see the ESA MN page. ESA need lots of participants and donations reach

out goal of \$10,000. We got 51 days to do it.

Let's try and make this one of the best Twin Cities Walk/Runs ever.

Due to the ever-changing COVID-19 landscape and the safety of participants and patient families, location and schedule changes are subject to occur for in-person events at any time. No matter what occurs, you can always join virtually as we rally together nationwide for a fun 5K.

St. Jude Coordinator—Alpha Sigma—Birdie E.

We are currently celebrating 50 YEARS of supporting ST. JUDE HOSPITAL!!!!

To celebrate we have a special challenge called \$50 for 50 State Challenge. This challenge is designed to show our love for

the kids of St. Jude by increasing our cash donations during this special year. How does it work? Each state from now until December 2022 has been asked to raise several \$50 donations. These are for NEW fund-raising opportunities. They can be actu-

al fund raisers, donations for just this program, chapter fun event or just opening up your wallet and donating an additional \$50. There is an actual Form you send with your donation to ESA Headquarters, so they know your \$50 is part of the Minneso-

St. Jude—(continued)

ta \$50 for 50 State Challenge. ESA Headquarters with track all of the donations submitted and credit the proper state. Be sure to indicate that your \$50 donation is for this challenge. The form is located on the next page.

If you have any questions or problems with this SPECIAL project, call Birdie at 952-938-

3020 and seek answers. Or just bring your donations to any ESA state or special event and Birdie will send them along to ESA Headquarters with proper form.

Ask a friend to help by donating. You will be surprised how many people send their donation directly into St. Jude Hospital. Asking them for their check

made out to St. Jude with still help the children of St. Jude and also ESA. It is that simple.



Welcome Home Vets—Sandy Hongerholt

On July 12th we hosted a picnic for the residents of Veterans East Apartments. The residents at VE are low-income veterans. Many were helped with a Welcome Home kit. Not all have family so our visits really mean a lot to the veteran residents. A huge thank you to Betty Robinson, Betty and Dennis Marler for all your help prepping the food for the picnic and hauling it all over to the apartment building. Thank you to the ESA members who came and enjoyed a meal and conversation with the residents. The residents were already asking when we will be back.

Our next event at VE will be the holiday dinner on Tuesday November 29 and we will also pass out nonperishable food gift boxes. Instead of us preparing a big meal we will keep the meal simple and serve Pizza and Salad. They really enjoy the sweet treats so we will provide a goody plate for each person. Please put this on your calendar and join us. I promise you will leave

there feeling really good about attending and making a difference in the lives of these men and women who served our country. I believe this is the 6th year I have been involved in this event.

I will send information for the rescheduled state WHV Divanis fundraiser event when I have it. It will be a Monday in October at the Plymouth location.

The following is from Rick and Gretchen:

“WHV picked up a new referral source through a Ramsey County Social Worker. We’ve been in discussions with the deputy director of the Mn Dept of Veterans Affairs about ending veteran homelessness. They would like to work with WHV in targeting a couple areas like St. Cloud and Duluth.

If you are looking for some cheap things to donate, school supplies are super cheap and we include basic office supplies like pens, notebooks, post it’s, etc., so they have something to

write down things like appointments. E.g., spiral notebooks are on sale for \$.25. Ten packs of pens \$1.00. These items are included in the Welcome Home kits.”

If you would like to donate please bring to the August 20th state meeting. I will not be at the meeting. Betty and Dennis will accept the donations.

I also received a message from Sharon Hall who runs the Adopt-A-Troop program through the Hopkins Elks. She thanks all ESA members that have donated to the program. Sharon sent out 10 boxes to the troops mid-July using your donations.

Sharon sent a separate attachment with a list of items you like to donate and some letters from the troops that receive the boxes. Please let me know if you would like a copy of this list. Thank you for remembering the men and women who are currently serving.



ESA for St. Jude Completed Event Form

All information is necessary to process this form. Please send any additional comments about this event via e-mail to DeenaS@epsilonsigmaalpha.org.

Is this an ALSAC Event? If yes, circle one: Tier 1 Tier 2 Tier 3

Name of Event: _____ Event Total* \$: _____

Date of Event: _____ Event City/State: _____

***If an ALSAC event please list the event net revenue as per your ALSAC Rep.**

CHAPTER(S) PARTICIPATING:

<u>Chapter Number</u>	<u>Chapter Name</u>	<u>Percentage of Credit</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EVENT CHAIR/CO-CHAIR (Note: only two chairs may be listed per event)

<u>Name</u>	<u>Member Number</u>	<u>Chapter Name</u>	<u>Percentage of Credit</u>
_____	_____	_____	_____
_____	_____	_____	_____

- To help save on administrative costs, it is not necessary to send any thank you letters from the ESA for St. Jude office.
- This is a \$50 for 50 donation (note: this donation must be **new** money, not from a yearly event or existing chapter/personal donation).

ESA for St. Jude Office, 363 West Drake Road, Fort Collins, CO 80526
p. 970.223.2824 f. 970-223.4456 www.epsilonsigmaalpha.org

Updated in February 2022





Wishes & More—Lori Thorpe

Thank you to everyone who worked hard on the 2022 annual newsletter mailing project for Wishes & More! It takes a village and you're an integral part of this phenomenal village!

I saw several ESA Members walked with Wishes & More in the Fridley 49ers Days Parade! Thank you for doing that and what a great way to get your steps in for the week (or month)!

A big thank you to everyone who

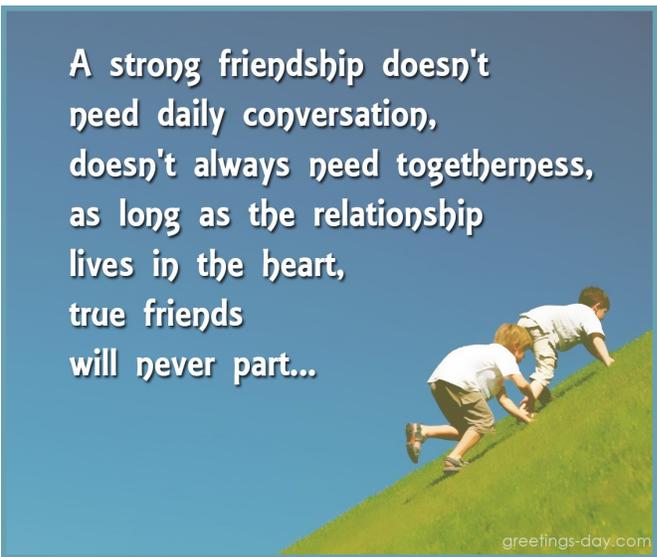
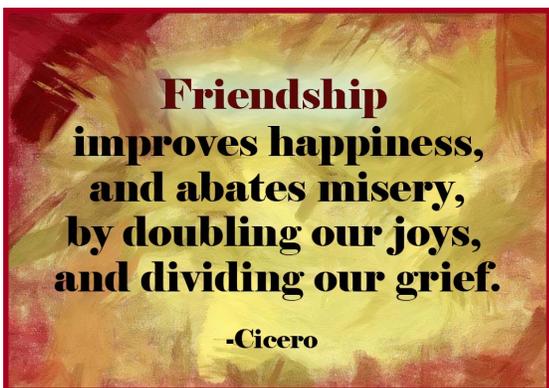
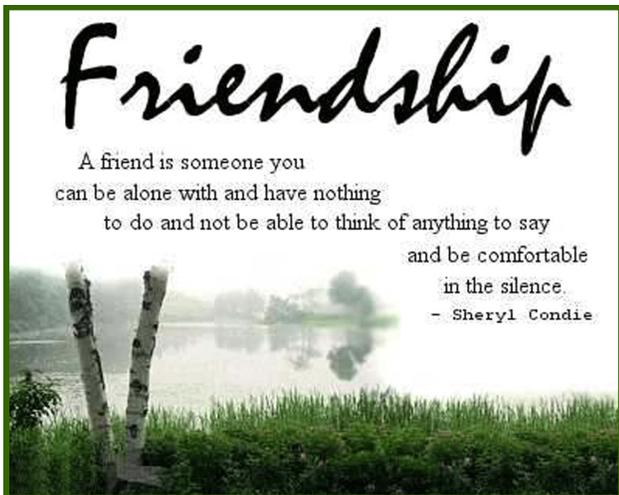
participated in Gamma Omega's greeting card creation session to benefit Wishes & More. What a great way to support a terrific organization and leave with ten gorgeous handmade cards! Thank you for organizing the event and leading us in this artistic adventure, Sandy Hongerholt!

If you're interested in volunteering, please contact Joelle Gamble at Joelle@wishesandmore.org

or 763-502-1500. She can assist you in signing up and completing any pre-requisite paperwork.

If you ever find yourself in possession of last minute tickets to a theater show, sports event, concert, or movie tickets please consider donating these items to the "More" portion of Wishes & More.

Thank you all so very much for your support of Wishes & More! Enjoy your summer!





Alpha Sigma—Diane Vanusek

The Alpha Sigma chapter is chiming in.

Birdie **says** —
Diane Vanusek, Leann Monahan and I spent 12 hours in a car. Now that should be worth something but nope. We drove to the ESA International Convention in Indianapolis, Indiana. Had a wonderful time and celebrated many things. The year end figures just continue to blow my mind ... this past year ... \$15,261,804...yes that is MILLION!!!! and the total ESA has raised in its 50 years together with St. Jude is \$356,699,252. We should all shout that to the world. Be proud because you were all a part of it

This summer Alpha Sigma members, Shirley Laue, Diane Vanusek and I, spent 6 days selling Hot Dogs and Brats at the Coburn's Store in Delano. They treat us like queens and boy did we make goooooooooo tips!!! We did this for the homeless veterans and have contributed to several organizations. But I do not want to eat another

hot dog for many a month now.

Be sure to mark your calendar for NOVEMBER 5th!!! That is the date of the Fun ST. JUDE Luncheon, Style Show and Silent Auction. Should you have any donations (preferably over \$30 value or a bottle of something or other) we would gladly accept them all. Just give me a call at 952-938-3020.

Sharon D **says** —
The fractured pubic bone is taking its time to heal. I have medications but was told this could take six to eight weeks. I do my physical therapy and walk around with my walker like I have been instructed. I really was disappointed I was unable to attend IC. I hope I can attend MARC.

Shirley **says** —
We will be needing models for the style show. Chico's is doing the style show AND the manager told me she would open an evening and make it a little party

with goodies and a gift for the models! WOW- I would be a model if we weren't busy passing out the auction items. Remember the date is Nov 5 at the Sheraton by Ridgedale. If you, or if someone you know would love to be a model, please call me, Shirley at 612-669-3304—we would love to have you!

Diane **says** —
IC Convention in Indianapolis was very enjoyable. Go on to the ESA Facebook to watch some of the videos. The Lip-Sync contest was hilarious. Good people having good fun. There was a touch of sadness as IC President Robin Bussey directed things from above, but the IC board didn't miss a beat. I am looking forward to next year in Grapevine, TX.

It is a kick in the head though that I came home with COVID. Rats: so will be down for a few days. I probably won't be at Medtox for time or two either.

Beta Sigma—Eileen Spencer



BETA SIGMA by Eileen Spencer



2022-23 President Leann Monahan took over the helm of



BETA SIGMA on June 11 with **Edee Erickson** as Vice President, Secretary **Jen Davies**, Treasurer **Bonnie Olson** and Past President **Bruce Strachota**. **Leann** presented her officers with an angel ornament,

Members thanked **Bruce** for his two-year leadership and presented him with a gift card and gifts.



SERVICE AWARDS

As President, Leann's first job was to present several **BETA SIGMA** members with an **ESA Years of Service Pin**.



Kay Fogerty 65 years!!

Josie Ferguson was unable to attend, however, **Josie** will receive her **60 Year Pin**.



Betty Brown 35 years.



Eileen Spencer & Judy Searles 10 years.

NEW MEMBER ANNOUNCED

Beta Sigma is proud to announce that **Hartley Erickson** (Edee's husband) has joined the Chapter.



Welcome Hartley!!

MEMORIAL

Following the meeting a well-attended Memorial Service was held to remember and honor **Mona Peck** followed by a luncheon.

BETA SIGMA SUMMER TRAVELS

Jen and Chris Davies celebrated Jen's Mom and Dad's **50th Wedding Anniversary** with them and family.

Beta Sigma—(continued)



Jen's sister Heidi was in town with her kids Ethan, Alyssa and Kayla. Pictured above is from the brewery in Hutchinson, the "Bobbing Bobber" where family gathered.

Edee and Hartley Erickson had quite a road trip in April/May as shown on this map!



Beach at Hollywood, FL

These two adventurers had some heavy rain in Missouri and outran severe storms in Ga, but mostly sunny driving. **Edee** says, "leaving MN in April/May made it so nice to see fields of flowers and rose bushes in full bloom."

Below: patio area at their Jacksonville, FL hotel.



Eileen Spencer visited her sister Patty and niece Courtney in Atlanta. Over the 4th a dear friend, Betsy, drove them to Highlands, NC to enjoy the mountains, waterfalls and villages!



Courtney, Patty & Eileen

Jackie Swanson was ecstatic when she was able to gather for the first time since pre-Covid when her son, Colin and girl friend Lauren, visited mid-June from Raleigh, NC. Her family joined in for a wonderful reunion dinner and the perfect opportunity for a family photo!



Front L to R: daughter Cara, Lauren, Jackie, Back row: daughter-in-law Brooke w/ granddaughter Ivy, & son Colin.

Jackie's spent a long weekend "up north" traveling to sites along Lake Superior with her friend of many years Kate.

Their time was capped off with a splendid dinner at Naniboujou Lodge.



Naniboujou Lodge

Closer to home, friends enjoy jazz at their favorite winery...



Jackie, Judy & Marcie



Beta Sigma—(continued)

BETA SIGMA FUNDRAISER

...it's not all work and no play...



Judy Searles models her unfinished wreath creation!

Chapter members are holding Saturday workshops to create one-of-a-kind **Paperback Page Wreaths** to be sold at the *Mary, Mother of the Church Annual Craft Fair* (details will follow in the fall).

POSITIVE THOUGHT...

The life in front of you
is far more important than
the life behind you.

Gamma Zeta—Mary Tolle

Our chapter has all agreed that these days it takes a lot of energy just keeping things together!

Dianne moved to another unit in her building to be closer to the elevator and other building amenities. She has enjoyed the summer having lunch with and visiting old friends. She also works at Medtox when possible.

June has recovered from her knee surgery and is enjoying

being pain free. Her son and family from Austin, Tx visited this summer, and they had a wonderful time enjoying their days together.

Dorothy is working in the Bakery Dept at Cub and when she has days off gets caught up with all the other things to do.

Judy also works at Cub in the Deli (Lunch anyone?) and is so busy otherwise you can't catch

up with her long enough to find out what she is up to.

Both Judy and Dorothy work at Medtox as their schedules permit.

Mary (your now reporter) is waiting for the feeling in her left leg main vein to fully regenerate, it's about $\frac{3}{4}$ there. Also, exciting news that there is another great grand baby (a girl!) on the way about the 1st of January!

Epsilon Sigma Alpha Minnesota State Meeting



Saturday, August 20, 2022

Brookdale Public Library – Room ABC
6125 Shingle Creek Pkwy
Brooklyn Center 55430

Collection for
Welcome Home
Vets - spiral
notebooks, pens,
pencils, pencil
sharpeners,
notepads

Socializing: 9:30 am

Meeting: 10:00 am

Cost: \$3.00-coffee/snacks

RSVP by Thursday Aug 18

RSVP to Betty or Dennis Marler

dmarler@comcast.net or 763.494.8452

Hosted by Gamma Omega

Wine, Spirits And More Including Silent Auction

Fundraiser Benefiting Welcome Home Veterans

Providing Home Starter Kits to homeless veterans moving into permanent housing



WELCOME HOME
VETERANS

Saturday, September 17, 2022
Hopkins Elks Lodge #2221
30 – 8th Ave S, Hopkins MN

1:00 – 3:00 pm: Wine, Beer, Spirits
and snacks

1:00 – 4:00 pm: Silent Auction

2:00 – 4:00 pm: CODA Duo

Wine, beer & spirits provided through
Strong Liquor & Wine, Minnetonka



Cost \$30 (Includes Burger Basket)

Tickets may be purchased at the Hopkins Elks Lodge,
or by Contacting Dennis at 763-494-8452

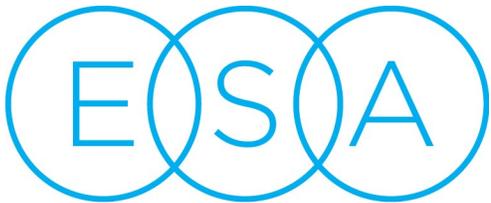
Sponsored by the Gamma Omega Chapter of Minnesota



EPSILON SIGMA ALPHA

Epsilon Sigma Alpha
363 W. Drake Road
Fort Collins, CO 80526

Phone: 970-223-2854
Email: esainfo@epsilonsigmaalpha.org



EPSILON SIGMA ALPHA

MINNESOTA ESSAY

**All issues of the ESSAY are published here:
www.mnesa.com**

The ESSAY is published on a monthly basis 9 times / year from August—May (except December) at the beginning of each month.

The deadline for submission of articles is the 25th of each month. The monthly issue is emailed on the first of the month.

Please share the ESSAY with prospective members who may want to learn more about Epsilon Sigma Alpha—MN.



Terri Olson
ESSAY Editor
terri.mnesa@gmail.com

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

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

MISSION STATEMENT

ESA is Good Friends, Good Works, and Good Times

...We create activities and support causes that let us surround ourselves with welcoming positive people who enjoy making a difference and having fun together.



—Denise Holdaway
International Council President