



# Minnesota ESSAY

## Before You Forget....

- Come and join the fun on Mondays at Medtox
- Add the August and September events and reminders to your calendars
- RSVP for the August 26th Membership Meeting
- Pay your State Dues and Chapter Treasurers pay Chapter IC Dues by September 1st
- RSVP for the Welcome Home Vets Event on September 30th
- Register for the MARC Conference

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## President—Dana Terry

Howdy Y'all. I'm back from an awesome week at the IC Convention in Grapevine, TX. 8 days, 100+ degree temps, 2039 total miles driven, many friends and countless new ideas and memories!

Thank you all for allowing me the opportunity to attend IC Convention as your State President. There was a total of 358 people (11 from Minnesota) that attended the IC Convention. This year's membership campaign is "The Power of Us". ESA raised an incredible \$19,826,651 for St. Jude in 2022-23....which brings our lifetime total up to \$361,279,730!

And we welcomed the 2023-24 IC Board as the following were installed:

- ♦ Brenda Meyers (Ohio), President

- ♦ Lynda Edwards (Alabama), First Vice President
- ♦ Celeste Webb (Illinois), Second Vice President
- ♦ Patricia Gale (Arizona), Recording Secretary
- ♦ Amanda Dixon (Ohio), Corresponding Secretary
- ♦ Angela Butenschoen (Missouri), Treasurer
- ♦ Brenda Campbell (Indiana), Parliamentarian
- ♦ Margaret Kramer (Oklahoma), Workshop Coordinator
- ♦ Denise Holdaway (Arkansas), Jr. Past President

I have a lot more information that I will be sharing with you at our first meeting on August 26th, and throughout the 2023-24 year.

Mark your calendars

- here are some upcoming events and reminders for August and September:

## August

- 8/5 Alpha Sigma serving hot dogs/brats at Coborn's in Delano
- 8/7 Medtox (Welcome Home Vets)
- 8/14 Medtox (Welcome Home Vets)
- 8/15 Last day to order Pampered Chef (Gamma Omega fundraiser for St Jude)
- 8/21 Medtox (Welcome Home Vets)
- 8/21 ESA Coffee Chat 10am or 6pm Central time (sign up at <https://epsilonsigmaalpha.org/ESACoffee-Chat>)

Continued on next page ...

## President—(continued)

8/25	Essay articles are due to Terri Olson	9/5	Medtox (Interact)	Grove	"Be Like A Tree
8/26	MN ESA Membership Meeting	9/9	St Jude Gala	9/25	Essay articles are due to Terri Olson
8/28	Medtox (Welcome Home Vets)	9/11	Medtox (Interact)	9/25	Medtox (Interact)
<b>September</b>		9/15	Tax Facts for Chapters and State are due	9/30	Gamma Omega hosting Wine Tasting at the Hopkins Elk Lodge for Welcome Home Vets
9/1	ESA State Membership dues are due	9/18	Medtox (Interact)		
		9/23	St Jude Walk/Run in Maple		
					Stay grounded
					Connect with your roots
					Turn over a new leaf
					Bend before you break
					Enjoy your unique natural beauty
					Keep growing."
					— Joanne Raptis

## Vice President—Kim LeTendre Olson

Hello Minnesota ESA! Are we ready for another fun-filled year of ESA?! While I was not able to attend International Convention (IC) this summer, you bet your booty I'll be there next summer in Overland Park KS. I'm looking forward to hearing more details from Dana et al on their experience at IC this past July.

My family recently celebrated our son's graduation from high school. He's getting ready to head to the University of Wisconsin in Eau Claire this Fall. Fun fact: I was

pregnant with my son when I was MN ESA State President back in 2004-2005. Wowza!

What's my plan to increase membership this year? My goal is to increase our membership by 10% but let me be clear... what's **OUR** plan to increase and retain membership this year? Peek at our calendar. There are so many opportunities to invite a prospective member or someone who hasn't been too active to join us. Meetings not your thing? No problem! Invite

guests to our fundraisers, socials, or FUN events in general. Share our calendar with them and let them choose what they'd like to do. And as we all know, once they meet us, they'll fall in love with our amazing members and all the good things we do.

When you're volunteering at events, strike up a conversation with attendees and/or other volunteers. Tell them about yourself and how you ended up at the event and why. Is your chapter going out to a local restaurant or venue?

Tell your waitstaff why you're all there. Show them how much fun you're having, and they'll be curious to know how to get in with ESA.

Finally, please be sure to introduce me to your prospective member if I'm at the same event. I love to talk up ESA and tell my story of how I made the decision to join. I'd love to send them a note too if you'd like. **TOGETHER** we will grow and retain our members!!!!



## Treasurer—Diane Vanusek

**IMPORTANT** - Although the 2022-23 IC/State/Chapter year is over, the MN State Council and Chapter Treasurers for the last year have at least one more task to perform and that is to file their TAX FACTS for the past year.

The required form is attached to this Essay and **MUST** be submitted to and received by ESA Headquarters **NO**

**LATER** than September 15, 2023. The form contains the correct mailing address for ESA Headquarters since they recently moved.

With the coming of August, the 2023-24 ESA year has started, and it is time to pay MN State Council individual membership and Chapter IC dues. The form for MN State dues and IC dues is attached to this **ESSAY**.

Please fill out the forms completely, including all members. State dues are \$20.00 per chapter member with checks made payable to the MN State Council and sent to me. Chapter IC dues are a separate check of \$40.00 made payable to ESA International Council. Mail the IC checks and forms with the MN State dues and I will forward them to the IC Treasurer. If a chapter chooses to

mail their Chapter IC dues to the IC Treasurer directly, please let me know.

The 2023-24 Financial Planning meeting will be held the second or third week of August. Please communicate any financial request to be considered for the new budget. Anyone is welcome to attend this meeting tentatively planned to be held at Diane's kitchen table.

## MARC—Diane Vanusek and Terri Olson

Time to get ready for another road trip. This time it's to attend the annual Midwest Area Regional Council (MARC) Conference in East Peoria, Illinois. The MARC Conference

dates are Friday and Saturday, October 13-14. If you haven't been to a MARC Conference, you should be aware that the Educational opportunities start first thing on Friday, the

annual meeting starts first thing on Saturday, culminating with the installation of new officers and banquet on Saturday night.

Places you may want to visit along your way include: Bishop Hill,

Springfield, Galena, the Quad Cities, and Champaign-Urbana.

MARC information is sent separately with the **ESSAY** via email. Printed copies are available by contacting Terri.

## Welcome Home Vets—Shirley Laue

The MN Assistance Council for Veterans (MACV) is looking for volunteers:

**DATE:** August 22, 2023 (Tuesday)

**TIME:** 10am to 2pm

**LOCATION:** CHS Field, 360 Broadway

St., St. Paul

The goal is to provide a comprehensive range of services in one centralized location. This makes it easier for veterans experiencing or facing homelessness.

Volunteer opportunities include event set up; tear down; greeters; escorts; room attendants; meal service, parking support and more.

This may be an opportunity for those of you who cannot deliver a

Welcome Home Kit, or work at Medtox!

To sign up e-mail Laura Jensen at [ljensen@mac-v.org](mailto:ljensen@mac-v.org)

or call her at 651-292-0145 or 763-300-9781

## MARC Ways & Means—Kathleen Grissom



As a member of the Ways and Means Committee, I am reaching out to all of our State Presidents and MARC Representatives to follow up with your State members in reminding them of “what” our MARC Conference will have available for our projects. In case we might have forgotten, ALL Members have been requested, from discussion at the 2022 Tulsa MARC Conference, to generate over \$3000.00 at this year’s event to help the MARC Treasury. TOGETHER we can do this!!!!

Your specific MARC Representative will also be sharing this information while speaking to you at your Conventions.

Listed below are the Ways and Means Fundraisers:

1. **Purse Auction** with \$125/150 gift cards...the purse will be valued separately than the gift cards!! In addition to a purse, a state may bring/donate a tackle box, coffee cup, tennis racket, fishing pole, golf club, toolbox, cooler etc., geared to the men of MARC (members, hus-
2. **Brown Bag/ Silent Bid** ‘Donations’ ‘nice items’) in the Hospitality Room (tentatively).
3. **MARC hot/cold tumblers for sale** (pending Vendor approval).
4. **MARC “Bling” 3/4 length, scoop neck shirts and the cardigan..** again pending Vendor approval.
5. **Corkscrews** with ‘neat say-

bands, special people in our lives).

**ings’** will be available for a donation of \$5.00 each.

6. **Beverage Pull...** which goes along with #5 above. (NO mystery bottles) AND....
7. **The return of Marketplace** for individuals or Chapters. The table rental will go toward Ways and Means because there is no additional room fee since it will be held in the Meeting Room perimeters.



I've searched and searched and can't find the missing news.

Good grief!  
Would someone please turn on our microphones!



## Chapter

## News

What's New!

## Alpha Sigma—Diane Vanusek

**Birdie Pipes Up** - Diane Vanusek and I drove to the ESA International Convention in Grapevine, Texas (outside of Dallas). What a beautiful country we saw. We took a different route home than we drove going down. Saw so many green fields, corn, trees, and lakes. I was so surprised to see so many lakes. The IC Convention was awesome, and it was great to see old ESA friends again. This was my 48th International Convention and during all those conventions I have met so many wonderful people. I got home and was snacking on a brownie and there was something else in my mouth .... I broke my IMPLANT tooth. So, time to do

repairs on that now.

Alpha Sigma decided to make life easier on us. So, no more Garage Sales. Instead, we have continued (and added on) selling hot dogs and brats at the Delano Coburn's store. We set up a canopy over their picnic table. People come to buy and enjoy lunch or even breakfast (last time our first brat was sold at 10:17am). We, of course, have a TIP jar out and have been blessed with wonderful tips. Four sessions are done and one more coming up. So far, we have raised well over \$2,000 in tips and half the selling price of the product. We don't have to lift any heavy boxes and no marking of products. We have such

fun times chatting with the customers. Store staff seem to love us too. We had an unexpected visitor who came from North St. Paul to buy a brat, Bonnie Wakefield. Thanks for visiting.

Our 2023-24 ESA year will be starting in September, and we are trying to gain new members. At the IC Convention we saw that many many states are getting new members and that is so exciting. However, the number of deaths of older members is higher than the number of new pledges. We all have to work on getting new members.

**Shirley Pipes Up** - Alpha Sigma has been busy working at Coborn's in Delano selling Hot Dogs and Brats. We have done it 5 times this summer as it has been a great

fundraiser for our small chapter. We have a lot of repeat customers, and even one all the way from St. Paul - Bonnie Wakefield! Coborn's treats us very good and they say we are their best sellers of hot dogs and brats. BUT, we also had fun -we went on a bus tour of barn quilts in Carver County. Who knew there were so many. We stopped for a delicious lunch. We are working at Medtox every week- and every week there is more to do, so it keeps us busy.

**Diane Pipes Up** - Between Medtox, Coborn's, IC convention and some family trips, the late spring and summer went by *fast*. When I saw that axe throwing was one of the IC workshops, I was not too



## Alpha Sigma—(continued)

impressed. The workshop was well attended and attendees could even give it a try at the mobile target setup. The presenter told his (and his family's) story of going from being down and out after contracting Per-

manent Bell's Palsy to being a world class competitive champion axe thrower with their own axe throwing venue and a non-profit. It goes to show you don't have to wear a suit to be successful. Very inspirational.

It was so good to see people from all over, meet a few new friends, and have some wonderful meals. Birdie is right when she said the drive home from Dallas through Eastern Oklahoma on less traveled roads was

very enjoyable. It was very nice to see a part of the country I had not seen before. The drive through Kansas City in a torrential downpour during rush hour traffic was not so nice, but I suppose it builds character.

## Delta Mu—Terri Olson

Kathy Eastlack, my 12-year-old granddaughter Arla, and I made the journey to Texas with a stop at April's house for some pool time and to leave Arla for a week with her cousin Cameron and Aunt April and Uncle Eric.

We drove straight through to Fort Worth on the way to TX, but Kathy and Arla were not fans of that plan, so we took two and half days to come back to MN. We made a stop in Oklahoma City to visit the historic Murrah Federal Building Memorial. On April 19, 1995, at 9:02 a.m. the building was the target of the Oklahoma City

bombing by terrorists Timothy McVeigh and Terry Nichols, which killed 168 people.

Touring the building and hearing and reading the story of the massive destruction and devastation of those searching for survivors was incredibly gut-wrenching. Outside the building is a beautiful memorial of chairs, both adult and child size with the name of the lost individuals on each chair. It was quite a somber experience!

The rest of the trip back to MN required stops for snacks, meals and ice cream to soothe our aching hearts for what we had just seen. History, lest we forget!

Julene and Tim made many stops along the way down and did some touring pre-IC Convention which was grand fun!

Dee flew in early Tuesday morning after spending time at a family reunion prior to her journey south.

Delta Mu participated in the Lip-Sync contest. While the girls dressed as pirates and Tim dressed as a sailor, we heartily danced along and "sang" the tune to "What Do You Do With a Drunken Sailor?" People told us our act was hysterical (talk to any of us to view the video), but, alas, we did not win the major financial prize. Aargh!!!

We all learned a lot, played a lot, and socialized a lot with ESA members from all over the country.

We're ready to get back into action in beautiful Minnesota where it's not 104 degrees every day!

We hope to see you all at the first Membership Meeting on August 26th where Dana will have all kinds of news to share. We look forward to a great year!



**WE ARE READY!  
ARE YOU READY?**

## ESA – Minnesota State Council Chapter/Member Dues Payments For 2023-2024

State dues are \$20.00 per chapter member due September 1, 2023.

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

Diane Vanusek, State Treasurer  
10488 Washington Blvd NE  
Blaine MN 55434

Chapter IC dues of \$40.00 are due September 1, 2023. 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	_____



**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 15<sup>th</sup>.
- 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 \$59 (unless you are a senior or a Life-Active Member).
- **IC Council dues** are due at the beginning of the ESA Year (August 1<sup>st</sup>) and must be paid before May 1<sup>st</sup> 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.

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**2023-2024 International Council Dues are Due Upon Receipt**

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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  
 Angie Butenschoen  
 106 Julie Ln  
 Saint Peter's, MO 63376  
 abutenschoen@gmail.com

**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 \$59.00 should be sent directly to ESA Headquarters**





**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
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**This report is to be filed with:**  
**ESA Headquarters**  
**2580 E. Harmony Rd Suite 301-11**  
**Fort Collins, CO 80528**  
**Email to: esainfo@epsilonsigmaalpha.org**

**Deadline to file: September 15, 2023**  
**DO NOT SEND REPORT AFTER THIS DATE**  
**- it cannot be included in the Group Form 990.**

**FINANCIAL REPORT**

Balance on Hand (all accounts)  
 August 1, 2022

1

**INCOME**

Dues  2

Ways & Means  3

Philanthropic projects

Other (Interest)  4

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

Total Income  
 (Add #1 & #5) 6

**DISBURSEMENTS**

Operating Expenses  7

Philanthropic or  8

Service projects

Other  9

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

Balance on Hand  
 July 31, 2023 (all accounts)  
 (Subtract #10 from #6) 11

# Membership Meeting

STATE MEMBERSHIP MEETING  
SATURDAY, AUGUST 26TH

9:30 SOCIAL - 10AM MEETING

MARY TOLLE'S PARTY ROOM  
BRIGHTON POND APARTMENTS  
333 10TH ST NW  
NEW BRIGHTON, MN

COFFEE, WATER & TREATS  
FREE WILL DONATIONS ACCEPTED

RSVP TO DANA TERRY  
DANA.MNESA@GMAIL.COM  
612-619-0810

# 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 30, 2023**  
**Hopkins Elks Lodge #2221**  
**30 – 8<sup>th</sup> Ave S, Hopkins MN**

Noon – 3:00 pm

Burger Baskets

1:00 – 4:00 pm

Wine, Beer, Spirits, Snacks

1:00 – 4:00 pm

Silent Auction

2:00 – 4: 00 pm

Music – Mike Derus

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

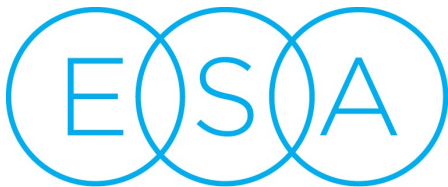
Sponsored by the Gamma Omega Chapter of Minnesota



EPSILON SIGMA ALPHA

Epsilon Sigma Alpha  
2580 E Harmony Road  
Suite 301-11  
Fort Collins, CO 80528

Phone: 970-223-2854  
Email: [esainfo@epsilonsigmaalpha.org](mailto:esainfo@epsilonsigmaalpha.org)



EPSILON SIGMA ALPHA

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.

## MINNESOTA ESSAY

All issues of the ESSAY are published here:  
[www.mnesa.com](http://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 approximately 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](mailto:terri.mnesa@gmail.com)



~ Brenda Meyers  
International Council President  
2023-2024